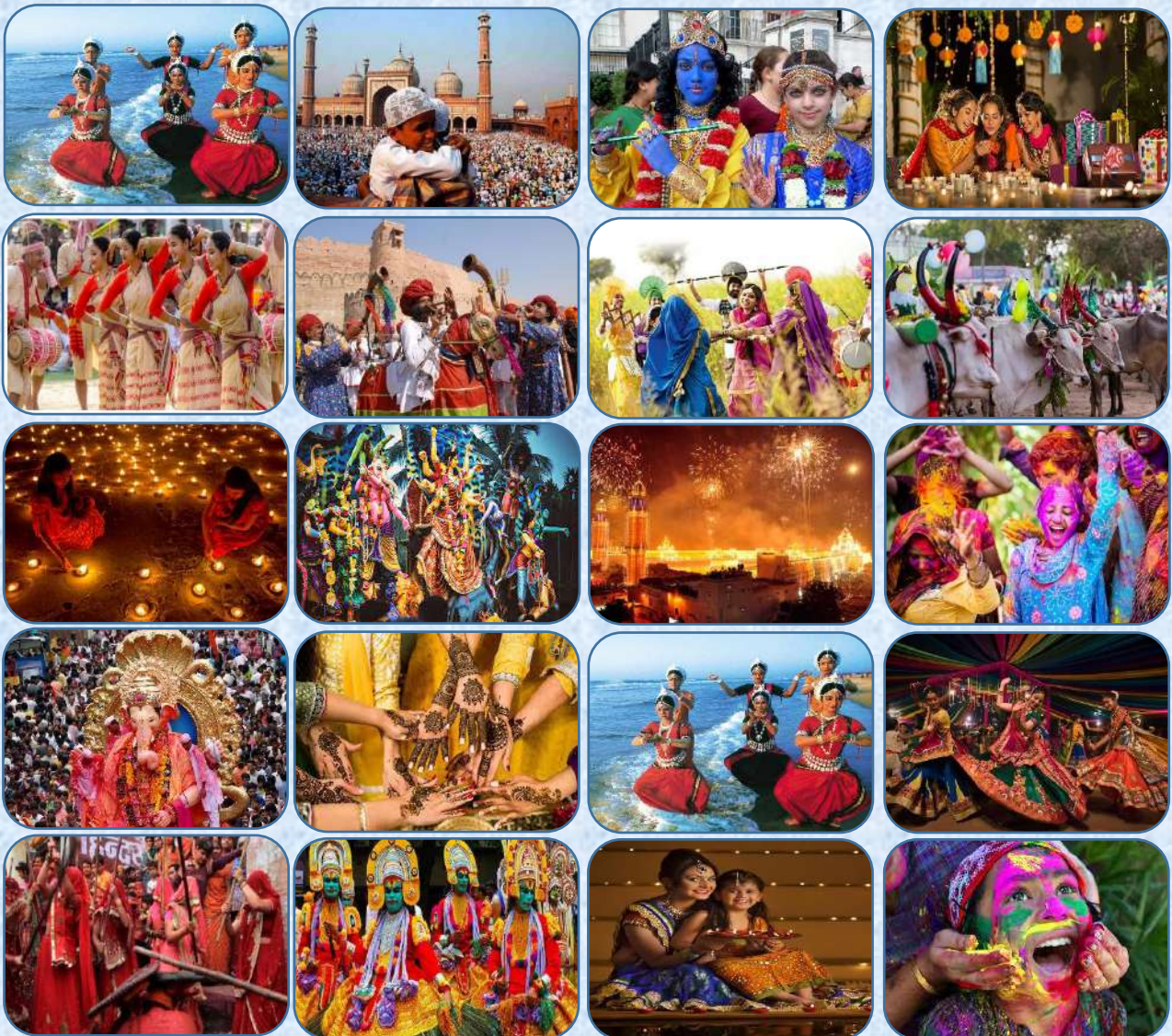


Hospitium-VII

Regional Celebrations & Festivities in India

July- September 2021



MESSAGE FROM THE DEAN

Dear readers of Vatel publications.

I wish you a merry, festive season ahead

This edition of HOSPITIUM is very different from its previous publications as it prominently touches upon the diversity that our country has with regard to religious, customary, social, communal, environmental and public festivities along with which are attached celebrations, peculiar to the people who originated them and have been generally having a good time. Being a phenomenally large subcontinent with its rich historical heritage, India boasts of having diverse occasions for revelries and merriments throughout the year. I am not able to think about any other country in which, across its various states, regions and territories, different and diverse festivals or commemorations are organised which are unique, stand apart from each other and are conspicuous with their distinct rituals and observances.



Festivals bring about a sense of rejoice amongst people at large and create an atmosphere of gaiety, joviality and cheerfulness amongst the cross-section of society with diverse backgrounds. Everybody deserves the right to enjoy and to feel happy – whatever may be the reason for it.

Our teachers and resources have done a commendable job in compiling articles for this edition that talk about festivals from almost all the prominent states, regions and the union territories of India and elaborate upon their history, legends, rituals, ceremonies and also talk about the distinct foods, dresses, music and about anything that has any part to play in its celebration.

I am sure the articles contained herein would divulge a few facts and truths that you might not have been aware of until now.

Happy reading...

Dr. (Prof) Garima Parkash

Dean

Vatel Hotel and Tourism Business School, Sushant University

MESSAGE FROM DIRECTOR VATEL

Dear readers,

Being a foreigner living in India for the last almost two decades, I have had the advantage of travelling to various parts of India and, being an hotelier, that of exploring and appreciating the rich cultural, historic and the gastronomical heritage of this great Indian Subcontinent.



I must, and I can proudly say that my experience has been worthwhile as the people here are very warm hearted and despite the barrier that language may create between me and my correspondents, the comprehension of whatever I might have to express is well understood by my interlocutors. I am personally encouraged by my attempts of learning Hindi in which, I must say, I have shown a marked progress and it is the day when I am completely fluent in this language, will I be able to classify my status as a 'true Indian'

The portfolio of Director, Vatel Programmes gives me enough responsibility – that of synergizing the academic endeavours as per the changing curricula ordained by our headquarters in Lyon, France and in making sure that when the auditors visit us here in India, they find everything progressing in synergy with the laid down standards. I must complement the efforts of our Dean, Dr. Garima Parkash who has been making sure that we go by the thought and the ethos of what Vatel, the celebrated brand name is recognized and renowned the world over...

Best regards

Mr. Laurent Guiraud

Director-Vatel India

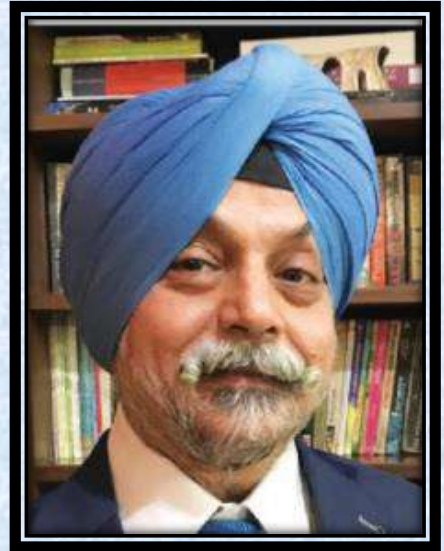
Vatel Hotel and Tourism Business School, Sushant University

MESSAGE BY THE EDITOR

Dear readers,

A peculiar characteristic of Indian festivals is that they do not follow the English calendar but fall according to the location and position of stars, planets and several celestial bodies. This goes to say that they may fall within the same month but are celebrated, however, on different dates each year. One thing, common, however is that they are mostly traditional in nature and, that's why it is a rare to see that new traditions are being set in the world of festivities...

India being prominently an agriculturally rich country, a lot of festivals fall as per the season of sowing, ripening of crops or that of harvesting and all these are connected with the weather. Harvest time being a result of the toil and the hard work of the farmers and peasants, is also a matter of success for them for which a celebration becomes necessary.



Tourists visiting India are fascinated by the amount of importance we all attach to these festivities and the dedication, devotion and the enthusiasm with which we Indians work to make these festivals into big success is indeed exemplary. Their participation does not limit itself only in the observance of these festivities as outsiders, they eagerly indulge in dance, in sporting the costumes with the make-up and enjoy the special dishes, delights and the savouries being generously served in abundance.

The hospitality sector with the help of the Department of Tourism, Government of Indian, capitalizes on these festivities as a unique selling proposition meant to attract the foreign tourists into our country and, it really works because most of what we do are unique to our country, to its rich history, legacy and culture.

Enjoy reading

Mr. Kulmohan Singh

Editor-Hospitium, Adjunct Faculty/ Placement Coordinator

Vatel Hotel and Tourism Business School, Sushant University

MESSAGE FROM THE PROGRAM COORDINATOR- MASTER'S PROGRAM

Dear Readers,

This is the first time that in the capacity of academic coordinator post-graduate programmes, Vatel Hotel and Tourism Business School India, I am getting to address you directly.

It is generally felt in the world of hospitality, like it is in most of the disciplines practiced all over the world, that a basic, functional and operational knowledge about a discipline must be complemented with a further study, which enables a student to widen his/her horizon and allows the possibilities of him looking at things differently, at the macro level...



By virtue of belonging to the service sector, the application of the concepts of Marketing, Human Relations, Public Relations and Finance, though may be similar to those being applied in the other commercial domains, they are subtly tweaked so as to be adaptable to hotels which always have the mission of understanding guest needs and go out of their way to keep them happy and motivated all the time. A deep understanding of these aspects would groom our students pursuing MBA in Hospitality to taking up lucrative positions, not only in hotels, but also in travel, entertainment, retail, banking and shipping domains.

Our MBA programme has taken off well and the students, being attached to a French hospitality school, are getting to learn the basic hotel operations, culinary arts, housekeeping, Front office and, indeed are getting inputs into the basic conversational French.

Best regards

Dr. Saurav Chhabra

Associate Professor/ Program Coordinator - Master's Program - VHTBS

Vatel Hotel and Tourism Business School, Sushant University

MESSAGE FROM THE PROGRAM COORDINATOR- BHM PROGRAM

Dear readers,

We at the Vatel India have come a long way and, by virtue of having an academic collaboration with a giant French hospitality school, have been able to infuse in our academic systems a great amount of French touch, wherein we see our students learn French language in all the semesters of their study, get to have special inputs in their classes of *français culinaire*, get to visit France for summer internship, besides preparing French menus regularly which are served in a restaurant which goes by a French name ***Epicure***.



The Vatel system encourages us to bring about changes as per the environment and inspires us to adopt the latest, international trends and developments in the world of hospitality. Changes in curriculum, the syllabus, the applications and the implementations must, therefore, as is practiced in a standardized synchronization with all the 53 schools of hospitality in 25 destinations worldwide, find their way into our classrooms, in the laboratories, kitchens and, indeed, in our restaurants.

With the re-opening of the world, the demand for young, energetic and the spirited, budding hoteliers is going to increase manifold and that is what is going to give us a lot of reinforcement and encouragement to keep upgrading ourselves and to stay ahead all the time.

Happy Reading,

Mr. Sunil Kumar

Assistant Professor/ Program Coordinator-BHM

Vatel Hotel and Tourism Business School, Sushant University

BIHAR

The land of Bihar and its wholesomeness of food is known to all yet some Bihari dishes are still less explored and admired. Situated in the eastern region of India the place. Its intensive Agriculture and wholesome dishes is because of its geographic location on the Indo Gangetic plain and for the fact they Bihar produces 60 varieties of rice.

The cooking techniques revolves around bhoona (Roasting), deep-frying and partially steaming. The other distinctive ingredients of Bihari cuisine is the Panch Phoran masala. The traditional Bihari



Platter comprise of Sattu as a drink or as a dish known as Ghenvanda (Sattu kneaded with Sugar & Ghee). Dal Pitha and Litti Chokha are 2 of the most iconic dishes of Bihar and is known all over India and abroad.

The well-known dishes of Bihar includes the famous Litti Chokha, Dahi Chura , Thekua , Chana Gugni, Khaja , Dal Pitha and Curry Budi. However, There are some lost Ingredients of Bihar that needs more Appreciation and acknowledgement which includes Sanai Phool which turn out delicious in the form of Pakodas. Bihari Bachka or Tarua as they call it, which are traditionally rice flour & gram flour, coated deep fried vegetables (particularly Pumpkin, Potatoes, Eggplant etc.)



Muzaffarpur in Bihar is famous for a peculiar kind of Mutton Preparation “Mutton Tash” wherein marinated mutton(specially marinated with timur powder, very close to Sichuan black pepper) is deep fried.

“Anarsa” a traditional Bihari sweet is also disappearing from Bihari Streets which are succulent deep fried Rice Flour Fritters

stuffed with Khoya and coated with sesame. Parwal Ki Mithai is another sweet very peculiar to Cuisine of Bihar.

One of the famous festivals of Bihar is chath Pooja (A festival dedicated to Sun God), a 4-day long festival or rather period of ritual purity. The first day is devoted to dip in the holy river Houses are thoroughly cleaned and Ganga water is taken back home to



perform holy rituals. The devotees on the 2nd day observes fasting for full day and in the evening, the fast is broken with the worship of goddess earth. The third day is devoted to prasad, which is prepared and offered in the evening during sanjhiya arghya. During the Night another colourful event takes place known as Kosi. The fourth and final day is all about devoting arghya on the banks of river and distribute prasad to neighbours.

Another festival specific to Bhagalpur district of Bihar is Bihula (Celebrated in August every Year) Praying for Goddess Mansa is what this festival is about. Devotees pray for the welfare & Wellbeing of their family and known ones.



The other colourful yet traditional festivals from the land of Bihar is Sama Chakeva (marking the brother/Sister

relationship), Sonapur cattle fair (Celebrated on Kartik Purnima) wherein Domestic cattle from all round the country is brought and sold here. Famous Makar Sakranti Mela festival, very traditional to rajgir district of Bihar is also peculiar to Bihar. Buddha Jayanti Festival, a festival devoted to Lord Budha originated from the town Bodh Gaya & Rajgir.

Best regards

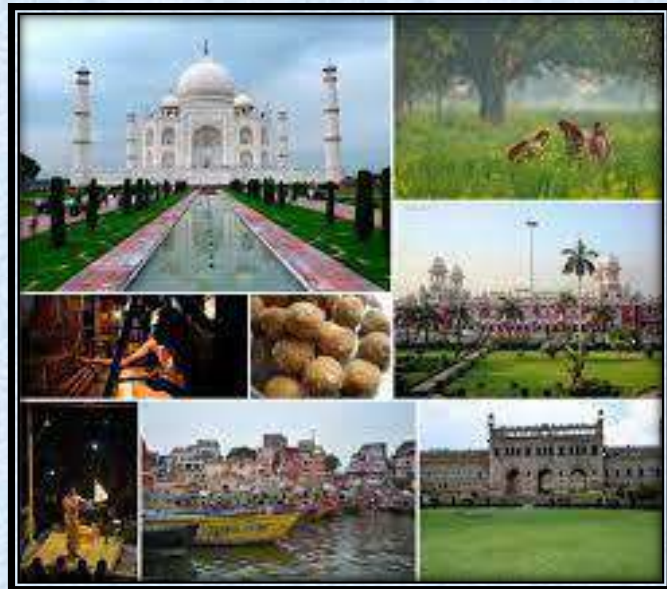
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UTTAR PRADESH

The culture of Uttar Pradesh swears by its rich historical past with its roots from Urdu. It is believed to be the land of the Nawabs, of Rama and Buddha, of Taj Mahal. It boasts of a monologue of vivid culture and architectural finesse and is synonymous with vibrant hues, delectable cuisine, timeless traditions, monumental heritage and astounding music. People of Uttar Pradesh take pride to be the first to introduce the two great epics- Ramayan and Mahabharata to the world. The state also has a plethora of fairs and festivals that add to the charm and charisma of the state.



The Gupta Empire ruled over nearly the whole of Uttar Pradesh, and it was during this time that culture and architecture reached its peak. The seventh century witnessed the taking over of Kannauj by Harshavardhana. Then came the Mughal dynasty, the period of Shahjahan is known as the golden period of India in art, culture, and architecture. It was during his reign that the classical wonder Taj Mahal was built in memory of his wife Mumtaz Mahal. Uttar Pradesh played an important part in -independence movement, Sri Lal Bahadur Shastri, Sri Jawaharlal Nehru, Smt. Indira Gandhi, Sri Charan Singh, and Sri Chandra Shekhar were only a few of the important names who played a significant role in India's freedom movement and also rose to become the prime ministers of this great nation. On 9 November 2000, the Himalayan portion of the state, comprising the Garhwal and Kumaon divisions and Haridwar district was formed into a new state 'Uttaranchal', now called Uttarakhand, meaning the 'Northern Segment' state.

Geography of Uttar Pradesh

Holding the status of being the fourth largest state in India post 9 November 2000, when



Uttarakhand was separated from it, Uttar Pradesh spans an area of 243,2990 square kilometres. While the state shares borders with Uttarakhand and Nepal in the North, it also shares land borders with a number of other states. Rajasthan in West, Bihar to

the East, Delhi and Haryana in the North West side, Jharkhand towards the South East, Chhattisgarh in the South, and finally Madhya Pradesh in the South-West make up the bordering states/nations of Uttar Pradesh. Coordinates wise, the state extends from 23°52'N to 31°28'N latitudes North to South, and 77°3' and 84°39'E East to West.



The two biggest rivers of the state are Ganga and Yamuna, with the river Sarasvati no longer active. The two rivers provide water for irrigation across the fertile lands of the state and help agriculture thrive in Uttar Pradesh.

When the seeking division of the state based on primary hypsographical areas, Uttar Pradesh can be categorised into three main regions, which are

1. The Shivalik foothills and the Terai region
2. The vast Gangetic plains, and
3. The Vindhya Hills

Festivals of Uttar Pradesh

Other than the national festivals like Holi, Diwali and Makar Sankranti- a few other cities have a few other festivals celebrated with a whole lot of zeal and fervour. Bharat Milap or



Chhath Pooja is supposed to be a big affair in Varanasi and it attracts tourists from all over the country. This festival is dedicated to the worship of the Sun, God of Energy and is believed to cure incurable diseases like leprosy etc.

Kumbh Mela, Magh Mela and Ardha Mela are celebrated with a lot of enthusiasm in Allahabad, depicting the

psychedelic culture of Uttar Pradesh. It is considered to be one of the holiest cities of India and during the time of the melas, it experiences a large amalgamation of devotees from all

over the world. The festivities are performed with grandeur and the melas considered very auspicious for the people practising Hinduism.

Bateshwar fair held in the month of October and November at Bateshwar, the spiritual and cultural centre and is located 70 kilometres from Agra. It is a place to purify your soul by worshipping to Lord Shiva and taking a holy dip in river Yamuna. Participating in the livestock trade is a thrilling experience.



Kailash Fair another religious fair held at Kailash 12 kilometres from Agra is celebrated in the month of August and September. The fair is celebrated in the honor of the Lord Shiva, who had believed to be appeared at the place in the form of stone lingam.

Ganga festival is celebrated on the banks of the river Ganga at Varanasi to worship the river. Festival held in the month of October- November. Lucknow festival held for 10 days in the month of November - December, captures the everlasting splendour of the Nawabs with their cuisine, qawwali, thumri and the events like kite flying, chariot race and pigeon flying



presents the perfect festive environment. This is the best time to alternate your tour program to explore other fairs and festivals in Uttar Pradesh.

The Kumbh Mela is one of the most sacred pilgrimages in Hinduism. The word Kumbh has been derived from the Sanskrit word Kumbh meaning 'pot' or 'pitcher' and Mela means 'festival' that is why it is known as "the

pitcher festival". The history of Kumbh Mela is older as the civilization itself, it is believed that the gods and demons fought for the pitcher of nectar, the fight ensued for twelve days and twelve nights during which four drops spilled from the pitcher on to four places of this earth Prayag (now Prayagraj), Haridwar, Nasik and Ujjain. Kumbh mela occurs four times in twelve years and rotates among these four places. Each twelve-year cycle includes a Grand Mela, called Maha Kumbh Mela and is held at Prayagraj.

In Nasik, Mela is held during the month of Phalgun and Chitra (February, March and April), at Ujjain in Vaishika (May) and at Nasik in Shravana (July). Participation of the devotees from all over the country as well as abroad has made it world's biggest gathering. The

highest religious authorities and the astrologists determine the appropriate date of Maha Kumbh astronomically after studying the positions of the sun, moon and the Jupiter.

The ghats of Uttar Pradesh -

Mathura is another city famous for the holy festivities.

It is considered the land of Lord Krishna. Festivals like Krishna Janmashtami, Radha Ashtami and Govardhan Pooja are celebrated with much

ardour and zest. The Krishna devotees visit Mathura and Vrindavan for the early morning dip, holy aartis and evening poojas, which are considered sacred and are a wonderful sight.



Customs and Traditions of Uttar Pradesh

The people of Uttar Pradesh follow a large number of traditions and customs. The Hindu culture considers it auspicious to take a dip in the holy waters at least once in a lifetime. They believe it cleanses them of their sins. Uttar Pradesh has a lot of ghats to take the holy dip in. Allahabad has the world-renowned Sangam, which is the confluence of the holy rivers Ganga, Yamuna and Sarasvati. In addition to flushing away sins, it is also believed to free you from the cycle of rebirth.

The Allahabad Sangam

Varanasi also has a number of ghats. The ghats are the prime attraction of the city and are popular among the pilgrims. A dip in the holy waters here brings salvation. Some of the major ghats have grand Ganga aartis performed in the evening.

Aarti is another important ritual followed at the ghats. These are basically prolonged poojas and involve lighting of fire or yajna. The devotees believe in doing so all evils and ill-wills are thrown apart. The Hindus perform these poojas before starting any new endeavour because

these bring good luck and prosperity.



Folk Culture Of Uttar Pradesh

Uttar Pradesh culture is an amalgam of a wide range of folk art and dance forms from which you may have your pick. Raslila is one of the most

popular performing arts of the state. It owes its source to the drama act of Lord Krishna and his milkmaids. The folk tradition includes a variety of classical music, dance and drama. Ramlila is another famous art form, which is based on Lord Rama's life story.

Khayal is a form of semi-classical singing which comes from the royal courts of Awadh. Other than that, Svanga is a dance drama of semi-historical tales and ballads.



Food of Uttar Pradesh

Uttar Pradesh is home to a variety of cuisines, most famous of which are Awadhi cuisines and Mughal cuisines, very popular in Lucknow. The delicious food is supposed to be hereditary of the ruling Mughals. The most sought-after dishes include - dum biryani, dum Gosht and Nihari, which is slow-cooked overnight and sealed in large pots. In the northern Uttar Pradesh, which includes Meerut, Moradabad, Mathura etc., the staple food includes kachori, Aloo curry and the very regular dal, roti and rice. Petha is a very famous sweet dish available in the state and owes its authenticity to the city of Agra. Among the drinks, people prefer lassi, chaas and roohafza.



With one visit, you still cannot expect to experience the vibrant culture of Uttar Pradesh. Other than the rich cultural heritage, ancient temples, lavish palaces and monuments, Uttar Pradesh is home to a lot of architectural ruins- Taj Mahal being the most important one.

Regards,

Mr. Sunil Kumar

Assistant Professor/ Program Coordinator-BHM

Vatel Hotel and Tourism Business School, Sushant University

FESTIVITIES IN PUNJAB & HARYANA

These two states lying in the northern part of the Indian subcontinent are known for their prominence in agriculture – situated above the equator, these states get to have enough sunlight, rain and moisture, by virtue of which their harvests are richer and plentiful.

Celebrations in these states, even the religious ones are loud and vociferous, usually having music and dance and, of course a lot of food and healthy nourishment.

1. BAISAKHI - FESTIVAL OF HARVEST

The Sikhs celebrate Baisakhi, one of the most celebrated festivals of Punjab by bathing in



the holy river and visiting the Gurudwaras, where they take part in the prayers held during the day. Baisakhi gets everyone into the festive mood, and people like to dance their heart out. Special celebrations occur at the Talwandi Sabo, where Guru Gobind Singh recompiled the sacred Granth Sahib, the Gurudwara at Anandpur Sahib, where Khalsa was born, and the Golden Temple in Amritsar. The phrase 'Jatta Aayi Baisakhi' is loudly declared across the

fields by gleeful farmers as they passionately dance in celebration, an exciting way of greeting the festival.

2. HOLA MOHALLA - FESTIVAL OF BROTHERHOOD AND BRAVERY

Hola Mohalla is a famous and colourful 3-day Sikh festival celebrated during spring. It takes place on the second day of the lunar month of Chett which is the first month of the Nanakshahi calendar used by Sikhs. Hola Mohalla procession takes place in Takht Sri Keshgarh Sahib in Anandpur, the Rupnagar district of Punjab, which is one of the 5 Sikh takhts holding special historical significance. It is home to the birth of Khalsa Panth and has real artefacts from those days.

3. LOHRI - FAMOUS FOLK FESTIVAL OF PUNJAB

Lohri- Celebration of Lohri marks the end of the winter season. Being one of the most famous festival of Punjab, Lohri celebrated with the beating of Dhol, Nagadas, and singing of traditional Lohri songs. Children visit the neighbourhood asking for treats. The festival is full of life, and you can't afford to miss the North Indian's Lohri. Special celebrations take place in the houses of new-borns and newlyweds.



4. KARWA CHAUTH - FESTIVAL OF FASTING

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 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.

5. GURUPURAB - VIBRANT FESTIVAL OF PUNJAB

Guru Nanak Jayanti, or as it is commonly called, Guru Nanak Gurpurab, is a Sikh festival which is celebrated with a lot of fervour and excitement in many parts of India by Sikh and Punjabi festivals alike. Most Sikh festivities are centred around the birth of their ten Gurus, who helped shape the religion and preach the importance of religious devotion. As the name suggests, Guru Nanak Gurpurab celebrates the birth anniversary of Guru Nanak Dev Ji, who is the first Guru of the Sikhs and the founder of Sikhism

The culture of Haryana is enriched with various festivals and these festivals are celebrated with full fervour and grandeur. In today's post, we will talk about the famous festivals in Haryana. This topic is also frequently asked in the HSSC Exams like clerk, Patwari, Gram-Sachive, Haryana Police exam. So this topic is very important for those candidates who are preparing for HSSC exams. Let us have a look at the festival in Haryana.

FAMOUS FESTIVALS IN HARYANA

1. TEEJ FESTIVAL

This festival is celebrated on Sawani-Sudi or on the arrival of monsoons in India. It is celebrated to welcome 'Sawan' also known as the rainy season. This festival is named after a small red insect called Teej in Haryana which comes out from soil After the first showers of Sawan. This festival also marks the auspicious event when Parvati won Shiva after a long Penance. On Teej, girls receive new clothes from their parents. The evenings are set aside for singing & dancing. Myna



Tourist complex at Rohtak is famous for Teej festival.

2. GUGA NAVAMI FESTIVAL

This festival is celebrated in the Bhadrapad month (August) on Navami. Shrine place is



known as 'Mari', named after Guga Chauhan Rajput born in Distt. Churu (Rajasthan). A long bamboo with top adorned with peacock plumes, a coconut, some coloured threads, hand fans (Bijna) and blue flag mark the celebrations. This is called Chhari or fly flap. Main instruments like Dholak, Manjiras, Deru, Chimta and Cymbals dance in tune with rhythm shedding tears and beating their chests with iron chains.

3. GEETA JAYANTI

The birth of Srimad Bhagwad Gita is celebrated at Kurukshetra. Celebrating the philosophy of

selfless karma, the Gita Jayanti presents Gita recitals, aarti and deepdan (दीपदान) at Brahma Sarovar, Shloka recitals and quiz.

4. MANGO FESTIVAL

This festival is celebrated at Pinjore Garden, Pinjore (Panchkula). At this festival, Preserved fruit shops are organized with festivals of cultural festivities and a splash of colour.

5. KARTIK CULTURAL FESTIVAL

This festival is celebrated at Nahar Singh Mahal at Ballabhgarh, Faridabad. It is started by the State Govt. of Haryana and Centre Govt. of India to revive the folklores of the Haryana.

6. GANGORE FESTIVAL

This festival is dedicated to Gauri, the goddess of abundance. People carry the image of Gauri-Mahadeva from one village to another and finally immerse it into the river. The festival is meant for young girls who dress up with new clothes and pray for good husbands. Married ladies also pray for the well being of their partners.

7. BASODA FESTIVAL

Puja of this festival is dedicated to Goddess Sheetla, also known as Sheetla Ashtami. Usually it falls after eight days of Holi. According to Basoda customs, families do not lit fire for cooking this day. Hence, most families cook meal one day before and consume previous day cooked food on this day.



As suggested, this festival marks the beginning of Basant or spring season. It is celebrated forty days before the actual arrival of spring as it is believed that it takes at least forty days for seasons to transit and reach their full bloom. Another impressionable element of Basant Panchami is the importance of 'Yellow' as a colour. In Punjab, farmers who have sown mustard seeds in their farms. As spring approaches, these fields turn into a beautiful yard of million yellow blooming flowers. People wear yellow and Namdhari Sikhs distribute langars at gurudwaras to show gratitude to the Supreme, sharing their harvest with others. Not confined to any religious identity, Punjabi Muslims celebrate Basant Panchami with great gusto too, flying kites from their rooftops. Spring surely personifies the spirit of Punjabis.

8. TEEYAN

A cultural festival observed by and for women, Teeyan or Punjabi Teej marks the onset of the monsoon season. Known to be one among the best festivals of Punjab, Teeyan begins on the third day of Saawan Maas and ends on Saawan Purnima, spanning a total of thirteen days. It was mandatory for every married woman to spend the entire Saawan month at her maternal home. Traditionally, Teeyan is synonymous to monsoon swings and giddha. Girls and women would tie swings on trees and collectively dance in the traditional



dance form, Giddha. Over time, Teeyan has been reduced to women fasting on the Saawan full moon day and eating a well-prepared spread later.

9. BHAI DOOJ

Having many regional names like Bhau beej, Bhai Tika and so on, Bhai Dooj is a religious festival celebrated on the second day of Shukla Paksha (Bright Fortnight) in Kartik maas (a month in Hindu Samvat calendar). The customs of this festival are similar to Raksha Bandhan. The celebration stretches across the North Indian region, including Punjab. Embracing the brother-sister relationship, Bhai Dooj is all about scrumptious sweets and family time. Ritualistically, the sister performs aarti and applies tika on the forehead of her brothers. Then the sister ties the kalawa on her brother's wrist - recollecting promises of keeping her safe. The celebration is enhanced with special sweets and foods. Observed on the second day after Diwali, Bhai Dooj is another bead in the string of celebrations.



10. CHAPPAR MELA

Chappar Mela is an annual fair organised in the village of Chappar in the Ludhiana district of Punjab. Commemorating the renowned Gugga Pir or 'Snake God', this mela celebrates the advent of this local folk deity. Organized on the fourth day of Bhadas maas (September), Chappar mela has been an annual occasion for the people in the Malwa belt for over 150 years. Having started as a small gathering, Chappar mela now attracts millions of people who have a firm belief in Gugga Pir. There is various folklore behind why this snake-man hybrid is worshipped. One such folklore narrates that a farmer had a son and a snake. The two were so close that they could actually feel each other's pain. The snake died accidentally and so did the boy. The boy, Gugga and the snake, Sidh were assigned a particular spot where people could come and worship them.

11. JOR MELA

Shaheedi Sabha locally known as Shaheedi Jor Mela is a three day long religious sabha (congregation). It is organised every year in December at Gurdwara Fatehgarh Sahib, in the



Fatehgarh Sahib district of Punjab. Sikhs come together to pay homage to the martyrdom of Sahibzaade Baba Zorawar Singh and Baba Fateh Singh, the youngest sons of the tenth guru of the Sikh order, Guru Gobind Singh Ji. Both of these brave hearts along with the mother of Guru Gobind Singh, Mata Gujri were imprisoned and forced to convert to Islam, which they refused abhorrently. This incited the governor of

Zirhind, Wazir Khan to entomb them alive. For the sake of their beloved community and religion, they sacrificed their lives and accepted martyrdom. The first day of the congregation evokes the religious spirit in people through prayer and kirtans.

Enjoy reading

Mr. Kulmohan Singh

Editor-Hospitium, Adjunct Faculty/ Placement Coordinator

Vatel Hotel and Tourism Business School, Sushant University

REGIONAL CELEBRATIONS AND FESTIVITIES

RAJASTHAN, WESTBENGAL & SIKKIM

Rajasthan's history and its culture

Rajasthan is undoubtedly one of the most beautiful and remarkable state of India. The history of Rajasthan is rich and dates back to Rajputs, Mughals, Marathas, and British. The first human settlement found in this region goes back to the Indus Valley Civilization. Bravery of Rajput kings plays a vital role in history of Rajasthan. As Rajput warriors used to fight all the odds and lived with honor and whenever the situation demanded the sacrificed lives for the pride of the empire. The state was continuously attacked by foreign rulers. In the year 1191, Rajasthan was under the rule of Prithviraj Chauhan. Despite the fact that Muhammad Gohri was vanquished, yet in 1192 he assaulted for the subsequent time, whereupon Chauhan was defeated. In the thirteenth century, Mewar was the focal point of fascination for each lord. Gradually and relentlessly, Akbar began a partnership with numerous Rajput rulers. In 1562 Akbar wedded one of the Rajput princesses, Jodha Bai, the girl of the Maharaja of Amer.



'Attithi Devo bhavo' means to treat your guests like as you would treat God. This principle is a part of the Rajasthani Culture. They treat their guests well and make them want to visit again. Most of the people in Rajasthan are involved in tourism-related jobs and hence take this principle very seriously as they earn their revenue due to the tourists and have pledged to serve them. A popular folk song 'Padharo Mhare Desh' literary means 'Welcome to my country'. Rajasthan Hospitality is famous all over the world.

Since many rulers ruled Rajasthan, each region has its own folk culture. The folk music and dance of Rajasthan are similar due to their geographical confinement, but each differs in their unique style. Manganiyars and Langas are two prominent groups that contributed to the Rajasthan folk music. They perform 'ragas' (songs) for different purposes. Like during the pre-monsoon time, they would perform ragas to call forth the rains. Other famous groups are Banjaras, Mirasis, Jogis, and much more.



Many traditional instruments are used by them that include sarangi, kamayach, dhols, shenhai, and been. Folk songs were usually for certain purposes like weddings or birth or were passed to tell a story of bravery or a romantic tale. They were usually in the form of ballads. The dance is varied as well. Dance differed among different tribes. It was mainly for the entertainment of the people and the king. Some of the dances include chang, ghoomer, bhopa, tejali, and kathipuli.



Ghoomer dance, which originated in Udaipur, has gained international recognition and appreciation.

Rajasthani food is known for its various spices and also its sweetness. Rajasthan is most famous for dalbati - A dish comprising of dal and wheat flour kneaded with yoghurt and dressed in ghee. It is also famous for kachori - the kachori in Rajasthan are of two types - sweet and spicy. The spicy kachori is called the pyaaz or onion kachori, and the sweet kachori called the mawa kachori. Both these kachoris are easily available in any food stalls in Rajasthan. Ghewar and gheriya are some delectable sweet dishes originating from Mewar, available in most restaurants at Rajasthan. Most of the Rajasthani dishes are made in ghee. More than 70% of people in Rajasthan are Lacto vegetarian making it one of the most vegetarian states in India. However, non-vegetarian dishes like Lal Maas and Mohan Maas are delicacies in Rajasthani cuisine.

The women wear sarees with the 'odhni' covering their head as a sign of respect. The men wear dhotis and kurtas with a headgear called pagri or safah.

The designs on their clothing are either embroidered or dotted. The material of the clothing is usually cotton and even silk for women.

Rajasthan depends majorly on income earned via tourism. Thus, most of the people have



learned English or Hindi or perhaps both to be able to communicate the travellers. However, some dialects originating from Rajasthan include Marwari, Malvi, Mevati, Jaipuri/Dhundari of which the most famous is Marwari.

Rajasthan is a vast state but living in its rural areas will give you a thorough insight of the Rajasthani folk and their culture. The state has been blessed with such historical and beautiful forts and other monuments. One must visit Rajasthan to explore the land of Maharajas.

West Bengal's History and it's Culture

Blessed with a rich heritage and mesmerizing beauty, West Bengal has secured itself a unique place in the history of India. Home to some of our country's greatest intellectuals,



such as Rabindranath Tagore, Toru Dutt, Raja Ram Mohan Roy, and many others, the state is a haven for literature and art lovers. Situated in the eastern part of India and blessed with a vibrant culture, Bengal is perhaps the most beautiful part of India. The state has succeeded in keeping alive its past and has treasured the symbols of

its heritage with much reverence.

West Bengal is perhaps the wealthiest state in India with regards to its diverse culture, from it's magnificent literature to the colourful and splendid festivals, the state is home to various interwoven traditions, existing in perfect harmony with one another. Hence, it is no wonder that the capital of West Bengal, Kolkata, is known as the "Culture Capital Of India."

Any discussion on West Bengal must undoubtedly begin with its splendid array of literature ranging from the folk tales of Thakur mar Jhuli to the poetry of the great Rabindranath Tagore. The state has contributed abundantly to both Bengali as well as world literature. It gave Asia its first Nobel prize when Rabindranath Tagore became the Nobel Laureate in literature in 1912. Literature has always been an essential part of the state, and its poetry has influenced people far and wide to take part in the Indian Independence movement. Today, Kolkata, the capital of West Bengal, hosts the largest Book Fair in Asia, known as the International Kolkata Book Fair, and is attended by people from around the world.

Bengal has a long and ancient history of performing drama, from the Bengali folk theatre Jatras to the Satyajit Ray's Movies, Bengali theatre has never failed to impress its viewers. Assumed to have originated in the 16th century, the Jatra (roughly translated as yatra, meaning journey) is well known for its distinct musical component and can also be characterized as a musical drama.

The Theatre of Bengal played a vital role during the Indian Independence struggle and helped arouse the spirit of nationalism in Indians and inspired them to join the struggle against the British rule. Bengal Film industry (Tollywood) also has to its credit several talented and widely acclaimed filmmakers such as Satyajit Ray, the first Indian to receive an honorary Oscar Award in 1992. Other innovative filmmakers include Rituparno Ghosh, Nandita Roy, and Aparna Sen, among others.



The state is also credited with being the pioneer of Modern art in the country. Through the paintings of Rabindranath Tagore, Abanindranath Tagore ('Father of Modern Indian Art'),



Jamini Roy, and Gaganendranath Tagore, India became acquainted with modern art. The Bengal School of Art, for instance, was started in Bengal as a rebellion against the academic art style, propagated by the European power. The school emphasized paintings that were based on Indian themes and celebrated the Indian tradition over the Western one.

Kolkata, the capital of West Bengal, is prominently known as "The City of Palaces." The buildings in the state show a homogenous mix of elements from various cultures, including British, Terracotta, Indo- Saracenic, and Islam. The state has to its credit several historical monuments that reflect the rich heritage and tradition of the country at large.

The state had been the centre of rule of different rulers belonging to different parts of the world.

Hence, the buildings in the state reflect the influence of diverse cultures in them. The most popular monuments include Rasmancha temple in Bishnupur, which is noted for its terracotta carved tiles and for its pyramidal shape, Hazarduari palace (which contains a total of thousand doors), Baraduari, Minar in Padua, Radhabinodhe temple in Birbhum among others.

In West Bengal, women usually dress up in a uniquely draped saree with broad borders. There a variety of sarees prevalent in West Bengal including the Dhaka Jamnadi sarees, Garad-Koirad, Baluchari Sarees among others. Of these, the Garad-Koirad sarees are the most popular and are worn on religious occasions and at weddings. Men usually wear Panjabi and Dhoti, which is unique to Bengal.

The music of Bengal is a pleasure to listen to for anyone and everyone. It is indeed the jewel of Bengal's heritage. The traditional Baul singing is perhaps the most popular of all. Mostly sung in praise of God with utmost reverence and focus, the singers can make anyone spellbound with their soothing music. During the performance, the performers shut out the entire outer world by closing their eyes and seem to be lost in a trance.

Gambhira, Kirtan, and Bhawaiya are the other kinds of folk songs. Chhau, a very prominent tribal folk-dance form of West Bengal,

narrates stories from Indian epics. The performers wear colourful and vibrant masks, which helps them to portray different characters and convey the stories effectively.



There are a variety of handicrafts that are made in Bengal. Each village in the state has its own distinct handicraft, which is quite different from the other village. The most notable



feature of the handicrafts is that apart from being a symbol of Bengals' history and culture, they are also Eco-friendly. Some of them, like the Dokhra metal casting, is said to have been preserved for centuries and is said to be one of the oldest forms of metal casting. Bankura district boasts of highly decorated terracotta tiles present in certain temples. Though this art had been in existence since the time of the Harrapans, it was the artisans of Bengal who

used them in buildings, thus, adding to the traditional and indigenous beauty of the structures.

Madurkathi, a handcrafted mat, is a vital part of Bengali culture, that every traditional house would undoubtedly possess one of. For them, the mat is a symbol of the hosts' respect for their guests. Chhau masks, made exclusively for the Chhau dance are also worth mentioning. The masks are elaborately decorated with vibrant colours and are worn by artists in their performance. The state is known for its unique and tasty cuisine. From the staple rice and fish meal to the really popular Bengali sweets, the state has a lot to offer.

Throughout history, the state has always been under different rulers from different parts of the world, and these influences are not

only evident in the architecture and culture of Bengal but also play an essential part in Bengali cuisine. The most common staple of food is fish and rice, added to the fact that the rivers in the state are home to more than forty different types of freshwater fish. The

dishes gain their flavour from five spices, Cumin, Fenugreek, Aniseed, Nigella, and Mustard seed. The most popular Bengali delicacies include

Shukto, Aam Pora Shorbot, Luchi, Lau Ghonto, Bhapaa Aloo, Baigun Bajaa, among others.

Jhalmuri is a very famous street food delicacy. Apart from this, Bengali cuisine is quite famous for its wide variety of sweets, which are quite popular all over the country; they include Rasmalai, Pantua, Roshogulla, Mishiti Doi among others.

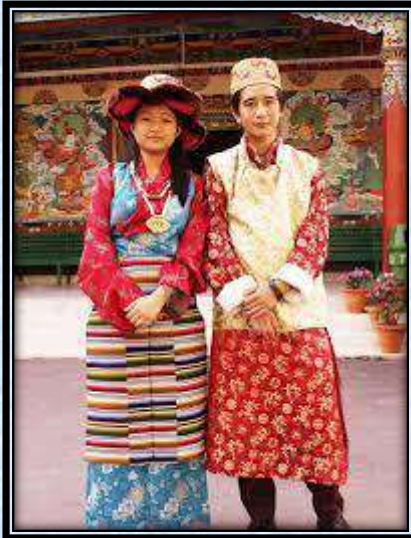


As a state which celebrates unity in diversity, the state has several religions and hence fosters a plethora of festivals all year round. The Durga Pooja, which celebrates the victory of Goddess Durga, is one of the most colorful festivals in the state. Poila Bhoishak is another very popular festival that celebrates the Bengali New year. The day is quite special for the whole state and is celebrated with abundant joy, as it marks a new beginning. The state also celebrates Christmas and Eid-ul-Fitr, with as much pomp and joy.

History of Sikkim and It's culture

The history of Sikkim comprises interesting stories of ups and downs, of strong and weak leaders, and of battles between many races.

Sikkim, the name of the state originated from the words su him – which means new house.



The early inhabitants of this region known as Lepcha, assimilated with the other tribes such as Mon, Chang, and Naong. The Bhutia's began to enter this area during the 14th century. In the year 1642, the Kingdom of Sikkim was created, wherein Phuntsog Namgyal, the first chogyal (spiritual and temporal king), was from the Bhutia community. The Namgyal dynasty ruled Sikkim for a long time till the year 1975.

During the mid-18th century, there were many territorial wars between Sikkim and both with Nepal and Bhutan. Nepal was victorious to occupy few parts of western and southern Sikkim. It was during this time when a huge number of Nepalese migrated to Sikkim. During the year

1816, Sikkim supported the British in the Anglo-Nepalese War. By this time, the power of the Chogyals reduced as British rule came into place. In the year 1890, Sikkim became a protectorate state under British rule. According to this Sikkim will be a buffer between British India and China, and would be under the jurisdiction and control of the British. The East India Company captured Darjeeling, which was initially a part of Sikkim. This move by them was certainly not acceptable to the Sikkimese people. The Namgyal dynasty did try to discuss this issue with the British people. After a long struggle, the British acknowledged Sikkim as the princely state under the rule of the Namgyal dynasty. But the control of the state was still with the East India Company. Sikkim state has a quite vast history and this can be observed in many historical places in Sikkim such as Coronation Throne of Norbu gang, Rabdentse, and others.

The state of Sikkim is a classic example of the amalgamation of different traditions, religions, and customs of different communities. Since ancient times, the state has been occupied by three major tribes, namely, the Bhutias, the Lepchas, and the Nepalese. Even though people from other states would have migrated here but the state has still retained its uniqueness.



The culture and tradition of Sikkim are like a colorful bouquets adorned with traditions, folk dances, and customs of various tribes. The myriad cultures of Sikkim can be reflected in



their places of worship, cultural dances, and festivals. As per the Sikkimese culture, Nature is considered as God. This is proven by the lush greenery, rivers,

forests, and mountains of the state.

The main language of Sikkim is Nepali, followed by Bhutia or Sikkimese, and Lepcha. Other languages that are also spoken in this state are Limbu, Majhwar, Tamang, Sherpa, and Tibetan.

The food of Sikkim reflects the culture of the state that is a blend of Tibet, India, Bhutan, Tibet, and Nepal. Sikkim food generally comprises Sinki and Gundruk soups, noodles, fermented soybean, traditional cottage cheese, thukpas, fermented rice products, and bamboo shoots. The staple food of Sikkim is Rice. Tourists visiting Sikkim would like to try wantons and momos.

The dress of Sikkim reflects the social lifestyle and culture of the major tribes. All 3 major tribes have different types of costumes. The traditional dress of a Lepcha woman is known as Dumvum. Dumvum is ankle-length dress that is worn like a saree. Another traditional dress of women is known as Tago. It is a loose-fitted dress worn along with a blouse, headgear, and a belt. The traditional attire of Lepcha men is Thokro-dum that includes a shirt, a pajama, Yenthatse, and headgear. Generally, the dress of Sikkim people is conducive to the fieldwork. The traditional dress of women and men of the Bhutia tribe is known as Kho or Bakhu. Bakhu is tied at the waist with a silk or a cotton belt.



Sikkim is a state in northeast Asia where numerous festivals are celebrated throughout the year. Majority of the people of Sikkim follow Buddhism so the festival celebrated here are associated with the Buddhist and they are celebrated with a lot of pomp and as per the Buddhist calendar.

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MADHYA PRADESH AND CHHATTISGARH

India is a land where people all religions live together under one umbrella and portray a unique example of unity in diversity where people of different religion & culture celebrates their festival with full of joy and enjoy with family, friends & relatives & people learn each other's tradition & culture.

Madhya Pradesh is one such arrive in India that radiates energy from each niche and corner. The heart of India has the finest social and legacy festivals that can't be seen anyplace else within the world. No matter, where and when one voyages in Madhya Pradesh, they will continuously witness a celebration or reasonable to claim their consideration. Lokrang is a social celebration in which all the artists



put their best foot advances and matches their steps with the society music. During the celebration, the stage shows the different shapes of society moves, music, and ethnic dances. Also, one can see the lovely collections of fans and painstaking work made by the tribal community of Madhya Pradesh. In the month of march before Holi in West Nimar(Khargon) and Jhabua a Bhagoria Hatt festival is Celebrated with great pomp and show by the tribal people of Madhya Pradesh. Malwa Utsav is one of the greatest, biggest and most fabulous occasions in Madhya Pradesh. Dance and music exhibitions are the foremost necessarily part of the celebration. Entertainers from distinctive parts of the world come to Indore & Ujjain to be part of this fabulous celebration of craftsmanship, music, dance, show and culture and there are others few festivals as well which binds the people in one knot.

Chhattisgarh: Another land of India called Chhattisgarh which a major state of India & popular for its visitor places as well as the celebrations celebrated. The festivals are not as it were known for their customs and traditions. But nowadays they are moreover playing a vital commitment to the tourism of the state. Because the popularity of the major celebrations and fairs of



Chhattisgarh is so tall that outside visitors, as well as India, come to connect them.

Bastar Dussehra is the most famous festival of Chhattisgarh. Celebrates with incredible ceremony and interesting way. Bastar Dussehra is the foremost famous and longest-lasting festival. Starts from the new moon within the



month of Shravan and keeps going for 75 days. various tribes take an interest in conventional customs. It is a special social feature. Madai Festival is one of the famous festival. This festival comes from the month of December to the month of March. It is a one of a kind travel celebration that voyages from

one part of the state to another. The neighbourhood tribes of the state together with other communities adore the presiding divinity during the festival. At the starting Celebration, the tribal individuals launch a parade in an open field. Other festivals are Golcha festival ,Teej Festival, Bhoramdeo Festival which is celebrated in in the Bhoramdev temple. Several hundred years ago, which was first organized by Maharaja Ramchandra Dev of the Nagvanshi Dynasty. Champaran Fair which is held at Champaran in Raipur. This fair is organized every year from the month of January to the month of February. Traveller can find more festivals & rituals in Chhattisgarh which always give an unique example of celebrations in India.

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UTTARAKHAND

The 27th state of Republic of India, Devbhoomi Uttarakhand that was formed in the year 2000 after being separated from the large state of Uttar Pradesh, is a destination to explore the riches of Indian culture, history, and natural beauty. The state that borders Tibet to the north; Nepal to the east; the state of Uttar Pradesh to the south; and Himachal Pradesh to the west and north-west, is divided into regions, Garhwal and Kumaon, which



further break into 13 districts. Earlier, the state was named Uttaranchal by Bhartiya Janta Party (BJP) led central government and Uttar Pradesh State Government when they started a fresh round of state reorganisation in 1998. However, in 2006, Union Cabinet of India to the agreed to the demands of the Uttaranchal Legislative Assembly and leading members of



the Uttarakhand Statehood Movement and renamed Uttaranchal as Uttarakhand. The state also finds its mention in history as a part of the Kuru and the Panchal kingdoms (mahajanpads) during the Vedic age. In Hindu mythology also,

Uttarakhand has been recognized as a part of the famed Kedarkhand (Now Garhwal) and Manaskhand (Kumaon). It is also believed the famous sage Vyas composed the epic of Mahabharata in Uttarakhand. The signs of the practise of Shaivism in ancient times along with Buddhism and Folk Shamanic religion was also found in the state.

Famed for their simple lifestyle, honesty, and humility, the people of Uttarakhand reflect a



sincere bond with nature and gods. Although, the state has a fair amount of cities that are plush with all state-of-the-art amenities and crowd from other parts of the country, however, this could not take the

people of Uttarakhand away from their culture and traditional values. The culture of Uttarakhand still revolves around its traditional ethics, moral values, the simplicity of nature and a rich mythology.

People are divided into regions and are thus better recognized as Kumaoni (Inhabitants of Kumaon Region) and Garhwali (Inhabitants of Garhwal Region).

Apart from these two major inhabitants, Uttarakhand is also home to ethnic groups like Bhotias, Jaunsaries, Tharus, Bokshas, and Rajis. Although the major part of the region is seen speaking native languages like Kumaoni and Garhwali, Hindi, Urdu, and Punjabi are also widely spoken. Various tribal communities are both nomadic and those hailing



from the Indo-Aryan descent are part of the ethnicity of Uttarakhand. Constituting of Proto-Australoid, Mongoloid, Nordic races and the Dravidians, the state is amongst one of the most historically affluent places in India. The ethnic groups like Jaunsari and Bhotias are

further divided into small groups that corroborate the diverse population and culture in Uttarakhand.

The people of Uttarakhand indulge in vivid celebrations and performing of rituals around the year due to their deep-rooted



collection with nature and the rich mythology. Like their simple lifestyle, the festivals and fairs in Uttarakhand are also simple yet culturally rich. Each season is welcome with hearty folk songs and dance and so are the agricultural periods. The ancestor spirit worship is exclusive to the state, Jaagar, as it is locally called, is held to wake the Gods and the local deities up from their inactive stage to solve their problems and shower on them many blessings. Dances like Barada Nati, Bhotiya Dance, Chancheri, Chhapeli, Choliya Dance, Jagars, Jhora, Langvir Dance, Langvir Nritya, Pandav Nritya, Ramola, Shotiya Tribal Folk Dances, Thali-Jadda, and Jhainta are performed on various occasions in Uttarakhand. The primary role of women is seen during the festivals as they are involved in preparing traditional dishes and singing folk songs. Dressed traditionally in Ghagra-Choli with a Rangwali (veil), these women look beautiful and their beauty is further enhanced by the big Nose Rings that are made of gold. Truly, every day in Uttarakhand is a day of the festival; the noble and humble people take immense delight in celebrating even a small success with a grateful heart.



Festivals and Fairs of Uttarakhand

1. Harela

Harela is a Hindu festival that is celebrated in the month of July. This festival is celebrated as the day of green and is held generally during the monsoon months. Harela is celebrated in the Kumaon region of Uttarakhand

and also in some regions of Himachal Pradesh.

2. Basant Panchmi

On the occasion of Basant Panchami the Goddess of learning and music that is goddess Sarasvati is worshipped. On this day the people seek the blessing of goddess essay want her to grant them the wealth of knowledge full staff on the occasion of Basant Panchami yellow is considered as the favourite colour and is worn by each individual if not then a yellow handkerchief is kept in the pocket.



3. Chaupakhya

Chaupakhya festival is celebrated with great enthusiasm and Chaumi Devta is worshipped by the locals. This festival is celebrated in front of Chaumin Devta Temple. On the occasion of Vijayadashami, the people of the local village take the idol for a religious procession.

4. Kandali

Kandali festival is also known as Kirji festival that is celebrated by Jainila people. This festival is celebrated once in 12 years during the month of August and September in the Pithoragarh district of Uttarakhand. This festival is celebrated to rejoice in the defeat of the Zorawar Singh Army who attacked this region in the year 1841 from Ladakh. On this occasion, the folk dance and song are sung also the Kandali plant is uprooted. Since the kandali flower blooms once every 12 years and hence this festival is also celebrated just once in 12 years.

5. Bikhoti

Bikhoti festival is also known as Vishuvat Sankranti, which is a traditional New Year Festival of the Hindu religion. This festival is celebrated in the Uttarakhand region with great zeal and enthusiasm. This festival is celebrated to rejoice the arrival of the spring season and it is believed that if it rains on the day of this festival then all the plants and crops get free from any kind of diseases and the next harvest will be the more fruitful one.



Popular Dishes of Uttarakhand

AALOO KE GUTKE

One of the basic and most popular dishes in Uttarakhand, Aaloo (Potatoes) ke Gutke is a simple preparation where dry spices are roasted and used. Aaloo ke Gutke are best served with Puri and kheerein ka Raita (Cucumber and

Curd preparation). This dish is seen mostly served on festivals.

KAFULI/KAPAA



A delicious dish that is best enjoyed in the winter season, Kafuli or Kapaa is made by using spinach, lai (the alternative of mustard leaf) and fenugreek leafs. The vegetable/s is cooked in an iron kadhai (utensil) and is then served with steaming rice.

PHAANU

Phaanu has its origin in Garhwal Region of Uttarakhand. It is a complex preparation but very high in taste. To make this dish, lentils including the native Gahat Dal are soaked overnight and are cooked in a pot and served especially in the lunchtime.

BAADI

A quick fix for any meal of the day when you have no or less time to cook, Baadi is a popular dish from Garhwal Region of Uttarakhand. Used by adding Buckwheat Flour to the boiling water and served with ghee, this easy dish is scrumptious and is full of nutrients.

CHAINSOO

Prepared by lentils (Urad or kali dal), Chainsoo is a famous preparation in Garhwal Region of Uttarakhand. The dish is cooked by roasting the lentils and then making a paste of it, which is then cooked in an iron pot over slow fire giving it quite an earthy taste.

RUS/THHATWANI

A popular dish in Kumaon Region of Uttarakhand, Rus or Thatwani is prepared by lentils, and thus it is high in nutrients. In this dish, the lentils are cooked on a low flame and a kind of stock is prepared, later the lentils are removed and the stock is served with rice alone.



DUBUK/DUBKE

Dubuk or Dubke is the Kumaoni preparation in which local pulses like Gahat and Bhatt are soaked overnight and then made into a paste which is then cooked with some powdered spices in an iron pot. Dubke has a smooth texture and is quite a popular winter dish in the region of Kumaon in Uttarakhand.



CHUDKAANI

This delectable dish is prepared in the kitchens of Kumaon Region in Uttarakhand. For the preparation of Chudkaani, the local lentil of Bhatt is soaked in the water overnight and then it is cooked with powdered spices and prepared as a soupy dish that is served with rice.

JHANGORE KI KHEER

A scrumptious dessert, Jhangore ki Kheer is popular in Garhwal Region of Uttarakhand. The dish is prepared by using a kind of a millet called Jhangore that is cooked with a number of dry fruits to give that rich texture.



Happy Reading,

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GOA & MAHARASHTRA

Maharashtra shows solidarity in social variety. The soul of Maharashtra is cosmopolitan, ground breaking, open minded, and lively. There is sufficient to keep authorities of sanctuaries, posts, old landmarks, and craftsmanship productively engrossed here. The entertainment world in Mumbai sees thousands swarming to the city consistently, expecting to become showbiz royalty. Maharashtra is home to a few National Parks. Festival is a social character of any general public. Maharashtrian Society has some unique celebrations to celebrate. The experience of Maharashtra is different and rich with brilliant societies, woven into one huge blanket. The celebrations here electrify the languid thousands into intense movement. The explorer will experience passionate feelings for the miles of silver, white sea shores, extended all through the Western coast. Following are the select Maharashtrian festivities related with the territorial personality of the state.

Wari / Dindi / Palkhi / RathSohla:



Pandharpur Wari or Wari, is a yearly journey to the town of Pandharpur, to respect the god of Hindu God Vitthal. The wari includes conveying the paduka (a sort of wooden shoes or impressions) of a holy person (Sant in Marathi) in a palkhi, most eminently of Sant Dnyaneshwar and Sant Tukaram, from their separate sanctums to Pandharpur. Large number of warkaris or pioneers join this parade by walking. Warkari is a

Marathi expression that signifies "one who plays out the Wari" or "one who reveres the Vithoba".

Ganesh Utsav:

Ganesh Utsav is praised in the period of Bhadrapada as indicated by Hindu Calendar. It's a ten days celebration when individuals love the Lord Ganesha at home just as locally. Different social and social projects are coordinated as a feature of this celebration. It is a novel encounter to visit these local area pandals for the Ganesha Festival festivity to partake in the design. Exceptional food including sweet call Modak is ready at this area in the majority of the houses.



Kolhapuri Dasara:



Dasara is a unique festival for the city of Kolhapur. The regal group of the chief province of Kolhapur has set the custom of festivity of Dasara years and years prior.

GOA

Goa is perhaps the most famous traveller objections in Indium, among Indians just as outsiders. What's more this isn't simply because of the beautiful sea shores that the state needs to parade, yet in addition coz of the quantity of celebrations that are facilitated here. Be it social festivals or live performances, Goa has everything, in plenitude. The celebrations celebrated in Goa are a blend of a few societies. The fairs and celebrations give you one more motivation to visit this shocking beach front state. Here is a rundown of well known celebrations held in Goa, which display vivid and captivating processions or EDM, and obviously, Goa's rich culture!

Feast of the three kings

Feast experience of the three kings or the Epiphany is one of the most famous celebrations in Goa. It is commended on January 6 consistently in the town of Cansaulim and Chandor in South Goa and the town in Verem in North Goa. Christians just as non-Christians commend this celebration with extraordinary intensity. The banquet is held at the Our Lady of Remedies house of prayer or church of Nossa Senhora dos Remedios situated at Cuelim. To announce the beginning of the celebration, trumpets and the kettledrums are played early morning. The generally drowsy towns buzz with action and wake up. The festival proceeds for nine days with a ton of dancing and music. On these nine days of festivity, individuals visit the Our Lady of Remedies house of prayer situated on top of a slope in Qualim, Salcete.



Goa Carnival (Carnaval – Portuguese)

Celebrated in the long stretch of February, Goa Carnival or Carnaval is the most brilliant and exciting occasion in the state. The amusement park is praised for four days and this is the point at which you see Goa at the pinnacle of its celebrations. It resembles a party of shading, fun skip around and music. Every town has vivid motorcades of floats. Alongside floats the concealed revellers wearing delightful ensembles, clear their path through the roads of Goa singing and moving in musicality. The colossal motorcades with enthusiastic artists, groups and floats are a thing of beauty. Amazing dance balls are organized for the duration of the evening.



Shigmotsav/Gulalotsav Festival

Shigmotsav or Shigmo or Gulalotsav is a 14-day-long spring celebration celebrated in Goa in March. It is the greatest spring celebration celebrated by the Hindus and is a combination of amusement park and Holi. The celebration is praised in the Hindu month of Phalguna on the full moon day. During this celebration, elaborate floats are ready and marches with road



artists and customary people tunes are coordinated. The floats generally show scenes from strict texts and local folklore.

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KARNATAKA

Topographically, situated on the south-western piece of South India, Karnataka has beautiful Western Ghats with rich woods assets; plain valleys with rich and fluctuated crop example; and restricted Coastal line with many harbours including the New Mangaluru port. Every one of these have upgraded the economic strength of Karnataka. Besides, Karnataka has an ancient past. It has the remaining parts of various pre-noteworthy settlements, multitudinous engravings, dedication (Hero, mahasati and atmahuti (self-immolation) stones and



landmarks of rich recorded and social legacy. Displays, exhibitions, delectable desserts and dinners anticipate your appearance in Karnataka.

Kambala: Festival:Kambala celebration is a yearly bison race coordinated in Dakshin Kannada and Udipi regions of Karnataka by the cultivating networks. This wearing celebration is held among November and March. Notable for bison race, this is a multi day celebration. More than 150 bison are particularly prepared for this one of the astonishing Karnataka celebrations 2021. It starts with a display of partaking bison and during the



celebration, the bison are made to race on the tracks directed by the ranchers.

Makar Sankranti: Another of the greatest gather celebrations of Karnataka is that of Makar Sankranti. This is likewise perhaps the most well known celebrations in Karnataka and various areas of Indium. It is a celebration devoted

to the Sun God and merriments are going full speed ahead. Bright beautifications can be spotted all over and some even draw delightful rangolis outside their homes.

Ugadi: Otherwise called Gudi Padwa, marks the beginning of the new year according to the Hindu calendar. As per the legends, this is the day that Bramha started the formation of the universe. This principle celebration of Karnataka is commended with enthusiasm and numerous arrangements. Homes and sanctuaries are embellished and an exceptional supper is prepared. Many individuals trust this to be a promising day to buy another resource or start an endeavour.



Vairamundi festival, Karaga festival, Vara mahalakshmi pooja, Ganesh chaturthi, Gowri festival,

Srivithappa fair, Tula sankramana, Karnataka rajyotsava, Groundnut festival, Mahamastakabhisheka are few more names of the festivity celebrations in Karnataka state.

TAMIL NADU

The State of Tamil Nadu has an ancient relic. However early sangam works of art toss verifiable references, we pass to written history just from the Pallavas. The southern



territories of India were under the authority of the Cholas, the Cheras and the Pandyas for a really long time. Muslims bit by bit fortified their position, which prompted the foundation of the Bahamani Sultanate, by the centre of the fourteenth century. The Portuguese, the Dutch, the French and the

English came with hardly a pause in between and set up exchanging focuses known as 'Manufacturing plants'. East India Company, which had set up its manufacturing plant at The State is the replacement to the old Madras Presidency, which covered the main part of the

southern landmass in 1901. Tamil Nadu is limited on north by Andhra Pradesh and Karnataka, on the west by Kerala, on the east by the Bay of Bengal, and on the south by the Indian Ocean.

Pongal is the reap celebration celebrated by the ranchers in January to revere the sun, the earth and the dairy cattle as thanks giving for a bounteous collect. On the last day ppongal



celebration ladies feed birds especially crows different colour rice balls to wish good health for their brothers.

Pongal celebration is trailed by the Jallikattu-Bull battle, in certain pieces of southern Tamil Nadu. Alanganallur in Tamil Nadu is universally renowned for Jallikattu - Bull battle.



Chithirai celebration, Madurai brings a tremendous re-order of the marriage of the Pandiyan princess Meenakshi to Lord Sundareswarar. Adipperukku is a celebration celebrated on the eighteenth day of Tamil month, Adi, on the banks of streams. It denotes the beginning of new cultivating activities. Dance Festival, Mamallapuram, which is set before an outdoors

stage, made 13 centuries prior the unimaginable solid stone figures of the Pallavas, close to the ocean in this antiquated city of Mamallapuram. Bharatha Natyam, Kuchipudi, Kathakali, and Odissi are some dance structures introduced by the absolute best types of the workmanship other than people moves. At the Natyanjali Dance Festival, the sanctuary city of Chidambaram honors Lord Nataraja the 'Grandiose Dancer'.Bhaartnatyam.

Mahamagam Festival is a sacred celebration that carries pioneers to Kumbakonam once in 12 years - the sanctuary city that gets its name from Kumbha - the heavenly pot. The



Velankanni celebration draws in thousands, clad in orange robes to the sacrosanct place where the boat landed.

The Navarathiri Festival, in a real

sense implies the celebration of 'nine evenings', taking one of a kind and various structures in various territories of India, all to satisfy the goddess Sakthi, for influence, abundance and information. Columns of sparkling earthen lights outside each home and upbeat explosion of fireworks mark Tamil Nadu's Festival of lights, Karthigai Deepam.

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KERALA

God's own country, Kerala, is a tourist's dream. Kerala has a variety of traditional festivities throughout the year. These festivals encompass a wide range of regions and people. The entire state comes together to honour these historic events, and the entire area is illuminated. This location is well-known for its culture and food, as well as a diverse range of tourist attractions. Hinduism, Christianity, and Islam have all had an impact on Kerala's rich culture. These events provide a look into the state's rich history. Kerala is also home to a variety of temple festivities that last several days. A list of Kerala's most well-known festivals follows.

1. Thrissur Pooram-

Thrissur Pooram is one of Kerala's most important temple celebrations. Pooram is an annual event that takes place on the day when the moon is visible with the star Pooram. And Kerala's Thrissur Pooram is the mother of all poorams.

History - Thrissur Pooram, like so many other Indian festivals, has a fascinating backstory. Until 1798, Arattapuzha pooram was Kerala's



most prominent celebration. The parade in Arattapuzha, around 10 kilometres from Thrissur, featured many temples from across the state. However, due to the continuous rains, a few temples were unable to arrive in time for the procession. They were not permitted to take part in the procession and were refused access to the Arattapuzha shrine due to their tardiness. Those who were not allowed to participate in the procession proceeded to the Maharaja of Cochin, Raja Rama Varma. The Maharaja began a new pooram at the Vadakkunnathan temple in Thrissur by uniting ten villages. Thrissur's pooram rose to prominence and became Kerala's most prominent temple festival.

The festivities begin seven days before the main pooram with kodiyyettam, or ceremonial flag hoisting. During the event, ten temples from Thrissur and the surrounding area pay their respects to the Vadakkunnathan temple. Paramekkavu Bagavathi Temple and Thiruvambadi

Sri Krishna Temple are the two prominent participants in the parade. The sight of nearly 50 caparisoned elephants moving through the streets, accompanied by drums, is the pooram's main attraction. 15 elephants from Paramakkavu Bagavathi Temple and 15 elephants from Thiruvambadi Sri Krishna Temple march towards the Vadakkunnathan temple on the day of pooram. At the site, these elegant elephants are arranged in two rows, facing each other. Thousands of people throng to this location to witness the mesmerizing sight of the bedecked elephants and the enthralling sound of over 80 drums competing with Nadaswaram. The revelry continues with a dazzling sequined umbrella display. The elephants, as well as the idols of Krishna and the Devi, are returned to the temple after this occurrence. The celebration comes to a close with a spectacular fireworks show that lasts around three hours.

2. Onam

Kerala's most prominent and well-known celebration is Onam. Onam is a harvest festival



that is celebrated with great pomp and fervour. Onam, also known as Thirunom, is a Malayalam festival that takes place at the start of the month Chingam. Onam is a far bigger event in Kerala than Diwali, which is India's most important festival.

The history of the Onam celebration is fascinating. Mahabali, the asura king who ruled Kerala, became extremely powerful, according to folklore. He was a kind and noble monarch who was expanding his realm. The gods in heaven were agitated because he conquered the earth and the netherworld. Mahabali's expanding authority put them in jeopardy. The gods went to Vishnu for assistance, and he consented to help them. Vishnu went to see Mahabali, who was in the middle of a yagna, disguised as a diminutive Brahmin named Vamana (fire sacrifice). Mahabali had promised that if anyone asked him for anything during the yagna,

he would grant it. As a result, the diminutive Brahmin requested that Mahabali give him land equal to his three paces. Vamana increased in prominence as soon as Mahabali agreed to grant him the property. He covered the heavens with the first step and the earth with the



second step. Mahabali asked him to lay the third step on his head because there was still one step left. Vamana dispatched Mahabali to the netherworld with the final step, but he granted Mahabali's one wish to visit the earth and meet his people once a year. Onam is a Hindu festival commemorating Mahabali's return to earth to meet his subject.

Onam is celebrated on four days, the most important of which is Thiru Onam. The festival, however, begins 10 days before Thiru Onam, with each day having its own significance. Pookalam, an exquisite floral arrangement, is used to decorate homes, offices, and shops. People go shopping, exchange gifts, and pay visits to temples. Cultural activities such as Attachamayam, Pulikali, boat races, Kummatti kali, and tug of war are part of the ten-day celebration.

The Sadya, or meal on Thiru Onam, is the most important portion of the festivities. On a plantain leaf, around 26 meals are made and presented. Attending an Onam Sadya is a fantastic way to learn about the state's culture through its cuisine. Many hotels in Kerala, as well as those outside the state, host Onam celebrations.

3. Theyyam Festival

Theyyam is a prominent celebration in Kerala's North Malabar region, particularly in the Kolathunadu area. Between December and April, this 800-year-old celebration is held. It is a type of worship that incorporates art and folk dancing. Theyyam dances come in nearly 400 different





varieties. Some of the best Theyyam performances include Wayanad Kulaven, Muchilottu Bhagavathi, Raktha Chamundi, and Kari Chamundi. Theyyam dancers, who are from the lower caste, dress up as deities for the dance or invocation. The community shrine is usually the setting for the sacred dance. Theyyam is also used in households as a sort of ancestor worship. The dancers take a little rest after the initial dance performance. They go to the green room and return dressed in full costume and makeup. Face painting comes in a variety of patterns, some of which are known as prakkezhuthu, kozhipuspam, kattaram, and vairadelam. He 'metamorphoses' into the shrine's deity once they start dancing in front of the shrine again. The dancer walks around the temple with his sword and shield in his hands. The dancing is followed by the distribution of Prasad (turmeric powder). Turmeric powder is presented as a blessing sign.

ANDHRA PRADESH

Andhra Pradesh has a rich cultural legacy, which is reflected brilliantly in its festivals and other attractions. Festivals are deeply ingrained in the state's culture and are enthusiastically celebrated. The majority of the festivals held here are religious, while others are hosted by the Andhra Pradesh government to promote tourism. A list of Andhra's most well-known festivals follows.

1) Ugadi

Marking the start of the Telugu New Year (March/April), Ugadi falls on the same day as the Maharashtrian New Year, Gudipadwa. It is essentially a private gathering of family for a feast. The making of the traditional Ugadi pachadi (pickle), which is made with raw mangoes, neem blossoms, pepper powder, jaggery, and tamarind, is the most important Ugadi custom. Sweet, sour, salty, bitter, tangy, and spicy are the six flavours provided by the various ingredients. This range of flavours represents the importance of striking the correct balance in all of life's events, favourable and negative. Panchanga sravanam - the reciting of the astrological forecasts for the coming year - is another prominent ceremony done during Ugadi. Expensive meals, as with other festivals, are a major element of the festivities.



On this day, folks put on new clothes, adorn their homes, and cook delicacies. The unique dessert made on this day is Purampoli or Bhakshya. Mango leaves (named Torana) are also used to construct festoons that are hung on the house's doorways.

2) Pongal

It is one of the state's most well-known festivals, held every year in the month of January.



It is a harvest festival in which thanks are given to God, animals, and Mother Nature for their assistance in crop growth. Pongal is a four-day festival that includes Bhogi Pongal, Surya Pongal, Mttu

Pongal, and Kaanum Pongal. On the celebration, sweet rice known as 'Pongal' is prepared.

3) Rayalaseema Food and Dance Festival

The Rayalaseema Food and Dance Festival falls during Peratasi, a Tamil month. Rayalaseema is one of Andhra Pradesh's four ecological areas. Lord Sri Venkateswara's Bramhostavam is held in Tirupati during the month of Peratasi. The Rayalaseema Food and Dance Festival honours and celebrates the blooming and opulent art and food of Tirupati's Rayalaseema area in Andhra Pradesh's Chittoor District.

Here you may see a wide range of dancing styles and music. They're not only amusing, but they're also a great way to learn about the state's rich culture. With the passage of time, the festival's reputation has increased tremendously. Leading artists from all over the world travel to this festival to showcase their talents. The Rayalseema festivities are a fantastic opportunity to sample the rich flavours of Andhra Pradesh cuisine while watching vibrant performances.



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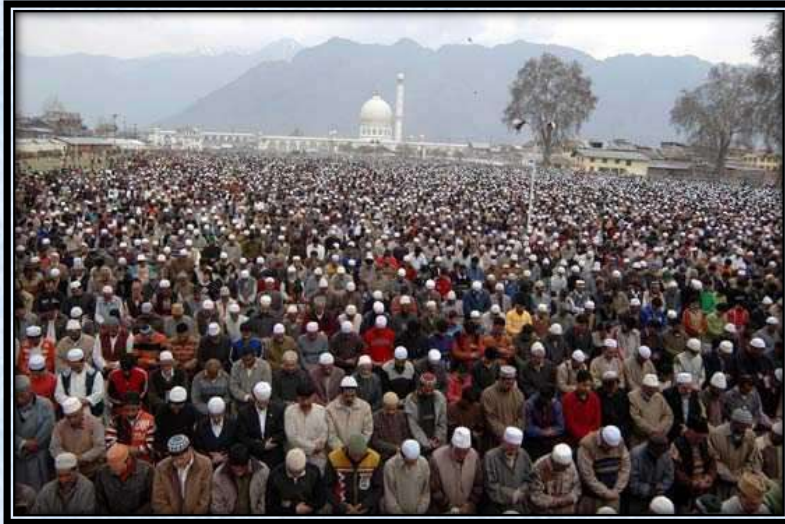
CHANDIGARH AND JAMMU & KASHMIR

Jammu and Kashmir consist of three very contrasting regions Jammu, Kashmir and Ladakh, all these three regions are extremely different and preserves a rich heritage of their own, there is hardly anything common among them be it religion, language, terrain, weather or culture. Rich in culture and diversity, The Kashmir is also known as “Paradise on earth”.

The people of Jammu and Kashmir celebrate numerous festivals throughout the year, and participating in these is a great way of getting a glimpse into its culture and traditions. Some of these festivals like Eid, Diwali and Holi, are celebrated by the people just like anywhere else in the country. However, there are some festivals that are specifically and exclusively celebrated in this part of India, and which portray its culture and heritage. Marked by folk songs, dance, and a variety of local rituals, they are colourful, exciting and interesting events to participate in.

Eid Al Adha and Eid Ul Fitr

This is another very important festival of the Muslims. During this festival people sacrifice goats, sheep and even camels.



Eid Al Adha and Eid Ul Fitr are two significant festivals for the Muslim community which is celebrated in Kashmir with great zeal. Although, this ceremony is celebrated all around the world but

Kashmir has a unique charm on this day. A typical routine is followed during Eid-UL-Fitr and Eid-Al-Adha and an act of charity is also recommended on the occasion of both Eids. The festival is also known of Sacrifice Day.

Hemis Festival

This festival is mainly celebrated to depict the victory of good over evil. It is an important



festival of the Ladakh region. Hemis Gompa is the largest and richest monastery in Kashmir, located in Ladakh where Hemis is celebrated with full pomp and show. The Lamas perform 'Chaam' dance which is their traditional dance on the beats of drums and horns and cymbals.

This performance is very traditional in its way and reflect the culture of Ladakh and is an important part of Tantric Buddhism.

Jhiri Mela

This festival is celebrated in Kashmir as well as in Jammu in honour of Jitu Baba an honest farmer who was forced by his landlord to give away his crops.

Chaitra Chaudash

This is a Kashmiri Pandit festival usually held in March or April, the first day of Chaitra month, for them the New Year or Navreh. Pandit families pray and offer unhusked rice, yogurt, sugar, nuts, salt, silver coin, flowers and mirror as votives to their deities.

Chandigarh

Chandigarh, like any other place in India, observes the celebration of a large number of festivals, which are diverse in nature. The people of the city, being lively and dynamic, are always in the festive mood. They celebrate each and every festival whole heartedly and with great



enthusiasm. The festivals serve as one of the best occasions for people to get closer to each other and allow them to share some good times.

Baisakhi

Chandigarh celebrates the harvest festival of Baisakhi on 13th April every year with great splendour. After the hard labour for winter crops, the festival comes across as the occasion to celebrate. On the festival day, which marks Punjabi New Year, prayers are held in the Gurdwaras, followed by the traditional dances and songs.

Lohri



Lohri is yet another harvest festival of Chandigarh, celebrated on 13th of January every year. The Lord of Fire is worshipped on this day and offerings are made to the fire, followed by bhangra

and giddha. The festival is celebrated to pay tribute to the Almighty, for the abundant harvest.

Holla Mohalla

Holla Moholla is the festival of armoury, celebrated in the month of March. Started by Guru Gobind Singh Ji, the festival aims at restoring people's faith in the Khalsa Panth. Several events are organized during the festival, such as mock sword and spear battles, wrestling, music and poetry competitions, etc.



Gurpurab

Gurpurab represents the festivals that are celebrated in the remembrance of Sikh Gurus, either on their birthday or martyrdom day. The Gurpurabs of Guru Nanak and Guru



Gobind Singh are the most important of all the Gurupurabs. Kirtans and prayers are performed in the Gurdwaras, on gurpurabs, followed by the distribution of Karah Prasad and Langars (free meals).

Festival of Teej

This festival is celebrated during the monsoon season, in the month of August. This festival is mainly celebrated by married women in order to pray for the longevity for their husband and for marital bliss. Many dance and cultural programmes are held as a part of the celebrations. Women dress up in bright clothing and bangles and display beautiful designs of mehendi on their hands.



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