



# India

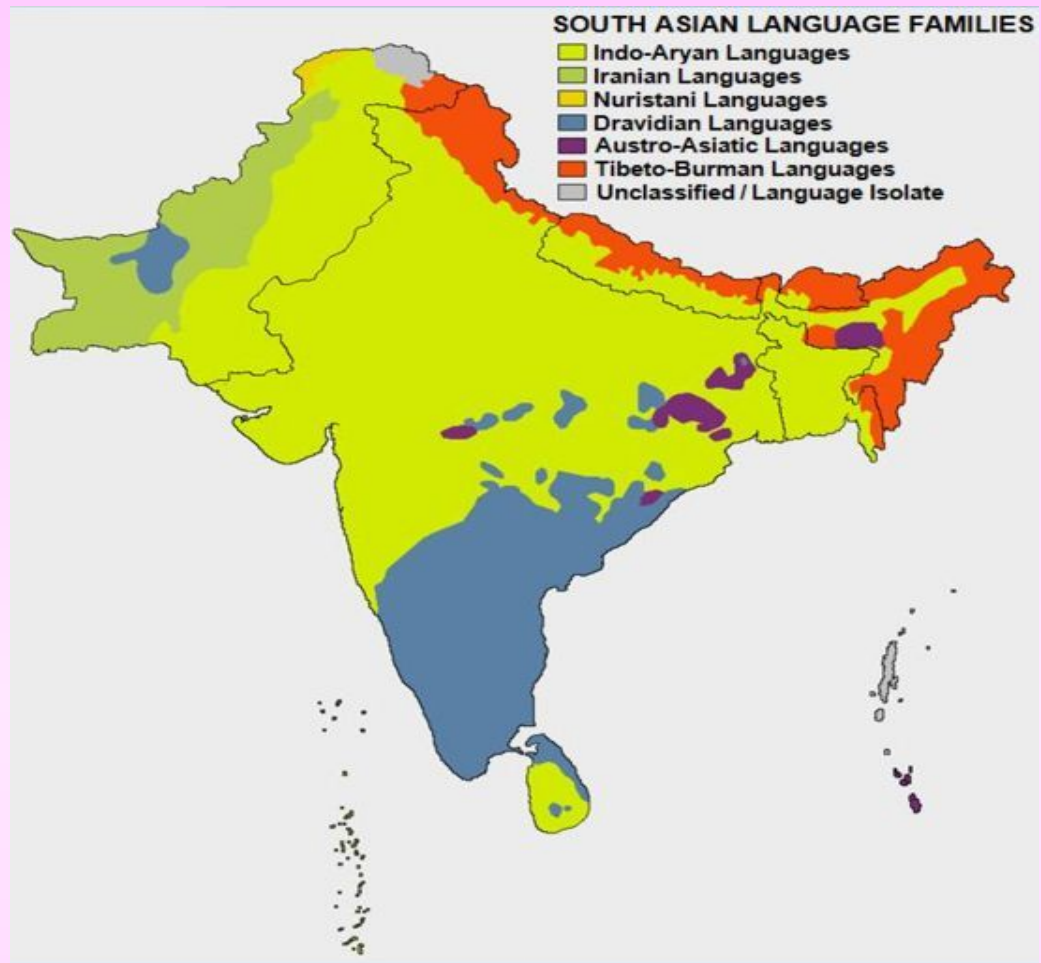


Its culture  
and tradition

# Introduction

- Diverse cultures
  - » Different religions
  - » Different food
  - » Different languages
  - » Different social habits and characteristics
- Reasons
  - » its vast geography
  - » immigrants and invaders

# Language



- Many different languages
- You can divide them into linguistic families

# Language

- 415 living languages
- Two official languages of communication:
  - Hindi and English
- There are “official languages“ at the state and center but no one “national language“
- 14 official regional languages

# Clothing

## 1. the *sari*







For men:

1. The *dhoti*





### 3. the *kurta*



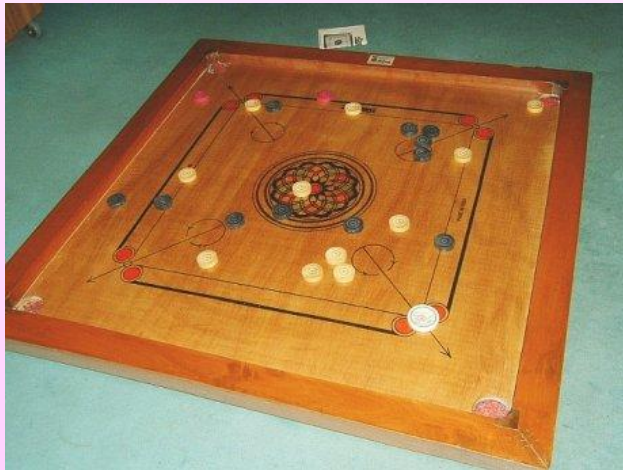


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# Recreation and sports

- Martial arts originated in India
- Quite popular are: field hockey, soccer and cricket
- Indigenous sports are *kabaddi* and *gilli-danda*

- Popular indoor and outdoor games are *Chess, Snakes and Ladders, Playing cards, Polo, Carrom and Badminton*



# Festivals

- India is called the land of festivals and fairs
- There are many different festivals because of the varied religions
- One festival that doesn't depend on the religion:
  - Independence Day



# Diwali



Deepawali or Diwali is certainly the biggest and the brightest of all Hindu festivals. It's the festival of lights (*deep* = light and *avali* = a row i.e., a row of lights) that's marked by four days of celebration, which literally illumines the country with its brilliance, and dazzles all with its joy. Each of the four days in the festival of Diwali is separated by a different tradition, but what remains true and constant is the celebration of life, its enjoyment and goodness.

# Holi



Holi is a joyous celebration of the rejuvenation of nature, and renewed hope of happiness and peaceful coexistence. People throw colored water and powders (gulal and kumkum) at each other and make merry. Singing and dancing add to the gaiety of the occasion. The exuberant display of colors symbolizes the advent of a colorful and prosperous spring season.





# Music

- Variety of folk, popular, pop, classical music
- Based and influenced by Hindu texts
- Was developed over many eras
- Remains instrumental to religious inspiration, cultural expression and pure entertainment
- Ethnic groups, Persian, Arabic and English music had an impact on it

# Instruments

- Various string and wind instruments are usual (Sitar)
- Several kinds of drums and cymbals



# Dance

- A lot of classical dances
- Every dance represents a different culture and ethos of a region or group
- Often based on Hindu traditions at religious events

# Well-known folk dances:

- *bhangra* of the *Punjab*



- *bihu* of the Assam



- *kuchipudi of Andhra Pradesh*



# Architecture

- 300BC: the beginning can be traced back to the advent of Buddhism



Caves of Ajanta





- Islamic influence in 8th century



Taj Mahal

- Colonialism of Britain effects architecture



Victoria Memorial

# AYURVEDA



# YOGA



# YOGA



- IMPROVES BRAIN FUNCTION
- IMPROVES LUNG CAPACITY
- IMPROVES SEXUAL FUNCTION
- INCREASES FLEXIBILITY
- LOWERS STRESS LEVEL
- LOWERS BLOOD PRESSURE
- RELIEVES ANXIETY
- RELIEVES BACK PAIN
- STRONGER BONES
- WEIGHT LOSS

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**That was:  
India**

**A diverse country  
and a diverse culture**