

Scribbles

Bringing colour to your lives

Volume No. 12

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Issue No. 6

From the Editor's desk...

Dear colleagues,

India has come a long way since independence. 15 August 2021 is special as it marks the beginning of the 75th year of independent India.

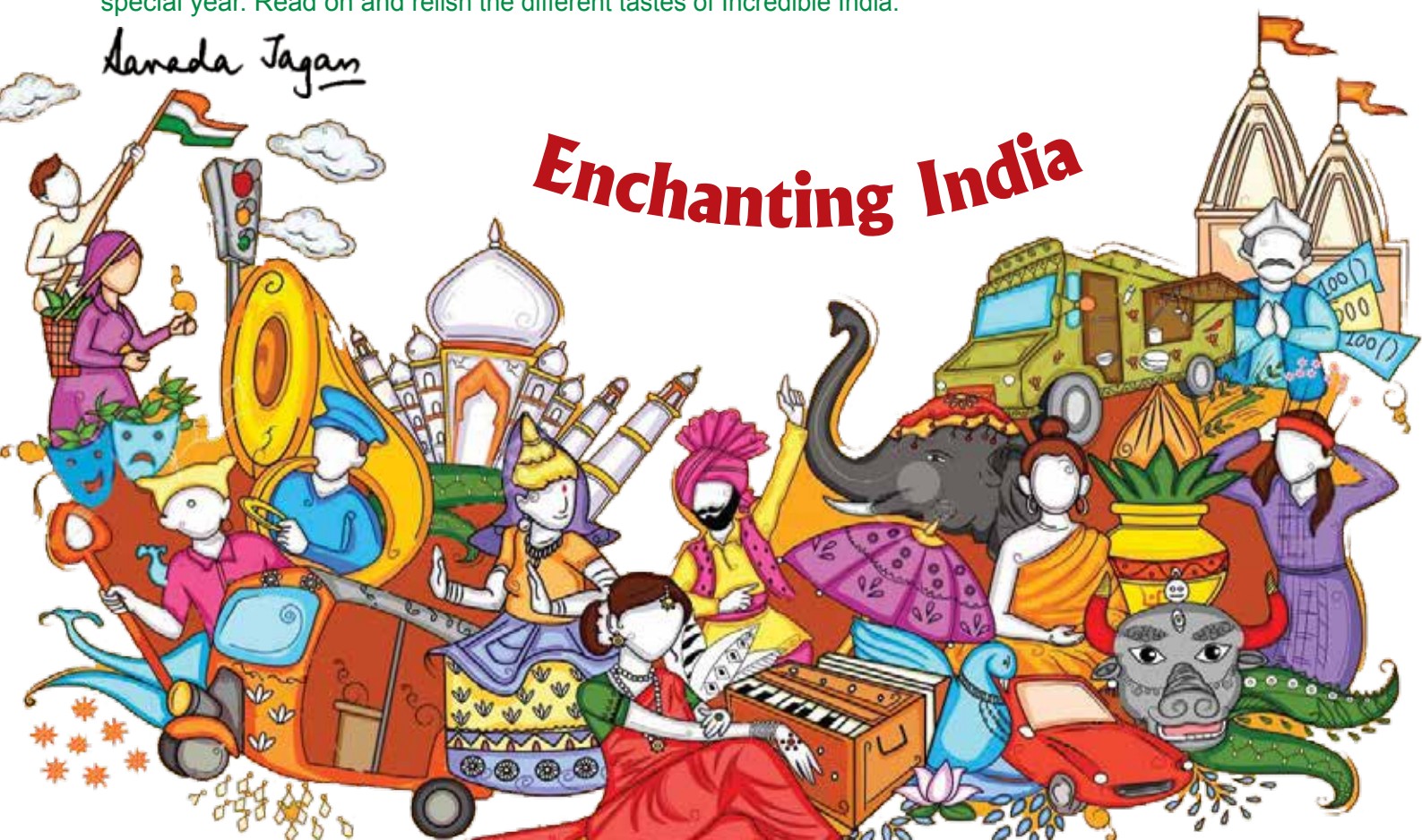
Given India's diversity, in terms of geography, language, religion, culture and ethnicity, our journey towards development, prosperity and stability is a story of inspiration. Though there has been the impact of modernisation, our lifestyle and art predominantly reflect what has been around for centuries.

This issue of Scribbles is a dedication to India's glory, rich heritage and the huge strides that it has taken in the last 75 years in its independent journey. When the idea was conceived, the team was quite excited and looked at various options on how the celebration can be impactfully translated into an edition of Scribbles. We came up with 15 subjects which are key to presenting India's glory, and represent the multi-faceted talent in the country. In each of them five topics were identified for presentation. In each subject we have also provided interesting facts. The visuals have been chosen to kindle the interest in reading. A few double spreads and maps also increase the information about our country and its heritage. In all, we have tried to present a wholesome experience for you and hope that this small dedication to our country only increases our passion and pride in being Indians.

Also, there are contests for the employees and family members as well. Do participate and celebrate this special year. Read on and relish the different tastes of Incredible India.

Saneda Jagan

Enchanting India



The language spoken in India changes every few kilometres, just like the taste of water. India has 22 official languages, namely Assamese, Bengali, Bodo, Dogri, Gujarati, Hindi, Kannada, Kashmiri, Konkani, Maithili, Malayalam, Manipuri, Marathi, Nepali, Oriya, Punjabi, Sanskrit, Santhali, Sindhi, Tamil, Telugu and Urdu. There are also hundreds of other less prominent languages like Tulu, Bhojpuri and Ladakhi that are the main spoken language of some places. Here are 5 important languages spoken in India based on the number of speakers that is about 79.75 % according to 2011 census.

हिन्दी Hindi and Urdu have a common form known as Hindustani, which is a Hindi-Urdu mixed language. Hindi is spoken as a first language by nearly 425 million people and as a second language by some 120 million more. Significant Hindi speaking communities are also found in South Africa, Mauritius, Bangladesh, Yemen, and Uganda.



Munshi-Premchand

বাংলা Bengali language, is spoken by more than 210 million people as a first or second language. It is the state language of Bangladesh and one of the languages officially recognised in the constitution of India.



Rabindranath Tagore

मराठी Marathi is the official language of the state of Maharashtra. The standard form of speech is that of the city of Pune. Descended from the Mahārāshtrī Prākṛit, Marathi has a significant literature. Marathi can be traced back far beyond the 10th century. It descends from Sanskrit through Pali, Maharashtri and Maharashtra - Apabhramsa.



P. L. Deshpande

తెలుగు Telugu originated from the Proto-Dravidian language. It probably split from Proto-Dravidian between 1500 BCE and 1000 BCE, which was roughly the same time the Tamil language, became distinct in terms of literary

activity. Telugu belongs to the Central Dravidian language subfamily, whose members originated from the Proto-Dravidian spoken in the central part of the Deccan plateau. Other languages

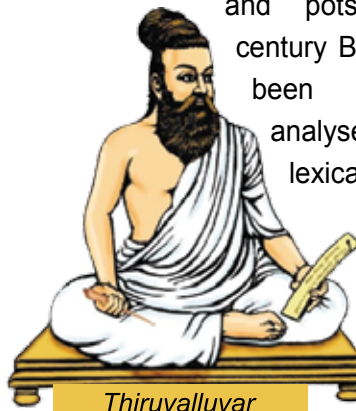


Aatukuri molla

of the central group include the rustic Gondi, Konda, Kui and Kuvi languages, all of which are linguistically closest to Telugu. This language is the largest member of the Dravidian language family.

தமிழ் This language is a member of the Dravidian language family, spoken primarily in India. It is the official language of the Indian state of Tamil Nadu and the union territory of Puducherry (Pondicherry). In 2004 Tamil was declared as a classical language of India, meaning that it met three criteria: its origins are ancient; it has an independent tradition; and it possesses a considerable body of ancient literature. In the early 21st century more than 66 million people were Tamil speakers.

The earliest Tamil writing is attested in inscriptions and potsherds from the 5th century BCE. Three periods have been distinguished through analyses of grammatical and lexical changes: Old Tamil (from about 450 BCE to 700 CE), Middle Tamil (700-1600 CE), and Modern Tamil (from 1600).



Thiruvalluvar

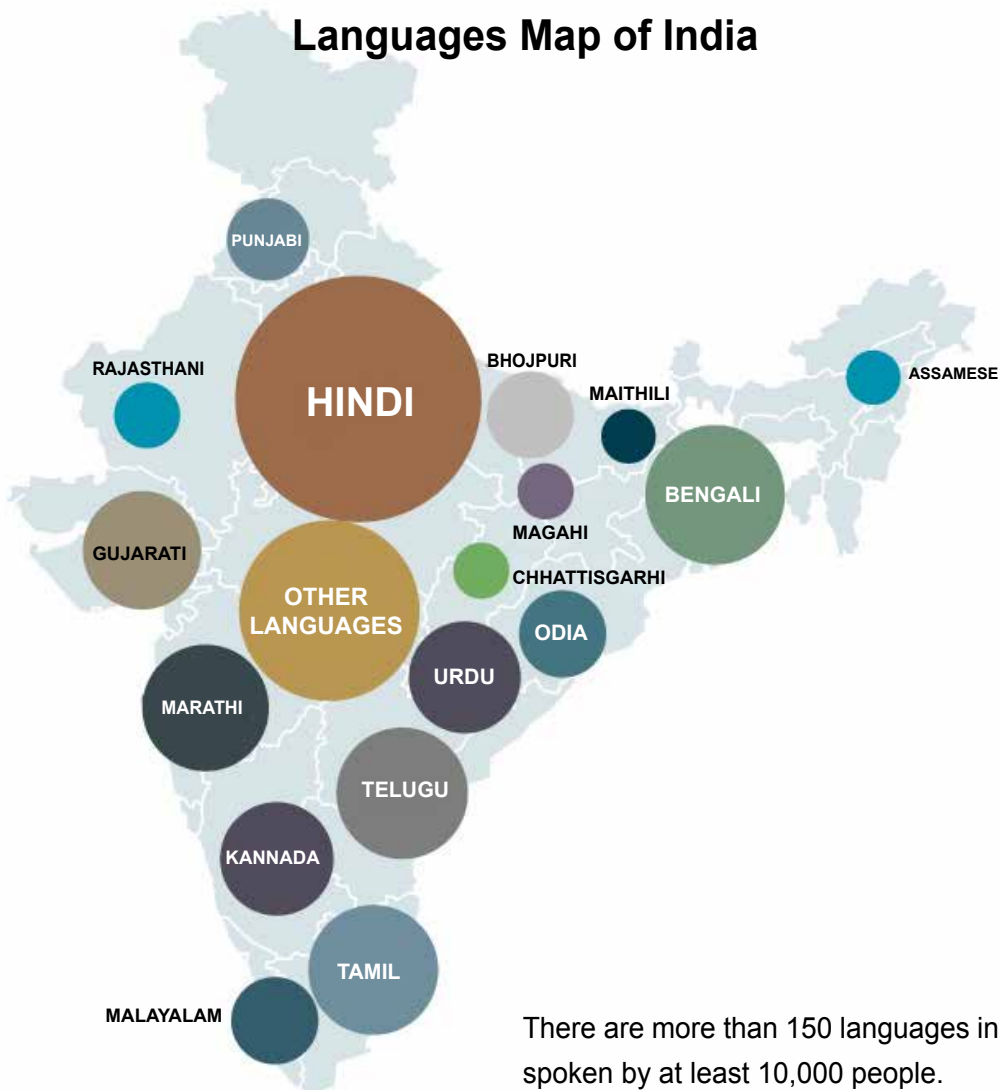
DID YOU KNOW?

The world has about 8000 languages and in India, alone, there are 1600.

Fun Facts

- Telugu is spoken currently by 75 million speakers, living in India and around the world.
- Malayalam, the language spoken in the southern Indian state of Kerala, is the longest palindrome.
- Brahui is a Dravidian language, with its roots in India, spoken by approximately 1 million people in Pakistan and Afghanistan.
- George Bush, former President of the USA, had allocated a budget of \$114 million for teaching Hindi in the US.
- All Indian scripts come from the same script – Brahmi. Writing came much later to India than to other parts of the world. Hence, both Tamil and Sanskrit have extremely strong oral traditions.
- Kannada language has the second oldest written tradition of all vernacular languages of India.

Languages Map of India



There are more than 150 languages in India that are spoken by at least 10,000 people.

The rivers of India play an important role in the lives of the Indian people. The rivers have an important role in Hindu mythology and are considered holy by all Hindus in the country. So much so that the rivers are considered as goddesses, the river Ganges is also personified as a beautiful lady in the Hindu epic Mahabharata. Likewise almost all rivers in India have a story attached to it. If we talk about geography, based on their source, Indian rivers are classified as - Himalayan Rivers and Peninsular Rivers. The major Himalayan Rivers are the Indus, Ganges, Yamuna, and the Brahmaputra. The major Peninsular Rivers are Mahanadi, Godavari, Krishna and Cauvery.

The Ganges:

The Ganges originates at a height of 12,679 ft. The Ganges is the most sacred river to the Hindus and it is also a lifeline to millions of Indians who live along its course. Worshipped as goddess Ganga in



Hinduism, the river has been important historically too, with many former imperial capital cities on its banks. It crosses national and international borders of India and Bangladesh during its long extensive flow. Indians consider rivers as Goddesses and in the epic, Mahabharata Ganga is the wife of Shantanu, and the mother of heroic warrior-patriarch, Bhishma.

Yamuna: The name Yamuna is derived from the Sanskrit word "Yama", meaning 'twin', and it may have been applied to the river because it runs parallel to the Ganges.

It is the longest and the second largest tributary river of the Ganges. It is one of the country's most-sacred rivers. The Yamuna rises on the slopes of the Bandarpunch massif in the Great Himalayas near Yamunotri (Jamunotri) in western Uttarakhand. Yamuna flows through Agra city which is famous for Taj Mahal, a white marble wonder. In Hindu scriptures, she is daughter of Surya, the sun god, and Sanjna, cloud goddess.



Brahmaputra:

The Brahmaputra River has a male name whereas all other major rivers of India have female names. According to legends, Brahmaputra is the son of Lord Brahma. The river originates from the Kailash ranges of Himalayas at an altitude of 5300 M. The Brahmaputra sub-basin has abundant hydro-power potential. The sub-basin is rich in petroleum and coal.



Krishna: This river is the fourth-biggest in terms of water inflows and river basin area in India, after the Ganges, Godavari and Brahmaputra. Krishna is a mighty east flowing river of peninsular India.



It is one of India's longest rivers, it has a total course of about 800 miles. The river rises in western

Maharashtra state in the Western Ghats range near the town of Mahabaleshwar, not far from the coast of the Arabian Sea.

Kaveri: Also called Cauvery, it is the sacred river of southern India. It rises on Brahmagiri Hill of the Western Ghats in south-western Karnataka state, flows in a south-easterly direction for 765 km through the states of Karnataka and Tamil Nadu, and descends the Eastern Ghats in a series of great

tell stories

falls. Before emptying into the Bay of Bengal south of Cuddalore, the river breaks into a large number of distributaries forming a wide delta called the "garden of southern India."



DID YOU KNOW?

Akshar school in Assam: This school collects plastic waste instead of money as tuition. This step not only makes it easier for poor students to go to school, but it also helps reduce plastic that gets thrown away instead of being recycled.

Fun Facts

- There is a hot water pool present at Yamunotri (River Yamuna). The water is so hot that people cook rice and potato by putting them in cloth bags and dipping the bag in the hot water.
- Thamirabarani is the only perennial river in South India.
- Tehri Dam on Bhagirathi River is the biggest, highest and tallest dam in India and also the eighth highest dam in the world, located at Uttarakhand.
- Most of the rivers in India flow from West to East direction to empty in the Bay of Bengal.
- Chambal is probably the cleanest river in India. People do not bathe in Chambal because of a story that says that anybody who touches the waters of Chambal gets cursed.

Popular dams and the rivers



Dam	River	State
Hirakud	Mahanadi	Orissa
Bhakra Nangal	Sutlej	Himachal Pradesh
Tehri	Bhagirathi	Uttarakhand
Nagarjuna Sagar	Krishna	Telangana
Sardar Sarovar	Narmada	Gujarat

Hirakud Dam

Oldest Dam

The oldest dam in India is the Grand Anicut built by King Karikala Cholan between 100 BC-100 AD. It is the fourth oldest water diversion or water-regulator structures in the world and the oldest in India that is still in use.



Kallanai Dam

Indian cuisine consists of a variety of regional and traditional cuisines native to the Indian subcontinent. Given the diversity in soil, climate, culture, ethnic groups, and occupations, these cuisines vary substantially and use locally available spices, herbs, vegetables, and fruits. Indian food is also heavily influenced by religion, in particular Hinduism and Islam, cultural choices and traditions. Historical events such as invasions, trade relations, and colonialism have played a role in introducing certain foods to this country. Here are the most famous Indian cuisines.

Punjabi: This cuisine has a rich tradition of many distinct and local ways of cooking. One is a special form of tandoori cooking that is now famous in other parts of India, UK, Canada, Hong Kong and in many parts of the world. Distinctively Punjabi cuisine is known for its rich, buttery flavours along with the extensive vegetarian and meat dishes.



Chettinad: Chettinad cuisine is of a community called the Nattukottai Chettiars, or Nagarathars from the Chettinad region of Tamil Nadu. Chettinad cuisine is perhaps the most renowned fare in the Tamil Nadu repertoire. It uses a variety of spices and the dishes are made with fresh ground masalas.



Chettiars also use a variety of sun-dried meats and salted vegetables, reflecting the dry environment of the region. Most of the dishes are eaten with rice and rice based accompaniments such as dosas, appams, idiyappams, adais and idlis. Chettinad cuisine offers a variety of vegetarian and non-vegetarian dishes.

Hyderabadi: This cuisine is a very sumptuous part of Telangana food. Hyderabadi cuisine is a princely legacy of the Nizams of Hyderabad, India. What makes the Hyderabadi Cuisine special is the use of special ingredients, carefully chosen and cooked to the right degree. The addition of a certain herb, spice, condiment, or an amalgamation of

these adds a unique taste and texture to the dish. The herbs and spices used and the method of preparation gives the dish its name. Hyderabadi cuisine is synonymous with Biryani, which is Hyderabad's most famous meat-and-rice dish.



Bengali: The thought of Bengali food can bring these mouth-watering dishes to many people's mind the juicy, delicious Rosogolla and Sandesh. Bengali food is rich and varied in its platter starting from snacks to main courses to sweets.



A Bengali meal follows a multi-course tradition where food is served course-wise usually in a specific format, marking it as the only meal of the subcontinent to have evolved such convention.

Goan: The cuisine of Goa originated from its Konkani roots, and was influenced by the 451 years of Portuguese rule and the Sultanate rule that preceded it. Many Catholic dishes are either similar to or variants of their Portuguese counterparts in both naming or their use of ingredients. The food of Goan Christians is heavily influenced by the Portuguese (the use of vinegar, for example, is very prominent). The local cuisine and recipes were transformed, leading to the changing food

cuisines



habits and lifestyle of local Indians. New dishes were introduced, like pork Vindaloo, prawn Balchao and pork Feijodda.

Goan Hindu cuisine is mild, with use of tamarind and kokum for souring, and jaggery for sweetening. The medium

of cooking is coconut oil.

DID YOU KNOW?

India is the birthplace of 2 popular board games: "Chess" and "Snakes and Ladders." The indigenous name of Chess is Chaturanga, which means "4 divisions of an army" (namely elephants, chariots, cavalry, and infantry), and is thought to have originated in the 6th century, AD.

Fun Facts

- India is rightly called the Land of Spices. No country in the world produces as many varieties of spices as India.
- Greek, Roman and Arab traders have contributed a lot to the first foreign flavours in Indian cuisine.
- The Portuguese introduced us to refined sugar.
- The first Indian restaurant in the USA was opened in the mid 1960s. Today, there are around 80,000 Indian restaurants in America.
- According to Indian Food Theory, our food has 6 different flavours: sweet, salty, bitter, sour, astringent and spicy.
- Indian food system classifies food into three categories - Sattvic (fresh vegetables and juice), Rajasic (oily and spicy food) and Tamasic (meat and liquor).

Meal of a different kind

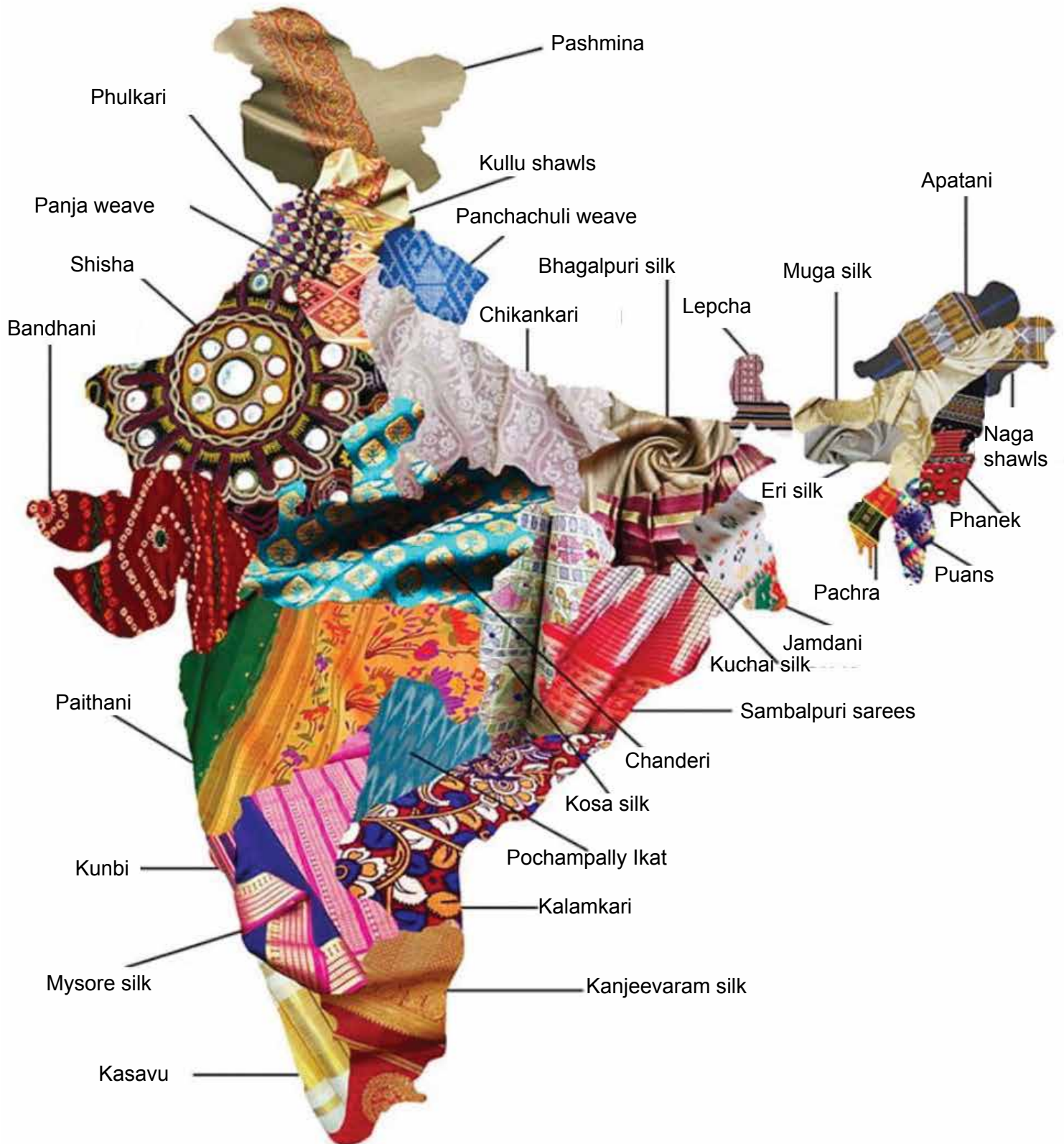
- Jadoh – It's a pulav made with pig's blood and intestines, popular with the Jaintia tribe of the North East, predominantly Meghalaya
- Dog Meat – Nagaland has delicacies that include dogs, spiders, pork, beef, crabs and even elephants
- Chaprah – Red ants, their eggs and some spices make delicious red ant chutney for few tribes in Chhattisgarh
- Frog legs – This exotic delicacy is part of the Goan and Sikkim cuisines. The battered and fried frog legs are considered to be of great medicinal value by the Lepchas community in Sikkim
- Phan Pyut – Rotten potatoes is a delicacy in the North East Indian cuisine

Dum Biryani

The Nawab of Awadh was facing a shortage of food in his region so he ordered a meal to be cooked for all the poor in huge handis, covered with a lid and sealed with dough. This would help cook a lot of food with minimum resources, but who would have thought that this would eventually lead to a new style of cooking, now known as 'dum'.



Fabric Map



Street Food Map



Guess Who?! Clue No. 4: *Travelled to London in August 1910 to study at the Middle Temple. Returned and became a leading barrister in criminal law.*

India is rightly called as the land of spices, as no other country in the world produces as much spice as we do. Indian food and its taste are famous all over the world; the delicious aroma, great taste, unique colour and finger-licking flavour. The role of spices is to increase the palatability they are and used as flavouring, colouring, and preservative agents. Spices are also a part of many industry like medical, cosmetic, pharmaceutical and perfumery, and many more. Indian cuisines have few spices which are inevitable like cumin, coriander seeds, mustard, fenugreek and fennel seeds.



The **Cumin** fruit of the plant is called the cumin seed, and it is popular all over the world as a spice.

Cumin is claimed to be good for digestion, immune system, and circulation.

- Cumin seeds contain naturally occurring substances that work as antioxidants.
- Has anticancer properties.
- Traditional medicine practitioners have recommended cumin for the treatment of diarrhoea for centuries.
- The active ingredients in cumin seeds have an anti-inflammatory, antiseptic effect.



If India had a national herb, it would be **coriander**. As far as the Indian cuisine is concerned coriander seeds or powder or leaves is invariably used in almost everything.

- Coriander may lower blood sugar by activating certain enzymes.
- Coriander is full of antioxidants that demonstrate immune-boosting, anticancer, anti-inflammatory, and neuroprotective effects.
- Coriander may protect your heart by lowering blood pressure and LDL (bad) cholesterol while increasing HDL (good) cholesterol.

The seeds are fruit pods obtained from the **mustard** plant, in the Brassica family. The plant reaches about 4-5 feet in height and bears golden-yellow flowers. There are three varieties of mustard grown-white, brown and black.



● Being one of the chief oil seeds, mustards are indeed very high in calories; 100 g of seeds provide 508 calories.

● 100 g of mustards provide 4.733 mg of niacin (vitamin B-3). Niacin is a part of

nicotinamide co-enzymes that help lower blood cholesterol and triglyceride levels.

- Mustard seeds contain flavonoid and carotenoid antioxidants such as carotenes, zeaxanthin, and lutein.



Fenugreek is an herb in the same family as soy. It is an herb long used in alternative medicine. Fenugreek seeds have a healthy nutritional profile,

containing a good amount of fibre and minerals, including iron and magnesium.

- Research suggests that fenugreek may increase breast milk production and the rate of weight gain in newborn babies.
- Evidence supports fenugreek's role in blood sugar control and the treatment of type 1 and 2 diabetes.
- Fenugreek may also reduce cholesterol levels, lower inflammation, and help with appetite control, but more research is needed in these areas.



It is a flavourful culinary herb and medicinal plant. Both the crunchy bulb and the seeds of the **fennel** plant have a mild, liquorice-like flavour. Yet, the

spice basket

flavour of the seeds is more potent due to their powerful essential oils. Aside from its many culinary uses, fennel and its seeds offer a wide array of health benefits and provide antioxidant, anti-inflammatory, and antibacterial effects.

- All parts of the fennel plant are rich in powerful antioxidants like chlorogenic acid, limonene, and quercetin – all of which benefit health.
- Fennel and its seeds contain fibre, potassium, magnesium, and calcium – all of which are essential for good heart health.
- Test-tube and animal studies have shown that fennel may have anticancer properties.

DID YOU KNOW?

Hijras have a history recorded in the Indian subcontinent since ancient times, as suggested also by the Kāma Sūtra. In April 2014, India's Supreme Court recognised trans-gender people as a 'third sex' in a special law also regarding passports and other official documents.

Indian Spice Box

Timing is key in Indian cooking. Many recipes begin by heating oil first, then adding small amounts of spices in quick succession. The oil's temperature has to be just right so mustard seeds pop; cumin seeds sizzle, and turmeric and red chilli powder lose their raw edge without burning. The spice box is the most efficient and practical way of accessing the required spices easily: Open one lid and everything you need is right there. The idea is that you set the box beside your pot so you're not scrambling and looking for different spice containers while the oil is at its perfect temperature.



Fun Facts

- The most expensive spice in the world is saffron. It is more expensive than gold!
- India is responsible for 70% of the global spice production.
- In the 4th century BC, black pepper had immense value. The Greeks referred to it as 'black gold'. At this time about 120 ships a year full of spices were consumed by Romans.
- Cardamom is a very commonly used spice in India, especially in teas and curries. But what Indians don't realise is that cardamom is actually one of the most expensive spices in the world, ranked 3rd after saffron and vanilla.
- The cumin plant comes from the same family as parsley. It is so useful that it is not only used in cooking, but also used as a preservative in mummification in Ancient Egypt.

History of clothing in the Indian subcontinent can be traced to the Indus Valley Civilisation or earlier. Indians have mainly worn clothing made up of locally grown cotton. India was one of the first places where cotton was cultivated and used even as early as 2500 BCE during the Harappan era. Just like the different languages, and cuisines belonging to different regions of India, Indians have different traditional attire too, like the traditional saree from Tamil Nadu, Pheran of the Jammu and Kashmir, and Mundum neriyathum of Kerala etc. Here are 5 interesting attires.



Pheran is the traditional wear of the state, common to men and women, both Hindus and Muslims in the Kashmir Valley. The Pheran consist of two gowns, one over the other. In summer, the Pherans are made of cotton, but in winter, they are made of wool, covering and protecting the body from the cold especially during snow.

The word “sari” means “strip of cloth” in Sanskrit. A **sari** consists of an unstitched drape varying from 4.5 to 9 metres (15 to 30 feet) in length, which is draped around the waist of mostly south Indian women. There are various styles of sari manufacture and draping. The most common one is the Nivi style. The sari is worn with a fitted bodice or a blouse and a petticoat called ghagra, or ul-pavadai.



It is the traditional clothing of women in Kerala. It is the oldest remnant of the ancient form of the saree which covered only the lower part of the body. In the **mundum neriyathum**, the most basic traditional piece is the mundu or lower garment which is the ancient form of the saree denoted in Malayalam as

‘Thuni’ (meaning cloth), while the neriyathu forms the upper garment the mundu. The mundum neriyathum consists of two pieces of cloth, and could be worn in either the traditional style with the neriyathu tucked inside the blouse, or in the modern style with the neriyathu worn over the left shoulder. The mundum neriyathum is traditionally white or cream in colour.



A special type of ghagra choli is the traditional dress for women, that which includes a long ankle length skirt called the **daaman**, a kurti and a chunder as veil, worn in Haryana.



The chunder, splashed in colour and shiny laces is the most dramatic part of the ensemble while the daaman is equally vibrant and flashy. Men in Haryana generally sport an all white Dhoti-kurta ensemble, accompanied by the traditional headgear called Pagri and equally traditional footwear called jutis.

The traditional attire of Manipur is quite different. The women of the state wear a sarong wrapped around the chest as a skirt that is called the **Phanek**. A horizontally woven shawl or dupatta called the

our tradition

Innaphi goes round the upper body to complete the traditional female attire. While the men folk wear a dhoti and jacket as their traditional dress. The jackets or bundis complements the knotted dhotis that are four to five metres in length and the look is completed by a white pagri or turban as the headgear.



DID YOU KNOW?

The art of navigation was born in the river Sindh 6000 years ago. The very word navigation is derived from the Sanskrit word NAVGATI. The word navy is also derived from Sanskrit 'Nou'.

Saree styles



The Ultimate Guide to Indian Men's Ethnic Wear



Kurta Churidar
Kurtas, typically appear collared in a Chinese or V neck style, but sometimes collarless, can be short or long with the hem to a few inches below the knee. Appear in different fabrics like cotton, silk, linen etc.



Kurta Salwar
As opposed to churidars are loose baggy style trousers, with a wider cut. Typically appear collared in a Chinese or V neck style, but sometimes collarless.



Sherwani
Long close fitting coat style jacket, which is typically of knee length with long sleeves and Chinese collar. Comes in a heavier fabric with lining and may have a front slit. They may also have embellishments, stone work or embroideries or other elaborate patterns.



Achkan Sherwani
Quite similar to classic Sherwani, but usually have a button placket in the front and is slightly shorter than the usual Sherwani. They are more fitted and trimmed to give a compact masculine look.



Bandhagala/Jodhpuri Suit
Long close fitting coat style jacket, which is typically with long sleeves and Chinese collar. Comes in a heavier fabric with lining and may have a front slit. They may also have embellishments, stone work or embroideries or other elaborate patterns.



Dhoti Pants
Ready to wear garment, worn like a trouser around the waist and stitched into vertical pleats that are tucked in and extends to cover most of the legs. The fabric is usually in silk or satin.



Kerala Dhoti/Mundu
A long rectangular piece of clothing material, in silk, cotton or dupion usually in a white, cr me or ivory shade, with a thin or broad golden border. This is tied around the waist by tucking in with pleats and extends to cover the whole legs.



Pathani suit
Long kurta with collars and front pockets, as well as accompanied by baggy salwar trousers. It usually has a button placket and rounded hems.



Indo-Western
Indo Western outfits combine ethnic wear with a western twist. They feature a contemporary design and are mostly a modern version of the usual ethnic outfits. The differences may be in the cut, the hemlines, slits, sleeves, necklines.



Nehru Jacket
Also called as Sadri, it is a sleeveless and fitted Chinese collared vest jacket, of a hip length, traditionally worn over Achkans or kurtas by men. Typically, come in nude and solid shades, today, they appear in brocade or jacquard patterns, in silk cotton or linen fabric.

Fun Facts

- Did you know that cotton was not made overnight? The oldest cotton threads in India date back to circa 4000 BC. This was preserved for more than 6000 years.
- The oldest fabric that was naturally dyed, goes way back in time to 2500 BC.
- India overtook the US and became the second-largest producer in the world in the making of cotton, after China.
- In the world of Indian Handloom Fabric, indigo happens to be one of the oldest dyes, that were made with plants. In India, blue indigo is the most prized possession, since India is a home of Indigofera Tinctoria plant that produces an enormous amount of blue dye.
- Two khadi fabric can never look alike, even if they are of the same colour.

There are many dance forms that have found its root from India. They come from every state in the country, although there are only six forms of classical dances recognised by India on a national level. They are Bharatnatyam, Kathak, Kathakali, Manipuri, Kuchipudi, and Odissi. The folk dances of India are much more than mere body movements. From the very ancient times the classical dance forms of India is considered as a discipline and a way to devote oneself to God through art. Here we have few dance forms which are not commonly known.

Bhangra / Gidha



Bhangra is an amalgamation of various folk dances from all across the region of Punjab, many of which can trace their roots long before the existence of the term Bhangra

in the late 1800s. Bhangra is traditionally danced to the dhol instrument, a large drum, and bolijan, short sets of lyrics that describe scenes or stories from Punjab.

Garba

Garba comes from Gujarat which is a traditional dance form dedicated to Goddess Durga. It is performed in a couple on the typical Gujarati music, and sticks are used to perform this art form. Garba is performed in a circle as a symbol of the Hindu view



of time. The rings of dancers revolve in cycles, as time in Hinduism is cyclical. The dance symbolises that God, represented in feminine form.

Odissi

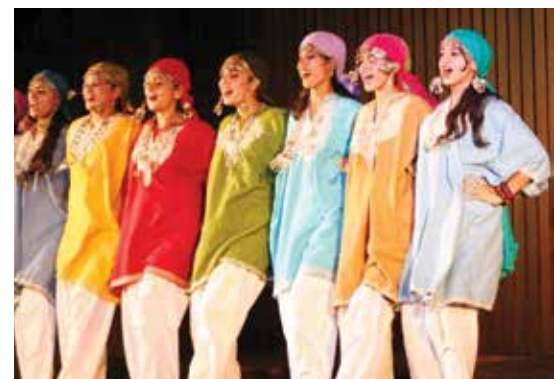
Odissi dance form comes from the state of Odisha. Most of the gestures and movements (Mudras) are inspired by the sculptors and idols

belonging to the ancient temples of India. The dance is performed as a way to express the mythological tales of Hindu gods, including that of Shiva and Surya. The dance is accompanied by a mythical story, Hindi poem in the form of music by the musicians. Odissi is considered as the oldest of dance forms of India which are surviving till today. Odissi dance is performed mostly by women dancers, and it includes more than 50 intriguing mudras.



Rouf

The Rouf is a folk dance which originated in the Muslim community of the state of Kashmir in India. The dance originated several years back in order to celebrate the good weather of the spring season and also for the purpose of merriment in the various festivals like Eid-ul-Fitr. The dance is performed by



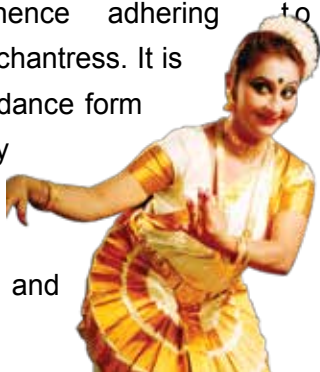
women in beautiful costumes to characteristic music. The dance simple footwork called Chakri in the local language.

Mohiniyattam

In Indian mythology, Mohini is the female avatar of Lord Vishnu, and the meaning of Attam in Malayalam

of art forms

is rhythmic motion hence adhering to the dance of the divine enchantress. It is the second most popular dance form of Kerala. It is traditionally performed by women following a repertoire of Carnatic music, singing and acting a play.



DID YOU KNOW?

The value of pi was first calculated by Baudhayana, and he explained the concept of what is known as the Pythagorean Theorem. He discovered this in the 6th century long before the European mathematicians.

Fun Facts

- The Kathakali dance is performed by males and developed in courts and theatres of Hindu localities. Even the female characters are performed by the male dancers.
- Kuchipudi not only includes dance but also the most important component form called Vachika Vinayam which involves drama as well. This dance is mainly done to depict the life stories of Lord Krishna.
- Kuchipudi requires seven to ten years to master this dance form completely.
- The recitation of mythological tales in rhythm with music and dance in ancient India is believed to be the origin of Kathak.

Navarasa

Nava means nine, and rasa literally means 'essence', however navarasas in Natyashastra is used to demonstrate the nine categories of the 'emotional state'.



Sports and games have always been an integral part of India's rich culture and history. Sadly, today's kids are so engrossed in playing video games that traditional ones like the Pallanguzhi, Lippa, Kabaddi and Gilli-danda are forgotten. Gone are the days when kids simply couldn't wait to go out and play a few rounds of Hopscotch with their friends. The reduction in physical activity has given rise to a host of health issues in kids. Therefore, reviving traditional games will provide a host of health benefits.

Kabaddi

A game played without any gear or equipment it is based on pure strength and strategy. Played between two teams, the game involves a single player from each team trying to touch down and break into the area of the opponent team.



The player needs to touch as many players of the opposite team while reaching the line. And all of this while humming 'kabaddi'. For many years kabaddi was played for physical exercise by pupils in Indian gurukuls. Though minor variations emerged, the game's principal objective of raiding the enemy territory remained common.

Kho-kho

Again a team sport, Kho-kho is particularly popular in schools. The first team sits in alternating directions while the other team runs around them. The aim is for the sitting team to catch as many from the running team. But it's a sport that requires strategy and presence of mind. A player from the team sitting starts the game and touches his teammate to continue the chase.



Goli/ Kancha or Lakhoti

This particular game is played with our dear old marbles, goli gundu or kancha or lakhoti. The game is about trying to strike a particular marble amidst many, using another marble. The striker marble is held between the middle finger of the player's hand and pulled by another before release. There is no set limit to the number of players who can play this game.



Gilli Danda

Gilli Danda is a sort of fusion game between cricket and baseball.

The gilli is a small stick that needs to be hit by the danda or the longer stick as far as one can. After hitting the gilli, the



player needs to run to a particular point before the opponent team can retrieve the gilli. Gilli danda is also known as Lippa in some parts of India.

Pallanguzhi

Another indoor game Pallanguzhi finds its origins in South India. Played earliest in Tamil Nadu the

games

game spread throughout the southern states and even to Sri Lanka and Malaysia. Played on a board that consists of rounded or cup-like columns the game is played with seeds or shells. The idea is to move the shells or seeds from one cup to another in a clockwise direction till the cups are empty.



DID YOU KNOW?

Algebra, trigonometry and calculus came from India; Quadratic equations were by Sridharacharya in the 11th Century. The largest numbers the Greeks and the Romans used were 10^6 (10 to the power of 6) whereas Hindus used numbers as big as 10^{53} (10 to the power of 53) with specific names as early as 5000 BCE during the Vedic period. Even today, the largest used number is Tera 10^{12} (10 to the power of 12).

Fun Facts

- Chess was originally named 'Chaturanga' or 'Chaturangam' meaning intelligent or smart. This game was invented in India.
- The famous game Polo initiated and parented from India. However this has been modified by overseas countries.
- Viswanathan Anand was the first sports person to win the Padma Vibhushan – The Padma Vibhushan is the second highest civilian award given in India. Anand received this honour in 2007.
- The 1st time India joined the Olympic Games was in 1900, strangely it took 28 years before they brought home the first Olympic medal.
- India won its 1st Gold Medal in Olympic in the year 1928 in hockey. We defeated Netherlands by a roaring 3-0 in the finals.

Some ancient sports that are still played in India

Asol – Tale Aap (Canoe Race on sand)

This is a traditional game of Nicobar Island which involves a canoe race on the sand. The craft which is used in the game is basically built from the branch of a coconut tree. The participants of this game who are usually 15 to 20 in the number sit just like they sit in the canoes. The canoe moves forward by the pressure applied on the sands by the participant's limbs.



Kambala (Buffalo Race)

The traditional festival of Kambala existed in the region of Karnataka for several hundred years. It is primarily a tradition followed in the coastal region of the state and is mainly played in the villages in and around Mangalore and Udupi. This annual event sees anything between 20 to over 40 such races. Irrespective of the Supreme Court ban on the race for the act of cruelty to animals, races continue to take place but with stringent regulations.



India is one such country where art and culture is a big part of people's lives and music by far tops the list. Whether it is a reality show or a concert, the crowd and viewers give a clear indication that India is a land of music. The music of the Indian subcontinent is usually divided into two major traditions of classical music: Hindustani music of North India and Carnatic music of South India, although many regions of India also have their own musical traditions that are independent of these. An integral part of the Indian classical music is the instruments. These instruments have not only given us memorable music but many famous Indian musicians who have represented India on the world stage.

Kanjira

The kanjira is a frame drum of South India. It consists of a skin stretched and pasted on a circular wooden frame. The name kanjira is related to the khanjari and kanjani of North and East India and Nepal. The kanjira is tuned to various pitches by wetting the skin. It is held at the bottom of the frame by the left hand, which also varies the tension of the skin, and is beaten with the fingers of the right hand.



Govinda Rao Harishankar

Mridangam

The mridangam is a percussion instrument of ancient origin. It is the primary rhythmic accompaniment in a Carnatic music ensemble, and in Dhrupad, where a modified version, pakhawaj is the primary percussion instrument. In ancient Hindu sculpture, painting, and mythology, the mridangam is often depicted as the instrument of choice for a number of deities including Ganesha and Nandi. The mridangam is thus also known as 'deva vaadyam' or 'Divine Instrument'.



Karakudi R Mani

Sarod

The sarod is a stringed instrument, used mainly in Hindustani music on the Indian subcontinent. It is known for a deep, weighty, introspective sound, in contrast with the sweet, overtone-rich texture of the sitar, with sympathetic strings that give it a resonant, reverberant quality. A fretless instrument, it can produce the continuous slides between notes known as meend, which are important in Indian music.



Amjad Ali Khan

Shehnai

The Shehnai is a double reed instrument of North India and Nepal. This instrument has seven equidistant finger-holes and no thumbhole. Frequently, the instrument's flared open end is made of metal while its body is made of wood or bamboo. The sound of the shehnai is considered auspicious. And for this reason it is played in temples and is an indispensable component of any North Indian wedding. The credit for bringing this instrument onto the classical



Ustad Bismillah Khan

of music

stage goes to Ustad Bismillah Khan.

Tambura

The tambura is a long, stringed instrument made of light hollow wood, with either a wooden or a gourd resonator. It is typically used in accompaniment with other instruments, providing a drone pitch. India has a long history of creating musical instruments as decorative objects.



Sudha Ragunathan

DID YOU KNOW?

Sushruta is the father of surgery. 2600 years ago he and health scientists of his time conducted complicated surgeries including cesareans, cataract, positioning artificial limbs, correcting fractures, removing urinary stones and even plastic surgery and brain surgery. Usage of anesthesia was well known in ancient India, over 125 surgical equipment were used for the surgeries. Deep knowledge of anatomy, physiology, aetiology, embryology, digestion, metabolism, genetics and immunity is also found in many texts.

Fun Facts

- The First Classical Music School in India is “Gandharva Mahavidyalaya” in Lahore. It was set up by “Pandit Vishnu Digambar Paluskar” on 5th May 1901.
- The first woman shehnai wadak of India is Bageshwari Qamar. Renowned Guru Ustad Bismillah Khan taught her.
- Harmonium isn’t an Indian instrument. It was found by Alexandre Debain in 1840 in France, who patented his Harmonium in Paris on August 9, 1840. In this instrument, he used a pressure winding system, with free reeds. Since that time his invention is used by many others.

Can you name these musical instruments?



Flute, Thavil, Veena, Sitar, Dholak, Dhola, Tabla, Damru, Sitar, Sitar, Sarangi

Guess Who?! Clue No. 9: He was a senior leader of Indian National Congress and a prominent figure in the Indian Freedom Struggle.



Rebellion of 1857



Indian National Congress Founded 1885



Sw



Ghadar Movement 1913



First World War I, 1913



Kheda Satyagraha 1917



Rowlatt Act, Jallianwala Bagh 1919



Salt Satyagraha 1930



Formation of Netaji Subhash Azad Hind Government 1942

57-1947



Non-Cooperation League 1920



Muslim League Founded 1906



Home Rule Movement 1916



Champaran Satyagraha 1917



Non-Cooperation League 1920



Civil Disobedience movement 1930



1947



India Pakistan partition 1947



1947 Free India

Guess Who?! Clue No. 10: He was the second candidate after Gandhi to the presidency of the 1929 Lahore session of the Indian National Congress.

Indian literature refers to the literature produced on the Indian subcontinent until 1947 and in the Republic of India thereafter. The earliest Indian literature took the form of the canonical Hindu sacred writings, known as the Veda, which were written in Sanskrit. To the Veda were added prose commentaries such as the Brahmanas and the Upanishads. The production of Sanskrit literature extended from about 1500 BCE to about 1000 CE and reached its height of development in the 1st to 7th centuries CE. In addition to sacred and philosophical writings, such genres as erotic and devotional lyrics, court poetry, plays, and narrative folktales emerged. Tamil is an exception to this pattern of Sanskrit influence because it had a classical tradition of its own. Urdu and Sindhi are other exceptions. The British rule in India brought about English and their form of writing to India.

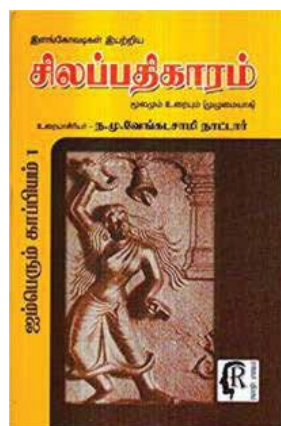
Sanskrit Epic Literature



Mahabharata and Ramayana are the two greatest epics of Indian literature, written in Sanskrit. The Ramayana, narrates the life of Rama, a legendary prince of Ayodhya city in the kingdom of Kosala. The epic follows his fourteen-year exile to the forest urged by his father King Dasharatha. Rama his wife Sita and brother Lakshmana face perils in the forest and Rama eventually returns to Ayodhya to be crowned king amidst jubilation and celebration. The Mahabharata narrates the struggle between two groups of cousins in the Kurukshetra war and the fates of the Kaurava and the Pandava princes and their successors.

Tamil Literature

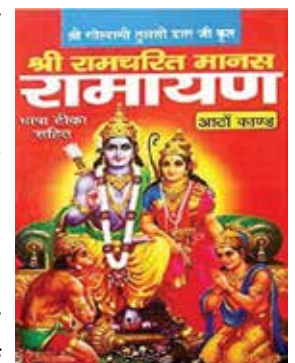
Sangam literally means “gathering, meeting, fraternity and academy”. It has roots in the Hindu deity Shiva, his son Murugan, Kubera as well as 545 sages including the famed Rigvedic poet Agastya.



The Sangam literature includes Tolkappiyam, Ettuthogai, Patthu Pattu, Pathinenkilkanakku, and two epics named – Silappathikaram and Manimegalai. Tolkappiyam was authored by Tolkappiyar and is considered the earliest of Tamil literary works. The Five Great Epics of Tamil literature are Silappathikaram, Manimegalai, Civaka Cintamani, Valayapathi and Kundalakesi.

Hindi epics

The first epic to appear in Hindi was Tulsidas' Ramcharitmanas. It is considered a great classic of Hindi epic poetry and literature and shows the author Tulsidas in complete command over all the important styles of composition — narrative, epic, lyrical and dialectic.



Bengali Literature

The earliest extant work in Bengali literature is the Charyapada, a collection of Buddhist mystic songs



in Old Bengali dating back to the 10th and 11th centuries. Rabindranath Tagore and Kazi Nazrul Islam are

the most well-known prolific writers of Bengal in 20th century. Tagore received the Nobel Prize for Literature in 1913 for his work “Gitanjali”.

way of life

English Literature

In the 20th century, several Indian writers have distinguished themselves not only in traditional Indian languages but also in English, a language inherited from the British. Tagore wrote some of his work originally in English, and did some of his own English translations from Bengali. Some of the popular Indian writers in English are Salman Rushdie, Arundhati Roy, Kiran Desai and Aravind Adiga who have won the prestigious Man Booker Prize, with Salman Rushdie going on to win the Booker of Bookers.



Man Booker Prize winners

Salman Rushdie, *Midnight's Children* (1981)

Arundhati Roy, *The God of Small Things* (1997)

Kiran Desai, *The Inheritance of Loss* (2006)

Aravind Adiga, *The White Tiger* (2008)

V.S. Naipaul, *In a Free State* (1971)

DID YOU KNOW?

Chandamama is the longest running children magazine in India. The magazine was launched in July, 1947 in Telugu. Owing to labour disputes, the magazine ceased publication in 1998. However, it was relaunched a year later and continues to be published till date. It is currently published in 13 languages including English. The 13th edition was launched in 2004 in Santhali making it the first and only children's magazine in a tribal language. Other languages in which Chandamama is published are: Hindi, Marathi, Gujarati, Bangla, Assamese, Oriya, Malayalam, Kannada, and Sanskrit. Gurmukhi and Sinhalese editions were also brought out for a short while. For several years till 1998, a Braille edition was published too.

Fun Facts

- Many Indians have a passion for Persian poetry. Laila Majnu is a great Arabic love story also well known in India. This is most evident in the poetry of great masters such as Kabir (1440-1518) a poet saint who helped introduce Sufi mysticism to wide audience among Muslims, Hindus and Sikhs.
- Indian literature is considered as the oldest literature in the world.
- The literary tradition in India is primarily oral literature in vernacular languages. This is passed on from generation to generation without manuscript generally sung or recited. It was in the 16th century that an extensive written literature appeared.
- Tulasidas' 'Rama-charit-manas' (1575) is considered an immortal classic by all Hindus.

Several scientific and technological developments have touched the lives of common people in the last seven decades, though limelight is often hogged by achievements in the fields like space and atomic energy. India has built satellites and sent probes to the Moon and Mars, established nuclear power stations, acquired nuclear weapon capability and demonstrated firepower in the form of a range of missiles. Undoubtedly these are all fabulous achievements of Indian scientists and technologists. Development in communications and information technology have enabled timely forecast of weather and early warning of cyclones, saving thousands of lives. Many Indian scientists like Shanti Swarup Bhatnagar, Homi Jehangir Bhabha, and Prasanta Chandra Mahalanobis not only built but also established a strong thought in the world about Indian superiority over science and technology. Here's a look at some of the top contributions India has made to the science world over the centuries.

Zero

Zero and its operation was first defined by Hindu astronomer and mathematician Brahmagupta in 628 AD. Zero was recognised as a number and not merely a symbol of separation amongst all other numbers in India. Basic calculations – including multiplications and divisions were already carried out considering zero as any other number from the 9th century AD.



Cataract Surgery

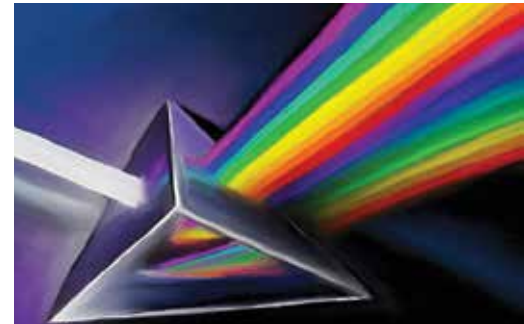
Cataract surgery was known to the Indian physician Sushruta. In India, cataract surgery was performed with a special tool called the Jabamukhi Salaka, a curved needle used to loosen the lens and push



the cataract out of the field of vision. The eye would later be soaked with warm butter and then bandaged. Though this method was successful, Sushruta cautioned that cataract surgery should only be performed when absolutely necessary.

Raman Effect

Change in the wavelength of light that occurs when a light beam is deflected by molecules. The phenomenon is named after Sir Chandrasekhara Venkata Raman, who discovered it in 1928. When a beam of light traverses a dust-free, transparent sample of a chemical compound, a small fraction of the light emerges in directions other than that of the incident (incoming) beam. Most of this scattered light is of unchanged wavelength. A small part, however, has wavelengths different from that of the incident light; its presence is a result of the Raman effect.



Jute cultivation

Jute has been cultivated in India since ancient times. Raw jute was exported to the western world, where it was used to make ropes and cordage. The Indian jute industry, in turn, was modernised during the British Raj in India. The region of Bengal was the major centre for jute cultivation and remained so before the modernisation of India's jute

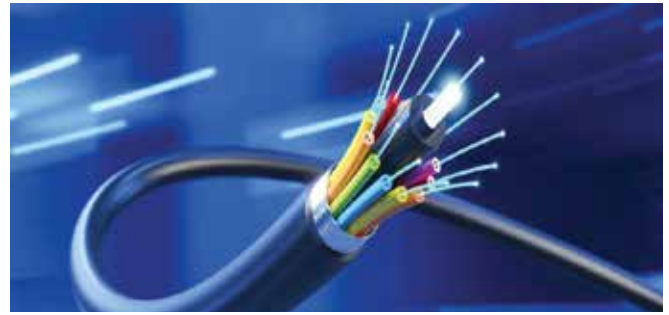


attributes

industry in 1855, when Kolkata became a centre for jute processing in India.

Fibre optics

Named as one of the 7 'Unsung Heroes' by Fortune Magazine, Dr. Narinder Singh Kapany, is widely recognised as the 'Father of Fibre Optics' for his pioneering work in fibre optics technology.



Kapany served briefly as an Indian Ordnance Factories Service officer, before going to Imperial College London in 1952 to work on a Ph.D. degree in optics from the University of London, which he obtained in 1955.

DID YOU KNOW?

India's familiarity with gravity began with Varahamihira (6th Century AD) who was an Astronomer and Mathematician who thought of the concept of gravity.

- He claimed, that there must be a force which might be keeping bodies stuck to the Earth, and also keeping heavenly bodies at specific places.
- He also stated that the Moon rotates round the Earth, and the Earth rotates around the Sun in his book Brihat Samhita.
- Interestingly, another Indian Mathematician, Brahmagupta had commented on the concept of gravity. He exclaimed, "Bodies fall towards the earth as it is like the earth to attract bodies, just as it is like water to flow."

First Indian to go to Space (1984)



Rakesh Sharma was the first Indian astronaut to go to space. He spent 7 days 21 hours and 40 minutes aboard the Salyut 7 orbital station. He is the only Indian citizen to travel in space, although there have been other astronauts with an

Indian background who were not Indian citizens.

Sharma himself sent the entire country into a tizzy when, in reply to the Prime Minister Indra Gandhi's query on how India looked from space, he quoted the poet Iqbal's immortal lines, "Saare jahan se achcha" (better than the whole world).

Fun Facts

- Sushruta Samhita, is the oldest medical and surgical encyclopedia known to mankind.
- Rig Veda was the first to note the central placement of the Sun and other planets orbiting it in the solar system.
- Mahabharata mentions the concept of cloning, test tube babies, and surrogate mothers.
- 'Hanuman Chalisa' precisely calculates the distance between earth and sun.
- Indian Vedas figured out gravity before the west did.
- The great Indian mathematician Aryabhata worked on the approximation of the value of pi (π), and concluded that is irrational and its value is approximately 3.1416. He did this in 499 Common Era at the age of 23.

India has been known for its art and craft across the globe for centuries. The huge variety of craft-forms and astonishing artisanal skills are borne from India's deep tradition, the vast geography and rich history. India is known for its ethnicity. As far as art and culture is concerned, India features amongst the culturally rich countries in the world. The country is fortunate enough to possess some highly skilled artisans. They have increased the fame of Indian handicrafts around the globe. Many rural people still earn their livelihood from their creative pieces of art. India is a manufacturing hub of varied kinds of handicrafts, which are popular even in international markets. These Indian handicrafts are a glimpse into the history and culture of every region of the country.

Weaving

Pashmina is a fine type of wool. Its textiles were first woven in Kashmir. Pashmina shawls are made from a fine type of cashmere wool and are then transported to the valley of Kashmir, where it is entirely hand processed. The major centre of Pashmina fabric production is the old district of Srinagar. The approximate craft time put into producing a single Pashmina shawl is 180 hours. They come in beautiful vibrant colours.



Weaving saris is a household tradition in rural South India. Andhra Pradesh is known for cotton saris with rich golden borders and heavy pallus in Gadwal and Kothakota. Irkal is a special saree of Karnataka which is dominated by rich colours. Maharashtra is famous for Paithani Saree.

Painting

In the Ramayan age in order to capture the wedding of Lord Rama and Sita, King Janaka asked artists to paint the moment. And that art was called Mithila Painting or Madhubani art. Thus started a new trend of painting in India.



Tanjore painting is an important form of classical South Indian painting native to the town of Tanjore in Tamil Nadu. The art form dates back to the early 9th century, a period dominated by the Chola rulers, who encouraged art and literature. These paintings are known for their elegance, rich colours, and attention to detail.

Wood work

The northern states of India have a rich tradition of the woodwork. Regions in Punjab are famous for its exquisite wooden furniture. Kashmir is famous for its artefacts made from the walnut trees. Jharkhand is famous for its wooden toys which are always in a pair. Endowed with abundant forests, woodwork is a popular craft in South India. It is mainly done on rosewood and sandalwood. Red sandalwood from Andhra Pradesh is used to make cutlery, dainty boxes and paper knives in various designs.



Pottery

Pottery is considered to be the most sensual form of all arts. North India is also known for various kinds of pottery designs, in



traditional works

different colours. In Rajasthan, Bikaner is famous for its painted pottery, Pokhran for its pottery with geometrical patterns and Alwar for its Kagzi pottery. The blue pottery of Jaipur is also very famous.

Leather work



India is famous worldwide for its leather products. Various leather items are produced like shoes, bags and garments in Madhya Pradesh. Maharashtra is also famous for its leather shoes called Kolhapuri chappals.

Pradesh. Maharashtra is also famous for its leather shoes called Kolhapuri chappals.

DID YOU KNOW?

At Baba Umer Dargah near Sholapur, Maharashtra, babies are dropped from a height of 50 feet and caught in a sheet held by waiting men. A similar custom is observed at the Sri Santeswar temple near Indi, in the state of Karnataka. This ritual has been followed for over 700 years and is believed to bring prosperity to the family. According to organisers, no injuries have been reported so far.

Fun Facts

- Warli art of Maharashtra dates back to 2500 BC.
- Indian textile & handicrafts industry is the largest employment generator after agriculture.
- Kalamkari is done totally in natural dyes, using various flowers, seeds, cow dung and milk as a natural binder.

The artist in our homes

Rangoli is an art of decoration drawn on the floor or the entrances of homes. It is thought to bring good luck and prosperity to the family, also draw to welcome guests and during festivals.

The reason a rangoli is drawn at the entrance of a house is because of its calming effect on a visitor who is just about to enter into the house. It manifests into vibrations (brainwaves) in the visitor's mind, putting him at ease, making him comfortable and happy.

A rangoli should be mainly drawn using rice flour as it is also considered as food offered to all the insects. These creatures will be satisfied with the flour made of rice in front of every home and will not enter home.





Chandragupta Maurya - Maurya Dynasty
(321 - 297 BCE)



Chandragupta - Gupta Dynasty
(320 - 550 AD)



Harshavardhan - Vardhan or
Pushyabhuti Dynasty (590 - 647 AD)



Mohammad Bin Tughlaq - Tughlaq Dynasty
(1290 - 1351 AD)



Ibrahim Lodhi - Lodhi Dynasty
(1480 - 1526 AD)



Balaji Vishwanath - The Peshwas
(1662 - 1720 AD)



Vikramaditya - Chalukya Dynasty
(975 - 1189 AD)



Raja Raja Chola - Chola Dynasty
(301 BCE - 1279 CE)

Dynasties



Mahmud of Ghazni - Ghazni Dynasty
(971 - 1030 AD)



Qutb-al-Din-Aibak - Slave Dynasty (1150 - 1210 AD)



Ala-ud-din Khilji - Ala-ud-din Khilji Dynasty
(1296 - 1316 AD)



Mughal Dynasty (1526 - 1858 AD) - Babur, Humayun, Akbar, Jahangir, Shah Jahan, and Aurangzeb



Sher Shah Suri - Suri Dynasty
(1486 - 1545 AD)



Shivaji - The Marathas
(1649 - 1818 AD)



Ala-ud-din Hasan Bahman Shah - Bahmani Muslim Kingdom (1292 - 1358 AD)



Krishnadevaraya Vijayanagara Empire
(1471 - 1529 AD)

Guess Who?! Clue No. 14: *His enduring fame rests on his achievement of the peaceful integration of the princely Indian states into the Indian Union and the political unification of India.*

India is a land of festivals, where people from different religions coexist harmoniously. Festival is a celebration of life. It brings peace and joy to the masses and breaks the monotony of life. We can divide festivals of India into three types - national, religious and seasonal. National festivals, like the Republic Day, the Independence Day, Gandhiji's birthday are celebrated with great patriotic fervour. There is a big list of religious festivals that are celebrated in India, including Dussehra, Diwali, Janmashtami, Shivratri, Ram Navami, Eid-ul-Auha, Eid-ul-Fitr, Christmas, Buddha Purnima etc. According to seasonal changes, we celebrate different seasonal festivals like Pongal, Vaisakhi, Masi Magam, Vinayaka Chaturthi, Vasant Panchami, Makar Sankranti etc.

Holi

Also known as the festival of colours, holi is one



of the famous festivals of India, celebrated with a lot of fervour across the country. On the day of Holi, people gather in open areas and apply dry and wet colours of multiple hues to each other,

with some carrying water guns and coloured water-filled balloons.

Dussehra

Dussehra is celebrated in different forms countrywide. Down south during Dussehra, dolls and toys are decorated in every household. In Tamil Nadu, dolls are taken out before the starting of Navratri. Toys are cleaned. A step shaped shelf



is made to decorated toys and dolls. Puja of these dolls is done from Navratri to Dussehra.

Rakshabandhan

Rakhi is celebrated signifying the brother-sister bonding. During Rakhi, the sister performs Aarti (prayer), applies tilak, and ties rakhi (a sacred thread) on the brother's wrist wishing for his well being. The brother, in return, vows to protect the sister. It symbolises the strong bonding of a brother and sister.



Eid

Eid is one of the major festivals of India. People dress up in fineries, attend a special community prayer in the morning, visit friends, and relatives and exchange sweets. Children are given idi (money or gift) by elders. It is a festival that celebrates brotherhood among humanity. Eid celebrates the conclusion of the holy month of fasting called Ramadan. On this day the markets and mosques are beautifully decked up.



of India

Onam



Onam is among the important national festivals of India, wherein people in traditional attire, adorn houses with Pookalam (floral designs), and prepare Onasadya (elaborate meal

of about 13 dishes). Events such as Vallam Kali (snake boat race), Kaikottikali (clap dance), Kathakali dance, and Puli Kali procession (artists dressed and painted like tigers and hunters) are held.

Onam is celebration of the homecoming of the legendary king Mahabali. The key attractions being the spectacular Snake Boat Race, the enigmatic Kaikottikali dance, and the Elephant procession.

DID YOU KNOW?

Outside the Indian subcontinent, the largest Diwali celebrations are held in the city of Leicester in the United Kingdom. Their celebrations begin nearly a week before Diwali, with a 'Lights Switch On' ritual. The main day of Diwali sees 40,000 people gathered to witness the spectacular illumination of lights on Belgrave Road, followed by an exciting firework display. There are also various music and dance performances held. A 'Diwali Village' on Cossington Street Recreation Ground, replete with performances, children's rides, food and retail stalls fill days with joy leading up to Diwali. A number of exhibitions, storytelling competitions and other events are also part of the celebration.

Harvest festivals in India



Fun Facts

- Thaipooam is a lesser known festival of South India, where ardent devotees of Lord Muruga pierce their lips with spears, pierce mouth with sharp metal objects, and hook their skin to chains as they try to pull the chariot offer prayers to the deity.
- Naga Panchami, is a festival where snakes are worshipped and milk is poured in the snake borrows.
- The Theyyam festival is one where people perform many different and dangerous acts that are dedicated to divine power. The feats performed by people include dancing with the crown of hair, wearing coconut fronds, tying burning wicks of wire around the waist. No matter how loud the fire is, the performer is supposed to walk with the heavy dress and mask he is wearing. It is an ancient ritual of Kerala and is being celebrated for almost 800 years.

Traditionally, India had six major industries. These were Iron and Steel, Textiles, Jute, Sugar, Cement, and Paper. Further, four new industries joined this list namely, Petrochemical, Automobile, Information Technology (IT), and Banking & Insurance. These industries are instrumental in promoting economic growth in the country.

Iron & Steel Industry



The iron and steel industry in India is among the most important industries within the country. The world's first iron pillar was the Iron Pillar of Delhi erected during the time of Chandragupta Vikramaditya period. These industries are typically public sector plants. This industry offers direct employment to around 2.5 lakh workers. The industry is also benefitting from the developments happening across various industries. In the healthcare front, major steel producers are now exceeding their production capacities to produce oxygen cylinders for COVID patients.

Renewable Energy

Indian renewable energy sector is the fourth most attractive renewable energy market in the world. India was ranked fourth in wind power, fifth in solar power and fourth in renewable power installed capacity, as of 2020. As India looks to meet its energy demand on its own, which is expected to



reach 15,820 TWh by 2040, renewable energy is set to play an important role. India's leading industry players have announced billions of dollars of investment in renewable energy projects.

Information Technology

Information Technology in India is an industry consisting of two major components: IT services and Business Process Outsourcing (BPO). The IT industry accounted for 8% of India's GDP in 2020. Indian IT's core competencies and strengths have attracted significant investment from major countries. The computer software and hardware sector in India attracted cumulative Foreign Direct Investment (FDI) inflows worth US\$ 71.05 billion between April 2000 and March 2021.



Chemicals Industry

Covering more than 80,000 commercial products, India's chemical industry is extremely diversified and can be broadly classified into bulk chemicals, speciality chemicals, agrochemicals, petrochemicals, polymers and fertilisers.

Globally, India is the fourth-largest producer of agrochemicals after the United States, Japan and China. India holds a strong position in exports and imports of chemicals at a global level and ranks 14th in exports and 8th in imports at global level (excluding pharmaceuticals).



boosters

Automobile

The automotive industry was born in India in 1942 with the launch of Hindustan Motors. The majority of India's car manufacturing industry is evenly divided into three "clusters". Chennai, Mumbai and around the National Capital Region. Gurgaon and Manesar, in Haryana, are where the country's largest car manufacturer, Maruti Suzuki, is based. Indian automotive industry is expected to reach Rs. 16.16-18.18 trillion by 2026. Electric vehicles, especially two-wheelers, are likely to witness positive sales in 2021-22.



DID YOU KNOW?

India is the world's largest producer of milk in the world, and the second largest producer of fruits and vegetables. We also have a thriving trade in seafood. Overall, agricultural production accounts for more than half of all jobs in India.

Fun Facts

- As of August 27, 2021, foreign exchange reserves in India increased to US\$ 633.5 billion.
- India is the largest consumer of gold jewellery in the world and accounts for about 20 per cent of world consumption.
- India is the second largest producer of rice and wheat in the world; one of the largest producers of sugar, sugarcane, peanuts, jute, tea and an assortment of spices.
- Corruption and violence have cost the nation more than \$1 trillion.

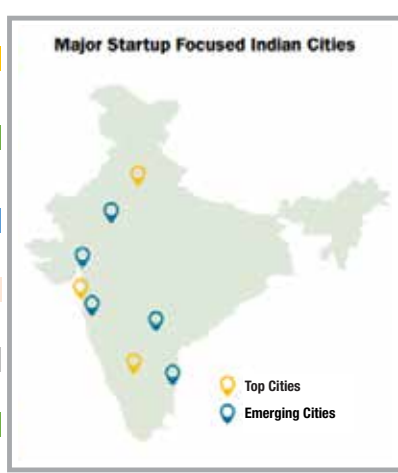
Indian start-ups

We are in the age of start-ups. Bangalore is a real technology hub, with dozens of new companies for Indians by Indians. The number of start-ups in Bangalore rivals those in the global top tech cities, with San Francisco research firm Compass rating it the second fastest-growing start-up ecosystem in the world, after Berlin. All this innovation explains why India has taken over from China as home to some of the world's most dynamic cities.

66% of start-ups are concentrated in the top 3 cities of Bangalore, NCR and Mumbai

Distribution of Indian startups (4200+)

1	Bangalore: 26%
Focus areas of startups	
✓ eCommerce	✓ Hyperlocal eCommerce
✓ Consumer services	✓ Analytics
2	NCR: 23%
Focus areas of startups	
✓ eeCommerce	✓ eAggregators
✓ eeCommerce Enablers	✓ eHyperlocal eCommerce
3	Mumbai: 17%
Focus areas of startups	
✓ Aggregators	✓ Hyperlocal eCommerce
✓ eCommerce	✓ eCommerce
4	Hyderabad: 8%
Focus areas of startups	
✓ Consumer services	✓ Payments
✓ eCommerce	✓ LoT
5	Chennai: 6%
Focus areas of startups	
✓ Enterprise software	✓ Analytics
6	Pune: 6%
Focus areas of startups	
✓ Hyperlocal eCommerce	✓ eCommerce



Top Cities	
1. Bangalore	
2. NCR	
3. Mumbai	
Emerging Cities	
1. Chennai	
2. Pune	
3. Hyderabad	
4. Ahmedabad	
5. Jaipur	

City Index based on:
 (a) Number of startups
 (b) Number of investor deals
 (c) Amount of funding
 (d) Enabling ecosystem (Such as proximity of investors, incubators, accelerators and coworking spaces)

Bangalore is evolving fast to become a global startup hub, closely followed by NCR and Mumbai

India is the world's seventh-largest country stretching from the high mountains of the Himalayas to the tropical greenery of Kerala, and from the sacred Ganges to the sands of the Thar desert. Its more than one billion inhabitants are divided into two thousand ethnic groups and speak over 200 different languages. India has an almost endless variety of cultures, landscapes, monuments and places to explore. From the ancient ruins, fascinating religious structures, exotic cities and diverse landscape there is an endless collection of tourist attractions in India that will never cease to awe and fascinate the visitor.

Havelock Island

Eco-tourism is encouraged at Havelock Island aka Swaraj Dweep, the largest island in Ritchie's

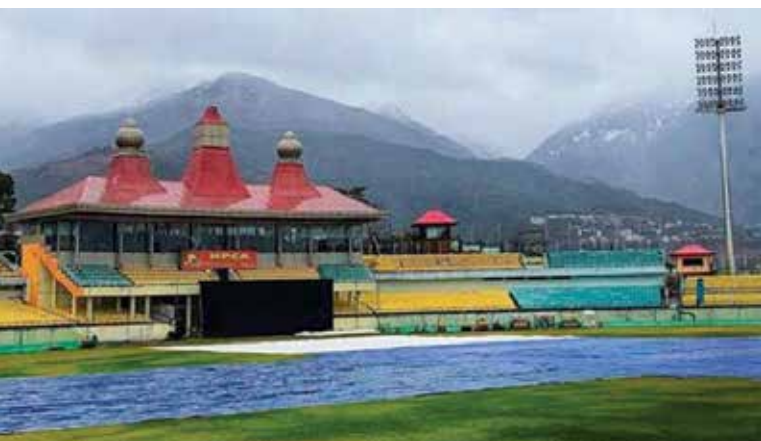


Archipelago in the Andaman Islands. The best time to visit is mid-January to mid-May, when the weather is sunny with calmer seas.

Radhanagar Beach is considered one of the best beaches in Asia. On the island's east side, rocky sections mark long, tree-lined Vijaynagar Beach.

Dharamshala

Dharamshala is the home away from home for the Dalai Lama who came here in 1959 after escaping from Tibet. It is located in Kangra district at a distance of 18 km from Kangra City. The



city is distinctively separated as upper and lower divisions with different altitudes. The lower division

is the Dharamshala town itself whereas the upper division is popularly known as McLeod Ganj. Dharamshala means a spiritual dwelling or place for pilgrims to rest, which is appropriate since so many Tibetans live here. Dharamshala is popular with hiking enthusiasts and travellers interested in yoga and Indian cooking lessons.

Hampi

Hampi is better known as the city of ruins that is



also a UNESCO World Heritage Site. This historical delight is located in hills and valleys of Karnataka and is visited by tourists not only from different parts of the country but from around the world. With more than 500 ancient monuments, breathtaking temples, busy street markets, and enchanting ruins of Vijayanagar Empire, Hampi is every backpacker's paradise. It is an open museum ruins of which are on display for the entire world to see; no wonder that it is the most exotic place in India.

Jim Corbett National Park

Everyone loves to see animals in the wild. Jim Corbett National Park in Uttarakhand, India's oldest

enchant

national park, is a good place to see the endangered Bengal tiger. Thick vegetation, including jungles and forest, make it difficult to see the tiger. April to June is best time to visit. Visitors may see other wildlife, including elephants, leopards, rhinoceros and Himalayan black bears.



Rann of Kutch

Located in the District of Kutch in Gujarat, the Great Rann of Kutch is a vast area of salt marshland. The area is so huge that it is considered as one



of the largest salt deserts in the world. This large stretch is located in the Thar Desert and is made up of salt marshes. This is one of the exotic places in India which is known for its beautiful landscapes and sunsets that are a treat to eyes.

7 Mysterious places in India that make for a thrilling holiday

1. Bhangarh Fort, Rajasthan
2. Kamakhya Devi Temple, Assam
3. Vrindavan Gardens, Uttar Pradesh
4. Adam's Bridge, Tamil Nadu
5. The Village of Twins, Kerala
6. Ananathapura Lake Temple, Kerala
7. Hazrat Qamar Ali Durvesh Dargah, Maharashtra

DID YOU KNOW?

India was once an island, and even a part of Antarctica! About 50 million years ago, it connected with the Asian continental plate, and then Himalayas came into being.

Fun Facts

- January 25th is observed as the National Tourism Day in India – a day marked by the Indian government to raise awareness on the importance of tourism for the country's economy.
- The 2011 Kumbh Mela had a gathering of people with over 75 million pilgrims. The crowd was visible from space.
- India's only live volcano lies in Bay of Bengal's Andaman and Nicobar Islands. Situated in the Barren Islands, north-east of Port Blair, the volcano became active in 1991 and has been erupting lava ever since.



Indian medicine has a long history. Its earliest concepts are set out in the sacred writings called the Vedas, especially in the metrical passages of the Atharvaveda, which may possibly date as far back as the 2nd millennium BCE.

The period of Vedic medicine lasted until about 800 BCE. The Vedas are rich in magical practices for the treatment of diseases and in chants for the expulsion of the demons traditionally supposed to cause diseases. The chief conditions mentioned are fever (takman), cough, consumption, diarrhea, edema, abscesses, seizures, tumours, and skin diseases (including leprosy). The herbs recommended for treatment are numerous.

Ayurveda

The literal meaning of Ayurveda is “The Science of Life” the combination of two Sanskrit words “ayur” (life) and “veda” (science or knowledge). Its origin



can be drawn from Rigveda and Atharvaveda. The central objective of ayurvedic treatment is happiness and health. Ayurveda treats a patient in general and not the sickness alone.

Siddha

The Siddha system of medicine (traditional Tamil system of medicine), has been prevalent in the ancient Tamil land. Siddha is a Tamil word derived from “siddhi” - attaining perfection in life or heavenly bliss. The system is said to have



emerged from the highly evolved consciousness of the Siddhars. It is believed that there was a line of 18 Siddhars, with Agastya being the foremost and a large portion of Siddha lore is credited to him. With time, this oral tradition was transcribed on palm leaf manuscripts that now serve as the major repository of knowledge.

Unani

Unani system of medicine is built on the four conditions of living such as hot, sodden, frosty, and dry and four humours of Hippocratic hypothesis,



namely, blood, yellow bile, dark bile, and mucus. Unani solution of medicine was mixed with the Indian culture by Mughal Emperors and is utilised by an extensive segment of the population in India.

Yoga & Naturopathy

Yoga and Naturopathy are the twin systems of health care. These are called as the science of healthy living. Both are drugless systems of healing based on well-founded philosophy. Yoga and Naturopathy have their own concepts of health and disease



field of medicine

and also principles of treatment. These systems lay more importance on the preventive aspect of health care rather than the curative one. This is one of the reasons that Yoga & Naturopathy systems are gaining popularity day by day.

Surgery

In surgery, ancient Hindu medicine reached its zenith. Operations performed by Hindu surgeons included excision of tumours, incision and draining of abscesses, punctures to release fluid in the



abdomen, extraction of foreign bodies, repair of anal fistulas, splinting of fractures, amputations, cesarean sections, and stitching of wounds. A broad array of surgical instruments were used. Alcohol seems to have been used as a narcotic during operations, and bleeding was stopped by hot oils and tar.

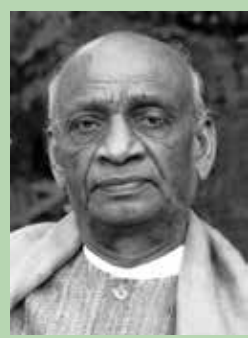
DID YOU KNOW?

A common misconception is that Indians use spices and herbs in their food to preserve it – however, this is only partly true. The herbs and spices actually form the basis of Ayurveda and were an effort to combine preventive medicine with everyday meals. Ayurveda dates back to 1st millennium BC, and laid the foundation for modern medicine.

Fun Facts

- Ayurveda is based on the principle that the body is made up of 5 elements-space, air, water, fire and earth.
- Ayurveda uses the system of 'Astavidha rogi pareeksha' or eight methods to examine a patient. This includes testing the following factors Naadi (pulse), Mutra (urine), Mala (stool), Shabda (voice), Jehva (tongue), Sparsha (skin), Drik (eyes) and Aakriti (body build).
- Indian Healthcare market is estimated to grow three-fold to USD 133.44 trillion by 2022.
- Siddha medicines are rich and simple and were made from a combination of everyday spices and fruits, while also using certain metals, minerals and chemical products.

Guess who?!

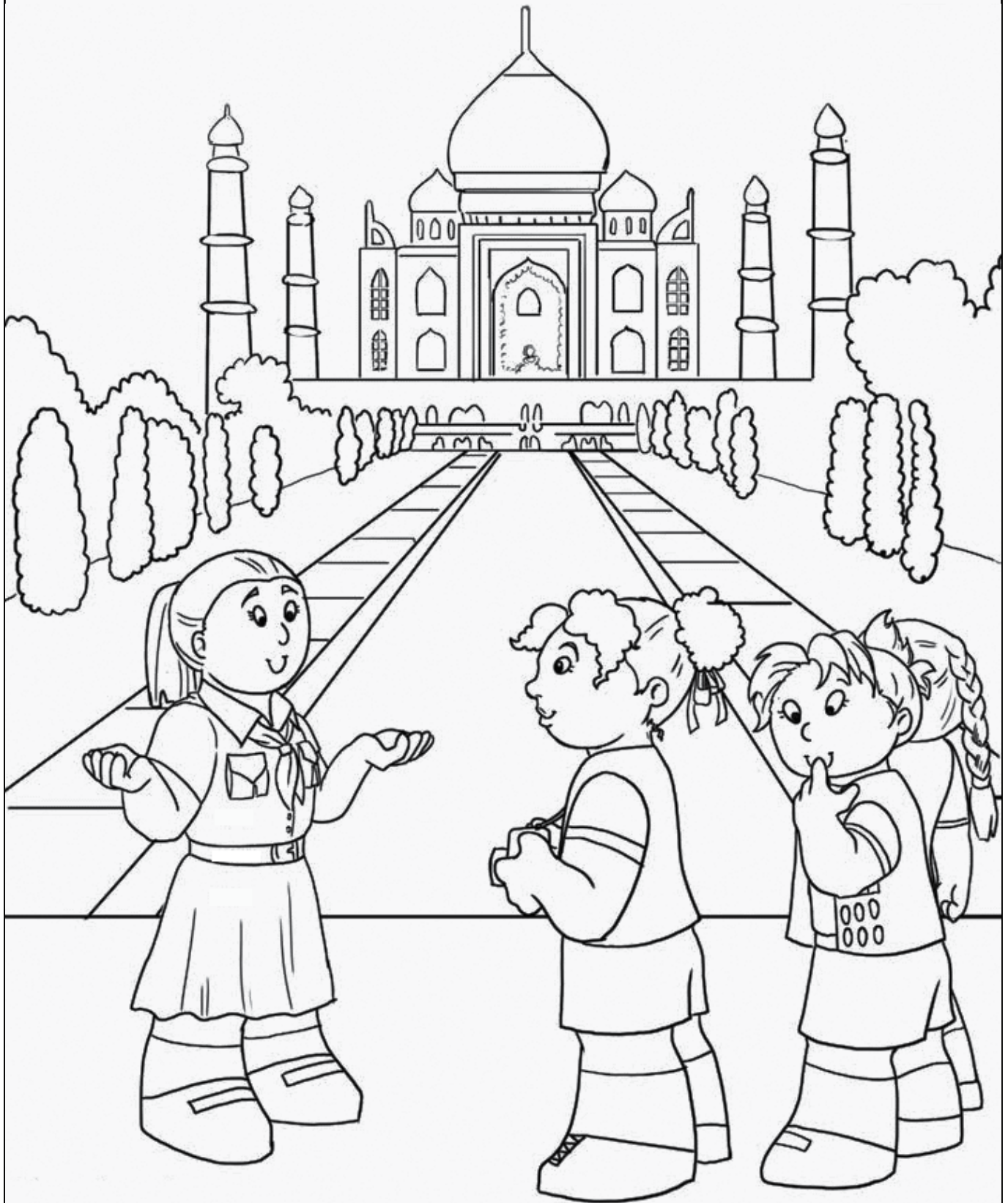


Vallabhbhai Jhaverbhai Patel, aka Sardar Patel, an Indian barrister and statesman is one of the leaders of the Indian National Congress during the struggle for Indian independence. During the first three years of Indian independence after 1947,

he served as deputy prime minister, minister of home affairs, minister of information, and minister of states. Sardar Patel's contribution in integrating 565 princely states into a newly independent India is unforgettable. Patel was a selfless leader, who placed the country's interests above everything else and shaped India's destiny with single-minded devotion. The Statue of Unity (Statue of Vallabhbhai Patel, wearing a traditional dhoti and shawl, towering over the Narmada River) was built at a cost of Rs. 2,989 crore. At 182 - metre, the statue is touted as the world's tallest - it is 177 feet higher than China's Spring Temple - Buddha, currently the world's tallest statue.

Competition - 1

Colour using Crayons/colour pencil only (Age 8-12, submit your entries to your location HR on or before 30 November 2021)



Competition - 2

Colour using any medium of colour (Age 13-16, submit your entries to your location HR on or before 30 November 2021)



Competition - 3

Pen your patriotism

(Open to only employees, 300 words, PDF/Word document. Entries to be submitted on or before 30 November 2021 to scribbles@sanmargroup.com)

Write an essay on any one of the topics:

1. How do you think we can make India rank in the top 10 positions, in the next Olympics?
2. In your view, what do you think India has to do to become a super power as per Nostradamus's prediction?



Competition - 4

Grandma's Delight

(Open to employees and spouses)

It's time to display your cooking talent. We are looking out for original, traditional, family recipes. It could be a snack/ sweet/ savory/any dish but a traditional Indian one. Send in your entry with details of ingredients used, procedure and photographs of the finished product. Entries to be submitted before 30 November 2021 to scribbles@sanmargroup.com



Competition - 5

Incredible India

(Open to employees, HD pictures only)

India is a country of countless beauty. Click a picture of India that is incredible, through your camera lenses. Only one entry allowed per participant. Entries to be submitted before 30 November 2021 to scribbles@sanmargroup.com

