Welcome to the today's session on Famous culture in India

Every state in India is a "Unity in Diversity," with its own unique cultural heritage and traditions. Every region of India has its own unique traditions, food, philosophy, language, and customs.

Thus, Indian culture and tradition are a synthesis of the cultures of various states that have been woven together. Let's examine the various cultural traditions of India's. Let's travel from the North to the South and see what each state has to offer.

Greetings:

- The Namaste greeting, also known as namaskar or namaskaram, which translates to "I bow to the divine in you," is one of the most well-known customs and traditions in Indian culture.
- The hand motion is made by making a small bow and placing the palms together in prayer position in front of the chest.
- Another well-known proverb is "Atithi Devo Bhava," which translates to "the guest is equivalent to god" and is found in Hindu scriptures.
- Guests have always been given the utmost importance in Indian culture.
- Also come across the Indian head shake, which, depending on the context of the conversation, can signify yes, thank you, or understanding.

Families:

In India, a joint family is one in which all members—which may occasionally include parents, wives, kids, and distant relatives—reside together.

A "Karta" serves as the family's head and is a senior male or female who makes financial and social decisions on the group's behalf. Other relationships may be equal, based on respect, or teasing in nature.

All members gain from the income that goes into a communal pot.

Nowadays, nuclear-like families are more prevalent than joint families due to economic growth and urbanisation.

Food:

Food is one of our favourite Indian cultural practises and traditions! In India, each region has a unique cuisine with a signature dish or ingredient.

It's one of the top nations for vegetarian food, which is mainly served in Gujarat and Rajasthan.

Bengali, Mughlai, North Indian, South Indian and Punjabi cuisine all heavily emphasise non-vegetarian options, and Kerala in South India is renowned for its mouthwatering fish dishes.

Plenty of fresh ingredients are always guaranteed, including wonderful herbs and spices used for flavour, aroma, to enhance colours, and for medicinal purposes.

Religion:

India is a country where people of various religions live in peace with one another. Hinduism, 14.2% Islam, 2.3% Christianity, 1.7% Sikhism, 0.7% Buddhism, and 0.4% Jainism are practised by 79.8% of the population, respectively.

Hinduism holds the cow in high regard, and in mythology, many gods—including Shiva riding his bull Nandi and the cowherd god Krishna—are shown to be accompanied by cows.

The udder represents the four goals of life—desire, material wealth, righteousness, and salvation—while the horns stand in for the gods, the four legs for the "Vedas" (early Hindu scriptures).

Temple:

It's a magical experience to explore an Indian temple, but there are a few things to keep in mind before you go.

Many of these sacred structures were purposefully erected in areas that were abundant in the good energy produced by the Earth's magnetic wave lines.

The Garbhagriha or Moolasthan, a copper plate found beneath the main idol in most temples, absorbs and resonates this subterranean energy.

Before entering a temple, one of the customs and traditions in Indian culture is to take a bath or shower, or at the very least, wash your hands and feet to purify yourself of evil spirits and negative thoughts.

Festival:

In India, there are hundreds of occasions to celebrate, so a new occasion occurs every day.

The enormous variety of festivals, which include statewide, religious, and community-based celebrations, showcase India's rich culture and traditions.

Hindus observe Diwali, Holi, and Makar Sakranti; Muslims celebrate Eid; Sikhs celebrate Baisakhi (crop harvesting); Jains remember Mahavir Jayanti; and Buddhists commemorate Buddha's birthday. Christians also observe Good Friday and Christmas.

Clothing:

In India, regional climate, cultural traditions, and ethnicity all affect clothing choices. Clothing for men and women has developed from simple coverings for the body (such as the sari, dhoti, gamcha, kaupina, langota, lungi, etc..) to elaborate costumes worn for special occasions, rituals, and dance performances.

In urban areas, you'll see people from all social classes wearing western clothing. Embroidery, embellishment, printing, and other fantastic skills that have been passed down through the generations are frequently displayed in traditional Indian clothing.

Literature:

In the form of tales, poems, plays, and self-help manuals, India has produced a number of great epics that date back many centuries.

The Ramayana and Mahabharata, two of the most well-known Hindu epics, both tell thrilling tales of gods and demons, love and war, chariots and kidnappings.

These legends have been passed down through generations and are deeply ingrained in Indian culture.

The Ramayana chronicles the fourteen-year exile to the forest that Rama underwent at his father King Dasharatha's urging. Rama was the prince of the legendary kingdom of Kosala.

The Mahabharata is the longest Sanskrit poem ever composed. Both epics depict the triumph of good over evil as well as the virtues of fidelity, sacrifice, and honesty

Dance:

India offers a wide variety of dance forms which vary throughout each state.

The Hindu Sanskrit 'Natyashashtra' (text of performing arts) recognises eight Indian classical dances, which includes Kathak in North, West and Central India, with East

India showcasing Sattriya from Assam, Manipuri from Manipur and Oddisi from Odhisa.

In South India, you can witness the Kuchipudi in Andhra Pradesh, Bharatnatyam in Tamil Nadu, Kathakali and Mohiniyattam in Kerala.

The stories behind Indian folk dances are also passed down through the generations. These dances are well-liked in rural areas, and performances depict village life.

Culture Of North Indian States

Jammu and Kashmir, Punjab, Haryana, Himachal Pradesh, Uttar Pradesh, Uttrakhand, and the two union territories of Delhi and Chandigarh are among the states in northern India.

These states are home to the Himalayas, the tallest mountain in the world, as well as the agriculturally productive Indo-Gangetic Plains. These areas have also been invaded by Aryans, Huns, Greeks, and Afghans, and their tradition and culture are linked to those of the Indo-Aryans.

The majority of north India is Hindu, but there is a stronger Muslim presence in Jammu and Kashmir, Punjab has a Punjabi culture, and the entire region of north India is influenced by the Mughal empire. Brahmins, Ahirs, Jats, Rajputs, Gurjars, Khatris, Tarkhans, Kambojs, Banias, and Dalits make up the majority of the ethnic groups in North India. Islam, Sikhism, and Hinduism.

The Taj Mahal and Harmandir Sahib are two examples of North India's cultural heritage in architecture. Numerous holy religious sites, including Vaishno Devi, Amarnath, Badrinath, Kedarnath, Haridwar, Varanasi, and Harmandir Sahib in Amritsar, can be found in north India.

The high literacy works of Kalidasa were first written in North India, where he was born.

The festivals observed in North India vary from one state to the next; in Punjab, people celebrate Gurupurab, Hola Mohalla, and Baisakhi. Kashmir celebrates Sindhu Darshan and Urs.

Himachal Pradesh celebrates Phulaich, and Kullu's Dushera is also very well-known. In addition to the well-known festivals of Teej and Sanjhi in Haryana, Lathmar Holi in Uttar Pradesh and the Kumbh Mela in Allahabad, Dev Deepawali is celebrated in Varanasi.

Uttar Pradesh celebrates Ramnavami and Janmashtami, while Uttaranchal celebrates Mata Murti Ka Mela and Magh Mela.

North Indian men wear kurta pyjamas or dhotis and headgear like topis, turbans, or pagri, while women dress in salwar kameez, sarees, and ghagra cholis.

In North India, wheat is the main food, and Roti is typically served with Sabzi. Non-vegetarian food is also widely available, particularly in Kashmir.

Hindustani classical music, which is popular in North India, was inspired by chants used in Vedic rituals.

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Eg: Jammu and Kashmir

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The embroidery and intricate designs on Jammu and Kashmiri costumes are well known for reflecting the region's rich culture and landscape. The type of clothing is intended to combat the area's chilly climate. The majority of clothing is made of cotton, wool, and silk decorated with elaborate embroidery.

For Kashmiri women, the pheran is a common outfit. Women typically have Zari and embroidery on the collar, hemline, and areas around the pockets of their pherans. In the summer, women prefer a suit, while in the fall, they prefer Pheran.

Kashmiri cuisine is a fusion of Mughal, Muslim, and Kashmiri Pandit culinary traditions. Since the Dogras are Hindus, their diet consists primarily of rice, wheat, and beans. They consume a lot of vegetables, but the hak or karam sag is the preferred dish.

Kashmiri cuisine is primarily made of meat and is slow-cooked for a very long time with numerous exotic spices. Kashmiris detest the use of intoxicating beverages despite living in a cold country. Kahva, a traditional Kashmiri winter beverage, is a green tea flavoured with spices and almonds. With a cup of "kahva," a Kashmiri meal comes to an end.

Using traditional Central Asian instruments and musical scales, the music of the Kashmiri Valley is more akin to Central Asian music than Jammu's music is to North Indian music.

Men from the Wattal region dance the Dumhal, which is a well-known dance in the Kashmir valley. The Rouff is another traditional folk dance that the women perform. The most popular tourist destinations in Jammu and Kashmir are the Kashmir Valley, Srinagar, the Mughal Gardens, Gulmarg, Pahalgam, and Jammu. Non-Indians must obtain a special permit to enter certain areas.

The Kashmir valley's tourism industry suffered the most from the state's militancy. The sacred sites in Jammu are still well-liked destinations for tourism and

Culture of Central Indian States

Madhya Pradesh and Chhattisgarh are central Indian states that use Hindi as their primary language and have many linguistic and cultural traits in common with north Indian states.

People from these states first settled near rivers like the Narmada, Chambal, and Betwa in the Iron Age.

The "Heart of India" state of Madhya Pradesh is home to the world-famous Khajuraho temples in addition to numerous national parks and wildlife sanctuaries. Buddhists travel in large numbers to Sanchi, a stupa in Madhya Pradesh.

While the "Thirty-Six Forts" in Chhattisgarh are a popular tourist destination.

The region is home to numerous royal forts, intimidating topography, fascinating wildlife, and historic caves and temples.

Hindus make up the bulk of Central India's population. Some of the renowned Gharanas of Hindustani classical music are located in Central India.

The Maihar Gharana, the Gwalior Gharana, and the Senia Gharana are all found in Madhya Pradesh.

One distinctive type of silk that was developed here, known as Tussar or Kosa silk, is made from silkworms that are gathered from rich forests.

Their main food is rice, and Chhattisgarh is known as "the rice bowl of India". Malwa Utsav, the largest festival in central India, is also known as the Khajuraho Dance Festival and Chethiyagiri Vihara Festival

Culture of Eastern Indian states

The eastern states, which include Assam, Arunachal Pradesh, Manipur, Meghalaya, Mizoram, Nagaland, Jharkhand, Bihar, West Bengal, Odisha, Sikkim, and Tripura, are situated along India's east coast, close to the Bay of Bengal.

Beautiful beaches and a mountainous region known as the Eastern Ghats can be found in eastern India. It offers a blend of Hindu, Christian, Muslim, and Buddhist cultures, with Buddhism predominating in the area. Tribal people predominately live in the hill states of the area, including Arunachal Pradesh, Meghalaya, Mizoram, and Nagaland. There is some diversity even among the tribal groups.

The Mongoloid-faced inhabitants of these areas are divided into various tribes, each of which has its own traditions, way of life, and dialect. The way of life varies from tribe to tribe. In hill regions, hunting and fishing are the main forms of subsistence, along with weaving and tea farming.

Fish, vegetables, chicken, mutton, duck, and pigeon are some of the most popular non-vegetarian dishes from the northeast, along with a variety of rice beers and The major festivals in the region are Bihu, Assam's Brahmaputra Festival, the Hornbill and Sekrenyi Festivals in Nagaland, the Torgya Monastery Festival in Arunachal Pradesh, the Shillong Autumn Festival, Manipur's Chapchar Kut Festival, the Ningol Chakouba Festival in Manipur, and Tripura's Kharchi Puja.

The seven neighbouring states of Arunachal Pradesh, Assam, Meghalaya, Manipur, Mizoram, Nagaland, and Tripura make up North East India.

Eg: BIHAR

Bihar is home to Buddhism and Jainism and has a rich cultural history. Gautam Buddha attained enlightenment in Bodh Gaya, which is why Bihar is referred to as "The Land of Buddha."

The state with the most cultural diversity is Bihar. Here, people of Hindu, Muslim, Jain, Buddhist, Sikh, and Christian faiths coexist. Bihar can be proud of its rich cultural history, which includes the "Samudra Manthan" of the Vedic era, Sita of Rama, and Karna of the Mahabharata. People are modest, truthful, helpful, and self-assured.

The people of Bihar take great joy and love in their celebrations of holidays and religious occasions. Chhath Puja, a festival where the sun god is worshipped, is the main celebration in Bihar. While Sama-Chakeva, Ramnavami, Makar-Sankranti, Makhul, Bihul, Madhushravani, Teej, Pitrapaksha Mela, Sonepur fair, and Shravani Mela are all joyfully observed.

Urdu and Santali are also spoken in Bihar, but Hindi is the primary language. In addition to Maithili, Bhojpuri, Angika, and Magahi, the state also has Hindi as its official language.

The food of the Bihari people is both vegetarian and non-vegetarian. Because Buddhism and Jainism encourage vegetarianism, non-vegetarianism is still less prevalent. Biharis' staple foods are roti, daal, and sabji.

Litti-Chokha, Bihari Kebab, Litti-Chokha, Bihari Boti, Bihari Chicken Masala, Sattu Paratha, Chokha, and fish curry are some of the popular Bihari dishes.

There are numerous contributions from Bihar to Indian classical music. It has given birth to poets like Vidyapati Thakur who contributed to Maithili Music, musicians like Bharat Ratna Ustad Bismillah Khan, and dhrupad singers like the Malliks and the Mishras. Hindustani classical music is a type of music that is popular in Bihar.

The Chhau dance is very well-liked by tribal people, and Bidesia, a very well-liked Bihar folk dance, is more common in the Bhojpuri-speaking areas of Bihar. North Bihar is home to the well-liked dances Jat-Jatin and Jijya, two of Bihar's preeminent dances.

Bihar is known for its numerous traditional painting techniques. Indian painting in the Mithila region of Bihar is known as Madhubani art, or Mithali Paintings. Originally done on mud walls, they are now done on canvas, handmade paper, and cloth. Natural dye and mineral pigments are used to create the painting, which is done with fingers, twigs, brushes, nib-pens, and match sticks.

Bihar's name, which derives from the old word "VIHARA," is a clear indication of its age (monastery). Yes, it is a country of monasteries.

The Ganga's wide and deep passage enriches the plains of Bihar before dispersing into the deltoid zone of Bengal. Bihar's antiquity is evident from its name; there are numerous Buddhist, Jain, Ramayana, Sufi, Sikh, and Shiv Shakti sites to visit in this historic region where India's first significant empires rose and fell.

Bihar is the Indian state that is most closely associated with the life of the Buddha, leading to a trail of pilgrimages that is now known as the Buddhist circuit.

Culture of Western Indian States

Rajasthan, Gujarat, Goa, and Maharastra are the westernmost states of India, and they are distinct from one another in terms of language, culture, and traditions. The most industrialised states are Gujarat and Maharashtra, while Rajasthan and Goa are well-known for being tourist hotspots because of their old forts and beaches.

Basic English is spoken in tourist destinations, while Hindi is understood and spoken in all 50 states. People from Gujarat and the union territories speak Gujarati, while those from Rajasthan speak Rajasthani and Hindi, Maharashtrians speak Marathi. Gujarati cuisine is primarily vegetarian, Rajasthani cuisine is similar to Gujarati cuisine, and Goa and Maharashtra are known for their seafood. Hinduism is the primary religion practised there, with smaller populations of Muslims, Christians, Parsees, and Jains.

The ancient Maratha Empire gave rise to the Maharashtrian culture, and many locations in Maharastra bear Shivaji's name as a tribute to its founder. The Bollywood industry, which is based primarily in Mumbai, has a significant influence on the culture and way of life of Indians.

Gujarati culture is a synthesis of Parsi and Indian influences. Indian and Portuguese cultures are combined to create Goan culture. The Rann Utsav and Garba festivals of Gujarat are well-known all over the world, while Ganesh Chaturthi is a celebrated holiday in Maharashtra.

Eg: GOA

The Goan people's culture is a fusion of Indian and Portuguese cultures. People from Goa refer to themselves as "goans," and they enjoy this label. They are amiable and vivacious people, and Goa's festive spirit reflects this.

Numerous churches, temples, and mosques can be found in Goa, which is home to a rich cultural heritage. Portuguese people are passionate about evangelising and were excellent church builders.

Goa is a multilingual state where people speak Konkani and Marathi dialects. Goa's official language is Konkani, and it is one of a number of languages spoken there along with English,

Goa cuisine is a delicious fusion of Portuguese, Muslim, and Hindu cooking techniques. They contain a lot of seafood that has been expertly spiced and flavoured; Indian curry and peppers are combined with European spices.

In their cooking, Goans frequently use coconut milk and vinegar. The main dish in Goa is rice and fish curry. Khatkhate, a Goan vegetable stew with at least five vegetables, fresh coconut, and unique Goan spices, is very well-liked during festivals.

While Hindu women wear a sari known as a Nav-vari, Goan Catholic women wear dresses or gowns. Pano Bhaju, Valkal, a string of beads, and leafy loincloths, which are still worn by tribes, are additional examples of traditional clothing worn by people

in Goa. Kashti is a saree and knotted garment. Catholic brides in Goa usually don a white gown.

Men in Goa dress in a western-style outfit, while the fisherman's outfit, which is also a favourite among tourists, consists of colourful shirts, half-pants, and bamboo hats. The vibrant and well-known Goan clothing is on display at the carnival in Goa.

Goans are innately passionate about music; it is deeply ingrained in their culture and way of life. Goa embraces many western musical genres in addition to its profusion of local music.

Goa takes pride in having produced some of the greatest musicians in history. Goa is home to a number of well-known singers, including Prince Jacob, Souza Boy, M.Boyer, Alfred Rose, Kid Boxer, Rosario Rodrigues, Tony King, and J. B. Rod.

Shigmo, Kalas, Novidade, Shri Shanta Durga, Bonderam, and the Goa Carnival are just a few of the Goans' annual festivals.

Goa's performing arts are distinctive and have a strong Goan influence. The materials used in Goan handicrafts, such as clay, seashells, paper, bamboo, and brass, are all naturally occurring materials. Tourists love to purchase these items as souvenirs for fellow Goans.

Culture of Southern Indian states

Andhra Pradesh, Karnataka, Kerala, Telangana, and Tamil Nadu are some of the southernmost states in India and are renowned for having a rich cultural history. South Indian culture is made richer by the dances, vibrant fairs and festivals, cuisines, ayurveda, and stunning natural surroundings.

Beaches, backwaters, Ayurveda, and hill stations are the main draws of the South Indian states; Kerala in particular is well-known throughout the world for its Ayurvedic treatments. Telugu, Tamil, Kannada, Malayalam, and other languages are the most widely used. Here, English is also widely spoken, and these states have the highest rates of literacy in the nation.

Hinduism, Buddhism, Christianity, Islam, and Jainism are the main religions practised here, and people of all other faiths coexist peacefully. The Elephant Festival, the Natyanjali Dance Festival, the Hampi Festival, the Firewalking Festival, the Pongal, the Music and Dance Festival, and the Nehru Trophy Boat Race are just a few of the unique and well-known fairs and festivals.

South Indian cuisine is known for its spicy, coconut-based dishes like Idli and Dosa with Sambhar. Hyderabadi biryani is also well-known. Their primary food is rice, which they typically consume with their hands while eating on a banana leaf. Similar to how Hindustani music is from the north, Carnatic music is the classical music of the south of India.

Eg.TAMILNADU

Tamil Nadu residents enjoy a wonderful, comfortable way of life that is firmly rooted in their art and culture. Tamil Nadu residents respect their community's rituals and traditions and are aware of the ethnicity of their culture.

Music, dance, and literature are all hugely popular among Tamil people. Here, Bharatnatyam and many other musical genres, including Carnatic music, have flourished for centuries.

Tamil Nadu is one of the top-performing states in terms of literacy rates in India and has a long history of producing works of literature, art, music, and dance. It is also an emerging hub of technology and modern lifestyle in India.

With more than 88% of the population practising Hinduism, it is the most prevalent religion. The remaining percentage of the state's population is made up of both Christians and Muslims. The Bharatnatyam dance and the state's historic Hindu temples are what make Tamil Nadu so well-known. Bharatnatyam, Thanjor painting, and Tamil architecture have all advanced significantly, and even the locals now strive to preserve this culture.

The state's official language is Tamil. The language is widely spoken not only in Tamil Nadu but also in Singapore, Malaysia, and Sri Lanka. Tamil Nadu has a large English and Hindi speaking population. In 2004, Tamil was designated as India's first classical language.

The food of Tamil Nadu is the ideal fusion of sour, tangy, sweet, and spicy flavours. South Indian favourites like idli sambar and masala dosa, along with expertly poured coffee, make up its signature cuisine.

Foods made from rice and lentils, such as idli, dosa, and uthappam with sambhar, are commonly served on a banana leaf and eaten with the right hand in Tamil Nadu. Tamarind is frequently used as a souring agent along with special spices that are blended and used in cooking. Curry leaves, mustard seeds, coconut, and other spices are used to give the food a distinctive flavour.

A mega meal includes Poriyal, Curry, Varuval, Pachadi, Payasam, Rasam, Sambar, Thokku, Vadai, Appam, Rice, Kuzambu along with a few sweets, buttermilk, and fruit. Idly, vadai, dosai, pongal, aappam, and paniyaram are consumed daily. Typically, payasam is consumed as a dessert to complete the meal. Their preferred beverage is coffee, which is served in a special coffee cup.

Tamil Nadu women typically wear sarees, which vary in style and pattern depending on the community. Kanchipuram The popular saree is typically worn during festivals. Young girls typically dress in a long skirt with a blouse and dupatta or a half saree. Nowadays, girls favour wearing both western clothing and salwar kameez.

Tamil Nadu men typically dress in shirts with lungis and angabastra. An angavastra is a cloth worn around the shoulder, and a lungi is a cotton cloth tied across the waist.

The harvest festival of Pongal, also known as Tamizar Thirunal or Makar Sankranti, is observed in the state in January and is marked by fervour.

The beginning of the monsoon season in Tamil Nadu is signalled by the celebration of Aadiperukku on the 18th day of the Tamil month of Aadi. As the water level of the Cauvery river rises as a result of the monsoon, we celebrate this festival to express our gratitude to nature.

The classical dance known as Bharatanatyam was created in Tamil Nadu. In the past, Bharata Muni regarded Bharatanatyam as a dance. It is a means of expressing Hindu religious themes and devotion, and it may be the country's oldest classical dance tradition.

Folk arts and crafts have a long history in Tamil Nadu and have been passed down through the generations. Soft muslin, fine silk, intricate ivory carvings, and priceless gems like tortoise shells, diamonds, pearls, and rubies are all produced in the state. Tamil Nadu is a special state in many ways, but especially when it comes to tourism. All types of tourists, including those who are literate, illiterate, wealthy, and poor, can find something to enjoy in Tamil Nadu.

Home to several ancient monuments and temples, a destination in Tamil Nadu are very popular among tourists from all over the world. Due to the abundance of natural beauty, Tamil Nadu is the favorite place for tourists. Beautiful beaches, majestic temples, many historical monuments, breathtaking waterfalls, and panoramic views and they all make Tamil Nadu the ideal place for tourism

There are several hill towns in Tamil Nadu with names like Ooty, Kodaikanal, Kothagiri, and Yercaud. The longest beach in India and the second-longest beach in the world, Marina Beach is a naturally occurring urban beach in Chennai.

The landscape of Tamil Nadu is characterised by temples. The Dravidian style is the name given to the architectural design of temples. Madurai, Chidambaram, Kancheepuram, Kanyakumari, Nagore, Palani, Rameshwaram, Thiruvannamalai, Srirangam, Thanjavur, and Velankanni are a few well-known pilgrimage sites.

Several of the region's heritage sites, including those in Chennai, Gangaikonda Cholapuram, Gingee, Dindigul, Madurai, Mamallapuram, Poompuhar, Thanjavur, Tiruchirapally, and Vellore, continue to reflect the region's cultural, social, and ethnic history.

With this we come to the end of the session. In todays session we discussed about the famous culture of India. I hope you would have got a fair understanding about the famous culture of India.

Thank you Happy learning.