

Teenagers' Magazine, Special for Nowruz and Ramadan

ZAMZAM

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In the name of God



Journal

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- Responsible manager: Mahdi Fayazi
 - Editor: Seyyed Mohammad Zulfiqari
- Editorial board:
- Fatemeh Sadat Sabt al-Nabi
Zahra Sadat Zulfiqari
- Internal and Executive Director: Maryam Hamzelou
 - Designer and art director: Efat Bahar
 - In collaboration with: Binat Institute

Address: No. 1938, Fatemi Intersection, Valiasr St., Tehran, Iran

Postal code: 1415894857

Phone:

00982188934302 - 00982188934303

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Editor's Note

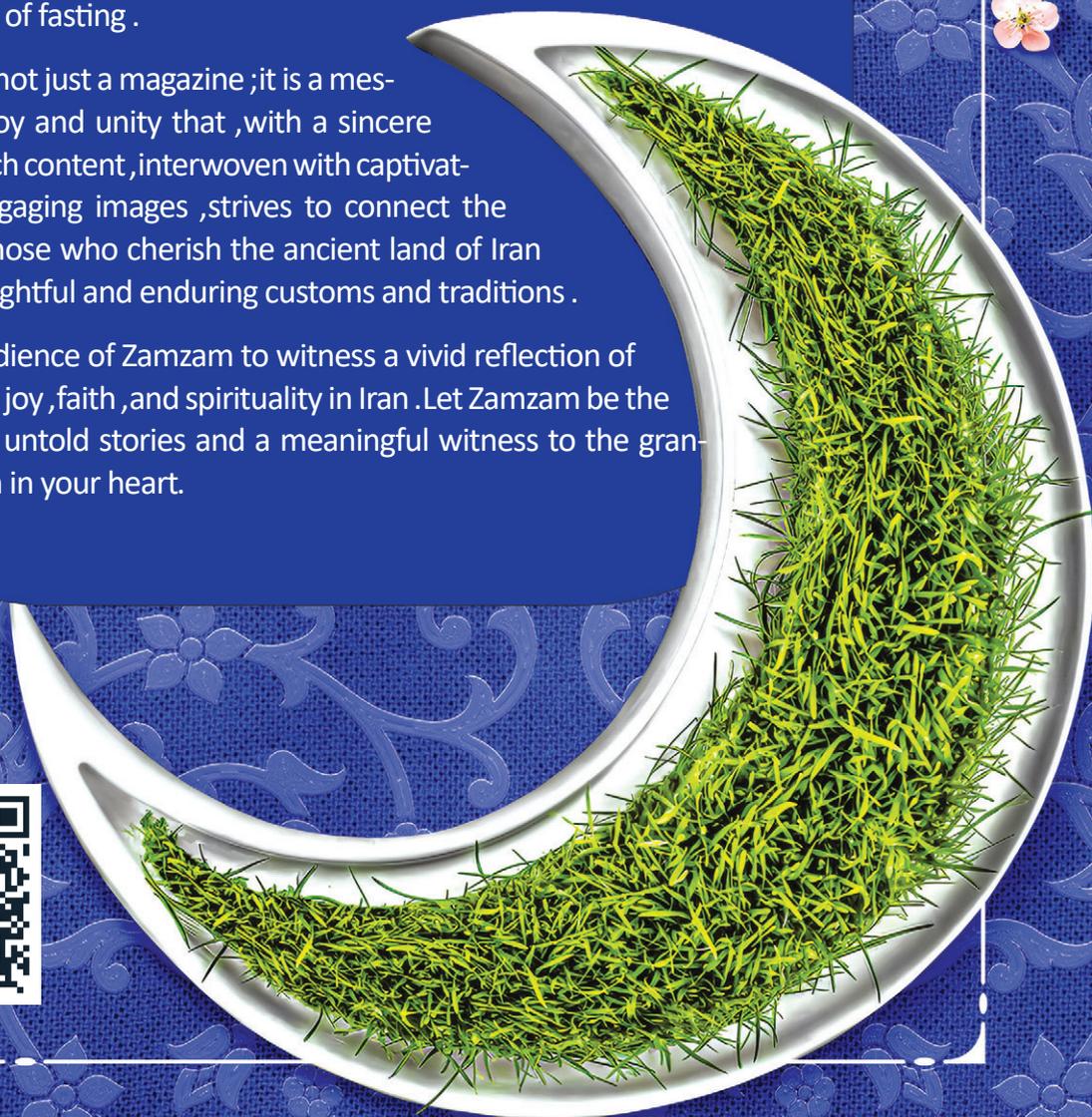
With warm greetings and best wishes on the occasion of the ancient Nowruz and the arrival of the holy month of Ramadan ,we are honored to present the Zamzam magazine to you .

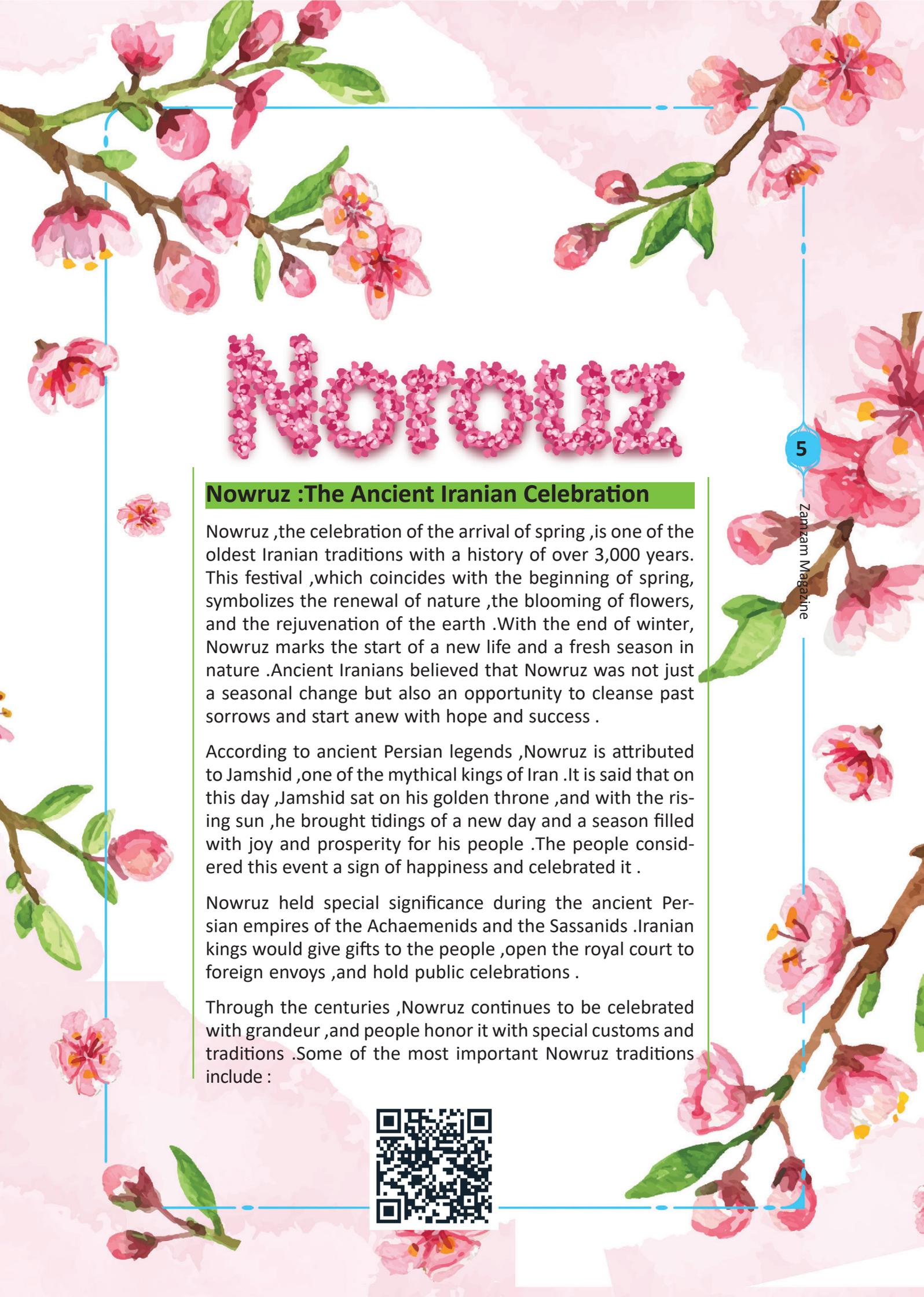
Zamzam is a publication that ,with love and enthusiasm ,introduces the cultural gems of Iran .In this edition of Zamzam magazine ,we explore and introduce two fundamental and authentic Iranian events— Nowruz and the holy month of Ramadan .

Within the pleasant courtyard of this magazine ,we take a journey through the unique celebrations ,rituals ,and traditions of Nowruz in Iran ,narrating the hidden secrets of these ancient days .Additionally ,as we approach the holy month of Ramadan ,Zamzam magazine accompanies you at Iftar tables with prayers and supplications infused with divine fragrance and the rich culture of fasting .

Zamzam is not just a magazine ;it is a messenger of joy and unity that ,with a sincere tone and rich content ,interwoven with captivating and engaging images ,strives to connect the hearts of those who cherish the ancient land of Iran with its delightful and enduring customs and traditions .

Join the audience of Zamzam to witness a vivid reflection of celebration joy ,faith ,and spirituality in Iran .Let Zamzam be the narrator of untold stories and a meaningful witness to the grandeur of Iran in your heart.





Nowruz

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Nowruz :The Ancient Iranian Celebration

Nowruz ,the celebration of the arrival of spring ,is one of the oldest Iranian traditions with a history of over 3,000 years. This festival ,which coincides with the beginning of spring, symbolizes the renewal of nature ,the blooming of flowers, and the rejuvenation of the earth .With the end of winter, Nowruz marks the start of a new life and a fresh season in nature .Ancient Iranians believed that Nowruz was not just a seasonal change but also an opportunity to cleanse past sorrows and start anew with hope and success .

According to ancient Persian legends ,Nowruz is attributed to Jamshid ,one of the mythical kings of Iran .It is said that on this day ,Jamshid sat on his golden throne ,and with the rising sun ,he brought tidings of a new day and a season filled with joy and prosperity for his people .The people considered this event a sign of happiness and celebrated it .

Nowruz held special significance during the ancient Persian empires of the Achaemenids and the Sassanids .Iranian kings would give gifts to the people ,open the royal court to foreign envoys ,and hold public celebrations .

Through the centuries ,Nowruz continues to be celebrated with grandeur ,and people honor it with special customs and traditions .Some of the most important Nowruz traditions include :



(House Cleaning) Khaneh-Tekani

People clean their homes ,which not only renews their living spaces but also symbolizes the cleansing of sorrow and a fresh beginning .

Setting the Haft-Seen Table:

A table with seven symbolic items ,each representing blessings ,growth ,love ,and health .Examples include Sabzeh) sprouts, symbolizing growth ,(Samanu)sweet wheat pudding ,symbolizing abundance ,(and Senjed) dried oleaster fruit ,symbolizing love .

**Visiting Relatives:**

People visit each other ,show respect to elders ,and children receive gifts or money as part of the celebration .

Nature Outing on Sizdah Bedar:

On the thirteenth day of Nowruz ,people go out into nature to enjoy the final day of the holiday with happiness and festivity .



Nowruz:

A Global Celebration

Nowruz is not just an Iranian celebration ;it is also observed in many neighboring and regional countries ,such as Afghanistan ,Tajikistan, Turkey ,Azerbaijan ,Uzbekistan ,Turkmenistan ,Pakistan, and Iraq ,each with unique traditions .In ,2010 the United Nations recognized Nowruz as a global cultural heritage and introduced it as a symbol of solidarity and peace among nations .



Nowruz:

A Symbol of Hope and Joy

Nowruz is more than just a simple festival ;it carries a message of peace ,friendship ,and renewal .This celebration demonstrates how nature ,after a harsh winter, comes back to life with blossoms and fresh greenery ,reminding us that there is always hope for a new beginning .

Happy New Year!

May this year be filled with joy ,health ,and success for everyone!



Nowruz in the History of Iran :From Ancient Times to Today

Nowruz is one of the oldest Iranian celebrations that has always had a special place in the culture and history of Iran .Nowruz is significant not only for Iranians but also for many countries in the region ,such as Afghanistan ,Tajikistan, Azerbaijan ,Turkmenistan ,Uzbekistan ,Kyrgyzstan ,and even parts of Turkey ,India ,and Pakistan .This festival represents hope ,solidarity, and the renewal of nature ,preserved by generations .

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مجله نوجوان زمزم



•(Nowruz in Ancient Times) Achaemenid Era and Before

As mentioned ,Nowruz dates back to the mythical kings of Iran ,such as Jamshid .In Ferdowsi's* Shahnameh ,*it is stated that Jamshid sat on a golden throne on this day ,and as the sunlight shone upon it ,the world became illuminated .The people took this event as a good omen and celebrated the day annually ,thus calling it "Nowruz ".

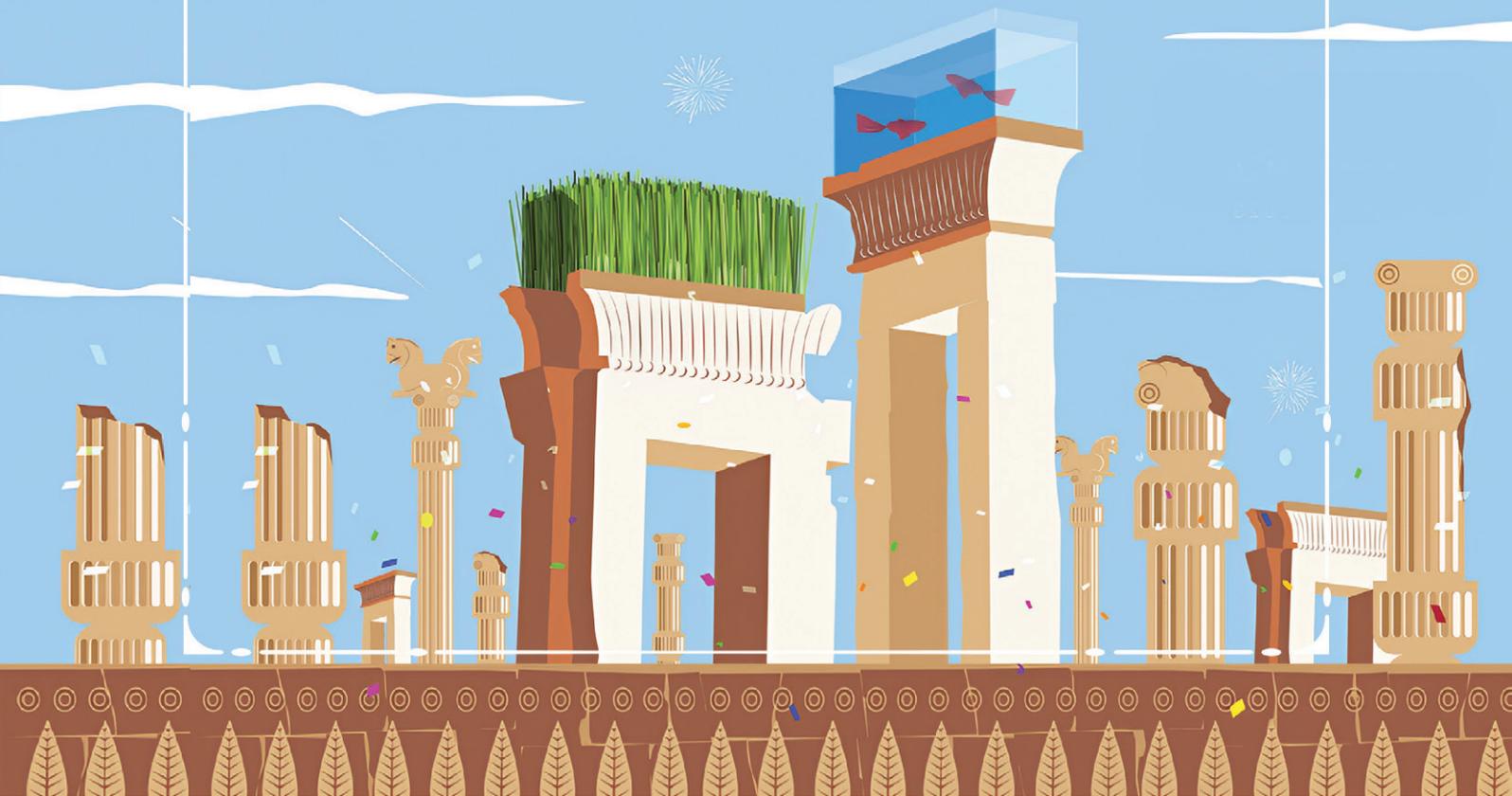
During the Achaemenid period (330–550) BCE ,Nowruz became one of the most significant official celebrations of Iran .Achaemenid kings ,such as Cyrus the Great and Darius I ,celebrated Nowruz with grand ceremonies in their capital and at the grand palace of Persepolis .Persepolis ,one of Iran's most important historical monuments, was a site where envoys from various lands of the vast Achaemenid empire would present their gifts to the king during Nowruz .Documents from the Achaemenid period indicate that the royal court held celebrations during Nowruz ,some prisoners were granted amnesty ,and people participated in traditions such as visiting elders, exchanging gifts ,and holding festivities .

•Nowruz in the Sassanian Era(224–651 CE)

During the Sassanian period ,Nowruz maintained its importance and became even more official .The Sassanian kings divided Nowruz into two parts :

- 1* .Minor Nowruz*(*General Nowruz ,)*which included the first five days of Farvardin and was celebrated by the general public .
- 2* .Major Nowruz*(*Private Nowruz ,)*which was held on the sixth day of Farvardin and was exclusive to the court ,nobles ,and rulers .

Sassanian kings such as Khosrow Parviz and Anushirvan the Just would release certain prisoners during this festival ,symbolizing the attention rulers paid to the people at the beginning of the new year .Additionally ,according to historical texts such as the works of Abu Rayhan Biruni and Ferdowsi ,the Sassanians held grand celebrations during Nowruz ,featuring music ,dancing ,and joyous performances .



Nowruz After the Arrival of Islam in Iran

With the arrival of Islam in Iran in the 7th century CE, some Zoroastrian rituals changed. However, Nowruz remained intact and was embraced by Abbasid caliphs and Iranian Muslim rulers. The reason for this was the deep cultural and popular roots of Nowruz among most Iranians.

Iranian scholars such as Ferdowsi, Khayyam, Abu Rayhan Biruni, and Nizami Ganjavi wrote about Nowruz, indicating that the significance of this festival persisted during the Islamic era. Abu Rayhan Biruni, in his book, described Nowruz as an important celebration and explained how it was honored throughout history. Omar Khayyam, in the Jalali calendar, set the beginning of the new year to coincide with Nowruz, which is the basis of today's Iranian calendar.

During the rule of Iranian dynasties such as the Samanids, Safavids, and Seljuks, Nowruz was celebrated with great splendor, and its customs became more formalized.

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Nowruz in Modern Times and the Past Two Centuries

In the past two hundred years, Nowruz has gained even more significance and has officially become a national celebration with its international aspects.



Nowruz in Other Countries

Nowruz is celebrated not only in Iran but also in many countries as a national and cultural festival. Below, we introduce the customs and traditions of Nowruz in Afghanistan, Tajikistan, Turkey, and Azerbaijan:

1- Nowruz in Afghanistan:

Nowruz in Afghanistan is one of the largest and most popular public celebrations, accompanied by special and diverse rituals. In this country, Nowruz is celebrated with the Red Flower Festival, Haft Mewa, Janda Bala, and family visits.

ü Red Flower Festival (Mela-e Gul-e Surkh)

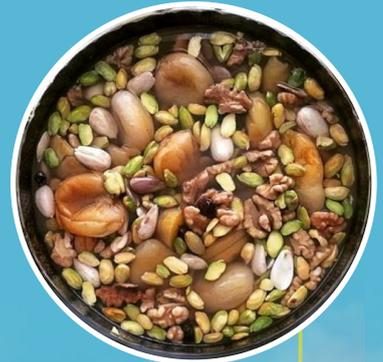
This festival is held in Mazar-e-Sharif, in Balkh Province. One of the most magnificent Nowruz ceremonies in Afghanistan is the “Red Flower Festival,” which takes place at the Shrine of Hazrat Ali (Rawza-e Sakhi) in Mazar-e-Sharif. This festival lasts about 40 days and coincides with the blooming of red flowers in the region. People from all over Afghanistan travel to attend this religious and cultural event and perform the ritual of (raising the flag).

ü Haft Mewa (Special Nowruz Dish)

Unlike Iran, where “Haft-Sin” is common, in Afghanistan, people prepare “Haft Mewa,” a mixture of dried fruits such as raisins, oleaster, almonds, walnuts, apricots, and dates. This combination is prepared as a traditional Nowruz dessert in households and eaten during the Nowruz celebrations.

ü Other Nowruz Traditions in Afghanistan

- Visiting elders and relatives
- Cooking traditional dishes such as Qabili Palaw and Bolani
- Buzkashi competitions (Afghanistan’s national sport, similar to polo)



2 -Nowruz in Tajikistan

Nowruz in Tajikistan is deeply tied to Persian traditions and holds a special place among the people of this country. The preparation of “Samanak” (Samanou), also common in Iran, is one of these traditions. In other words, one of the most important Nowruz customs in Tajikistan is the preparation of “Samanak” on Nowruz night. Women gather in groups at homes or alleyways, sing local songs, and stir the mixture throughout the night. Samanak symbolizes blessings, health, and agricultural prosperity for the new year.

In Tajikistan, Nowruz is celebrated with street festivals, singing, and playing traditional musical instruments such as the Doyra, Dotar, and Rubab. People wear colorful traditional clothes and hold festivities in central squares. During the Nowruz holidays, Tajik wrestling competitions are held, and young men compete in public arenas. Moreover, Buzkashi and horse riding are also popular.

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3- Nowruz in Turkey and Azerbaijan

In the Republic of Azerbaijan and some regions of Turkey, Nowruz is considered a significant national festival. In Azerbaijan and parts of Turkey, Nowruz is celebrated under the name "Novruz Bayram." On a day like this, people wear traditional clothes and celebrate Nowruz with fireworks and jumping over fire.

In Azerbaijan, three weeks before Nowruz, each "Wednesday" is dedicated to an element of nature: earth, water, wind, and fire. This ceremony closely resembles "Chaharshan-be Suri" in Iran, where people light fires and jump over them on the last Wednesday of the year.



In Azerbaijan, traditional Nowruz sweets such as "Shekerbura," "Baklava," and "Gogal" are prepared. In Turkey, treats like "Boza," "Helva," and "Pide" (traditional Turkish bread) are common during Nowruz.

In Azerbaijan, as a common tradition, people prepare colored eggs as symbols of fertility and

joy for Nowruz. Decorated eggs are one of the symbols of Nowruz celebrations.

Nowruz is cherished not only as an Iranian heritage but also as a festival in various countries across Central Asia, the Middle East, and the Caucasus.

In all these countries, Nowruz

symbolizes hope, joy, friendship, and the beginning of a new year.



Legends of Nowruz

Not far from here, where the mountains reached the sky and the rivers rushed to meet the sea, two ancient forces ruled. Nane Sarma, a kind mother who loved to put her children to sleep, used her magical powers to create winter, lulling all trees and the land into slumber. On the other hand, Amo Nowruz, cheerful and kind, loved to wake everyone up, bringing life and joy to all. Amo Nowruz was the guardian of spring and the gentle warmth of the sun.

Nane Sarma, dressed in white with a face as pure and white as snow, would send the land into deep winter sleep. She adorned the silver trees with snowflakes, displaying her artistic touch by covering everything with beautiful snow and putting everyone to sleep. But to her surprise, she soon saw the ice beginning

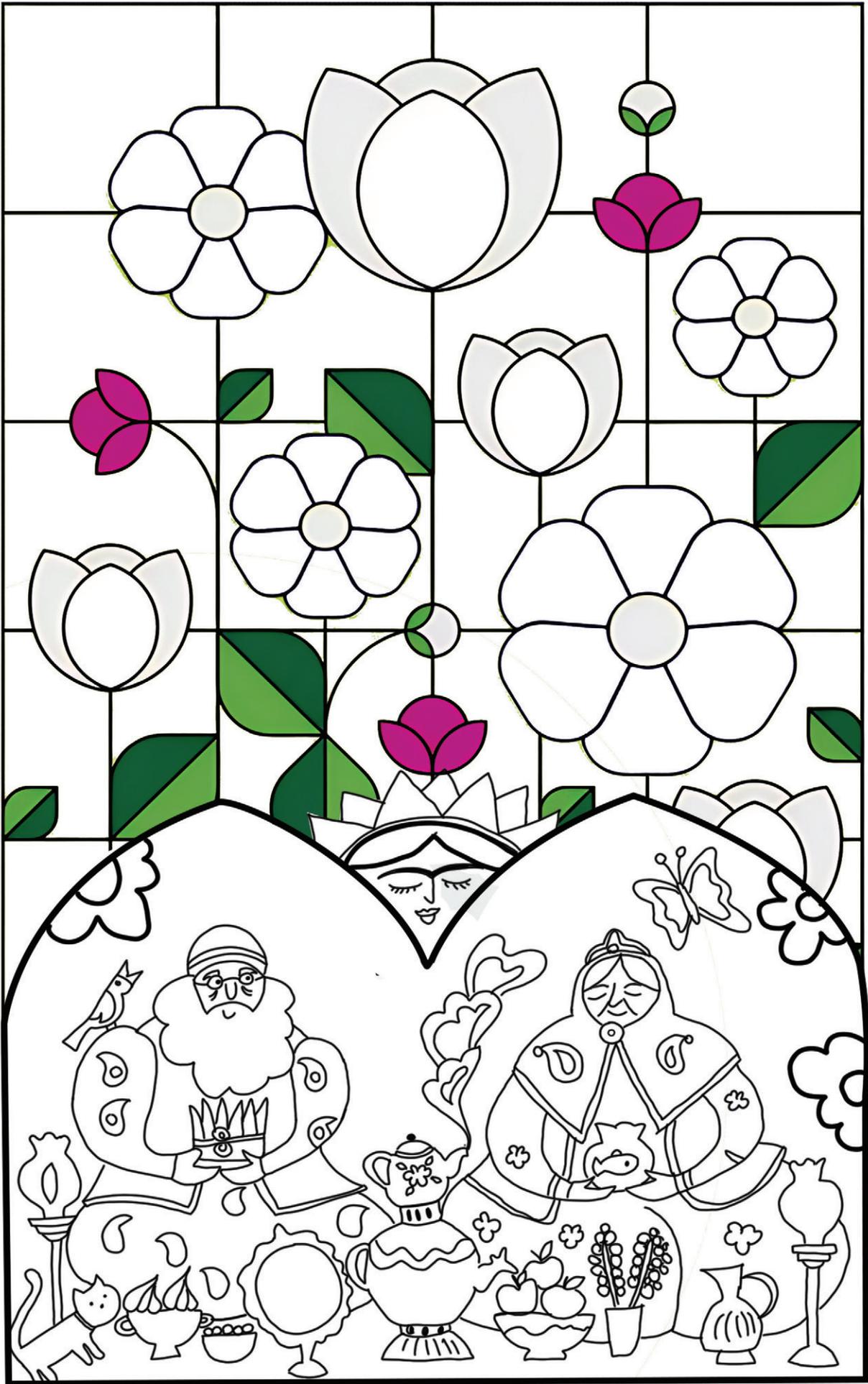


to melt. Amo Nowruz, an old man with a radiant smile, clad in a robe of spring flowers, would return to awaken the land from its slumber. With firm steps and a face shining like the sun, he revived awakening and life in the hearts of all.

Nane Sarma gradually realized that her time had come to an end. With a heart full of snow and ice that was slowly melting away, she journeyed to the distant slopes of the mountains, ensuring there was still a place for her return.

Each year, as spring approaches, the tale of Amo Nowruz and Nane Sarma comes to life once more, as if all of nature gathers together for transformation and blossoming anew.







Nowruz Foods

Nowruz, marking the beginning of the new year in the Iranian calendar, is accompanied by special culinary traditions. These foods often symbolize fertility, blessings, health, and joy. Here are some of the most well-known dishes and sweets found in the Iranian Nowruz cuisine:

Sabzi Polo with Fish: This dish consists of rice cooked with aromatic herbs such as dill, parsley, and coriander, served with fried or grilled fish. It symbolizes good fortune and prosperity.

Samanou: A traditional sweet dish made from wheat sprouts and flour, representing abundance and blessings.

Ash Reshteh: A thick and nutritious soup made with various legumes, herbs, and wheat noodles, often garnished with yogurt or vinegar. It symbolizes unity and harmony in society.

Kuku Sabzi: An Iranian-style herb omelet made with fragrant greens, eggs, and sometimes walnuts or lentils, considered a light yet nutritious dish.

Reshteh Polo: A dish made of rice cooked with noodles and sometimes dates or barberries, carrying symbolic meaning.

Kebabs: Various types of kebabs, such as Barg and Koobideh, are traditionally served at Nowruz gatherings and celebrations.



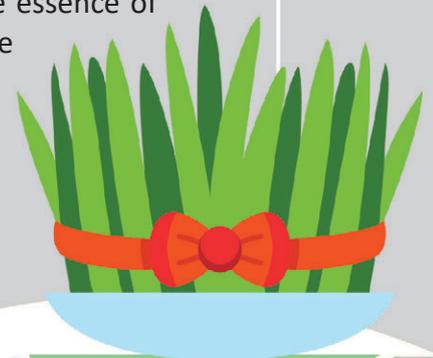
Nowruz Sweets:

Naan Berenji, Naan Khormaei, Baklava, Komaj, and other pastries symbolize sweetness and happiness.

Haft Miveh: A mixture of seven kinds of fruits that symbolize abundance and health, common in certain regions of Iran.

Sabzeh (Green Sprouts): While not a food, Sabzeh is the most important symbol of the Haft-Sin table, representing growth and renewal.

These foods and delicacies accompany other elements of the Haft-Sin table, such as **coins** (symbolizing wealth), **a mirror** (symbolizing purity and honesty), **candles** (symbolizing light and hope), **Senjed** (symbolizing love), **garlic (Seer)** (symbolizing medicine and health), **vinegar (Serkeh)** (symbolizing wisdom and experience), and **sumac (Somaq)** (symbolizing patience and endurance). Together, they form the essence of the Nowruz tradition, conveying the renewal of nature and the beginning of a new chapter in human life.





The month of God's hospitality, the blessed month of Ramadan, a month of worship and unity, Mubarak.

**Shahru Ramadhan allathee unzila feehi alqur'anu hudan liln nasi wabayanatin mina alhuda waalfurqani faman shahida min-kumu alshshahra falyasumhu waman kana mareedan aw 'ala safarin fa'id-datun min ayyamin ukhara yureedu Allahu bikumu alyusra wala yureedu bikumu al'usr, walitukmilu al'iddata walitukabbiru Allaha 'ala ma hadakum wala'allakum tashkuroon.



New Year's Eve at the Shrine of Imam Reza (PBUH)

New Year's Eve at the holy shrine of Imam Reza (peace be upon him), the eighth Imam of the Shia Muslims, located in the holy city of Mashhad, is one of the most magnificent and spiritual moments for Iranians, pilgrims, and believers. As the moment of transition into the New Year approaches, people from all over Iran and some other countries travel to the shrine of Imam Reza (PBUH) to participate in this spiritual ceremony.

At the shrine of Imam Reza (PBUH), the New Year is celebrated as follows:

- ****Grand gathering of pilgrims:**** Pilgrims and residents gather in various courtyards and halls of the shrine, eagerly awaiting the transition into the new year.
- ****Prayers and supplications:**** As the New Year approaches, supplications and prayers are recited in the presence of religious scholars and reciters. The New Year's supplication and supplications for Imam Mahdi (May Allah hasten his reappearance) are among the prayers recited.



Live broadcast:

These moments are usually broadcast live on television and radio networks, allowing those unable to be present at the shrine to witness the ceremony.

- Salutations to Imam Reza (PBUH): Pilgrims visit the sacred shrine of Imam Reza (peace be upon him), offering prayers and sincere salutations to the eighth Imam.

- Hospitality: During the New Year's Eve and Nowruz celebrations at the holy shrine of Imam Reza, pilgrims are served sweets, sherbet, and tea at the shrine's tea houses.

Being present at the shrine of Imam Reza (PBUH) during the New Year's moment is an opportunity for many believers to start their new year with blessings and spirituality, making it a memorable and sacred experience.





Blessed Tables

During Ramadan, Muslims worldwide fast from dawn until sunset and break their fast with a meal known as **Iftar**. Special Ramadan foods in Iran vary based on local tastes and traditions. Here are some of the most common and popular dishes consumed for **Suhoor** (pre-dawn meal) and **Iftar** (evening meal) during Ramadan across Iran:

Suhoor:

- **Various rice and stew dishes:** Rice is a staple food for most Iranians and holds a special place on the Suhoor table, accompanied by stews such as Gheimeh or Ghormeh Sabzi.
- **Haleem:** A dish made from cooked wheat, meat, and spices, highly popular among all Iranians.
- **Bread, cheese, and walnuts:** A simple yet popular combination for starting Suhoor.

Iftar:

- **Zoolbia and Bamieh:** Traditional sweets specifically associated with Ramadan.
- **Ash Reshteh:** A thick soup considered a light and desirable meal during the warm Ramadan season.
- **Bread, cheese, and herbs:** A simple and common tradition for beginning Iftar.
- **Dates and warm water:** A widely practiced way to break the fast.
- **Sholeh Zard:** A Persian dessert made with rice, sugar, saffron, and garnished with almond or pistachio slivers.
- **Fernj:** A rice pudding prepared with milk, sugar, and rose water.

These are just some of the common foods and delicacies associated with Ramadan, and they may vary depending on the region and local customs of Iran.





Nowruz and Ramadan:

Connecting the Beautiful Iranian-Islamic Traditions

Nowruz and Ramadan, the two crown jewels of the Iranian and Islamic calendars, are two cherished traditions with ancient roots, each symbolizing family warmth and the closeness of hearts. Nowruz, with its longstanding customs of visits and gatherings, and Ramadan, with its tradition of family bonds, intertwine two cultural fabrics that both promote love, kindness, and unity. Nowruz, a celebration that heralds the arrival of spring and a fresh beginning full of blessings, brings families together around colorful tables. The visits exchanged during Nowruz present a golden opportunity to strengthen family and friendship ties, reunite with loved ones, and honor human and cultural values. As Nowruz fades and the blessed month of Ramadan arrives, the tradition of family bonds in the form of Islamic practices emerges as another beautiful manifestation of connected hearts. Family bonding, which signifies warm relationships and spiritual visits among relatives, holds a special place during Ramadan. Collective iftar gatherings, congregational prayers, and helping orphans and the needy—all of these are symbols of this esteemed tradition.

If Nowruz represents visible joy and evident social visits, Ramadan unfolds a curtain of hidden kindness and deeper connections with God and His creation. Both, in their ways, manifest obedience to divine guidance in fostering human relationships and purifying the soul. This spiritual connection is not only significant in Iranian and Islamic culture but also serves as a superior model for peaceful coexistence and strengthened kinship worldwide.

Write a memory of Nowruz or Ramadan.



A series of horizontal dotted lines for writing, spanning the width of the white page.



