

**Report on Celebration of Ek Bharat Shreshtha Bharat (EBSB) Jointly by
IGNOU Regional Centre Trivandrum, Cochin and Shimla on 10th March 2022**

As part of Azadi Ka Amrit Mahotsav, IGNOU Regional Centres, Trivandrum, Cochin and Shimla jointly have celebrated Ek Bharat Shreshtha Bharat (EBSB) by organizing a webinar on **“Ethnic Food Varieties of Kerala and Himachal Pradesh-its Health Benefits”** on 10th March, 2022 through virtual mode.

The programme started with the IGNOU Kulgeet followed by the welcome address by **Dr T R Satyakeerthy**, Assistant Regional Director, IGNOU Regional Centre, Trivandrum. **Dr B Sukumar** has delivered the inaugural address. In his inaugural address, he has emphasized the relevance of the celebration of Ek Bharat Shreshtha Bharat (EBSB) and he has presented that through this programme, the knowledge of culture traditions and practices of different states and UTs, will lead to an enhanced understanding and bonding between the States, thereby strengthening the unity and integrity of India. **Dr. Joginder Kumar Yadav**, Regional Director, IGNOU Regional Centre, Shimla has given the Key note address. In his address he has talked about the different food varieties of Kerala and Himachal Pradesh. **Dr. J S Dorothy**, Regional Director, IGNOU Regional Centre, Cochin, has given an Overview about the Programme. The webinar consists of five sessions handled by resource persons from Trivandrum, Cochin and Shimla.

The first session of the Webinar has been handled by **Dr. J S Dorothy**, Regional Director, IGNOU Regional Centre, Cochin. In her session she has delivered a talk on the topic **“Similarities in Food pattern across India with special reference to the State of Kerala and Himachal Pradesh”**.

The second session on about the topic **“Ethnic and Healthy Foods of Kerala”** handled by **Dr. Suma Divakar, Professor** and Head, Department of Community Science College of Agriculture, Vellayani, Thiruvananthapuram. In her talk she has described about the various healthy food of Kerala.

The third session is on the topic **“Eating Right with Ethnic Food Crops of Kerala”** handled by **Dr. Krishnaja U**, Assistant Professor, Department of Community Science, College of Agriculture, Vellayani, Thiruvananthapuram

The fourth session is about the topic **“Traditional Foods of Himachal Pradesh and their Nutritional Values”** handled by **Prof. Jaiwanti Chauhan**, Department of Food and Nutrition, St. Bede’s College, Shimla.

The last session is about the topic **“Traditional Food Values and Health in Himachal Pradesh** handled by **Dr. Rakesh Sharma**, Department of History, Govt. Degree College Hamirpur, Himachal Pradesh.

All the sessions have brought a good knowledge and understanding on the various food varieties of Kerala and Himachal Pradesh for the participants, minimizing the gap between the traditions and cultures of these two states

The webinar has concluded with a vote of thanks by **Dr. S Vijayaragavan**, Assistant Regional Director, IGNOU Regional Centre, Cochin, followed by National Anthem.

The Staff Members from IGNOU Regional Centers, Trivandrum, Cochin, Shimla and Portblair along with the learners have participated in this programme.