**Report on Few Traditional Practices that could be continued without interruption.**

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**1.) The Science of Surya Namaskar**

Surya or Sun is the primary source of light and energy and Indans have always revered the sun, both physically and spiritually, a creator of all Life itself. By extension, the sun le also the primary source of our energy. Without the sun, there will be no life on earth.

Surya Narmaskar or 'Sun Salutation' is a very ancient technique that pays respect or expresses gratitude to the sun, which is the source of all forms of life on the planet. According to the ancient rishis of India, different parts of the body are governed by different divine impulses. The solar plexus, located behind the navel (the central part of the human body) is said to be connected with the sun. Therefore, regular practice of Surya Namaskar enhances the solar plexus which helps Increase one's creativity and Intuitive ability.

Surya Namaskar is a set of 12 posture, Ideally done at the time of sun rise, ideally facing the sun itself. These postures act as a good link between warm-ups and yoga asanas and can be done any time on an empty stomach However, morning la considered to be the best time for Surya Namaskar since revitalizes the body and refreshes the mind.

The regular practice of Surya Namaskar improves circulation of blood throughout the body, maintains health, and helps one remain disease-free. There are numerous benefits of Surya Namaskar for the heart, liver, intestine, stomach, cheat, throat, legs. Surya Namaakar is an excellent cardiovascular workout and a good way to lose weight. It strengthens the nervous system and helps to improve memory. Moreover, it stabilizes the activity of the endocrine and thyroid glands, thereby reducing anxiety and inducing the sensation of calmness and tranquility, If done facing the sun, the body also absorbs vitamin D naturally.

**2.) Banana Leaf Plate for Healthy Eating**

In many parts of the country food is served on the banana leaf plate since it is considered healthy. When the hot food is placed on the leaf plates, nutrients emanate thet further enrich It and adds aroma to the food. Natural antioxidants called polyphenols found in many plant based foods are abundant in banana leaves. As an act of purification, before serving the food, water is sprinkled on the leaf. The use of banana leaf has been prevalent since ancient times because it is considered hygienic and is easily disposable. Banana leaves are preferred over other leaves since they are big, thick and can carry dishes easily. Banana leaves just need to be rinsed with a little water, and do not need to be washed with soap, so the food stays chemical-free. Moreover, sitting on the floor was recommended as the repeated bending of spine was known to improve the blood circulation.

**3.)Winnowing**

Wind winnowing is a method of separating grain from chaff. This method was developed by ancient cultures. It is also used to remove weevil or other pests from stored grain. Traditionally, winnowing fan is used as aid which is known as Soop. Threshing, the loosening of grain or seeds from the husks and straw, la the stop In the chaff-removal process that comes before winnowing. Because of high density the grains fall back and are collected down while wind carries the lighter part (husk) away.

Winnowing can also describe the natural removal of fine material from coarser sediment by wind or flowing water, analogous to the agricultural separation of wheat from chaff. No fossil fuel is consumed.

**4.)Sun Drying to Increase Shelf Life of Food**

Sun drying is a highly preferred method for food preservation In India. Desiccated coconut is a popular food product which is made by dehydrating coconut meat by sun drying. Desiccated coconut has a higher shelf life than the fresh Coconut and is a good substitute for cooking. It contains no cholesterol or transfats while being rich in a number of essential nutrients, including dietary fibre, manganese, copper and selenium. Desiccated coconut is called copra. It is available in coarse, medium and fine grades and also In special grades such as threads, stripe and granule. Good dealccated coconut Is crisp, snow white in colour with a sweet, pleasant and fresh taste of the coconut kernel.

**5.Drying in the Open vs Electric Dryers**

Clothes line is one of the easiest devices to save energy, because we can erase 100% of the cost by simply hanging our clothes up to dry and not use the electric clothes dryer. A modem clothes dryer accounts for a massive 12% of electricity use in a typical household in developed Countries. India, being a climatically tropical nation, enjoys sunlight all the year round. Using solar energy to dry clothes is an efficient and eco-friendly process.

**6.)Basant Panchami**

Basant Panchaml falls on the first day of spring. It marks the celebration of the onset of spring. The festival is dedicated to Goddess Saraswati, who is the deity of knowledge, art and music and is also known as the Saraswati Puja day. Yellow is a colour significantly used during Basant Panchami. t is said that the mustard fields in North India bloom during this season giving a yellow coat to nature. People wear yellow clothes to celebrate the abundance of nature and use yellow extensively in food served. It is believed that yellow la used to represent both the ripening of fruits as well as spiritual knowledge and is associated with this festival.

**7.)Manual grinding for Added Nutrition**

Traditionally, atta or wheat flour in India was obtained by grinding with a stone grinder. Since the flour stays cool during the grinding process, the flour created by stone grinding is more nutritious. Electro grinders heat up the flour, which denatures most of the vitamin content. It also spoils faster than the manually ground wheat which has a higher shelf life.

**8.)Thaali: A Wholesome Meal for Healthy Living**

"Thali" literally means a round plate. It is a typical wholesome meal which is served In each part of the India and is region specific. Arranged on a thall are multiple saucers of varied items with different tastes which are organized in a particular order. The dishes are slow- cooked and the organization in the plate is such, that digestion is optimized and one receives right combination of nutrients. The thall usually comprises of light curries, lentil, rice and Indian breads. Accompaniments like homemade chutneys, pickles and crisp papadums also form an integral part of the thali. The thall belong a significant part of the Indian culture and heritage also offers a scientific approach towards nutrition. In accordance with the traditional systems of medicine, when proceeding around the plate one will eat proteins, carbohydrates and fats- the three important elements for sustenance. It represents the food pyramids of today with carbohydrates in the form of grains, fruits and vegetables for fibre and dairy product Like yoghurt for nutrition. It's a balanced diet where variety is at Its best.

**9.)Preservation by Salting**

This is a good method of preserving vegetables and fruits like tamarind, raw mango, amla, and also fish and meat. Salt is used in dry and brine form. Not only does it prevent spoilage of foods, but also, more importantly, serves to inhibit or prevent growth of food-bome pathogens such as Salmonella or Clostridium botulinum when property applied. Salt binds with water molecules and thus acts as a dehydrating agent in foods. When vegetables or fruits are dried, cured with salt in airtight jars and left out in the sun, helophilic or salt tolerant bacteria naturally present on their surface digest the sucrose in the fruit or vegetable matter to produce byproducts such as carbon dioxide, acetic acid and lactic acid. It also helps in the preservation process as the vegetables and fruits can be stored without refrigeration.

**10.)The Energy Saving Traditional Grinder**

The mortar and postlo is a device used since ancient times to prepare ingredient and accompaniments by crushing and grinding them into a rough paste or powder. The mortar is a bowl, typically made of hard wood, ceramic or stone. The pestle is a heavy club-shaped object, the wider end of which is used for crushing and grinding. The substance to be ground is placed in the mortar and ground, crushed or mixed using the pestle. Traditional cooking involved stone grinding chutneys and spices instead of using the electric mixer. Grinding chutney, batter and powders in a stone grinder makes the mixture much tastier as it is uneven and coarse compared to the fluid mixture from the electric mixer. Grinding is also an exercise that strengthens the muscles of the arms.

**Thankyou..!**