

EBSB organized a discussion on the “Cuisines of Tamil Nadu and J&K”

Shri Mata Vaishno Devi University, Katra (J&K) along with Indira Gandhi National Centre for the Arts (IGNCA), New Delhi organized an online webinar on “Cuisines of J&K and Tamil Nadu” under the flagship of Azadi Ka Amrut Mahotsav program on 27 February 2022, as a part of EBSB events series.

Ek Bharat Shrestha Bharat (EBSB) is a program to celebrate India’s diversity through continuous, sustained engagement between people from different parts of the country. The engagements cover various aspects of life – language, society, culture, economy, food, festivals, tourist spots, sports, and a lot more. The program aims to enhance interaction & promote mutual understanding between people of different states/UTs through state/UT pairing. The U.T. of J&K has been paired with the state of Tamil Nadu. EBSB at SMVD University and Indira Gandhi National Centre for the Arts (IGNCA), New Delhi, will be organizing various activities themed on culture, language, dance forms, architecture, spirituality, cuisine, festivals et cetera from 24th February to 15th March celebrating the Azadi Ka Amrut Mahotsav. The first event in this lineage was organized on 24th February 2022, where Shri V. Shankar delivered a plenary talk on the cultural and spiritual journeys of Adi Shankaracharya.



In the 2nd event, the cuisines and delicacies of Jammu and Kashmir, and Tamil Nadu were deliberated upon. The speakers for the event were Mrs. Mekala, Mrs. Ra Na Varunani, Mrs. Suman Shah, Mr. Sumer Khajuria, and Mrs. Logamani. Mrs. Logamani and Mrs. Varunani are teachers in the Nagapattinam and Dindigul districts of Tamil Nadu while Mrs. Mekala has been associated with IGNCA. They gave the audience a walkthrough of the delicious and ethnic cuisines of Tamil Nadu such as Idli, Sambar, Dosa, Uttapam, Vada, Payasam, Chicken Chettinad, Rasam, Coconut chutney, curd rice, Upma, lemon rice, and much more. Mrs. Mekala added that the popular cuisine of Tamil Nadu perfectly connects with its people and is incredibly dipped with the right amount and quantity of spices along with all other ingredients. Shri

Sumer Khajuria took the attendees to a tour of the dishes of Jammu while Mrs. Suman Shah discussed the Kashmiri vegetarian and non-vegetarian food types and their preparations.

The event was moderated by Dr. Virendra Bangroo, Director, Regional Centre, IGNCNCA New Delhi. Dr. Naresh Kumar, Faculty Coordinator from the paired institution Karpagam Institute of Technology, Coimbatore (Tamil Nadu) had also joined the event. The convener of the event was Shri Sumanta Sarathi Sharma, Faculty Coordinator, EBSB, SMVD University who also presented the vote of thanks to the speaker, participants, and guests.