

REPORT OF MONTHLY ACTIVITY
UNDER EK BHARAT SHRESHTHA BHARAT ACTIVITIES
DURING JUNE 2020

JUNE 2020

Sr. No	Activities by India Tourism Offices / CIHMs / IITTM	Month of Activity	Proposed Activity	Details of the Activity	Paired States involved	No. of Participants / Attendees	Any other relevant information
1.	IHM CHENNAI- 600 113 TAMIL NADU	JUNE 2020 26.06.20	ESSAY WRITING COMPETITION ON “JAMMU AND KASHMIR – THE CRUCIBLE OF CULTURE”	1. As per the guidelines issued by the Ministry, an online essay writing competition on ‘Jammu and Kashmir – The Crucible of Culture’ was organized on 26 th June 2020. 2. The topic was circulated using an attractive poster one week prior to the final date in order to encourage maximum participation 3. The students were given clear guidance regarding the rules and regulations 4. The essays were collected in a time bound manner. 5. The assessment was done based on the content, vocabulary and style. 6. Apart from top 3 performers the others will be issued participation certificate after the reopening of the Institute	IHM CHENNAI and IHM SRINAGAR	27	Coordinators: Mrs. R. Parimala, H.O.D, IHM Chennai Mr. D. Elangovan, Senior Lecturer, IHM Chennai Dr. J. Eugene, Lecturer, IHM Chennai Annexure: 1. Poster 2. Sample Certificate 3. 2 best essays

Poster inviting essays for the competition



**INSTITUTE OF HOTEL MANAGEMENT CATERING TECHNOLOGY
AND APPLIED NUTRITION, CHENNAI**

(An Autonomous Body under Ministry of Tourism, Government of India)

Ek Bharat Shrestha Bharat

Essay Writing Competition

TOPIC : Jammu & Kashmir – the crucible of culture

RULES AND REGULATIONS

Participants can mail the essays to
drmgrp@d@yahoo.com on or
before **26TH June 2020**.

This Competition is open to all B.Sc, M.Sc,
Diploma & Craft Students of IHM Chennai.

Sample certificate - to be issued to all participants after reopening of the college

**INSTITUTE OF HOTEL MANAGEMENT CATERING
TECHNOLOGY AND APPLIED NUTRITION, CHENNAI**



(An Autonomous body Under Ministry of Tourism, Government of India)



Ek Bharat Shreshtha Bharat

Essay Writing Competition

CERTIFICATE OF HONOUR

This certificate is awarded to

_____ B.Sc (H&HA)

For participating in the essay writing competition on,
'Jammu & Kashmir- The crucible of culture',
as part of the activity undertaken under Ek Bharat Shrestha Bharat.

Dr. J. Eugene
Nodal Officer

Smt. R. Parimala
Head of Department

Shri. Shreevats Sanjay
Principal Incharge

26.06.2020

Date

2 BEST ESSAYS

JAMMU AND KASHMIR-THE CRUCIBLE OF CULTURE

By Ashni Silju, II Year B.Sc (H & H A)

Introduction

'Earthquake of magnitude 5.8 hits Jammu and Kashmir, third in three days'; 'Two terrorists killed in Kulgam encounter'; 'Four militants killed in encounter with security forces in Jammu and Kashmir's Shopian district'; 'Pakistan army violates ceasefire in J&K's Baramulla district'; 'Trail becomes terror free after 31 years'; though these news bulletins head the top list, Jammu and Kashmir, the heaven on Earth, always has its own legacy. The princely state of India was reorganized into two union territory on 31 octobr 2019 as Jammu and Kashmir and Ladakh.

Traditional costumes

I ran my hands over my cupboard while I paused as it touched the silky Pashmina shawl. This took me back to those days I spend in the paradise. Maze Balayi and Mrs.Latita still remains close to my heart. Her tales during dinner gave us a vivid idea about J&K . She threw lights on the culture, traditions, history, climatic chances and must visit places there. My knowledge of the traditional wears and jewellerys were an insight from the staffs of our hotel. She wore a colorful loose garment made of wool and cotton called Pheran with floral designs along with Halquaband. Being called the jewellery crown of India, jewelries are made with immaculate precision and enriched craftsmanship. These include Gunus, Alachor, Jignni and Tikka, Tika, Balu and Kada. I also noticed that people gave immense attention on up scaling their traditions. Pherans are worn by both men and women; it is basically a loose garment of knee length made of wool and cotton. It is also made from wood. These were usually worn to prevent burned from kantars. Men also wear a skullcap and pajamas.

History of J&K

Under the treaty of Amritsar, Kashmir was sold to Maharaja Hari Singh on 26 December 1947 by the Britishers. The Kashmiri conflict started between India and Pakistan while China being the third party. After the partition of India and a rebellion in the western districts of the state, Pakistani tribal militias invaded Kashmir, leading the Hindu ruler of Jammu and Kashmir to join India and starting the Indo-Pakistani War of 1947 which ended with an UN-mediated ceasefire along a line that was eventually named the Line of Control. It was first ruled by Shah Mir and later by the Mughals, leading it to be a Muslim dynasty.

Religion and Culture

Jammu and Kashmir has a dominant Muslim population followed by Hindus and Buddhists. While the Kashmir valley has larger communities of Buddhists and Sikhs. The Hindu community is divided into Hindu Brahmins and Hindu Pandits. Jammu and Kashmir region is divided into three: Jammu, the winter capital, Kashmir valley and Ladakh. The main attractions include Srinagar, Dal Lake, Gulmarg, Katra, and Patnitop. Amir Mahal is a palace situated on the banks of Tawi River. The holy shrines of Jammu continued to remain popular pilgrimage and tourism destinations.

Nestling on top of the Trikuta Hills, the Vaishno Devi temple attracts the pilgrimages. They usually divide into groups and walk through ice sheets to reach the shrine. The Kashmir valley is famous for its lakes and gardens like Dal Lake, Nishant gardens, Shalimar gardens and Pari Mahal. While Ladakh stands on the top for its high mountains, clear skies Buddhist monasteries and adventure activities.

Climate and Seasons

The best months to visit J&K are between mid-September and mid-October.

The climate varies tremendously in the three regions. Jammu is a sub-tropical region with abundant sunshine and hot temperatures while Kashmir has a tropical climate and Ladakh always has a cold climate and temperature drops. In the summers temperature soars high to 45 degrees in J&K. These regions receive snowfall and temperature drops from 0 to -8 degrees in winter. Among the three regions, the best climate is experienced in Kashmir.

Due to the sub-tropical, the region is famous for its horticulture and floriculture. Flowers have its aesthetic value for décor at homes and public functions. The major cultivations include marigold, Gladiolus, lilies, tulips, carnations, roses and gerberas. The orchids of the state include apples, walnuts, pears, cherries and apricots. Saffron cultivation in Jammu and Kashmir is its uniqueness in the

world. Kalhana, the great Kashmiri historian mentioned fruit culture in Kashmir in the famous book Rajtarangani during the reign of King Nara as early as 1000 BC.

Cultural Heritage

Along with its scenic beauty J&K is also well-known for its cultural heritage. The most important dance form of Jammu and Kashmir is the Dumas which are performed by men of the Watal castle. Women perform the traditional folk dance called Roaff. It is influenced by northern south Asian, Persian as well as Central Asian culture. The spring is celebrated with the coming of sonth followed by novroze (Iranian New Year) and navreh. Some main forms of classical music and folk songs include Sufiana Music, Rouf, Hafiz Nagma and Chakri. Sufiana Kalam is accompanied by an array of instruments like Kashmiri saz, the setar, Wasool and Dokra.

Cuisine

Traditional Kashmir cooking is called as WAZAWAN and comprises mostly of non-vegetarian dishes. Most Kashmir's including Brahmins are meat eaters. The Kashmiri cuisine is divided between two main communities: Kashmiri pundits, Kashmiri Muslims. Kashmiri pandits are non-vegetarians, but they don't use garlic and onions in their traditional dishes. An unavoidable ingredient in Kashmiri cuisine is curd and asafetida. They use curd in almost all the dishes except in certain kebabs. Curd helps to reduce the spiciness and also gives a smooth creamy consistency to the dish. Brahmins and Kashmiri pandits have generally been great meat eaters and prefer goat especially young goat. Rice was the staple food of Kashmir, which is, still continues to be; barley was regarded as food only fit for poor and no wheat was eaten. Rice was cooked and eaten cold called as TURN BAT. Pulaos like zarda pulao, tursh pulao were introduced during the sultan rule in Kashmir. Hindus ate pork in pre Islamic period; beef was introduced with Muslim rule. It has developed its own specialty in cooking. Locally grown rice is sweetly fragrant and very light. All dishes are built around the main course of rice.

Lotus stem is also an important produce for boat dwelling people and makes a very good substitute for meat. Morel mushroom called GUCCHI are harvested and consumed fresh in summer. They are expensive and therefore used only for specific religious occasions and wedding feast. Corn bread is an alternate for rice. Sauces and gravies are made from dairy rich products. The fruits and nuts grown from the valley are used lavishly in the daily menu. Saffron is widely used in cooking, which is obtained from the stigma of the flower called, crocus and is used to impart flavor and color to the dishes.

The origin of wazwan seems to be still at large. The traders introduced it from central Asia. Although wazwan seems to be a Persian word but since Persian and Sanskrit are sister languages and as per another school of thought “wazwan” could be originally Sanskrit. WAZA means cook / head cook and WAN means work shop / place. So wazwan means cook's shop. Wazwan is a feast comprising of 36 courses of meat, chicken, vegetables, salads, curd, sweet and KAHWA (spiced green tea). With the passage of time some dishes have been omitted and new dishes included like KALYA (yellow meat stew). It is a festive banquet, which every Kashmiri rich or poor held at one or the other time like marriage and other social functions and as a matter of pride.

Conclusion

The richness of its cultural, traditional heritage and its cuisine makes Jammu and Kashmir the paradise of Earth. Even after the prevailing attacks and threats the region heads the other states and union territories of India through its beauty. Thus, Jammu and Kashmir becomes the crucible of culture.

JAMMU AND KASHMIR-THE CRUCIBLE OF CULTURE

By Nirmay Parekh, I Year B.Sc (H & H A)

India, the golden bird as the legend says, is an enthralling beauty situated in the Asia Pacific region in the form of a peninsula. This golden bird is decorated with diamonds and gemstones of vivid colours. Its numerous rivers symbolize the blue sapphire, its lush forests symbolize the green emerald and its flora and fauna symbolize the red ruby. But, what is more fascinating is that above all these, in the great Himalayan ranges, lays a unique landscape which symbolizes all these vivid colours in unison. This magical land, the union territory of Jammu & Kashmir, more commonly known as Kashmir – the paradise on earth is characterized by its pearl white, snow clad mountains, sapphire blue rivers and lakes, emerald green forests and ruby red saffron plantations. Its pristine beauty is truly unmatched by any other landscape.

Kashmir indeed is similar to a crucible which is a melting pot used for melting metals in order to form an alloy. Similarly, Kashmir is a crucible full of vivid cultures, geographical gems and alluring wildlife which results in the formation of an alloy which is strong, beautiful and mesmerizing.

It is often said that the culture of any region is in fact a mirror of the customs, traditions and lifestyle of the people living in that region. The same is true for Jammu & Kashmir as well. The people of this wonderland have made significant contributions in shaping the culture which is prevalent today. People from all around the globe visit this region in various seasons, to witness its inherent traditions and authentic culture. Very naturally, the people of the region are warm and welcoming and are known for their hospitality. Any guest visiting home is served with authentic Kahwa tea, which is an integral part of the entire region.

Kashmir is an area that is rich in culture. Whilst visiting the region, one can likely note the impact of several world religions as well as of past conquerors and rulers. The history of this region is intertwined with the history of the broader Indian subcontinent and the surrounding regions of central Asia, south Asia and east Asia. This region became an important center of Hinduism and Buddhism and further in the 9th century, Shaivism arose. Islamization took place during the 14th and 15th centuries with regard to the invasion of Persian and Arab rulers. Shrines of all faiths can be found here, symbolizing the spiritual and secular character of the region. One culture which is very specific to this region is the Sufi culture or Sufism. It is a mystic tradition within Islam and encompasses a diverse range of beliefs and practices dedicated to divine love and the cultivation of the heart. This region of scenic splendours has been endowed with a rich lineage of Sufi tradition. It is dotted by innumerable Sufi shrines, which are held in high devotional esteem by people of all faiths. Sufism today, is not only a tradition, but also a synonym of unity and brotherhood in and around the region.

The art of this region is as beautiful as the region itself. The artists of this region show immense craftsmanship in creating souvenirs which last for a lifetime. Kashmiri handicrafts are prized across the globe for their exquisite detailing and unique floral tones. Handicrafts made of papier mache and covered with gold are quite exquisite. The markets of Kashmir, especially the ones in Srinagar, are famous for carpets and shawls. Carpet weaving in Kashmir was not originally indigenous but is thought to have been acquired through Persian influence. Till today, most designs are distinctly Persian, with some local variations. The most important factor that makes Kashmiri carpets so unique is that they are always handmade and never machine made. It takes a lot of perseverance and fine detailing to make a carpet of this sort. Hence, it is a considerable investment for someone looking to buy one of them.

Shawls are yet another excellent creation found in the region. There are three fibers from which the shawls are made – wool, pashmina and shahtoos, among which pashmina is the most famous. Many kinds of embroidery are done on the shawls, which perfectly compliment the smooth material from which they are made.

The music and dance which is created and performed in this region just adds to the immensely artistic culture. The famous forms of folk music and dance performed here are – *Chakri*, *Sufiana*, *Hafiz Nagma*, song of Habba Khatoon and *Surma*. *Chakri* is a musical presentation of various traditional musical instruments such as *Garaha*, *Sarangi*, *Rababi* and Harmonium. *Sufiana* is a form of music which owes its introduction to Iran in the 15th century. With the passage of time, a number of Indian ragas were added to this music form. This classical form of music makes use of instruments like *Santoor*, *Sitar*, *Saz*, *Wasool* or *Tabla*. *Hafiz Nagma* is yet another enthralling musical performance which includes a female dancer known as Hafiza, who moves her feet in symphony of the musical notes. The song of Habba Khatoon has a historical connection. It is performed to reflect the feelings of Habba Khatoon, an erstwhile princess who was separated from the king Yousuf. *Surma* is a song which is performed very actively in modern times as well. It is a song in the Dogri language which reflects the agony of a newly married girl whose husband is away in the army.

Any culture in the world would remain incomplete without the food. Food is a factor which is very significantly impacted by the geography and climate of a region. Jammu & Kashmir being a cold region, the people here include a lot of warm, heat inducing foods in their diet such as meat, tea, dry fruits, soup etc. which are prepared in different styles using various spices which are locally grown and are of the highest quality. Saffron and cardamom are the most famous spices of the region, the qualities of which are not paralleled by any other spice growing region. With regards to the influence, the cuisine of this region has combined influences of Indian Hindus and Muslims as well as Persian and Afghan invaders, who once ruled the realms of this land.

Apart from these, various tribes and sections of the society have added their own flavor to Kashmiri food. The style of preparation of Kashmiri Brahmins is radically different than that of Kashmiri Muslims. Meat, fish and chicken are essential ingredients in Kashmiri food. Meat is prepared in numerous ways and is usually mixed with vegetables and spices such as cinnamon, saffron, cardamom, cloves and so on. Some of the popular Kashmiri meat preparations include *kebabs*, *rogan josh*, *rista*, *jigar*, *kaleyji*, *yakhni*, *kabargah*, *marzawagan*, *pasanda* etc. Some of the famous vegetarian dishes include *dum aloo*, *rajma*, *pulao* etc.

Tea also plays an important role in the daily lives of the Kashmiri people, owing to the need of keeping oneself warm in harshly cold and varying temperatures. The two most famous teas of Jammu & Kashmir are *kahwa* and *noon chai*. *Kahwa* is prepared by boiling green tea leaves along with cinnamon bark, cardamom pods, saffron and occasionally rose petals as well are added. *Kahwa* is believed to contain medicinal properties due to the organic nature of the ingredients used in it. The people of Kashmir savor this tea after eating a meal in order to aid digestion and to prevent sore throat and nasal congestion due to the cold weather. While its origins are unknown,

kahwa tea leaves are believed to have come to Kashmir through the silk route of which it was a central part. *Noon chai*, another constituent of the tea culture of Kashmir, is known as *gulabi chai* or pink tea due to its distinct pink hue. It is traditionally made by boiling green tea leaves, milk, salt and a pinch of baking soda in a copper kettle known as *samavar*. The distinct pink hue is obtained by adding a pinch of baking soda while preparing the tea. This tea was also enjoyed by the Persian rulers and was made famous in other Middle Eastern countries as well. A custom to point out in the tea culture is that none of the teas have sugar in them. They taste best and rather very delectable without adding any sugar at all.

Jammu and Kashmir is one such place in the world, where we can find a culture so diverse, with multiple influences that it strikingly reminds us of a crucible, and it would be just right to call it a crucible of cultures, perhaps the only one being so diverse that it is seemingly unparalleled and unmatched by any other natural landscape in the world. History is evident to the fact that the surreal and pristine beauty of this magical land has invited the attention and curiosity of many great travelers from every nook and corner of the world and each and every one of them has very correctly described this land as '*Paradise on Earth.*'

