

presents

SARGAM ²⁰²⁴

A NATIONAL LEVEL INTER COLLEGIATE CULTURAL FEST

29th | 30th November, 2024



Theme:

Bharat

SOUVENIR



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CHAIRMAN'S MESSAGE

It is with great excitement that I welcome you to our college's Cultural Fest, SARGAM, a celebration of creativity, talent, and community spirit. This year's event promises to be an unforgettable experience, with a vibrant lineup of performances, competitions that showcase the incredible talent of our students and a special performance by India's renowned global artist, Badshah!

Our cultural fest is more than just a series of events—it is a platform for self-expression, collaboration, and an exchange of ideas. It brings together people from different backgrounds to celebrate the diversity that makes our college such a special place. From music and dance to drama and arts, there is something for everyone to enjoy and be inspired by.

I would like to extend my heartfelt gratitude to our generous sponsors, whose support has made this event possible. Their commitment to fostering creativity and youth development is invaluable, and I truly appreciate their partnership. Without their contribution, such an ambitious celebration would not be possible.

I invite you all to join us in making this year's fest a resounding success. Let's celebrate the spirit of unity, creativity, and innovation that defines our college community.

Dr. Mohan Manghnani

Chairman,

New Horizon Educational Institution



PRINCIPAL'S MESSAGE

SARGAM, the national level inter collegiate cultural extravaganza is back with the theme – BHARAT! Through this theme, we honour and celebrate the diverse and profound legacy of India-one of the world's oldest civilizations, woven together with countless traditions, languages, arts and cultures that span thousands of years.

Sargam 2024 will provide students with an unparalleled platform to explore, exhibit, and embrace their skills, passions, and talents.

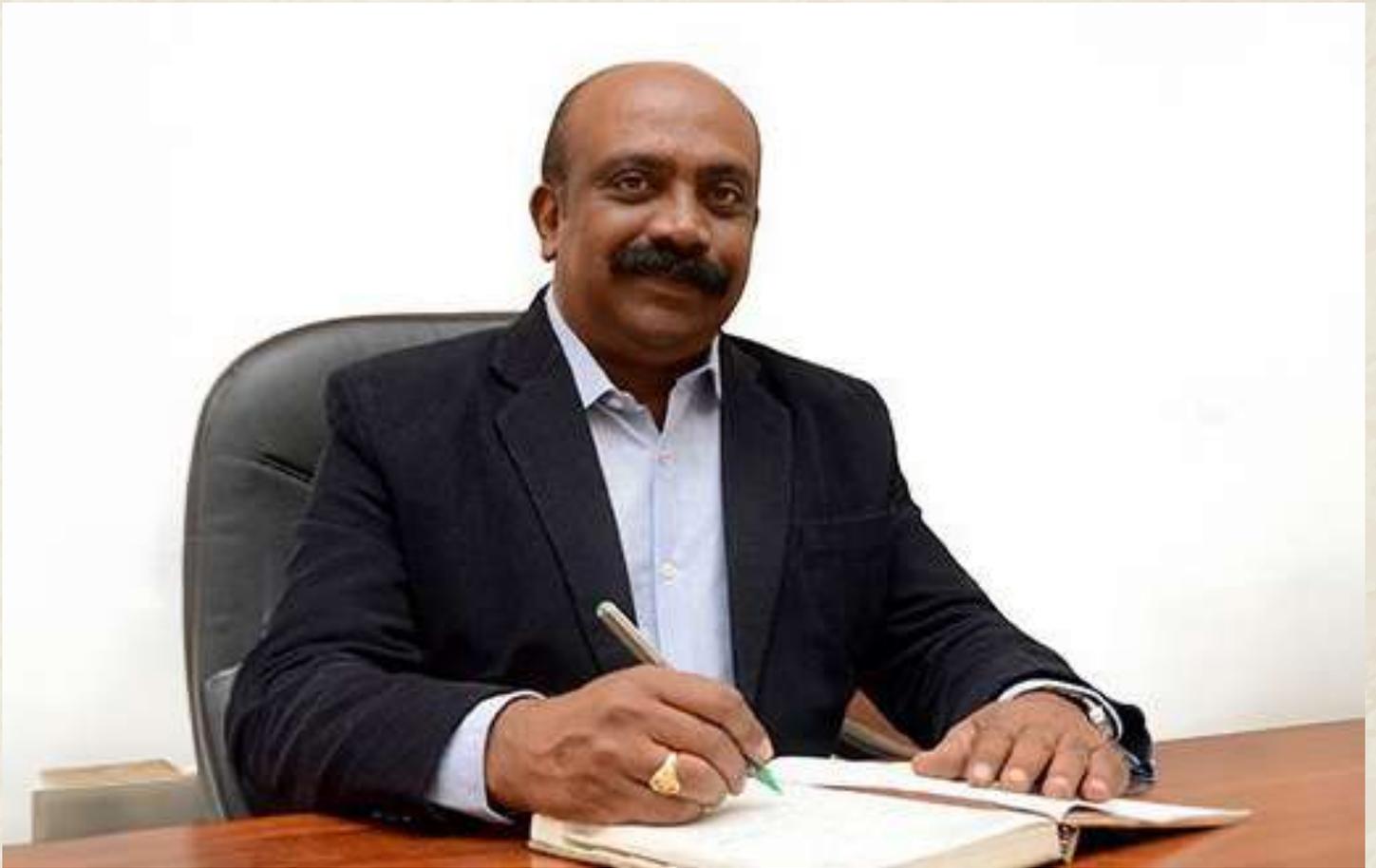
Let us come together to honor our roots, embrace our future and create lasting memories. May this year's Sargam inspire us to cherish our values and contribute to a vibrant and inclusive society. I complement all the Sargam coordinators, the core team, deans, directors, faculty members and my dearest students for meticulously organizing Sargam 2024.

I wish Sargam 2024 a grand success and a great platform of exhibiting talent and learning to all.

Dr. Manjunatha

Principal,

New Horizon College of Engineering



PRINCIPAL'S MESSAGE

I take pride and joy to share this message for the souvenir of SARGAM, our national-level cultural fest. This competitive congregation, themed BHARATH, is a reflection of Unity, Diversity, and Tradition of our motherland.

Bharath signifies the rich practices of our heritage, art, music and culture that has contributed to the unique identity of our citizens in particular and nation as a whole. SARGAM 2024 will undoubtedly provide a platform for students to showcase their creativity, talent, and passion while showcasing the essence of our country. This event will promise to make its participants just not simply to compete but will also create a sense of national spirit that connects their love for art, culture and the value system that defines our country.

I am sure that SARGAM will inspire and motivate participants to explore and dive deep into the beauty of our cultural roots while fostering a spirit of nationalism and mutual respect.

To all the participants, may your performances reflect the vibrant spirit of Bharath, leaving a lasting impression that inspires and uplifts our patriotism towards our country. Together, let us make SARGAM an unforgettable celebration of talent, culture, and unity.

Wishing SARGAM 2024 grand success!

Dr. R. BODHISATVAN

Principal,

New Horizon College - Marathahalli



PRINCIPAL'S MESSAGE

It is with immense pride and joy that I extend a warm welcome to each of you to SARGAM-2024, our National Inter-Collegiate Cultural Festival. This year's fest, cantered around the profound theme of "BHARAT," invites us all to celebrate the extraordinary mosaic of cultures that define our nation. At New Horizon Educational Institution, we recognize SARGAM not only as an annual tradition but as a vital platform where the artistic spirit of young talent converges in an electrifying symphony of expression, heritage, and unity. It is a space where diverse voices blend harmoniously, each performance weaving into the larger narrative of India's timeless legacy.

SARGAM-2024 is much more than a mere festivity; it is an homage to the boundless imagination, creativity, and cultural pride that our students embody. We aspire to foster an environment that encourages the pursuit of excellence, camaraderie, and artistic innovation. As you partake in these two unforgettable days, we invite you to immerse yourselves fully, to forge connections with fellow participants, and to create memories that will linger long after the last applause fades. We eagerly anticipate the brilliance you bring to this stage and are honoured to celebrate with you in this vibrant tribute to our nation's spirit and soul.

Dr. Baswaraj Biradar

Principal,

New Horizon College Kasturinagar &

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"SARGAM 2024: A VIBRANT CELEBRATION OF BHARAT'S RICH CULTURAL HERITAGE AND GLOBAL TRADITIONS"

- From Kathak spins to Bharatanatyam grace, Sargam showcases Bharat's dance embrace. Folk beats and modern moves blend so well, in every step, Bharat's stories swell! □.
- At Sargam's dance stage, Bharat shines bright, From classical poise to folk's lively flight. Modern rhythms and traditional flair, in every dance, Bharat's heart is there!
- From north to south, east to west, Sargam Fest brings India's best, unity in diversity, a treasure to see, diverse traditions, in perfect harmony Bharat's rich heritage, for all to be!

1. THE ESSENCE OF SARGAM: CELEBRATING DIVERSITY THROUGH CULTURE

Sargam stands as a beacon of cultural diversity and unity, dedicated to celebrating the rich tapestry of global traditions. Originating from the idea of bringing together disparate cultures to foster mutual understanding and appreciation, Sargam has evolved into a premier intercultural festival. This year's Sargam features an impressive lineup of events that span music, dance, food, art, and more.

The festival's primary goal is to bridge cultural divides by showcasing the beauty and uniqueness of various traditions. Attendees have the opportunity to engage with cultures different from their own, learn about diverse practices and participate in interactive activities that promote inclusivity. By providing a platform for cultural exchange, Sargam not only enriches the lives of its attendees but also strengthens the communal fabric of our global society. Through its diverse programming, the festival highlights how shared experiences and appreciation of each other's heritage can lead to greater harmony and understanding.

2. A JOURNEY THROUGH GLOBAL MUSIC: THE ROLE OF MUSIC IN SARGAM

Music is a universal language that transcends borders and unites people from different backgrounds. At Sargam, music plays a central role in celebrating the world's diverse cultures. This year's festival showcases an array of performances from traditional folk melodies to contemporary fusion genres. Highlights include a mesmerizing performance of classical Indian sitar, a high-energy Brazilian samba band, an evocative Irish folk ensemble. Each performance not only entertains but also educates the audience about musical traditions of different cultures. Workshops offer hands-on experiences, allowing attendees to learn about various instruments, rhythms and musical styles. Whether it's drumming to the beat of African rhythms or strumming a flamenco guitar, participants gain a deeper appreciation for the artistry and a cultural significance of music from around the globe.

3. DANCES OF THE WORLD: A SPOTLIGHT ON TRADITIONAL AND MODERN CHOREOGRAPHIES

Dance is an integral part of cultural expression and Sargam offers a vibrant showcase of both traditional and modern dance forms. The festival features an array of performances from the graceful movements of classical ballet to the energetic beats of hip-hop. Audiences can enjoy the elegance of Bharatanatyam, a classical dance from South India or the intricate footwork of Spanish flamenco. Modern dance styles, such as urban street dance and contemporary ballet are also prominently featured, demonstrating how cultural traditions evolve and blend with new influences. Choreographers and dancers share their insights on the creative process and the cultural stories behind their performances. This diversity of dance forms not only provides entertainment but also highlights the universal nature of movement and expression across cultures.

4. CULINARY DELIGHTS: A TASTE OF GLOBAL FLAVORS AT SARGAM

Food is a powerful medium for cultural exchange and Sargam's culinary offerings are a testament to the festival's commitment to showcasing global flavors. The festival's food court features an eclectic mix of dishes from around the world, offering attendees a culinary journey without leaving their seats. From the spicy aromas of Thai street food to the rich flavors of Moroccan tagine, the festival presents a diverse array of international cuisines. Attendees can sample traditional dishes like Japanese sushi, Indian biryani and Italian pasta, as well as innovative fusion creations that blend elements from various culinary traditions. Interviews with chefs and food vendors reveal the stories behind their dishes, providing context and history to the flavors. The festival also hosts cooking demonstrations and workshops, allowing participants to learn new recipes and cooking techniques from different cultures.

5. VOICES OF THE FEST: INTERVIEWS WITH PERFORMERS AND ATTENDEES

To capture the essence of Sargam, this article features personal stories and reflections from those who make the festival vibrant and engaging. Interviews with performers, artists and festival-goers offer a glimpse into their experiences and perspectives on intercultural exchange. Performers share their preparation routines, the challenges they face, and what participating in Sargam means to them. Attendees discuss their favorite moments, the new cultures they discovered and how the festival has impacted their understanding of global diversity. These stories highlight the festival's impact, illustrating how Sargam brings people together and fosters a sense of shared humanity through cultural celebration.

6. FASHION FUSION: TRADITIONAL AND CONTEMPORARY STYLES AT SARGAM

Fashion at Sargam is a celebration of cultural heritage and modern trends. The festival showcases an array of traditional attire from various cultures, including the intricate sarees of India, the elegant kimonos of Japan and the vibrant textiles of Africa. In addition to traditional styles, contemporary fashion designers present innovative collections that blend cultural elements with modern aesthetics. This fusion of old and new demonstrates how fashion evolves while staying connected to its cultural roots. Interviews with designers and models provide insights into their creative processes and the inspirations behind their collections. The fashion shows at Sargam not only display beautiful garments but also celebrate the global exchange of style and creativity.

7. THE IMPACT OF SARGAM ON LOCAL COMMUNITIES

Sargam's influence extends beyond the festival grounds, impacting local communities in meaningful ways. This article explores how the festival fosters intercultural dialogue, supports local businesses and contributes to community cohesion. Local vendors and artisans benefit from the exposure and sales generated during the festival, while community organizations use the event as a platform to promote cultural awareness and social causes. Testimonials from community leaders and participants highlight the positive effects of Sargam on local life. The festival's commitment to inclusivity and cultural exchange strengthens the social fabric of the community, demonstrating the power of cultural events to create lasting, positive change.

8. BEHIND THE SCENES: ORGANIZING A MULTICULTURAL FESTIVAL

Organizing a large-scale intercultural festival like Sargam involves meticulous planning and coordination. This article offers a behind-the-scenes look at the efforts that go into making the event a success. From the initial planning stages to the final execution, the festival's organizers and volunteers work tirelessly to ensure a seamless experience for attendees. Interviews with key staff members reveal the challenges they face, the strategies they use and the rewards of bringing such a diverse event to life. The article highlights the collaborative nature of festival organization and the dedication required to celebrate cultural diversity on such a grand scale.

9. SUSTAINABILITY AT SARGAM: GREEN INITIATIVES AND PRACTICES

Sargam is committed to sustainability and environmentally-friendly practices, aiming to minimize its ecological footprint while celebrating global cultures. This article explores the green initiatives implemented during the festival. The festival features recycling stations, sustainable food options, and eco-friendly materials for event signage and decorations. Organizers also promote energy conservation and waste reduction practices, demonstrating a commitment to environmental stewardship. By integrating sustainability into its operations, Sargam sets an example for other events and shows how cultural celebrations can align with ecological responsibility.

10. CULTURAL EXCHANGE THROUGH STORYTELLING: FOLKTALES AND LEGENDS AT SARGAM

Storytelling is a powerful way to convey cultural heritage and Sargam incorporates this tradition through engaging storytelling sessions. This article delves into the folktales, myths, and legends shared during the festival. Storytellers from various cultures recount their tales, offering insights into the values, beliefs, and history of their communities. These sessions provide a rich, immersive experience, allowing attendees to connect with different cultures through captivating narratives. The storytelling events at Sargam not only entertain but also educate, fostering a deeper understanding of the diverse cultural traditions represented at the festival.

By,

VANISHREE V, MBA

SNEHA R, MBA



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ज़ोर से बोलती है अपनी बात
पर कभी नहीं छोड़ती प्रारब्ध का साथ

इस खुले आसमान में ऐसी कोई माँजा नहीं बना जो लड़कियों की उड़ान काट सके !

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By,

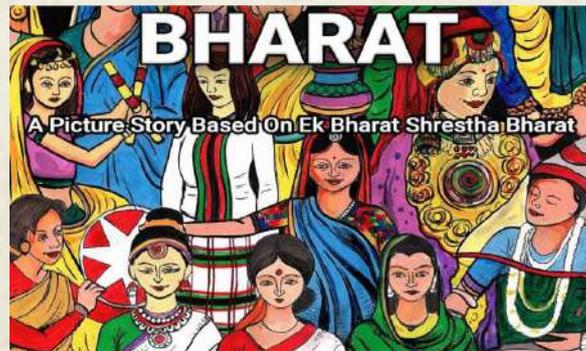
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"INTEGRATING THE CONCEPT OF EK BHARAT SHRESTHA BHARAT INTO MANAGEMENT PRACTICES"



"Ek Bharat, Shrestha Bharat" emphasizes unity in diversity, and its principles can be effectively applied in management. Here are some concepts to consider:

- 1. Diversity and Inclusion:** Foster a culture that values diverse backgrounds and perspectives within teams, promoting innovation and creating a more cohesive work environment. Cultivating an environment that embraces a wide range of backgrounds and viewpoints, enhancing creativity, and strengthening team dynamics.
- 2. Cultural Sensitivity:** Encourage an appreciation of different workplace cultures and practices to improve collaboration and minimize conflicts. Promote awareness and respect for diverse cultural backgrounds within the workplace, enhancing teamwork and reducing misunderstandings.
- 3. Collaborative Leadership:** Encourage leaders to take a collaborative approach that values input from everyone, fostering a sense of belonging and a shared purpose within the team. Inspire leaders to embrace a teamwork-oriented approach that values the contributions from all levels, enhancing a sense of belonging and shared purpose among team members.
- 4. Shared Values:** Establish core values that resonate across different regions and communities, aligning teams toward common goals while respecting local customs. Shared values are the principles and beliefs individuals or groups share, guiding their behaviours, decisions, and interactions. They play a crucial role in shaping culture, fostering collaboration, and creating a sense of belonging.
- 5. Knowledge Sharing:** Create platforms for sharing best practices and learning across regions, facilitating a flow of ideas that can improve overall performance.
- 6. Community Engagement:** Encourage employees to engage with local communities, fostering goodwill and building a positive corporate reputation.
- 7. Empowerment and Participation:** Involve employees in decision making processes, giving them a voice and fostering ownership of their work.
- 8. Sustainability:** Promote initiatives that benefit both the organization and the community, ensuring that business practices are socially and environmentally responsible.

9. Communities of Practice: Establish Groups that are focused on specific topics, interests, or functions, enabling members to share knowledge and support each other. Discussion forums focus on creating online platforms or bulletin boards for ongoing discussions and idea sharing, allowing for asynchronous communication.

10. Recognition Programs: Establish awards for teams or individuals who successfully implement and share innovative practices. Regularly highlight successful initiatives in internal communications to inspire others.

11. Conflict Resolution: When conflicts arise, shared values can provide a common ground for resolution, helping individuals find solutions that align with their core beliefs.

12. Trust and Collaboration: Shared values foster trust and collaboration, as individuals feel more comfortable working with others who share similar beliefs and priorities.

13. Motivation and Engagement: Organizations and communities with clearly defined shared values often see higher levels of motivation and engagement among their members, as people feel aligned with a greater purpose.

14. Peer Mentorship Programs: Cross-Regional Pairing: Pair employees from different regions for mentorship, allowing them to share insights and learn from each other's experiences.

15. Resource Libraries and Shared Repositories: Set up a digital library containing templates, toolkits, and case studies that employees can access and contribute to best management practices.

By,

Dr. PRIYAMEET KAUR KEER
ASSOCIATE PROFESSOR
DEPARTMENT OF MANAGEMENT STUDIES
NEW HORIZON COLLEGE OF ENGINEERING



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लेता के परशुराम सा कलयुग का वो सिद्धार्थ है।

वो वर्ण भी वो शब्द भी वो खुद में पूरा वाक्य है,
पाताल, भू या देव तीनों लोक का वो साक्ष्य है।

वो वर्ण भी वो शब्द भी वो खुद में पूरा वाक्य है,
पाताल, भू या देव तीनों लोक का वो साक्ष्य है।

विष्णु हो या ईशा सभी के हृदय में वो ही बसा है,
सजीव क्या निर्जीव क्या, कण-कण में वो ही व्याप्त है।

है हर्ष, है संघर्ष, है नित्य का प्रभात भी।
कुरान-ए-पाक वो महाभारत सा महाकाव्य है।

है अपूर्व दरिया सा वो इक जिसका ना कोई पार है,
बल, बुद्धि या वैराग हो, ब्रह्मांड का वो सार है।

जल हो थल हो या हो नभ उससे ना कुछ भी दूर है,
है बना अन्य सब मेल से,
बस “ॐ” ही सम्पूर्ण है।

By,

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'BHARAT'– A LAND OF DIVERSITY AND ANCIENT WISDOM

'Bharat', An ancient name for India, evokes images of a land steeped in history, culture, and spirituality. It is a nation characterized by its vast diversity, spanning languages, religions, customs, and landscapes. From the snow-capped Himalayas to the sun-kissed beaches of the Indian ocean, Bharat offers a breathtaking array of natural beauty.

Bharat's cultural richness is unparalleled. It is home to a multitude of religions, including Hinduism, Islam, Sikhism, Christianity and Buddhism, each contributing to the nation's vibrant tapestry. The country's diverse languages, such as Hindi, English, Tamil, Malayalam, Telugu, and Bengali reflect its rich linguistic heritage.

Bharat has a long and illustrious history, dating back thousands of years. The Indus Valley civilizations, one of the worlds earliest urban civilizations, flourished in the northwestern region of the country. The Vedic period, marked by the development of the Vedic Scriptures, laid the foundations for Hinduism.

Bharat is renowned for its spiritual and philosophical traditions. Yoga, meditation, Ayurveda and the teachings of ancient sages like Buddha, Aryabhata and Kapila have influenced people worldwide. The country's spiritual centers such as Varanasi, Rishikesh and Tirupathi, attract millions of pilgrims every year.

A land of contrasts, where ancient tradition co-exists with modern advancements. While the country does face challenges with poverty, inequality and environmental issues. Despite this, 'Bharat' boasts a thriving economy and a vibrant democracy. Indian people, known for their resilience, optimism, and hospitality, continue to strive for a better future.

'Bharat' with its rich history, diverse cultures, and spiritual traditions, is a fascinating and complex country. It is a land of opportunity, where ancient wisdom meets modern aspirations. As 'Bharat' continues to evolve, It remains a beacon of hope and inspiration for people around the world.

By,

VAISHNAVI GANESH

NHCK



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BHARAT AND ITS MULTIFARIOUS CULTURE: A PEEK INTO THE HEART OF INDIA

India, more popularly referred to in many of its regional dialects as "Bharat," par excellence, remains one of the most varied cultural geographies in the world. For over 3,000 years, Bharat has been a meeting place for civilizations, languages, religions, and traditions—a rich tapestry whose colors have come to define the nation. The paper, therefore, will present a broad overview of the rich cultural heritage that has come to make Bharat such a peculiar blend of unity in diversity.

THE TRADITIONAL ROOTS OF CULTURAL DIVERSITY

The rich cultural diversity of Bharat draws its roots from the very womb of ancient history. Lying as bedrock for a continuous evolution over many a millennium, Indus Valley Civilization was among the earliest urban cultures of the world, continuously absorbing and assimilating varied influences. To name a few, the Aryans, Dravidians, Greeks, Persians, Mughals, and the British—all have left their distinctive stamp in this mosaic of Bharat in evolution. The ultimate result is a country wherein every tradition, custom, and art finds its place and stands as a reflection of the harmonious amalgamation of several civilizations.

LANGUAGES: A SYMPHONY OF SOUNDS

One striking feature that Bharat as a country boasts, relating to cultural diversity, is the richness of languages. While the Indian Constitution recognizes 22 official languages, hundreds of languages and dialects populate the country, adding flavor to the cultural landscape.

MAJOR LANGUAGES:

Hindi: Most widespread, mainly spoken in Northern India; it serves for many as a lingua franca and hence unites people across different regions.

Sanskrit: Reputedly the classical language of ancient India, Sanskrit has influenced most of the modern languages of India. It continues to be used in a lot of religious rituals and scholarship matters.

Kannada: Kannada is spoken in Karnataka and boasts of a rich tradition in literature, from "Kavirajamarga" of the distant past to works by Jnanpith awardees.

Tamil: Tamil has a rich 2,000-plus-year-old literary heritage; some of its classics include the "Thirukkural," which have sculpted generations.

Bengali: Bengali is considered to be a poetic and literary heritage language, identified as the language of Nobel laureate Rabindranath Tagore, whose works are known all over the world.

Punjabi: Because of its heavy language and dance folk tunes; its literature, notably the great spirituality-laden works written by Guru Nanak and other Sikh Gurus; more often it is called "Italian of the East" since it is musical in nature. It is celebrated for its classical literature and modern cinema.

Apart from other dialects such as Marathi, Gujarati, Oriya, Assamese and Malayalam, all of these combines to present the rich linguistic diversity that forms the cultural backbone of Bharat.

FESTIVALS: CELEBRATING LIFE THROUGHOUT THE YEAR

It is in festivals that Bharat's cultural diversity finds the most poignant expression. The festivals celebrated with elan all over the country have their roots deeply founded in religion, agriculture, and seasonal changes. These festivals bring the community together in joy.

MAJOR FESTIVALS:

Diwali: It is celebrated as the festival of lights by Hindus, Sikhs, and Jains. The lighting of oil lamps, bursting of crackers, and distribution of sweets are supposed to signify the victory of light over darkness and good over evil.

Eid-al-Fitr: Eid-al-Fitr is a festival that follows the end of Ramadan, the month of fasting and spiritual reflection by Muslims throughout Bharat. Special prayers, feasting, and acts of charity mark this day.

Ganesh Chaturthi: The birthday of Lord Ganesha, a 10-day celebration in his honor; he is the god of wisdom and prosperity. It falls on the fourth day of the bright half of Bhadrapada and is celebrated with all gaiety by installing images of Ganesha in homes and public areas and worshiping for ten days, after which they are taken out in colored processions for immersion.

Christmas: Christmas is celebrated with all gaiety by Christians and non-Christians alike in Bharat. The celebrations include midnight masses, singing carols, and exchanging gifts. In fact, Christmas celebrations are extremely famous in metropolises such as Goa and Kerala.

Pongal: The main large harvest festival in Tamil Nadu, it normally falls within the four-day Thanksgiving festival towards the Sun God for agricultural plenty. It includes preparation and decoration of cattle and preparation of a dish known as "Pongal, which is sweet rice".

Navratri: The nine-night long festival is basically celebrated for Goddess Durga in Gujarat and West Bengal. Many people meditate and dance, mainly Garba and Dandiya, in colorful costumes during those days. Nights are very colorful here.

Onam: This is celebrated as a harvest festival in Kerala and is considered a time of homecoming for the mythological King Mahabali. Traditional feasts, along with boat races and cultural performances, feature as part of the festival features.

And so, the endless list continues. These festivals, along with many others, weave the vibrant and multi-hued cultural tapestry of Bharat, where every region celebrates the many facets of life in its own unique way.

ART AND ARCHITECTURE: EXPRESSIONS OF IDENTITY

The art and architecture of Bharat themselves reverberate with the depth in the expressions of its cultural variance. From the brick-red cave paintings of Ajanta to the intricate mathematical Mughal architecture of the Taj Mahal,

Bharat's artistic heritage stands witness to the plethora of history and multifarious influences the civilization has absorbed over time.

ART FORMS:

Classical Dances: Bharat has eight recognized classical dance forms, out of which some are Bharatanatyam of Tamil Nadu, Kathak of North India, and Kathakali of Kerala. "Every movement of the hand, every movement of the body, every note of music, and every expression spells out the story.

Handicrafts: The handicrafts, showcasing traditional craftsmanship such as the Madhubani paintings of Bihar, the Pashmina shawls of Kashmir, and the Kanchipuram silk sarees of Tamil Nadu, are not merely products, but narrators of the country's cultural heritage.

Architecture: Bharat encompasses a wide variation in architectural style, from the rock-cut temples at Ellora to the massive forts at Rajasthan to the office buildings from colonial times in Mumbai and Kolkata. Every building narrates a story of its own from the annals of history about the evolution of culture in the region.

WHOLESOME CUISINE: A CULINARY JOURNEY ACROSS REGIONS

From aromatic curries of the South to fragrant biryanis and kebabs of the North, every region has a different flavor, ingredient, and way of preparing the dish to greet a real treat to the senses. The diversified culture of Bharat reflects in its cuisine, too, wherein every dish narrates the story of the region, climate, and its people.

REGIONAL CUISINE:

North India: It is renowned mainly because of the rich and spicy curries, which are primarily Butter Chicken, Rogan Josh, and Paneer Tikka. Variants of bread, mainly naan, roti, and paratha, are the staple items that should be served with pickles and yogurt.

South India: Food prepared in South India as a whole is the mixture of flavors and tastes, but predominantly rice, lentils, and coconut can be felt. There is greater diversity in the dishes prepared from dosa, idli, and sambhar due to their sour and pungent tastes, which have gained fame throughout the sub-continent region.

East India: Remarkably diverse from the Bengal sweets like Rasgulla and Sandesh to the Assamese fish curries along with exemplary use of mustard oil, five spices or panch phoron, and freshwater seafood.

West India: This western part is the combination of vegetarian and sea foods. The Gujarati cuisine is highly well known for its vegetarian thali. Different dishes are included in it, like dhokla, thepla, undhiyu, etc. Classic dishes of Maharashtra Vada Pav, Puran Poli, seafood curry, etc.

RELIGION: MYRIAD FAITH

Bharat encompasses a rich cultural mosaic formed by numerous religions, including Hinduism, Buddhism, Jainism, and Sikhism. While Islam and Christianity also contribute to the cultural and social life of the country, their impact has been less influential compared to the former.

Hinduism: Hinduism, followed by over 80% of the population, is the majority religion. It is a way of worship and a way of life to such an extent that it influences daily life—right from performing daily chores and rituals to celebrating festivals, art, and architecture. Hinduism irons out righteousness: Dharma, action: Karma, and liberation: Moksha reflected in the cultural way of life and philosophies across Bharat.

Islam: Islam, followed by some 14% of the population, came to Bharat mainly through trade routes and conquests—very significantly in the Mughal period. The effects of Islam show up in places of architecture that dot the country, such as the Taj Mahal and Qutub Minar, behemoths of Mughal grandeur. Both major festivals of the Muslims are celebrated with great fanfare and a mass congregation of people praying together and feasting and sharing various acts of charity.

Christianity: The other major sections of the population with Christianity that came to Bharat during the first century AD with the arrival of St. Thomas the Apostle and account for approximately 2.3% of the population are mainly concentrated in the states of Kerala, Goa, and Northeastern states. One sees the remains of Christianity through the colonial architecture of churches and cathedrals, besides the educational institutions built by the Christian missionaries. They celebrate Christmas and Easter in a grand manner, thus binding people across all faiths in a spate of communal harmony.

Buddhism and Jainism: Bharat is the birthplace of Buddhism and Jainism—ironically, religions preaching non-violence, compassion, and spiritual enlightenment. Though adherents to these faiths are limited in number, their contribution to Indian philosophy, art, and culture is great. The stupa of Sanchi belonging to Buddhism and the temples of Dilwara belonging to Jainism are architectural marvels and habitually attract pilgrims as well as all other categories of tourists.

Sikhism: Another strong religion born in the 15th century in Punjab is Sikhism. Sikhs make up about 2% of the population and are marked very differently by the five Ks: Kesh, Kara, Kanga, Kachera, and Kirpan. The Golden Temple at Amritsar is among the holiest of places in Sikhism and speaks volumes about the rich cultural and spiritual heritage that the religion holds in store.

SPORTS: GLUE FOR A FRACTURED NATION

While it is beyond doubt that language, religion, and culture have become an intrinsic characteristic of Bharat's plurality, sport has an important role to play in integrating the country. Throughout the length and breadth of the country, sport brings together people of all hues and bridges barriers that might be erected through language, caste, or religion.

Cricket: Many times, cricket has been termed a religion since Bharat is so fascinated with the game. The love for the game knows no boundaries of class and culture since people from every length and breadth come together to cheer for the Indian national team. Moments of glory, like India's victories in the World Cup, are celebrated as a national victory that awakened profound unity and pride among the citizens.

Hockey: Hockey is the national game of Bhutan and enjoys an enviable record of several Olympic golds. The highest number of star performers in this game come from Punjab and Odisha; hence, they take pride in the game as a part of their culture.

Kabaddi: A conventional and traditional game like Kabaddi, which actually originated from the countryside of Bharat, gained huge national and international publicity. The mainstream game attracted people from every nook and cranny of the world, or at least from different regions and backgrounds, through the Pro Kabaddi League.

Football: Admittedly, though extremely popular in states like West Bengal, Kerala, and Goa, the fact is that there really exists a fraternity of football lovers growing at a fast rate across the country essentially. Events like the Indian Super League gave sports a popular twist, getting fans from different corners of Bharat.

These sports bring Indians together over either national or international grounds, where they can share their joy and express themselves as one.

Unity in Diversity

Diversity underlines the unity of Bharat's culture—languages, religions, food, customs, and even sports are differently preferred. It is a common history and values and deep respect for each other's traditions that keep the Bharatiya together. It is this unity in diversity that makes Bharat so unique and vibrant.

Greeting and maintaining this given cultural heritage is the bounden duty and cardinal responsibility of the students, young citizens of this great country. We add to the mosaic called Bharat by embracing its diversity and celebrating, building on that richness, which makes our nation the beacon of harmony in a diverse world.

By,

GEDDADA SWAROOP PRASAD

NHCK



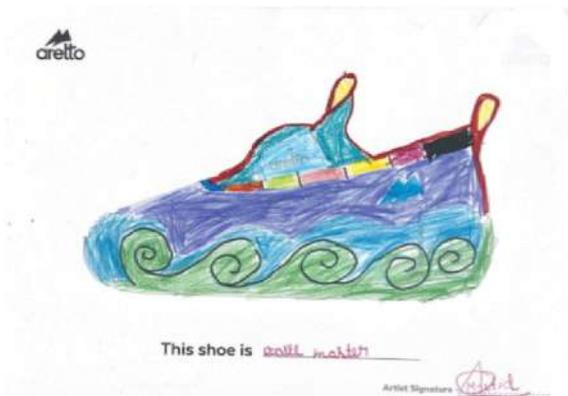


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ANCIENT FLAVORS, MODERN BENEFITS: UNVEILING THE HEALTH SECRETS OF INDIAN CUISINE

Imagine a chaotic Indian kitchen, the chef puts cumin into a hot pan of oil, it starts to sizzle rapidly. As he adds different spices to the pan, the kitchen is filled with an enchanting aroma of flavors yet to be devoured. The vibrant colors of turmeric and saffron, the rhythmic chopping of fresh vegetables, and their aroma describe the culinary treasures of India. For centuries, these ancient practices have been more than just culinary traditions but they're powerful secrets to our health and wellbeing. Indian cuisine is a symphony of flavors, colors, and aromas that has enchanted many palates around the world. But beyond its delicious taste, Indian food is a treasure trove of health. Each spice, herb, and ingredient has a purpose. "Let food be thy medicine and medicine be thy food," said Hippocrates. Nowhere is this more evident than in Indian cuisine, where every meal is a careful balance of taste and health.

India's diversity in food reflects its vast geography, cultural richness, historical influences, and religious traditions. Each region of India has developed its unique cuisine based on local ingredients, climate, cultural practices, and historical exchanges. In the Northern part of India, tandoori dishes, curries, breads like naan and roti, and the use of dairy are prevalent. South Indian dishes include dosas, idlis, sambar, and coconut-based dishes. The eastern part of India includes fish and rice dishes, sweets like rasgulla, and mustard-flavoured foods. West Indian Cuisine contains spicy dishes from Gujarat and Maharashtra and the influence of Portuguese cuisine in Goa.

The spices used not only add flavors but also offer numerous health benefits, making Indian cuisine both delicious and nutritious. Turmeric acts as an anti-inflammatory and antioxidant. Cumin aids digestion and is rich in iron. Coriander helps in detoxifying. Ginger relieves nausea and is antimicrobial. Fenugreek regulates blood sugar and improves digestion. Cardamom detoxifies and aids digestion. Clove improves digestion and is antibacterial. Black pepper enhances nutrient absorption. Mustard seeds are anti-inflammatory and rich in omega-3.

Indian cuisine has evolved over thousands of years, influenced by ancient civilizations, religions, and invasions. Early practices from the Indus Valley shaped the foundation of Indian food. The Mughal Empire introduced rich flavors and new ingredients. Colonial times brought additional influences and new ingredients. Today, Indian food blends traditional recipes with modern innovations, showcasing its diverse history and global appeal. Globally, Indian cuisine is widely celebrated for its rich flavors, aromatic spices, and diverse dishes. It is recognized for its unique use of spices, such as turmeric, cumin, and cardamom, which create distinctive and memorable flavors. Indian food has gained popularity around the world through both traditional dishes like curry and naan and modern adaptations such as fusion cuisine. Indian restaurants are common in many countries and are widely liked by many people around the world.

To conclude, it is essential to cherish and uphold our culinary heritage, which reflects our culture, values, and history. While exploring global flavors can be enriching, we should prioritize preserving and celebrating our cuisine, as it offers a unique connection to our roots and provides us with a healthier lifestyle. We need to recognize the medicinal value of the food we eat and well as continue to sustain it for future generations.

By,

SHREYA M

NHCK

INSIDE BHARAT: A COTERIE OF TRIBES

Bharat is a land of large and heterogeneous tribal groups. The Indian subcontinent is the second biggest place of tribal inhabitants. The Indian Constitution does not use the word Adivasi, instead calls them Scheduled Tribes and Janajati.

Though Hindustan is a land of around seven hundred and thirty tribes, very few of them are lesser known. Forthright, none of them even have a second thought to know about their very own people, origin, history, and way of life. The tribes make up around 8.6% population in Bharat (104.2 million people) mostly concentrated in central and eastern India. The etymology of Adivasi states that they are an indigenous group of people having existed before the Indo-Aryans and the Dravidians. Our land has various types of tribes: Atavika or Vanavasi (forest dwellers) and Girijan (mountain people). There are also autochthonous inhabitants in specific regions.

Though many of them are claimed to be the original inhabitants of our country, several groups were formed after the decline of the Indus Valley Civilization. These groups harbor various degrees of ancestry from ancient hunter-gatherers, Indo-Aryans, Austroasiatic, and Tibeto-Burman language speakers.

An incredulous truth is that the tribals in the Andaman region remained isolated for more than 25,000 years! According to the linguist Anvita Abbi, tribes in India are grouped by their distinct lifestyle and caste systems. They are usually considered uncivilized, primitive, and intrinsically impure by surrounding populations. Thus, the origins of Valmiki Adivasi, who composed Ramayana were acknowledged.

The historiography also has certain pieces of evidence and references to alliances between the Ahom kings of the Brahmaputra valleys and the Hills of Nagas. The relationship was severely disrupted by the advent of the Mughals in the early 16th century. Leaping the time in British India, many of the tribal groups participated in various rebellions like the Habla rebellion (1774-1779), the Bhumji rebellion (1832-1833), and the Santhal rebellion (1856-1857), and many more.

Tribals are always unique in their cultural and traditional practices. They follow the practice of exogamy and endogamy (marriage within the same clan). They also worship their common ancestors and the elements of nature. They worship Ashvatta, Mahua, and Kadamba trees. The tribals are divinely devoted to "Aranyani" (the forest angle). This goddess is symbolized by anklets, trees, and wild animals.

The indigenous people also had vast ways of expressing their history through arts and literature. The "Pattachitra" art form dates to 5th century Odisha and Bengal tribal people. The "Phad" painting of Rajasthan has a golden history dating to thousands of years. The "Warli" art, the most famous Indian folk art was practiced by the Warli tribes from Maharashtra around two thousand five hundred BCE.

The clothing of Adivasis is rich and luxurious Pashmina to the hard durability of Yak Wool, from the colorful weaves of Dongria Kondh to the elegance of Muga silks, the tribal textiles have an answer for all your wardrobe requirements in today's fashion world.

They wear a lot of jewels and adorn every part of their body with them. The Ahali hara is a necklace made of coins and the Kiyu Murmas is a set of small silver and gold earrings. The Gond tribal women of Nabargpur district (Odisha) wear beautiful silver bangles with designs etched over them. They also adorn themselves with fresh wildflowers and leaves, seashells, and pearls found in their place of living. The Banjaras are the tribes known for wearing exquisite and chunky ornaments embellished with beads and metallic mesh.

The tribes in India are also known for their different linguistic groups. The most common languages are Khasi, Karbi, Mizo, Mundari, Pangkhu, Sak and Santali. Tribal communities in India are the least in terms of education. An academy for teaching and preserving Adivasi languages and culture was established in 1999 by the "Bhasha Research and Publication Centre". It is in Tejgadh in Gujarat.

Tribes are our pride, as they are the people who still preserve our origin and history. We must give them equal importance in education and society. The Government has taken various measures to give them importance and protect their dignity by providing them with reservations and certain exemptions. It is necessary to make their future better.

By,

G AKSHATA

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Where rivers run,
and mountains touch the sky.

Your fields of gold,
your skies of blue,
Through battles fought
and peace attained.

With every step,
with every breath,
We honour you in
life and death.

For you are home,
our cherished land,
In your soil,
forever we stand.

BHARAT MATHA

In the heart of the land,
Where rivers flow,
Mountains rise,
and the wind gently blows.

Her fields of gold,
Her forests green,
A land of grace,
Like a living dream.

Honour her with
Heart and hand,
In this sacred,
Blessed ancient land.

By,

KETHAN, NHCK

Her breath is the wind,
Her pulse the rain;
In every breeze and storm,
Her spirit remains.

Oh Bharath Matha,
Mother divine,
Through ages past,
and endless time.



Utsaah, a name that signifies 'enthusiasm,' has been a pioneer in revolutionizing the landscape of co-scholastic education. Established with a vision to empower young minds, Utsaah has been at the forefront of cultivating creativity, confidence, and character in students across more than 40 schools in Bangalore.

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Recognized nationally and internationally for excellence, Utsaah's programs foster not only talent but also essential life skills like teamwork, communication, and self-expression—skills that prepare students for a successful future both on and off the stage.

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The advertisement for Sri Ganesh Textiles & Readymades features a group of five children in school uniforms (two girls and three boys) on the left. In the center is the company logo, which consists of the letters 'S' and 'G' intertwined within a red oval. To the right of the logo is another group of four children in school uniforms. Below the logo and images, the text 'Sri Ganesh Textiles & Readymades' is written in a bold, red font. Underneath this, there are four horizontal blue lines. At the bottom of the advertisement, the tagline 'One stop shop for all your uniforms needs' is written in a black, italicized font.



BHARAT'S EMBRACE: A POETIC JOURNEY

Bharat, our home, where the rivers run free,
Where the mountains stand tall, touching the sea.
From forests deep to deserts wide,
In every corner, there's beauty to find.

The sun rises over fields of gold,
Warming the land where stories are told.
Of kings and queens, of courage and might,
Of freedom's struggle, and justice's fight.

Her people are many, her languages vast,
Yet in unity, her strength holds fast.
Each culture, each song, a thread in the weave,
Of a nation whose heart we all believe.

From busy cities to quiet lanes,
Her spirit of love forever remains.
With every smile, with every hand,
We build together this sacred land.

Bharat, you live in each of us,
In every hope, in every trust.
A land so ancient, yet always new,
Our hearts beat strong because of you.

Through every season, storm, or sun,
Bharat's journey has just begun.
Together we'll rise, together we'll stay,
In Bharat's arms, come what may..

SWATHI R ACHARY & RAJINI H M

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BHARAT'S ETERNAL EMBRACE

In the ancient lands where legends lived,
Fields of gold stretch wide and free.

The land spread with peace of eternity,
Where the holy Ganga flows, pure and deep.

Mountains resembling purity, standing tall,
Forests green embracing tranquillity's call.

From vibrant cities to serene coasts,
the land of adoration, In faith's embrace,
we find our salvation.

Different paths converge in single ray,
In every heart, her essence shines.

Bharat,
A land of dreams and endless praise.

By,

KETAN

NHCK

THE INVISIBLE HANDS

Supply and demand, no strings attached, yet a delicate dance
The price fluctuates, a constant prance
The invisible hands, a guiding light
As buyers and sellers negotiate through the day and night

The economy grows, as technology develops
With inflation's sting and recession's ring
Theories abound, a complex web we weave
To understand the market, we must believe

From Keynes to Hayek, the debates rage
On the government's role and the market's state
The pursuit of wealth, a driving force
As nations prosper or experience remorse.

By,

ARCHANA N

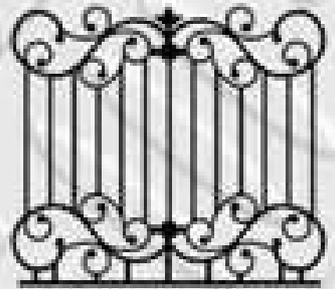
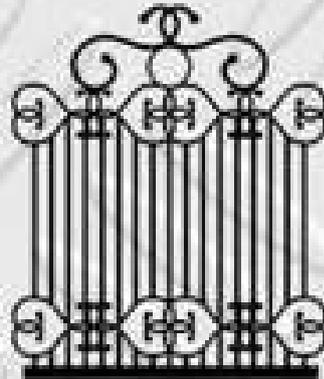
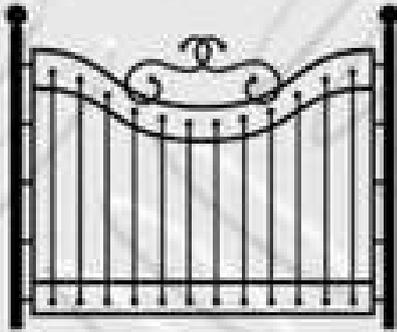
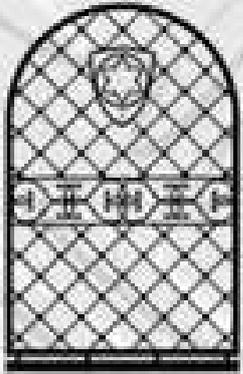
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EDUCATION IN BHARAT: PAST, PRESENT AND FUTURE

India, or Bharath, has long been a beacon of knowledge and education. From ancient times, when scholars from across the world traveled to its shores to study at universities like Nalanda and Takshashila, to modern-day institutions that are making a global mark, India's education system has seen a significant evolution. This article delves into the history, present challenges, and future possibilities of education in India, tracing its journey from Gurukuls to today's digital classrooms.

In ancient Bharat, education was quite different from what we see today. The Gurukul system was the main form of learning. Gurukuls were small schools located in peaceful environments, usually in forests or rural areas, where students (called shishyas) lived with their teacher (called guru). Education was not just about reading books; it was a way of life. Students learned everything from philosophy, mathematics, astronomy, and medicine to yoga, music, and martial arts.

The focus was on learning by doing. Students would observe, practice, and learn in real-life situations. Apart from academic knowledge, students were taught discipline, values, and respect for elders. Education focused on building good character and life skills. Though the system was inclusive, it was also limited by caste and social class in some regions. However, many Gurukuls were open to all who were eager to learn, and students often lived with their gurus for many years.

Bharat also had some of the world's earliest universities such as Nalanda and Takshashila, which attracted students and scholars from countries like China, Persia, and Greece. These institutions taught a wide range of subjects, from Buddhist philosophy to science and medicine.

The arrival of the British in India brought major changes to the education system. The Gurukul system started to fade, and a new, Western-style education model was introduced. The British set up schools and colleges where English was the medium of instruction. They wanted to create a class of Indians who could assist in running the administration, so they focused on teaching subjects like science, mathematics, and English literature.

While the new system introduced modern subjects, it also ignored India's rich history of philosophy, arts, and traditional sciences. Many ancient knowledge systems were lost or devalued during this time. Indian leaders like Raja Ram Mohan Roy and Ishwar Chandra Vidyasagar, recognized the need for reform. They promoted education for women and supported a balance between Western and Indian knowledge. After India gained independence in 1947, there was a renewed focus on education. The new government wanted to make education available to all citizens, regardless of caste, religion, or gender.

Many government schools were established to provide free education, especially in rural areas. The Right to Education Act made elementary education a fundamental right for every child aged 6 to 14 years. Institutions like the Indian Institutes of Technology (IITs) and Indian Institutes of Management (IIMS) were set up to offer world-class education in technology and management. These institutions have produced some of the world's top engineers, scientists, and business leaders. Despite the progress, many challenges remain. In rural areas, schools often lack proper infrastructure, and many children, especially girls, drop out before completing their education. Quality of education also varies greatly between different regions and schools.

Today, Bharat's education system is going through a digital transformation. Technology is changing the way students learn and teachers teach. Online platforms like Unacademy are making education accessible to students in even the most remote parts of the country. With just a smartphone or computer, students can attend live classes and access high-quality study materials. Schools and colleges are adopting a mix of traditional classroom learning and online learning. This helps students learn at their own pace while also getting the benefits of face-to-face interaction with teachers. In addition to traditional subjects, there is a growing focus on teaching skills that are directly useful in the job market. Courses in coding, artificial intelligence, and entrepreneurship are becoming more popular.

The future of education in Bharat is full of exciting possibilities. The National Education Policy (NEP) 2020 aims to make major changes in the education system, with the goal of making Bharat a global leader in education by 2040. The NEP promotes creative and critical thinking instead of rote memorization. The goal is to make learning more enjoyable and practical.

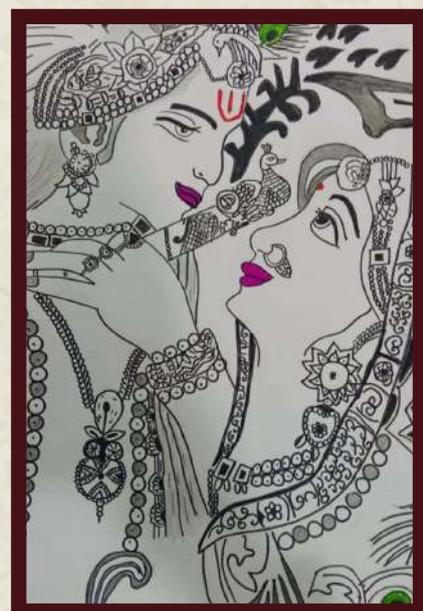
The journey of education in Bharat has been a remarkable one. From the Gurukuls of ancient times to the digital classrooms of today, Bharat's education system has evolved and adapted to the needs of its people. The future looks bright, with a focus on creativity, innovation, and equal access for all. As Bharat continues to invest in its education system, it is poised to become a leader in global knowledge and learning.

By,

SWATHI R. ACHARY & RAJINI H. M.

DEPARTMENT OF BIOLOGY

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BHARAT – A DIVERSE CULTURE OF DEMOCRACY

The name Bharat goes back to the time of the Great Emperor Bharata who is known as the initial conqueror of the whole subcontinent- India and the Republic of India. Our motherland, India, was ruled by the British. Not all heroes wear capes, but our ancestral freedom fighters fought through all the obstacles with sheer bravery to give us the gift and privilege of making Bharat, an independent country. The name India was adopted as the official name for the Republic of India by the Constituent Assembly.

India, historically referred to as Hindustan, emerged as a unified nation that is connected to two subcontinents: Pakistan and Bangladesh. India brings in through an interplay of cultural, political, and geographical influences. Its varied topography, surrounded by the vast plains of the Sindhu and Ganga rivers, India's most revered rivers, has shaped its history and culture. The Sindhu, the birthplace of the Indus Valley

Civilization, and the Ganga, are believed to purify the soul and symbolize life, fertility, and renewal. These sacred waterways have sustained countless communities, inspired countless works of art and literature, and continued to hold deep spiritual significance for millions of people. The towering Himalayas, a majestic mountain range stretching across the North of India, are renowned as the highest in the world. The Himalayas form a formidable barrier between the Indian subcontinent and the Tibetan Plateau. For Indians, the Himalayas aren't just mountains; they're a living, breathing symbol of their culture. They're the divine abode of gods, a source of life-giving rivers, and a place of spiritual pilgrimage. The Himalayas are more than just a geographical feature; they're a testament to the enduring spirit of India. And the southern peninsular plateau, promoting distinct regional identities. The foundations of a shared cultural heritage were laid by the ancient civilizations of the Indus Valley and Vedic India. India was a very rich country, with a lot of treasures.

Getting independence was not a carpet of red roses. Great heroes like Bhagat Singh, Subash Chandra Bose, Rani Lakshmi Bai, Chandrashekhar Azad, Sarojini Naidu, Mahatma Gandhi and many more fought vigorously to achieve our independence. The victory was yet a huge revolution and it took quite some time to achieve independence and be free from the clutches of the British.

By,

RAHUL PRAKASH,

III BCA, NHCM

NIRAAD BHUVA, V BCA, NHCM



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CULTURE & TRADITIONS: INDIA'S LEGACY

India, rich in ancient wisdom, is a melting pot of cultures. From the calm Himalayas to the bustling streets of Mumbai, each location shows a distinct set of beliefs and practices. Hinduism, Islam, Sikhism, Christianity, and Buddhism combine to form a harmonious religious symphony. Diwali, Holi, and Eid are three festivals that bring joy and solidarity to the nation. The Taj Mahal, a UNESCO World Heritage Site, represents India's rich history and artistic heritage. Another important feature of Indian culture is its unique cuisine, which boasts a delectable range of flavors. India's variety reflects its rich past and the peaceful coexistence of many traditions. It is a place of opposites, where ancient traditions coexist with technological developments. India's cuisine, a delightful fusion of flavors, reflects the diversity of its people and landscapes. From the fiery curries of the South to the delicate tandoori dishes of the North, each region offers a unique culinary experience that tantalizes the taste buds and leaves an indelible impression.

India's diversity is a testament to its rich history and the harmonious coexistence of various traditions. It is a land of contrasts, where ancient customs coexist with modern advancements. From the bustling cities to the tranquil villages, India offers a unique and unforgettable experience. The warmth and hospitality of its people, coupled with the richness of its culture, makes India a truly special place.

By,

RAHUL PRAKASH,

III BCA, NHCM

SINDHOOR- THE RIVER OF LIFE

From mountains high, where glaciers glide,
Sindhoor flows, a river wide.
Through valleys green, it cuts its way,
Nourishing lands, come what may.

Ancient civilizations rose and fell,
Along its banks, a tale to tell.
From Indus Valley's early days,
To modern times, its water praise.

A lifeline still, a sacred sight,
Sindhoor flows, day and night.

By,

RAHUL PRAKASH

III BCA, NHCE



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INDIAN FESTIVITIES: A KALEIDOSCOPE OF CULTURE AND EMOTION

India, a land steeped in tradition and spirituality, is a vibrant tapestry of diverse cultures and religions. This diversity is beautifully reflected in its myriad festivities, which serve as a window into the soul of the nation. From the grandeur of Diwali to the poignant sorrow of Muharram, Indian festivals offer a kaleidoscope of emotions and experiences.

Smiles soaked in glee infused with spirituality. Come joy and prayers of love, come feasts and gloriously bright and beautiful rituals, come the very forces that bring home the essence of life and customs. They eventually reunite kinship relations, enhance social life, and bring about a healthy break in the harsh routine. However, there also lies the inner reason behind the festive emotion. There are many of them that history depicts that cover the same period and pay respect to certain gods or goddesses and seasons. Emotions are evoked from the cheer of Diwali to the cry of Ganesh Chaturthi. In other words, Indian festivals, as normal and over the top of resplendent pillars or for lack of a better word, temples and churches would refine cultures and societies that have attributed tremendous persistence and faith to it, the optimistic will of the Indians.

By,

NIRAAD BHUVA

V BCA, NHCE

GANGA'S SACRED FLOW

A river of life, a symbol of grace, Ganga, the holy, flows through the land. Carrying stories, a timeless embrace, of cultures entwined, hand in hand.

Through ancient cities, she weaves her way, Washing away sins, old and new. A beacon of hope, come what may, Her waters forever pure and true.

The ashes of heroes, our freedom's flame, She carries downstream, a sacred trust. Their spirits immortal, their names to acclaim, in Ganga's depths, forever immersed.

So let us cherish this river divine, A gift from the gods, a treasure untold. Her waters, a sacred sign, A testament to our history, bold.

By,

NIRAAD BHUVA

V BCA, NHCE

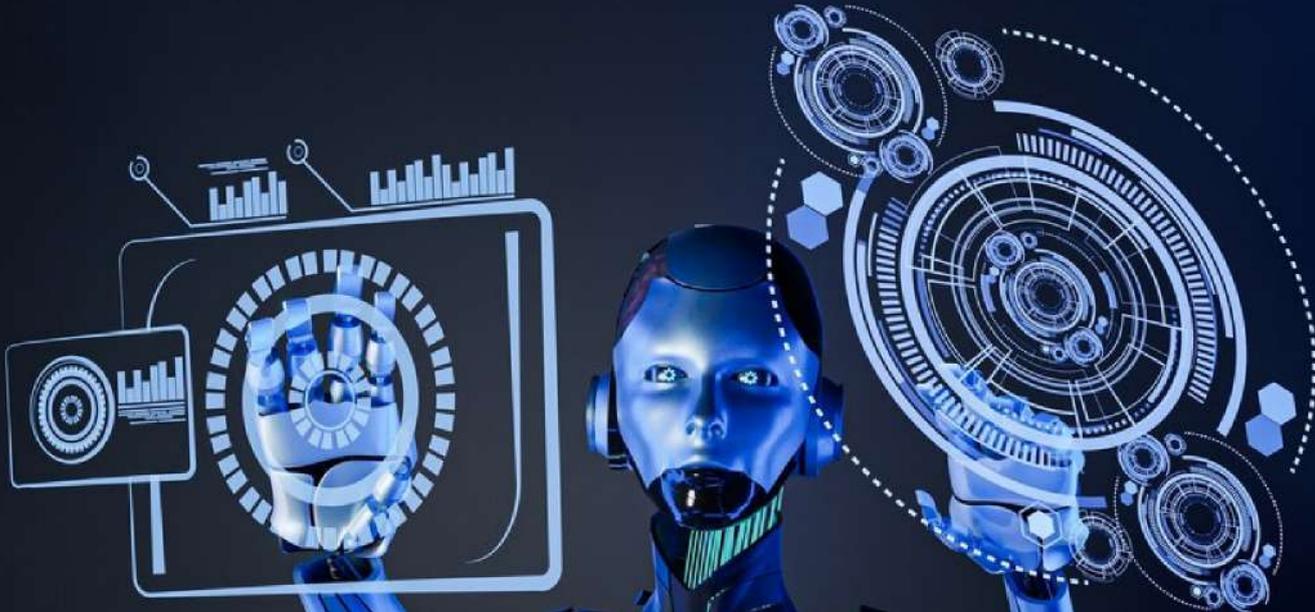


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INDIAN FASHION: UNSTILL AND ALIVE

Fashion is never still. It moves along with the time, season, weather, people, material, environment, culture, and way more than we think. Fashion is an intricately woven part of our culture that has developed through centuries according to the requirements of the people inheriting it. A country's diverse sense of fashion and style is something to take pride in.

And India lags not in fashion. India, being a country so diverse, means that fashion has evolved through the sewn borders. The first and foremost thought that comes into our minds when we think of Indian fashion must be the saree. But do we truly know the history? What we wear as our pride, we must know the value too. The saree, the nine-yard wonder, was first formed alongside the Indus Valley Civilization and is believed to be one of the oldest unstitched attires. Saree was a relatively simple choice of apparel often woven with cotton and a few natural dyes like indigo, lac, red madder and turmeric. But through time and development, sarees were studded with stones and laced though with different colours constructing patterns on the drape.

Sarees were initially draped bare-chested by women of India. The development and introduction of blouses came through the colonial influence. Jnanadanandini Debi, the wife of Satyendranath Tagore, was denied entry to clubs for draping the saree bare-chested. At this point of time, the Victorian era fashion consisted of women covering up their chest along with puffy and decorated sleeves. Inspired, Jnanadanandini resisted and found a way of covering the chest. Her contribution trended giving birth to the saree blouse now worn by millions of women and completely normalized.

Apart from sarees, men often wear dhotis and it is considered the male counterpart to a saree. Dhotis also originates from the Indus Valley Civilisation. It was often worn as a draped pant even now. Dhoti was usually a symbol status as it was worn by men of higher caste.

Along with dhotis, men's traditional fashion also includes the lungi that is very diverse. It is often multicolored but in Kerala the plain white version of it with embroidered golden border is called "mundu" and is worn mostly as a formal attire and for special or ceremonial occasions. Another widely celebrated and loved attire is the lehenga also known as ghagra. Lehengas were initially worn by the Rajputs but popularized by the Mughals. It's favored over other attires for weddings and other festivals for its grand and elegant appearance. It is believed that "antariya", an ancient Indian lower-body garment, evolved into the stitched Lehenga as time went on. Traditional clothes have integrated with Western fashion and have made a significant stamp in Indian fashion. Indo-western fashion is peaking amongst the newer generations. It was brought along with the British and Portuguese colonies. Educated men and women during this time, infused traditional and western fashion by adapting elements from either. Aside from just British influence, since the development of technology, it is easier to share and receive more insight about new and upcoming fashion. India simply follows through and evolves always making a statement.

By,

LENNY ELIZABETH JACOB

III BCA, NHCM



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BHARAT: THE TIMELESS VESSEL OF KNOWLEDGE

"Bharat" has multiple meanings in Sanskrit. It associates itself with "Bha," which stands for light, and "Bhr," which means to bear. What makes it unique is that it also offers other meanings such as fire, tolerance, search for knowledge, nurturing, and carrying. What else could be more beautiful than this name, which exactly depicts the diversity of our country through its diverse meanings? Bharat, in terms of its spirituality, is equally diverse and rich. Not only life, but death is also considered to be a new beginning. In its lap, Bharat carries the song of one of the ancient and advanced civilizations of the world.

The concept of Dharma (not religion, but the way of life) is the moral, social, and political compass that guides the life of its people. As Vivekananda explained, "Dharma is that which makes man seek for happiness in this world or the next" and "Dharma is based on work." And thus, a Dharmik must constantly work towards attaining bliss. The attitude towards life is always that of growth. The idea is to nurture and nourish both the dead and the living. No doubt, Rajindra Krishna writes:

जहाँ आसमान से बातें करते,
मंदिर और दिवाले,
किसी नगर में किसी द्वार पर,
कोई न ताल डाले,
और प्रेम की बंसी जहाँ बजती,
आए हैं सवेरा,
वो भारत देश है मेरा |

Where the sky meets the temple and Shivalaya,
and no door or city
is locked or sealed.
The flute of love's
lore is played
day and night.
That is my Bharat!

Indeed, there are thousands of reasons to complain. However, a reminder of the glorious past can serve as a motivating factor, reshaping modern cultural consciousness. Bharat is not a linear or mundane concept; it is dynamic, embodying richness through its diverse meanings. It is fascinating to consider how advanced quantum physics, which emphasizes malleability, aligns perfectly with the mysticism of Bharat. Indeed, holistic development is the central theme in the vision for a new Bharat. However, we must remember that old Bharat also embraced a holistic approach to life, knowledge, and society. Have you ever wondered how this land has produced such great sages?

Bharat has also given the world the Vedas, which serve as the foundation of all knowledge. Bharat is not just a name; it is a vessel for the timeless wisdom left by the great sages throughout history.

Bharat, with the subtle warmth of the late
afternoon, the ever-chattering Jehlum,
the spring flowers and the autumn moon-
let me row across your waters in my shikara
and venture through mossy trails and snow-stilled lakes.
Does time still pass by Chaar Chinar?
Does the valley echo with the sounds of conch shells?
Your ancient soul is magically inscribed,
free, untouched, and deeply felt.
And who am I?
The color of henna,
the warm orange hue that you drape around.
But tell me again, does time pass by Chaar Chinar?
Tell me all that is missing,
for you and I are one, whether near or far.

By,

MADHUMITA NAYAK

ASSISTANT PROFESSOR, ENGLISH

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HISTORY & DEVELOPMENT OF BHARAT

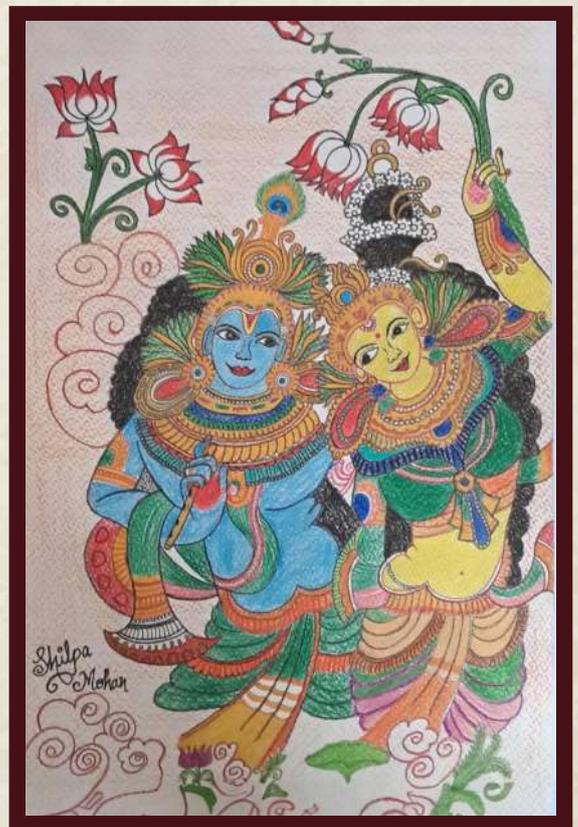
'Mera Bharat Sabse Maahan'. India the seventh largest country has been rich in heritage, and culture as well as their IT hub. From being the largest production of spices to making some of the finest cuisines India has made its way. This is not just about the present India it's about the culture and history our Bharat had. India has been ruled by many empires like the Maurya Empire (322 to 185 BC), The Gupta Empire (320 to 550 AD), The Mughal Empire (1526 - 1857 AD) and Chola Empire (301 BC - 1279 AD). During that India gained and also lost some power. But during colonization, India went through a lot of struggles to find its freedom, with the help of the freedom fighters India finally got its freedom and became a democratic nation. During the empire's rule, India got some eye-catching monuments which feel like a blessing to our eyes now, in which the Taj Mahal is one of the seven wonders of the world. Bharat is not only known for its culture, heritage, and food it is also known for its Information Technology, Biotechnology, Aerospace, Nuclear Science, Manufacturing Technology, Automobile Engineering, Chemical Engineering, Ship Building, Space Science, Electronics, Computer Science and other Medical Science related research and development are occurring on a large scale in the country.

By,

SANJANA NAIK V,

B. COM, NHCM



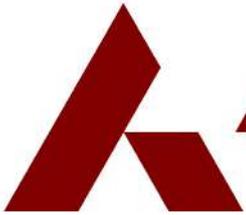




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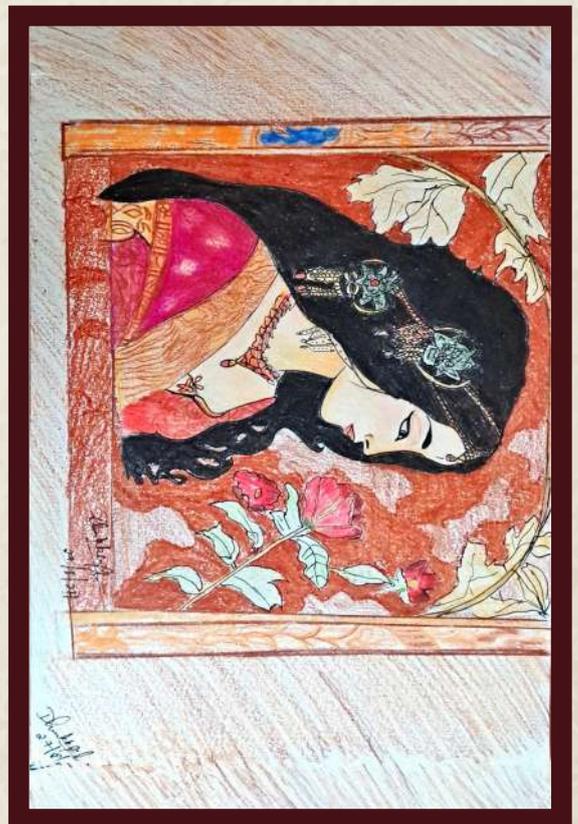
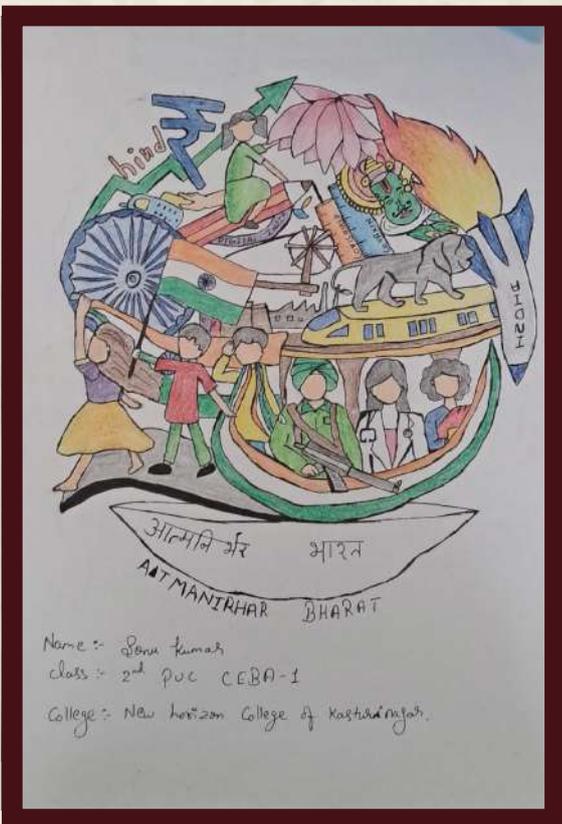
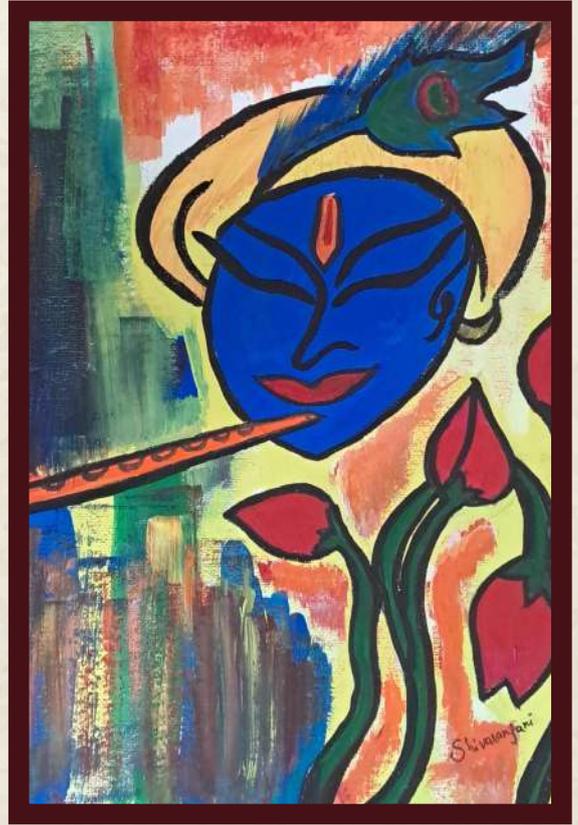
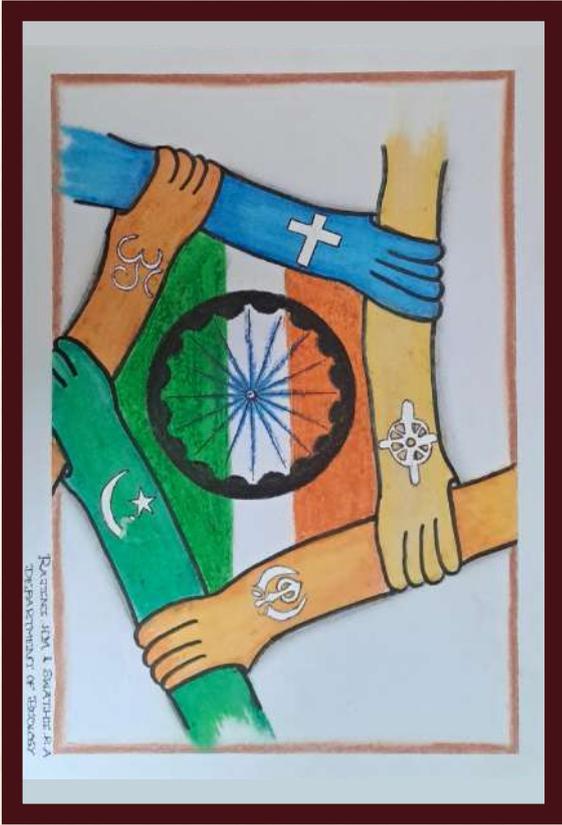
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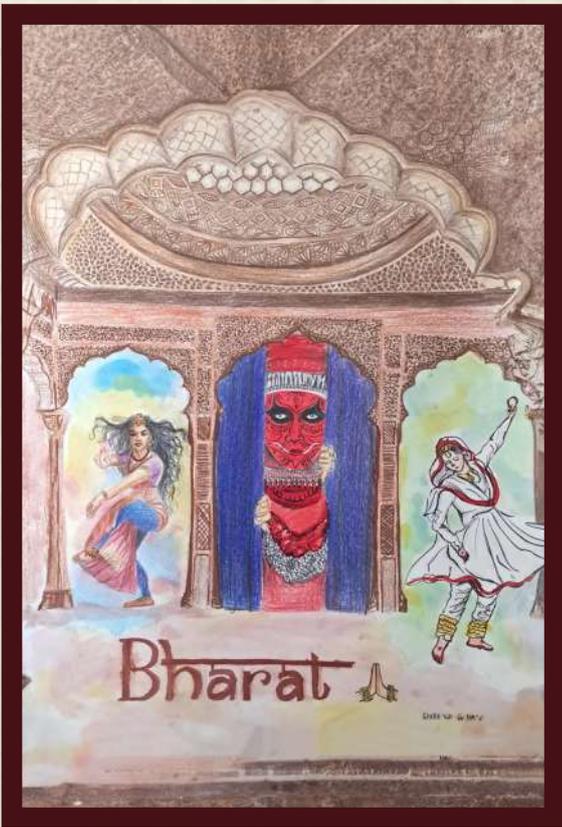
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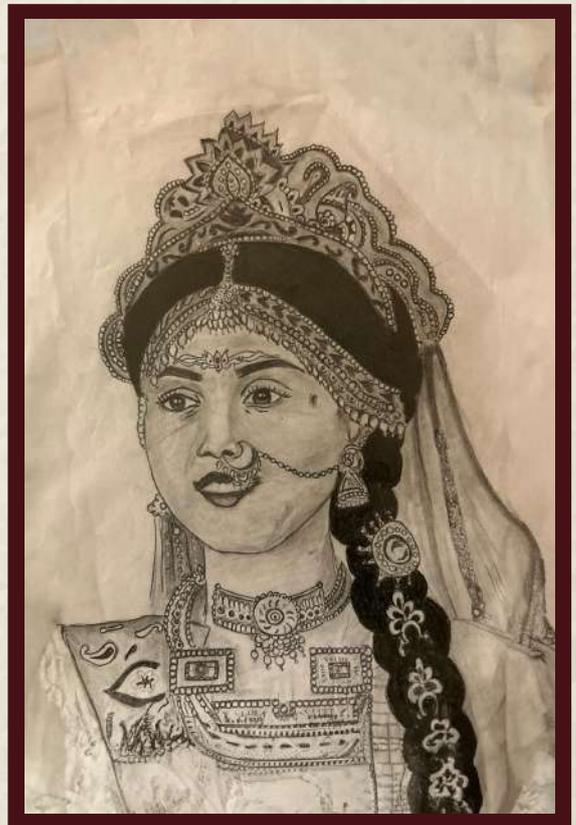
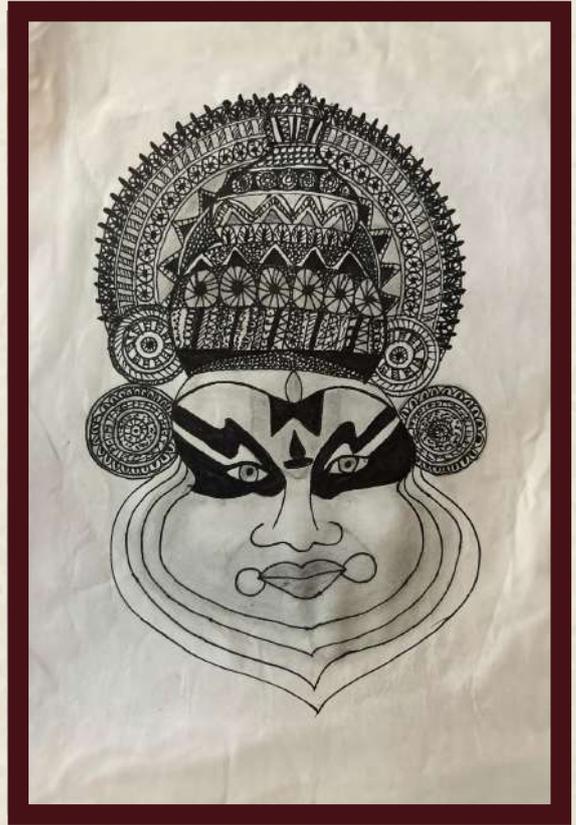
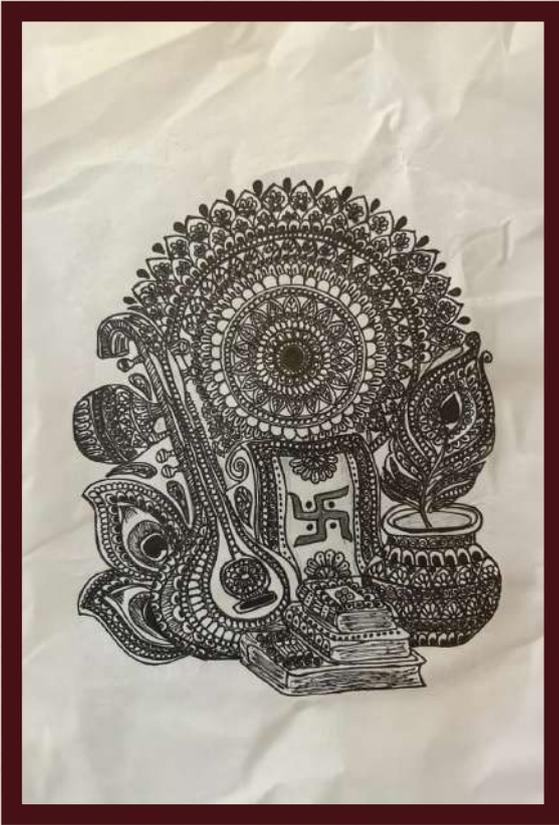


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COSTUMES & EVENTS

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