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MANAGE

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Indian lifestyle



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Lifestyle

Indians celebrate all special occasions like birth marriage, harvest season, festivals and fairs with much zeal, following their own particular tradition.

Just like the vast geography of the country, the lifestyle of India also exhibits variety. Indian people staying in different parts of the country vary from each other in terms of clothing, cuisine, language, habits, religion, festivals and so on.

Indian culture

Indian culture is among the world's oldest as the people of India can track their civilization back as far as 4,500 years ago. Many sources describe it as "Sa Prathama Sanskrati Vishvavara" — the first and the supreme culture in the world, according to the All World Gayatri Pariwar (AWGP) organization

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16 Unique Culture of India : Customs & Indian Traditions

Indian culture and traditions are something which has now become renowned all across the world. We all refer to customs and traditions of India as something very diverse and unique. But seldom do we give a thought to why things are done in certain specific ways. Indian culture is full of several unique customs and traditions, which outsiders might find intriguing. Most of these originate from the Ancient Indian

these originate from the Ancient Indian scriptures and texts, which have dictated the way of life in India for thousands of years. Here are 16 fascinating Indian Culture, Traditions and customs

Greetings Religious Customs Festivals of India Family Structure & Marriage Symbols Cuisine & Food Traditional Clothing Dances of India Epics & Mythology Martial Arts Languages

1. Greeting - The Namaste

Namaste! (Source)

The Namaste is one of the most popular Indian customs and isn't just restricted to the Indian territory anymore. You have Barack Obama, who has been seen doing it on various occasions, or you had Ban Ki-Moon, the UN Secretary-General, greeting everyone with a namaste at the Times Square in New York on the first International Yoga Day.

India also sees a large number of festivals,

India also sees a large number of festivals, mainly because of the prevalence of diverse religions and groups. The Muslims celebrate Eid, the Christians have Christmas and Good Friday, the Sikhs have Baisakhi (harvesting of crop), and the birthdays of their Gurus and the Hindus have Diwali, Holi, Makar Sankranti, the Jains have Mahavir Jayanti, the Buddhists celebrate the Buddha's birthday on Buddha Purnima, and quite honestly, the number is endless.

Also, in India, there exists the concept of a joint family, wherein the entire family (parents, wife, children and in some cases, relatives) all live together. This is mostly because of the cohesive nature of the Indian society, and also reportedly helps in handling pressure and stress.

Cow, in the Indian culture, is considered to be a Holy animal. She is worshipped as a maternal figure and is a depiction of the bounty of Mother Earth. Lord Krishna, who grew up as a cow herder, is often depicted as playing his flute among cows and Gopis (milkmaids) dancing to

his tunes. Interestingly, Lord Krishna is also known by the name of 'Govinda' or 'Gopala', which translates to the 'friend and protector of cow'. Hence, cows have an auspicious significance in Indian Culture and religion.

Marriage - Arranged Mariage System

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namaste at the Times Square in New York on the first International Yoga Day.

But, what's the significance?

The Namaste, or namaskar, or 'namaskar' is one of the five forms of traditional greetings mentioned in the ancient Hindu scriptures, the Vedas. It translates to 'I bow to you', and greeting one another with it is a way of saying 'May our minds meet', indicated by the folded palms placed before the chest. The word Namaha can also be translated as 'na ma' (not mine), to signify the reductions of one's ego in the presence of the other.

2. Festivals & Religion - Always a Festive Season

It's always festive in India (Source)

India also sees a large number of festivals, mainly because of the prevalence of diverse religions and groups. The Muslims celebrate Eid, the Christians have Christmas and good Friday, the Sikhs have Baisakhi (harvesting of crop), and the birthdays of their Gurus and the Hindus have Diwali, Holi, Makar Sakranti, the

Jains have Mahavir Jayanti, the Buddhists celebrate the Buddha's birthday on Buddha Poornima, and quite honestly, the number is endless. All of these translate to holidays in our book, of course.

3. Family Structure - Joint Families

A Joint Family (Source)

Also, in India, there exists the concept of a joint family, wherein the entire family (parents, wife, children and in some cases, relatives) all live together. This is mostly because of the cohesive nature of the Indian society, and also reportedly helps in handling pressure and stress.

4. Symbols - Fasting Karwa Chauth (Source)

Fasting is an integral part of Hindu Culture. Fasts or Vrats or Upvas are a way to represent your sincerity and resolve, or express your gratitude to the Gods and Goddesses. People throughout the country observe fasts during various religious occasions. Some people also



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observe fast on different days of a week in favour of a particular God or Goddess associated with that specific day. It is widely believed that by doing so, you are depriving your body of a basic necessity and thus, punishing yourself to cleanse off the sins that you have committed until the day of fast.

The rules and regulations of a rapid are in accordance with the particular occasion. The origin of fast probably comes from the Vedic ritual of kindling the sacrificial fire for sacrifice purposes. Since the word 'upvas' has been used for denoting both fasts and kindling sacrificial fire, it can be thought that people observed fast when they had to kindle or rekindle the domestic fires kept in their homes to perform daily sacrifices.

5. Religious Customs - Holy Cow

Source

Cow, in the Indian culture, is considered to be a Holy animal. She is worshipped as a maternal figure and is a depiction of the bounty of Mother Earth. Lord Krishna is also depicted as a cowherd.

cow herder is often depicted as playing his flute among cows and Gopis (milkmaids) dancing to his tunes. Interestingly, Lord Krishna is also known by the name of 'Govinda' or 'Gopala', which translates to the 'friend and protector of cow'. Hence, cows have an auspicious significance in Indian Culture and religion.

Even Lord Shiva's trusted vehicle is Nandi- the sacred bull. Thus, feeding a cow or making contributions for cow shelters is of immense religious importance for Indians. The Vedic scriptures, in various verses, have emphasised the need to protect and care for cows. Cows are a source of life-sustaining milk. Even the cow dung is an essential and energy-efficient source of fuel, especially in rural India. Killing the cow or consuming cow meat is considered to be a sin. Hence, several states in India have banned the slaughter of cows by law. Mother cow is, however, not worshipped as other deities. The religion and culture of India appreciate and expresses its gratitude towards this innocent animal who gives back to mother Earth and its people in more than one form.



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6. Architecture - The Science Behind Temples

Temples (Source)

Most temples are located along magnetic wave lines of the Earth, which help in maximising the available positive energy. The copper plate (called Garbhagriha or Moolasthan) buried under the main idol absorbs and resonates this energy to its surroundings. Going to the temple often helps in having a positive mind and garnering positive energies, which in turn lead to healthier functioning.

It is also a practice to take off footwear before entering places of worship because they would bring in the dirt to an otherwise cleansed and sanctified environment.

Traditions and Customs - Atithi Devo Bhavah

India, the saying 'Atithi Devo Bhavah' is also integral. It means 'the guest is equivalent to god'. It is a Sanskrit verse taken from the Hindu



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India, the saying 'Atithi Devo Bhavah' is also integral. It means 'the guest is equivalent to god'. It is a Sanskrit verse taken from the Hindu scriptures, which later became a part of the 'Code of conduct for Hindu society since the guest has always been of supreme importance in the Culture of India.