

Losar- the Tibetan New Year

December 26, 2022

In news– The Prime Minister of India has extended his greetings and best wishes on the occasion of Losar.

About Losar-

- Losar, also known as **Tibetan New Year, is a festival in Tibetan Buddhism.**
- The holiday is a new year's festival, celebrated on the first day of the lunisolar Tibetan calendar, which corresponds to a date in February or March in the Gregorian calendar.
- In 2020, the new year commenced on the 24th of February and celebrations ran until the 26th of the same month. It also commenced the Year of the Male Iron Rat.
- The **variation of the festival in Nepal is called Lhochhar** and is observed about eight weeks earlier than the Tibetan Losar.
- Losar **predates the arrival of Buddhism in Tibet** and has its roots in a winter incense-burning custom of the Bon religion.
- Losar is celebrated for 15 days, with the main celebrations on the first three days.
- On the first day of Losar, a **beverage called changkol is made from chhaang** (a Tibetan-Nepali cousin of beer).
- The second day of Losar is known as **King's Losar (gyalpo losar)**. Losar is traditionally preceded by the five-day practice of Vajrakilaya.
- Because the Uyghurs adopted the Chinese calendar, and the Mongols and Tibetans adopted the Uyghur calendar, **Losar occurs near or on the same day as the Chinese New Year and the Mongolian New Year**, but the traditions of Losar are unique to Tibet, and predate both Indian and Chinese influences.
- As well as that, the **Sherpas are associated with Losar**

and enjoy Losar in the high altitudes of the Nepal Himalayan Range.