

UNIT - V

FAIRS

In a land of cultural and geographical diversities one gets to enjoy and experience wide varieties of cultures, fairs and festivals and India is the epitome of such experiences. fairs and festivals are part of the intrinsic cultural fabric of our society as well as a continuation of our heritage. It is in this spirit that we bring to you some of the **vibrant, fascinating and most beautiful fairs and festivals of India** that are organized and enthusiastically celebrated across the country. India is not merely a land of diversities but these diversities make India an epitome of cultural abundance.

A fair is a gathering of people for a variety of entertainment or commercial activities. It is normally of the essence of a fair that it is temporary with scheduled times lasting from an afternoon to several weeks..

Kumbh Mela (Haridwar, Allahabad, Nashik, and Ujjain)
Kumbh Mela is one of the biggest Hindu festivals which is more than 2000 years old. The dates of the fair are calculated according to the alignment of the planets – Jupiter, Sun and the Moon. It is celebrated by taking a dip in the holy rivers and is believed to help to achieve salvation. The Kumbh Mela takes place once in every three years. Kumbh Mela in 2013 was held at Allahabad and attracted more than 10 crore people – a record human gathering on earth. The traces of Kumbha can be found in Puranas (Scriptures of Hindu Mythology) where there's a story of the Gods and the demons fighting for Amrita Kumbha (elixir pot).



Pushkar Camel Fair (Pushkar, Rajasthan)

The **Pushkar Camel Fair** is another famous Indian fair which attracts tourists from all over the world. It is a five-days long affair known for camel trading and interesting competitions like 'the longest mustache'. Rajasthan is a vibrant and riveting state giving you numerous options for shopping and eating. You can find local people adorned in traditional bright and colorful attires selling junk jewelry, fine fabrics, and intricate artwork. The best part for tourists in Pushkar is that they can choose to reside in either in a palace or a tented camp, both of which will be a pleasant experience. Except that one can enjoy activities like camel rides, elephant rides, desert safari in Pushkar.



Hemis Gumpa Fair (Ladakh, Kashmir)

Hemis Gumpa Fair is celebrated every year on the birth anniversary of Guru Padmasambhava at the Hemis Monastery. It is a 300 years old fair which holds a special place in the hearts of Buddhists. The fair is marked by ceremonial dances known as the mask dance by Lamas, instrumental music, singing, worshiping and chanting by the monks. This will be a mystical experience as the lamas and all the people are dressed in eccentric clothes. The masks of dancing lamas are very interesting as they depict mythical characters and the dance performance represents the story of how Guru Padmasambhava defeated the Devils. The music played using instruments like horns, cymbals and drums are overwhelming. One major attraction of the fair is the country liquor which is served during the celebrations.



Goa Carnival (Goa)

The name Carnival itself is quite self-explanatory of what you can expect at the Goa Carnival. The Goa Carnival is a huge celebration across the cities and villages of Goa. This elaborate affair is very much similar to Latino Carnival and therefore live music, dancing, colorful masks, and dresses are an integral part. The origin of the carnival is credited to the Portuguese who once ruled Goa. Now the Goa carnival is organized by State Tourism Board and is a 4 day long extravagant celebration of Goan culture and cuisine. Goa is the only place in India where the Carnival is held and attracts millions of tourists every year. As this is the peak tourist season in Goa, it is advisable to make all the bookings in advance. Let us tell you that the Goa Carnival is not the only tourist attraction but the Goan beaches, shacks and exotic seafood lures a significant number of travelers throughout the year.



Surajkund Crafts Fair (Surajkand, Haryana)

Surajkund Crafts Fair is a celebration of Indian traditions, cultures, cuisines, and artisans of India. The fair is one of the longest celebrations in India which goes on throughout the first fortnight of February. This fair has been acclaimed internationally as the countries outside India have also been participating. In 2015, 20 countries participated in the fair and more than a million visitors attended the fair. Each year, the Surajkund Crafts Fair Authority chooses a state of India as its theme. During the day, the finest handicrafts, handloom items, and other traditional arts are the main attraction for visitors. And the evenings are a joyful celebration of Indian cultures through folk dance and singing performances.



Rath Yatra (Puri, Odisha)

Rath Yatra is a sacred Hindu festival celebrated in the honor of Lord Jagannath. It is one of the oldest festivals in the world. The Rath Yatra is a huge procession of the deities – Lord Jagannath, his sister Subhadra and brother Balabhadra. The procession of Lord Jagannath is carried out on a chariot known as Garudadhwaja. On the day of the Rath Yatra, thousands of devotees gather around. The sounds of conches and chants fill the air. The devotees pull the ropes of the chariots to add to their good karmas as it is believed to be a sacrament for one's bad deeds in the past.



Desert Festival (Jaisalmer, Rajasthan)

The Desert Festival is held every year in the month of February. This three day long festival amidst the sand dunes of Thar desert is a pure delight. This is a bright and cheerful festival where some very interesting competitions are held. The most famous one is camel polo. Folk dances and folk songs are performed. A large number of tourists visit Rajasthan especially to attend this desert festival in Jaisalmer.



Hornbill Festival (Nagaland)

The 10 days long music festival is also known as the 'festival of festivals'. The Hornbill Festival is a famous music festival celebrated every year in December in Kohima, the capital of Nagaland, North East India. Being home to various communities, there are different festivals celebrated by these different communities in Nagaland. Therefore, the State Tourism Ministry has taken an initiative to bring all the Nagas under one roof for a grand celebration. The different communities showcase their best through the handicrafts exhibitions, paintings, sculptures and wood carvings. The melodious folk music, folk dances, and archery are the most loved activities at the festival.



Desert Festival, Jaisalmer, Rajasthan



February comes with many festivals in India and one of them is the famous desert festival of Jaisalmer in Rajasthan held every year amidst the dunes of the Thar Desert in the Sam dunes. Activities like Camel polo, gymnastic stunts on camel back, tug-of-war, turban tying, folk music, crafts bazaar, processions from the Jaisalmer Fort, fire dance are few of the many activities that take place as a part of the festival.

Khajuraho Dance Festival (Khajuraho, Madhya Pradesh)



Celebrated annually at end of winter and the beginning of spring this five day dance festival at Khajuraho in Madhya Pradesh is a treat to eyes. This dance festival celebrates the Indian diversity and heritage through centuries old dance forms which include Kathak, Bharatnatyam, Kuchipudi, Odissi, Manipuri. It also includes the mythological dance performances such as Shiva's cosmic dance-the Tandava and Lord Krishna's Rass Leela with the Gopis. These performances against the backdrop of the glorious temples of Khajuraho are a sight to see for everyone who wishes to explore the culture of Indian classical music. Also, let us not forget that The Khajuraho Group of Monuments are a UNESCO world heritage site and definitely worth a visit.

Sonepur Mela



- Held on Kartik Poornima (the full moon day) in the month of November in Sonapur, Bihar, on the confluence of river Ganges and Gandak.
- It hosts one of the world's largest animal fairs.
- Biggest cattle fair of Asia and stretches on from fifteen days to one month.
- Also known as Harihar Kshetra Mela, it's a month-long fair where elephants, camels, cows, buffaloes, horses, dogs, birds, sheep, rabbits, guinea pigs are traded.
- Its origin dates back to ancient times when Emperor Chandragupta Maurya used to buy elephants and horses.

Gangasagar Mela



- Largest fair celebrated in West Bengal.
- Located on an island in the Sunderbans, about 80 km south of Kolkata.
- It is held every year on the occasion of Makar Sankranti and draws devotees from all over the country.
- A dip in the water at this place, during Gangasagar Mela, is considered to be extremely sacred. On the day of Makar Sankranti (January 14), when the sun makes a transition to Capricorn from Sagittarius, it is said that the bath becomes a holy source of salvation.
- After the holy dip, the pilgrims offer 'Puja' at the Kapil Muni Temple or Ashram. It is a charming tourist destination, which attracts both pilgrims and adventure lovers.

Ambubachi Fair



- Ambubachi Mela of Kamakhya Dham is one of the significant fairs and festivals celebrated in India.
- This mela is held every year during monsoon in the Kamakhya temple at Guwahati that happens to fall during the Assamese month Ahaar, around the middle of June, when the Brahmaputra river is in spate.
- It is the celebration of the yearly menstruation course of goddess Kamakhya.
- Thousands of followers visit this fair from different parts of the country.
- The pandits chanting mantras on behalf of the devotees, pilgrims performing puja, all these make the fair an interesting affair.

FESTIVALS

- **DIWALI**



Diwali or Deepavali is the most spectacular festival celebrated in the Indian subcontinent. Autumn heralds in this Hindu festival of lights that is celebrated across the length and breadth of the country. The celebrations are marked by people decorating their homes with candles, earthen lamps, and lights, bursting crackers, and exchanging gifts and sweets with friends and family. Since it is celebrated on a new moon night, these sparkling lamps and lights add a magical feel to the whole scenario. A festival that commemorates Lord Rama's return with his wife after 14 years of exile and his triumph over Ravana, Diwali symbolizes the ultimate victory of good over evil.

- **HOLI**



Holi is another noteworthy name in the list of festivals of India. Considered the festival of love and the festival of colors, it signifies the arrival of spring and the victory of good over evil. It is celebrated all over the country with a lot of enthusiasm and fervor. Typically, the celebrations start on the eve of the festival. Huge bonfires are lit (symbolizing the burning of the mythical demoness Holika), and people sing and dance around this crackling fire. On the day of the festival, they put dry and wet colors of various hues on each other. Playing with water guns and balloons filled with colored water, and drinking *bang thandai* (a desi cocktail made with Indian spices) are some of the key attractions of Holi.

- **NAVRATRI**



Navratri counts as one of the major Hindu festivals, and the celebrations continue for days on end. In Sanskrit, the term Navratri means

nine nights. True to its name, the festival spans over nine days and nights. During Navratri, Goddess Shakti is worshipped in different forms. In North India, Navratri celebrations involve vibrant Dandiya Raas and Garba dances that are enjoyed

- **DURGA PUJA**



A symbol of cultural identity for the Bengalis, Durga Puja is celebrated with much fanfare and gaiety for four days. One of the major festivals of India, it is particularly popular in West Bengal, Assam, Odisha, Tripura, Jharkhand, and Bihar. During Durga Puja, huge clay idols of the ten-armed Goddess Durga and her four children are worshipped in specially made *mandaps*. People dress up in new clothes and go *pandal*-hopping with family and friends. The festival culminates with the immersion of the idol of the goddess in water.

- **DUSSEHRA**



Dussehra marks the end of Navratri as well as Durga Puja. A prominent name in the Indian festival calendar, it is also known as Vijayadashami. As is with most festivals, Dussehra is celebrated in different ways in different parts of the country. While in some states it is celebrated to commemorate the victory of Lord Rama over Ravana, others consider it Goddess Durga's triumph over Mahishasura. The celebration of Dussehra is marked with enactments of Ramlila and burning of mammoth effigies of Ravana along with Kumbhakaran and Meghnad. Mysore in Karnataka is the best place to enjoy Dussehra in India. During the festival, Mysore Palace is illuminated with around one lakh bulbs, presenting a breath-taking sight. The huge procession carried out by decorated elephants on this occasion is also a spectacle worth witnessing.

- **JANMASHTAMI**



Janmashtami marks the birth of Lord Krishna, who is considered to be the eight avatar of Lord Vishnu. Celebrated across the country with much pomp and splendor, it tops the list of Hindu festivals. On this day, devotees worship Lord Krishna at their homes and in temples, and offer a variety of delicacies to please the deity. Mathura and Vrindavan, the two historical places in India related to Krishna's birth and childhood, witness lavish celebrations marked with hymns and dances. On this occasion, little children often dress up as Lord Krishna.

Another important attraction of the festival is dioramas, narrating the story of the night of the virgin birth, complete with miniature mountains, a river signifying the Yamuna, and prison of Kansa where Devki was imprisoned.

- **GANESH CHATURTHI**



The festival commemorates the birth of the much-loved Hindu deity, Lord Ganesha. Colorful festivities spanning over ten days mark the celebrations. It starts with the installation of artistically crafted Ganesha idols in homes and public *mandaps*. People worship the deity with much fervor and gaiety. On the tenth day, the idol is immersed in water, which marks the end of the festivities. Ganesh Chaturthi is celebrated all over India, especially in the states of Maharashtra, Karnataka, Madhya Pradesh, Gujarat, Goa, and Chhattisgarh.

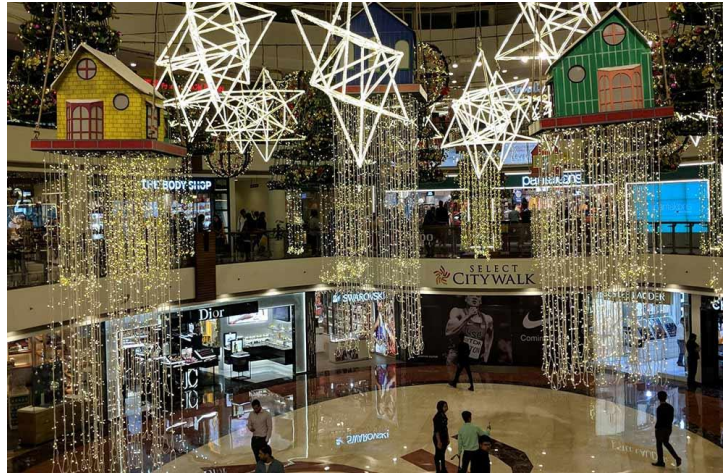
- **EID-UL-FITR**



Eid-ul-Fitr or simply Eid is among the major religious festivals of the Muslim community. It marks the end of Ramadan, which is the sacred month

of fasting akin to the Christian Lent. The festival is celebrated on the day following the sighting of the crescent moon at night. Devotees offer prayers at mosques, visit friends and relatives, and feast with their near and dear ones; sweet *seviyan* is perhaps the most famous symbol of Eid. Mosques and markets across the country are beautifully decorated on this occasion and several iconic markets in India sell special delicacies too.

- **CHRISTMAS**



It marks the birth of Jesus Christ and so, holds special significance for Christians. But like many other festivals in the country, it also holds appeal for the people of other religions. And since Christmas is followed by the New Year, there is a festive spirit in the air. Churches are lit up and bedecked in an attractive manner. Decorated Christmas trees are a common sight everywhere, from people's homes to the largest malls in India. The day is celebrated with attending prayer mass at churches, exchanging gifts, and feasting with friends and family.

- **MAHA SHIVRATRI**



As the festival name indicates, Maha Shivratri is celebrated in honor of the Hindu deity, Lord Shiva. This annual event symbolizes the overcoming of ignorance and darkness in life. Maha Shivratri, meaning the Great Night of Shiva, is celebrated across all corners of the country. Unlike most other Hindu festivals, Maha Shivratri does not include cultural revelry. Rather, it involves fasting, meditating, chanting prayers, and worshipping the Shiva Linga.

- **RAKSHABANDHAN**



Rakshabandhan or Rakhi cherishes the bond between a brother and a sister. On this popular Hindu festival, sisters tie an amulet or talisman on the wrists of their brothers. The brothers, on their part, give their sisters a gift and a promise to protect them whenever the need arises. The festival holds much significance for brothers and sisters of all ages.

- **ONAM**



The biggest festival of Kerala, Onam marks the onset of the harvest season. It is also celebrated to remember King Mahabali, whose spirit is believed to visit his people during this time. Onam celebrations include a lot of fanfare and gaiety, including boat races, floral arrangements, worshiping, dancing, and enjoying elaborate feasts with friends and family. If you are in Kerala during this festival, do not miss out on witnessing the spectacular snake boat race, the elephant procession, and the mesmerizing Kaikottikali dance.

- **BAISAKHI**



Counted among the major festivals of the Sikhs and Punjabi community, Baisakhi celebrates the onset of harvest season for the rabi crops. This harvest festival is celebrated with a lot of enthusiasm and excitement by the people of Punjab and the Punjabi diaspora all over the world. The celebrations are marked by performances of folk dances like Bhangra and Giddha, decorating the houses and gurudwaras, and enjoying lavish feasts. Baisakhi also has a religious aspect to it. It marks the day when Guru Gobind Singh, the tenth Guru of Sikhs, placed the founded the Khalsa order, way back in the year 1699.

- **GURPURAB**



Another sacred festival for the Sikh community, Gurburab celebrates the birth of Guru Nanak, the first Sikh Guru. It is also known as Guru Nanak's Prakash Utsav, Guru Nanak Gurburab and Guru Nanak Jayanti. People observe this festival by reading the Guru Granth Sahib for two days prior to the festival, and organizing special assemblies on the teaching of the guru and community meals in the gurudwaras. Processions are organized and Karah Prasad is distributed to all, irrespective of caste or religion.

- **MAKAR SANKRANTI**



It marks the winter solstice and the arrival of longer days with the sun's transit into the Capricorn constellation. The festival is known and celebrated by different names across in India. For instance, it is celebrated as Maghi in North India, Magh Bihu in Assam, Pedda Panduga in Karnataka and Andhra Pradesh, Thai Pongal in Tamil Nadu, and Sukarat in Central India.

INDIAN CUISINE

A cuisine is a style of cooking characterized by distinctive ingredients, techniques and dishes, and usually associated with a specific culture or geographic region. Regional food preparation traditions, customs and ingredients often combine to create dishes unique to a particular region.

A cuisine is primarily influenced by the ingredients that are available locally or through trade, they can even be made into distinct ingredients themselves when they become popular within a region

Indian cuisine consists of a variety of regional and traditional cuisines native to the Indian subcontinent. Given the diversity in soil, climate, culture, ethnic groups, and occupations, these cuisines vary substantially and use locally available spices, herbs, vegetables, and fruits. Indian cuisine reflects an 8,000-year history of various groups and cultures interacting with the Indian subcontinent, leading to

diversity of flavours and regional cuisines found in modern-day India. Later, trade with British and Portuguese influence added to the already diverse Indian cuisine.

Early diet in India mainly consisted of legumes, vegetables, fruits, grains, dairy products, and honey. Staple foods eaten today include a variety of lentils (dal), whole-wheat flour (aṭṭa), rice, and pearl millet (bājra), which has been cultivated in the Indian subcontinent since 6200 BCE. Beef is generally not eaten by Hindus in India except for Kerala, parts of southern Tamil Nadu and the north east.

Staple foods of Indian cuisine include pearl millet (bājra), rice, whole-wheat flour (aṭṭa), and a variety of lentils, such as masoor (most often red lentils), tuer (pigeon peas), urad (black gram), and moong (mung beans). Lentils may be used whole, dehusked—for example, dhuli moong or dhuli urad—or split. Split lentils, or dal, are used extensively. Some pulses, such as channa or cholae (chickpeas), rajma (kidney beans), and lobiya (black-eyed peas) are very common, especially in the northern regions. Channa and moong are also processed into flour (besan).

Many Indian dishes are cooked in vegetable oil, but peanut oil is popular in northern and western India, mustard oil in eastern India and coconut oil along the western coast, especially in Kerala and parts of southern Tamil Nadu. Fish and beef consumption are prevalent in some parts of India, but they are not widely consumed except for coastal areas, as well as the north east. Lentils are a staple ingredient in Indian cuisine.

REGIONAL CUISINES

Cuisine differs across India's diverse regions as a result of variation in local culture, geographical location (proximity to sea, desert, or mountains), and economics. It also varies seasonally, depending on which fruits and vegetables are ripe.

✓ ANDHRA PRADESH

Andhra cuisine is deeply inspired by the rich cultural heritage, the regional flavors, and Royal Nawabi recipes. Their food is characteristically spicy and tangy with a liberal use of red chilies, green chilies, tamarind, coconut and other Indian spices.



Traditional Andhra Pradesh food includes hot and spicy dishes like tamarind rice (Pulihora), Poppadams, Andhra pappu, Gongura Chutney, Pesaratu, Pulusu, Avakkai Pickles made of raw mango, seasoned eggplant (GuttiVankaya Kura) etc. Other Andhra specialties are Rasam, different types of curd preparations, Sambar, Payasum etc. Andhra Pradesh is also famous for its snacks like Chekkalu, Guggillu, Bondaalu, Mirapakyabajji, Boondi and much more. Non-vegetarian delicacies include chicken fry (KodiIguru), Gongura mutton, chicken gravy (KodiPulusu) etc.

✓ ARUNACHAL PRADESH

Arunachal Pradesh is one of the states of the India where the dishes vary within the region according to tribal influence. As you move towards the eastern side of Arunachal, people are dependent on bamboo and other leafy vegetables which are strictly boiled. Fried food is not very popular as people like to eat either boiled or smoked food. Non-vegetarian dishes are always a preference in Arunachal, and the food is cooked with minimum spices.



Traditional Arunachal Pradesh food includes Rice that is prepared in two different styles Dung Po and Kholam, Nou kai noo som (a chicken preparation with tender fermented bamboo shoots), Nou moo phan (pork blended with local herbs), Nou moo shen (fried pork prepared with bamboo shoots), Paa nung (fish blended with local herbs and wrapped in tong/ekkam and steamed), Pasa (a fish soup prepared from fresh raw fish), Pika Pila, Lukter or powdered chilli prepared with chicken or pork and bamboo shoots, Amin or gravy rice granules prepared with meat, and Baka/kopi boil, a wild eggplant, Ngatok (an authentic fish curry), Pehak, Apong (rice beer), Marua, Chura Sabji, Momos,

✓ **ASSAM**

Assamese cuisine is a mixture of different indigenous styles with considerable regional variations and some external influences. It is a heaven for non-vegetarians. Delicious pork, chicken and mutton dishes will leave you craving for more.



The staple food of Assam is fish and rice cooked in a variety of ways, Steamed rice, Poita (cooked rice soaked overnight) garnished with mustard oil and onions, Komal Saul (soaked with milk). Among the non-vegetarian items that form a part of the Assamese cuisine, the favorites are chicken, pigeon, duck and fish - the most popular varieties being Rohu, Hilsa, Puthi and Chital. Masor Jhol (sour fish curry), Manxo (preferably duck meat), Mati Mahor Dali (black gram dish) are some of the other local non-vegetarian delicacies. Hukoti (made of small dried fish) is also a hot favorite among the native people of Assam and so is Eri Polu which is a unique and exotic non-vegetarian dish of the state.

Some of the local vegetarian dishes are Khar Anja (dish made with raw papaya), Aloo Pitika (mashed potato dish seasoned with green chilies, onion, salt and mustard oil), a variety of Pitikas (mashed potatoes, brinjal or tomatoes), Tenga (a type of sour curry which may be fish tenga or simple vegetable tengas) along with Kahudi, Kharoli And Khorisa (bamboo shoots), and different types of Pithas (rice cakes) - Ghila pitha, Til pitha, Sunga pitha, Tekeli pitha, Bhapotdiya pitha, Tora pitha, Kholasapori pitha & Xutuli pitha.

✓ BIHAR

The historically rich land of Bihar is famous for the plethora of delicacies that feature in its cuisine. Their cuisine is mainly a combination of Bhojpuri cuisine, Maithil cuisine, and Magahi cuisine and is predominantly vegetarian. However, there is also a tradition of meat-eating, and fish dishes. People in Bihar like their food to be spicy.



Litti Choka may be the crown jewel of Bihari cuisine, but that's not the only delicacy the state has to offer. Their traditional food includes Sattu, Kadhi Bhari, Khichdi, Ghugni, Pittha (something like momos), Choorā (beaten rice, served with a coat of creamy curd and sugar or jaggery), Dhuska (a deep fried item prepared from a mixture of powdered rice and ghee but is salted) and famous Bihari kebabs. As the seasons change so does the Bihari thaali. The constants are rice, roti, achar, chatni and dals.

✓ **CHHATTISGARH**

The State of Chhattisgarh, which is aptly known as the “Rice bowl of India” has a rich tradition of food culture. Much like the other states of India, their cuisine is much influenced by the cuisine of the neighboring states and their staple diet majorly constitutes rice, wheat, jowar, and maize.



One of the well known traditional dishes of Chhattisgarh is Iddhar. Mostly the food in Chhattisgarh is made of rice, rice flour, curd and a variety of green leafy vegetables like Lal Bhaaji, Chowlai Bhaaji, Chech Bhaaji, Kaanda Bhaaji, Kochai Patta, Kohda and Bohar Bhaaji. The other traditional dishes includes Muthia/Faraa (rice rolls in white sauce), Aamat, Chila(dosa like dish made with rice batter), Bhajia (pakodas), Sabudana Khichdi, Bara (a unique variant of Vada), Dudki kadi, Angakar roti, Chousera roti (rice puris). One of the common meals is Bore Baasi (dipped rice from last cooked meal).

✓ GOA

Goan cuisine, like the land itself, is a mix of east meets west. It has many flavors and tastes with its vast treasure trove of culinary delicacies. Goan food is simple but most, though not all of it, is chili hot, spicy, and pungent. No other cuisine in India can claim such contrasting influences. Items made from rice, fish, and coconut abounds in nearly every Goan meal.



In the traditional dishes of Goa, seafood always has a pride of place in some form or the other. From fried fish to exotic concoctions like ambot-tik, sea food is usually a must on the menu. Kingfish is the most common delicacy. Others include Pomfret, Shark, Tuna and Mackerel.

Seafood such as squids, prawns, lobsters, crabs, clams, ladyfish, mussels, and oysters are used to make a variety of curries, fries, soups and pickles. Besides fresh seafood, dried and salted fish dishes known as Fish Suke or Dhabdhabit are also highly prized by Goans.

Since Rice and Goan fish-curry is the staple of Goans, the Goan cuisine also has a wide variety of other significant specialities like Fried Fish, Fish Udid Methi or Uddamethi, Crab Xec Xec, Chicken Carfreal, Sorpotel (rich stew which is made from pork) , Mushroom Xacuti, Mackerel Reacheado, Sanna(a dry rice cake, considered to be a Goan variant of idli), Goan Sausages, Solachi Kadhi (Kokum curry), Canja de Galinha (a type of chicken broth served with rice and chicken), Samarein Chi Kodi (Goan curry made with fresh and dried prawns), Vindaloo, Feijoada (a stew brought by the Portuguese), Patoleo or Patoli, Balchão, Tondak and Chamuça (a Goan derivative of the samosa)

The well-known sweet dishes in Goa are Arroz doce (a Portuguese derivative of kheer), Bebinca (famous Goan multi-layered cake) Nevryo, Khaje, Revdyo, Peda, Puran Poli, Sakhar Bhat, Mangane, and Payasa.

✓ GUJARAT

The Gujarati cuisine is delightfully delicious with a combination of leafy vegetables and pulses subtly flavored with spices to the accompaniment of rice and a variety of bread.



The typical Gujarati thali consists of Rotlo (roti), papad, dal, kadhi, Bhat (rice), shaak/sabzi, chutneys, pickle, sweetened yogurt, Kathor, Farsaan like Dhokla, Pathra, Samosa and Misthaan like Mohanthal, Jalebi, Doodh Pak, Gharis, Nankhatais etc. Some of the other popular dishes of Gujarat are Khaman Dhokla (a salty steamed cake), Khakhra, Fafda, Thepla, Oondhiya, Khichdi, Debra (flour mixed with spinach and yoghurt), Surat Paunk, Chakli and Sev Ganthia

✓ HARYANA

Haryanvi cuisine is like the people of Haryana - simple, earthy and inextricably linked to the land. Their food is rich and designed to delight and satisfy, rather than dazzle. Haryanvis are predominantly vegetarian and some of their dishes are highly inspired from the Punjabi Cuisine.



Some of the traditional dishes from the cuisine of Haryana are Kachri Ki Sabzi, Singri Ki Sabzi, Methi Gajjar, Hara Dhania Cholia, Kadhi Pakora, Mixed Dal, Khichdi, Bathua Raita, Bajra Aloo Roti, Bhura Roti with Ghee, Meethe Chawal, Tamatar chutney and Aloo ki tikki. Since Haryana is popular for its cattle wealth, there is no dearth of milk as well as milk products in the cuisine of Haryana. In fact, Milk, buttermilk and ghee form a compulsory part of the diet of a typical Haryanvi's meal. Even the sumptuous desserts Gajar-ka-Halwa, Alsi ki pinni, Kheer Churma, Malpuas and Raabri are churned out of easily available ingredients.

✓ HIMACHAL Pradesh

Himachal Pradesh apart from being blessed with breathtaking natural beauty is also a tasteful blend of exquisite Pahari cuisine. The day-to-day food of Himachal is very similar to that of the rest of north India, but their cuisine has a unique aroma and flavor to it.



Traditionally, Himachali cuisine is dominated by red meat and wheat bread, but lentil, broth, rice and vegetables are also part of their cuisine. Dham is the most popular traditional mid-day-feast served during all the celebrations and festivals in Himachal. It includes aromatic rice, moong dal, madra of kidney beans and Mitha Bhatt or Mithdee teamed with boor ki kari and sweet and sour sauce made from tamarind and jaggery. Some of the other specialities of Himachali cuisine includes Mash daal, Manee, Chaa Gosht, Kullu Trout, Auriya Kaddu/Kaddu ka khazta, Aloo Palda, Pateer, Chouck, Babru (Himachali version of the famous North Indian kachoris), Sidu, Bhey, Pahadi chicken, Channa Madra, Chamba style fried Fish, Bhagjery, Patande, Tudkiya Bhath, Akotri, Gahat Ka Shorba and Madira.

JAMMU AND KASHMIR

The State of Jammu & Kashmir is known for its traditional and street foods. But the food of Jammu and Kashmir differs from region to region. While Kashmiri cuisine is essentially meat-based, Jammu is predominantly vegetarian and has a staple diet of rice, wheat, and beans.



Jammu cuisine features various chaats, especially Gol Gappas, Kachalu, Chole Bhature, Gulgule, Rajma Kulche and Dahi Bhalla. Their main course includes Ambal, Khatta Meat, Kulthein Di Dal, Dal Patt, Maa Da Madra, Rajma with Rice, and Auriya. Jammu is also known for its Sund Panjeeri, Patisa and Kalari cheese.

Since Kashmiris consume meat voraciously, Meat, along with rice, is the most popular food item in Kashmir. Mutton and Turnips, Chicken and Spinach, Fish and Lotus Root are other very popular combinations in Kashmiri meals. Popular vegetarian dishes of Kashmir are Dum-aloo and Chaman- fried paneer in a thick sauce. Sweets do not play an important role in Kashmiri cuisine. Instead, Kahva is used to wash down a meal.

The highlight of Kashmiri cuisine is the formal banquet called Wazawan that includes a spread of over 36 courses. Almost all the dishes are meat-based (lamb, chicken, fish, but never Beef). It is considered a sacrilege to serve any dishes based around pulses or lentils during this feast. It is served in a large serving dish piled high with heaps of rice, decorated and quartered by Seekh Kababs, Pieces Of Meth Maaz, Tabak Maaz, sides of Barbecued Ribs, and Safed Kokur And Zafrani Kokur, along with other dishes. The meal is accompanied by yogurt garnished with Kashmiri saffron, salads, Kashmiri pickles, and dips.

✓ JHARKHAND

The Jharkhandi cuisine is traditional and a combination of various locality in Jharkhand Region. The cuisine has both vegetarian and non-vegetarian dishes. Though the people of this state generally don't relate to mouth-watering delicacies, but like all the other states it too has some staple and a delicious treasure trove of recipes. Some are traditional and others are adopted from a mixed culture of adjoining areas.



The staple food of Jharkhand is Daal, Bhaat, and Tarkari. However, there are several popular exotic dishes like Dhuska(prepared from rice and lentil batter) served with with traditional ghugni (a simple curry made with black chickpeas), Litti, Pittha(prepared with wheat flour, suji, rice and it's stuffed with vegetables and lentils), Rugra(type of mushroom), Chilkha Roti (prepared using rice flour and besan), Malpua (desi pancake), Bamboo shoots, Aloo Chokha (prepared with mashed potatoes, fried onion and spices)

✓ KARNATAKA

Kannada cuisine, being one of the oldest cuisines is a felicity for a foodie and includes many vegetarian and non-vegetarian dishes.



Some typical dishes include Masale dose, Mysore Masala Dosa, Bisi bele bath, Jolada rotti, Chapati, Ragi rotti, Akki rotti, Saaru, Idli-vada Sambar, Maddur Vade, Vangi Bath, Khara Bath, Kesari Bath, Benne dose, Neer Dose, Ragi mudde, Paddu/ Gundponglu, koli saaru (chicken curry), Maamsa Saaru (Mutton Curry), and Uppittu. Some districts are famous for spicy varieties of pork curries while coastal Karnataka boasts of many tasty seafood specialties. Among sweets, Mysore Pak, Holige, or, Obbattu, Dharwad pedha, Chiroti, Sajjige, Kadabu/ Karjikaayi are well known.

✓ KERALA

Kerala, known as the 'Land of Spice' is every food lover's paradise. The cuisine of Kerala offers a multitude of both vegetarian and non-vegetarian dishes, ranging from the traditional Sadya (traditionally a vegetarian meal served on banana leaf) to seafood delicacies. Most of the non-vegetarian dishes are prepared using fish, poultry and red meat with rice a typical accompaniment. Chilies, curry leaves, mustard seeds, turmeric, tamarind and asafoetida are all frequently used.



Some of the traditional dishes of Kerala are Puttu (cylindrical steamed rice cake) and Kadala Curry (black chickpeas/kala chana), Appam with Stew, Dosa Ghee Roast with Kerala Style Sambar, Idiyappam/Noolappam with Egg Curry, Nadan Kozhi Varuthathu aka Spicy Chicken Fry, Kerala Prawn Curry, Kallumakkaya Ularthiyath or Mussel Stir Fry, Erissery or Pumpkin and Lentil, Naadan Beef fry or Kerala Style Beef Fry and Malabar Parotta, Kerala style Fish Molee/Moly, Tapioca and Fish Curry and Puttu.

✓ MADHYA PRADESH

Apart from being home to various monuments, forts, temples and lively bazaars, Madhya Pradesh also offers some mouth watering traditional dishes that represents different cultures.



The food of Madhya Pradesh differs from region to region and offer both vegetarian and non-vegetarian food. Some of the popular food items of Madhya Pradesh are Kusli, Lavang Lata, Poha Jalebi, Pilaf With Peas, Indori Puri Palak Ki, Daal Bafla (made of wheat and is served with ghee and daal), Bhatte Ka Kess (made of milk and corn), Garadu, Chakki Ki Shak, Palak Puri, Gosht Korma, Roghan Josh, Spicy Kebabs, Biryani, Korma, Fish, Meat and Keema.

✓ MAHARASHTRA



Maharashtrian/Marathi cuisine covers a range from having mild to very spicy dishes. While wheat, rice, jowar, bajri, vegetables and lentils forms the staple

of the Maharashtrian diet, fish curries and rice are quiet popular in the coastal belt, and mutton curries in the east. Other than the Maharashtra thali that comprises of Puran-poli, bhaaji (vegetable dish seasoned with Goda masala), chutney, koshimbir, papad, rice, varan (plain old boiled dal), Amti, Rassa and pickles, few common and popular snacks of this state are Vada-pav, Pav-Bhaji, Poha, Chivda (spiced flattened rice), Upma, Misal Pav(Kolhapuri preparation), Matar-usal-pav, Thalipeeth(spicy pancake eaten with yogurt), Sabudana Khichadi, Bhadang(spicy puffed rice), Shira(semolina pudding), Chana daliche, Sabudana Vada, Methi Vada, Chili bhajji and Bombay Sandwich.

✓ **MANIPUR**

Manipur has about 33 different tribes and each has its own distinct cuisine. But mostly all their dishes are typically spicy and healthy. Ngari (fermented fish), Iromba, Chamfoot, Morok and various indigenous herbs are popular in this state and are used in their foods often.



While their staple food is rice along with fish and vegetables, some popular dishes include, Nga-Thongba (fish curry), Ooti (a typical Manipuri vegetarian dish), Chagem Pomba (made with fermented soya, mustard leaves), Chamthong or Kangshoi (a stew cooked with seasonal vegetables), Mangal Kangtak (green pea curry), Sana Thongba and Morok Metpa or Malta Meh (side dish).

✓ **MEGHALAYA**

Meghalaya is home to three Mongoloid tribes and has a unique cuisine. Their staple food is rice with spicy meat and fish preparations. They rear goats, pigs, fowl,

ducks, and cows and relish their meat. Meghalayan cuisine can be divided into three distinctive styles: Garo, Khasi, and Jaintia.



The popular dishes of Khasis and Jaintia are Jadoh, Ki Kpu, Tung-rymbai, and pickled bamboo shoots. Bamboo shoots are also a favorite dish of the Garos. Garos eat most non-domesticated animals, though their everyday staples are simple foods such as rice with kapa. Kapa can be of different kinds, such as with various kinds of meats, vegetables, etc. They also eat Minil (sticky rice), Sakkin gata, Nakam (dried fish) and Gran (dried smoked meats).

The most famous foods of Meghalaya are Jadoh, Nakham Bitchi (soup), Dohkhlieh (salad), Pumaloi and Blood sausage.

✓ **MIZORAM**

Mizoram's cuisine is mild, zesty and tinted with influences of North Indian and Chinese cuisines. The aura, the look the taste of Mizo food is sure to tickle the taste buds leaving one craving for more. Like in most of the North-East regions, rice is the staple and usually goes with a non-vegetarian preparation, usually fish, with fresh, local and seasonal vegetables.



Mizo people are ardent fans of meat and consume it in different forms such as pork, beef, chicken, duck, lamb, etc. Their local specialty is Bai (made of pork, spinach, and bamboo shoots). Other popular delicacies of Mizoram are Arsa Buhchiar (chicken), Vawksa Rep (smoked pork), Sawchair (pork and chicken accompanied by rice), Misa Maas poora (shrimp), Poora Haah (Roast duck curry), Koat Pitha, Poora Mach, Paanch Phoran Tarka, Bamboo shoot Fry and Laksa Stock. The popular beverages here are Lubrusca grape wine and Zu (a form of tea).

✓ **NAGALAND**

Naga cuisine is known for its variety and simplicity. Nagas tend to prefer boiled edible organic leaves and their food is spicy. Rice, pork, chicken, dog, insects and worms, vegetables, and famous chili sauces are essential in the Naga diet.



A typical Naga meal consists of a meat dish, a boiled vegetable dish or two, rice and chutney (Tathu). Some common dishes are fermented bamboo shoot with fish and pork, Axone (soyabean) with smoked pork and beef, Anishi(dry colocasia stems and leaves), Bushmeat (dogmeat), Akini (perilla seeds), Chokibo (snails) and Samathu (pork)

✓ ODISHA

Odisha is a quintessential gourmet central for every foodie. With a simple yet delicious cuisine, Oriya dishes are rich and varied and rely on local ingredients. Rice paired with vegetables, is the staple food of the people in this state. But a majority of the people from Odisha are non-vegetarians and fish forms an integral part of their traditional cuisine.



A typical main course consists of rice or chapatti, along with Dal, Bhaji, Bharta (mixed vegetable curry), Ambila/Sakara (sweet and sour preparation) and dessert. Other famous dishes of this state are Khechadi, Dalma, Chungdi Malai (prawns in coconut milk), Chhena poda, Ghanta(sauté veggies), Kankara Jhola (Crab meat and potato curry), Maachha Jhola (Fish curry), Pakhala Bhata, and Soriso Maacha (Pan fried fish)

✓ PUNJAB

Punjabi Cuisine is one of the most distinct and popular Indian cuisines offering a vast variety of delectable and exotic vegetarian and non-vegetarian dishes that are prepared with varied traditional culinary styles, particularly the tandoori style.



Some favorite delicacies from the land of bhangra are Sarso ka saag with Makki ki roti, Butter Chicken, Amritsari Kulchas, Chole bahture, Paranthas, Daal Makhni, Amritsari Fish, Paneer Tikka, Punjabi Kadhi Pakoda, Rajma Chawal, Gobhi-shalgam-gajar achar, Pinni, Halwa, Shakkar Para, and Lassi.

✓ RAJASTHAN

The state of Rajasthan is famed for its rich regal culture, heritage, and cuisine. Due to arid nature of the region, the extreme climatic conditions, scarcity of water and vegetation, Rajasthanis have moulded their culinary styles in such a way that many of their dishes can be shelved for several days and served without heating.



Rajasthan is known for its snacks like Bikaneri Bhujia, Mirchi Vada, Kalmi Vada, and Pyaaj Kachori. Some of the other famous delicacies from the land of the Maharajas are Dal Bati Churma, Laal Maas, Bajre ki roti and Lashun ki chutney, Mohan Maas, Gatte ki sabzi, Shahi Gatte, Rajasthani Kadhi, Panchmel ki Sabzi, Khichdi. Rajasthan is also known for its toothsome sweets like Ghujia, Ghevar, and Balushai.

✓ SIKKIM

Sikkim has a blend of cultures and traditions of Nepal, India, Bhutan and Tibet. The Sikkimese cuisine is a reflection of this diversity.



Most popular and easily available food of Sikkim is Momos and Thukpa/Gyathuk (Tibetan style noodles in soup). From roadside shacks to the most expensive restaurants, you will find these dishes on every menu. But Sikkimese cuisine is much more than just Momos and Thukpa. Kinema curry (Fermented soybean), Gundruk and Sinki Soup (Fermented vegetable soup), Gundruk ko Achar (Pickle), Chhurpi Soup (Traditional cottage cheese), Chhurpi ka Achar (Pickle), Chhurpi-Ningro Curry (Chhurpi with wild fern), Sael Roti (Fermented rice product), Shimi ka Achar (String bean pickle), Pakku (Mutton curry), Chang (Thomba) and Mesu Pickle (Fermented bamboo shoot) are some of the other famous local dishes of Sikkim.

TAMIL NADU

Tamil Nadu has a rich cuisine involving both traditional vegetarian and non-vegetarian dishes. Grains, lentils, rice and vegetables are the main ingredients of the traditional foods of Tamil Nadu.



During Virundhu (feast) in Tamil, Saapadu (a typical meal) consists of rice with other typical Tamilian dishes is served on a banana leaf. Some of the other common and popular dishes of the region are Idly, Dosa, Vada, Pongal, Uttapam, Banana Bonda, Rasam, Sambhar, Lemon Rice, Coconut Chutney and Paruppu Payasam. The most famous and popular beverage of this state is Filter Coffee.

✓ TELANGANA

Telangana may be a newly formed state in India but its distinctive cuisine retains the old flavors and includes a wide variety of sweet and savory dishes. The staple food in Telangana is millet bread with spicy accompaniments. The cuisine of

Telangana is the spiciest of all Indian cuisines and hot pickles are a must with daily meals.



Jowar roti, Jowar ghatka, Maize vadas (makka garelu) are staple bread eaten during meals. Some of the famous and popular dishes of this state are Kooru (curry), Sajja Rotte, Makka Rotte, Uppudi (broken) Rice, Jonna Rotte (sorghum), Vankaya Brinjal Pulusu, Arintikaya Banana Pulusu Or Vepudu, Palakooru (spinach dish with lentils), Boti, Thunti Kooru (prepared using red sorrel leaves), Sarva Pindi (spicy pancake), Tomato Kura, Salla Charu, Dosakaya Pappu and Pachi Pulusu.

Non-vegetarian dishes include Kodi Pulusu, Mamsam (meat) Vepudu. Other popular non-vegetarian dishes are Golichina Mamsam (spicy mutton fry), Telangana Mutton Curry, Mutton Pulao, Kodi Pulao, Komzu Pitta Roast, Talakaya Kura, Mutton Liver Fry, Oorru Kodi Pulusu (flavored chicken curry), and Vepudu.

✓ TRIPURA

Tripura has a rich heritage and cultural past. The cuisine of Tripura has considerable variety and you get plenty to savor in both vegetarian and non-vegetarian segments. The traditional cuisine of Tripura is called Mui Borok.



One of the most important ingredients of Tripuri cuisine is Berma (fermented dried puthi fish). It is used as a spice in most of the dishes. Some of the famous delicacies of this region are Awandru, Kosoi Bwtwi (Made with berma and beans), Chakhwi, Chakhwtwi, Chakhwtwi Kwthwng, Thokni Chakhwi, Mosdeng Serma (Tripura chutney), Chatang, Deng, Gudok, Hang, Ik, Muitru, Hontali, Muhr, Mwkhwii, Napek, Peng, Rabra, Ruk, Ser, Sok, Yohk and Yaksapik.

✓ **UTTAR PRADESH**

The culinary narrative of Uttar Pradesh reflects the diversity of its cultural landscape. The food specialties here are wide, ranging in variety, taste, and flavor. Their cuisine is categorized into six groups- sweet, sour, salty, spicy, bitter and astringent.



Some of the most famous delicacies of UP are Puri-Aloo, Kachori, Dum Pukht Biryani, Meat, Korma, Kababs, Pasandas (tender steak), Nargisi kofta, Kundan Kaliya (mutton), Zamin Doz and Murg Mussallam.

Even sweet delicacies like Agra ka Petha, Mathura ka Peda and Meerut ki Gazak and Rewri are quite popular.

✓ **UTTARAKHAND**

The beautiful state of Uttarakhand has a very simple, yet delicious cuisine. The food habits of the people change according to the changing seasons. So, if in winters Mathir and Til Laddus or Madua Rotis are preferred, in summers, Dubkas with Chholia Rotis are savored.



Some of the other famous dishes of Uttarakhand are Phanu (lentils), Kafuli (Spinach gravy), Thechwani (Radish root), Chainsoo (black gram daal), Jhol, Bhaat, Gahat ke paranthe with chutney and Roat

✓ **WEST BENGAL**

West Bengal is famously known as the land of Maach aar Bhaat (fish and rice). Their cuisine is as rich and distinct as the state itself. Bengali cuisine is also known for its subtle (yet sometimes fiery) flavors and its spread of confectioneries and desserts.



Traditional food of West Bengal includes Dimer Dhokkar Dalna and Luchi, Bhapaa Aloo, Chingri Malai Curry (Prawns), Sorsebata Ilish Maach, Bengali Lamb Curry, Doi Maach, Baigun Bhajja, Patishapta and Sandesh,

Some of the other delicacies that form part of this cuisine are Sukto (a bitter preparation of bitter gourd, brinjal, sweet potato and plantain), Ghonto (vegetables, with or without fish, cooked in milk), Jhol, Ambole (sweet and sour dish of fruit, vegetables or fish) and Pitha (cakes of rice flour or sweet potato fried in syrup).

INDIAN COSTUMES



India is the land of “**Unity in diversity**”, it harbors various cultures, traditions, religions, castes, languages, races, and ethnic groups. **Diversity** means the difference in people’s race, religion, language, and dresses, however, **Unity** is being together as an Indian Society.

India has 28 states and 8 union territories, each having a different culture and civilization. Each state has its own **traditional clothes** and fashion culture.

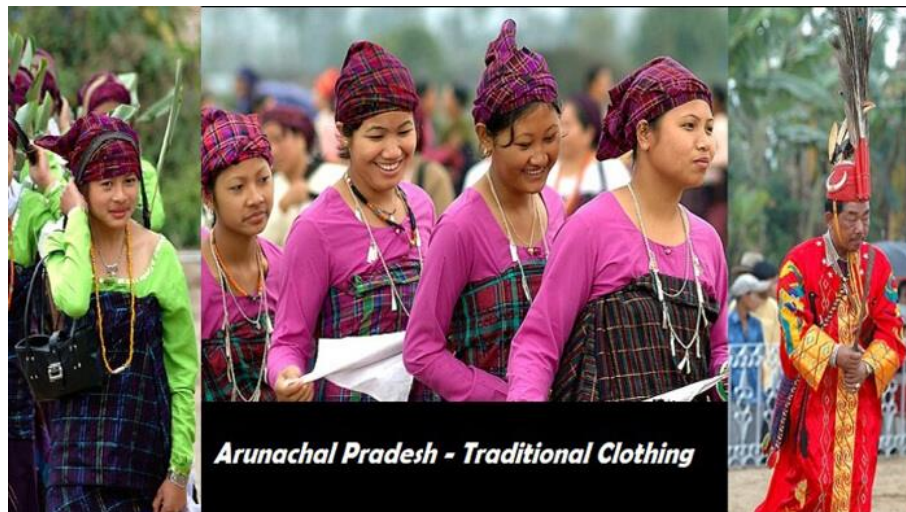
- **Andhra Pradesh**

Andhra Pradesh is a southern state in India. It shares its boundaries with Telangana, Chhatisgarh, and Odisha with the Bay of Bengal in the east. Called the “**Rice Bowl of India**” as they grow rice in plenty.

Andhra Pradesh is regarded as the **Kohinoor of India** for its famous weaving and dying industry. The traditional wear of Andhra Pradesh is much the same as other southern Indian states. Men usually wear kurta and dhoti, while lungis are also worn with a kurta. Muslim men wear pajamas with kurta in place of the dhoti.

The women of Andhra Pradesh wear saree and they are original handloom sarees, young women wear Langa Voni. For marriage ceremonies, the bride wears silk sarees which are red and decorated with gold plating, while the bridegroom wears kurta and full-length dhoti.

- **Arunachal Pradesh**



Arunachal Pradesh is the north-eastern state of India bordering with Nagaland and Assam to the south, while Myanmar to the east, Bhutan in the west, and China to the north. Their dresses are very vibrant, bright and their myriad patterns vary with different tribes. The Attire of Arunachal Pradesh is remarkable and famous all over India.

The Monpas, Buddhist community are famous for their skull cap, women wear sleeveless chemise with a long jacket. There is a narrow strip of cloth that they tied around their waist to keep chemise tied in place.

Bamboo earring and silver earrings are very common. Females of tribes residing in lower Kamla valley have a very peculiar costume. They tie their hairs in a knot just above their forehead.

- **Assam**



Assam is surrounded by seven northeastern states in India. The traditional dress for men is dhoti-kurta while for women they wear '**Mekhela-Chador**' or '**Riha-Mekhela**'.

This traditional dress is made from the prestigious '**Muga Silk**' which is the peculiarity, as well as the pride of Assam. They also wear 'Dokhora' and dresses like a salwar suit, sari, etc. Women feel proud to wear handloom products, especially Mekhela chador, during special occasions like weddings and festivals like Bihu and Saraswati puja.

The women of the Bodo Tribe wear Mekhela paired with a chadar while women of the Thai Phake Tribe wear a striped girdle called Chiarchin. The traditional dress worn by the menfolk of Assam is 'Suria' or 'dhoti' and 'kameez' or 'shirt' and over it, a chadar known as 'Seleng' is spread.

- **Bihar**



The traditional dress of **Bihari** people includes the dhoti-mirjai or the kurta for men and Saree for women. The effects of western culture have also affected the lives of the people of Bihar where women prefer to wear saree or Kameez-Salwar. The saree is worn in the “**Seedha Aanchal**” style traditionally. Western shirts and trousers are also becoming very popular in both rural and urban male population.

- **Chhattisgarh**



Chhattisgarh is a central state of India. It’s rich in culture, legacy, and enormous diversity of various ethnic sets. Chhattisgarh tribes wear bright and colorful fabrics. They love to wear jewelry on their neck. Chhattisgarh traditional women clothing is Kuchhora style saree. Their saree are knee-length.

Men in tribal groups wear dhotis and headgears like cotton turbans. The fabrics used are linen, silk, and cotton and they are usually painted with molten wax. Their tie and dye technique used in fabrics is called Batik.

- **Goa**



Goa the land of beaches is immensely popular among tourists. The women of goa wear Nav Vari which is a 9-yard saree studded with precious stones and worn with beautiful accessories.

Other women's traditional costumes are '**Pano Bhaju**'. The men in goa wear brightly colored shirts, half pants, and bamboo hats.

- **Gujarat**

The traditional dress of **Gujarat** is unique in its own way. The women wear Chaniyo choli, Chaniyo is a colored petticoat embroidered with glass pieces while choli is a colored piece of coarse cloth covering the upper body.



Along with the colorful attire, women adorn themselves in sparkling ornaments. Men wear Chrono & Kediya, but nowadays instead of wearing traditional outfits, people dress in modern apparel.

- **Haryana**



Women love to wear colorful dresses. Their basic trousseau includes '**Damaan**', '**Kurti**' & '**Chunder**'. '**Chunder**' is the long, colored piece of cloth, decorated with shiny laces, meant to cover the head and is drawn in the front like the '**pallav**' of the saree. Kurti is a shirt like a blouse, usually white in color. The '**Daaman**' is the flair ankle-long skirt, in striking colors.

The men generally wear '**Dhoti**', the wrap-around cloth, tucked in between the legs with a white-colored kurta worn atop it. 'Pagri' is the traditional headgear for men, which is now worn mainly by the old villagers. All-white attire is a status symbol for men.

- **Himachal Pradesh**



The people of **Himachal Pradesh** mostly wear woolens as its best suited to the climate. Scarves and shawls are ubiquitous with the women while the men can be found in various types of Kurtas and the typical Himachal cap.

- **Jammu and Kashmir**



The Pheran is the prominent attire for **Kashmiri** women. The Pheran is worn by women usually has Zari, embroidery on the hemline, around pockets, and mostly on the collar area. Ladies prefer a suit and Burgha in summer and Pheran are preferred in autumn.

The typical dress of a Kashmiris man both Hindu and Muslim is Pheran, a long loose gown hanging down below the knees. The men wear a skullcap, a close-fitting **shalwar** (*Muslims*), or **churidar pajama** (*Pandits*).

- **Jharkhand**



On auspicious occasions in **Jharkhand** like Pooja Text or Wedding Vagera, people wear their local traditional clothes like kurta, pajamas, lehenga, saris, dhoti, sherwani, etc. Tussar silk sarees are made in Jharkhand, known for their elegance and unique look. Tribal women wear Parthan and Panchi.

But nowadays people have moved on from wearing traditional dresses to adopt western culture garments. People here started wearing jeans, t-shirts, shirts, lower, jackets, belly, blazer suits, etc.

- **Karnataka**



The traditional clothing for women in **Karnataka** is a saree made of silk. Karnataka is known as the Silk hub of India as a wide variety of silk can be found here. Mysore and Bangalore are mainly famous for their silk industries.

Kanchipuram or Kanjeevaram silks of Karnataka are very famous all over India. The traditional dress for men in Karnataka is Lungi, worn under the waist below a shirt. Mysore Peta is a conventional headdress for men.

- **Kerala**



The traditional clothing of women in **Kerala** is the 'Kerala Saree' or the **Mundum Neriyathum**. This is in two pieces, one is draped on the lower part of the body and then the neriyathu is worn over a blouse.

The men of Kerala tend to be more conservative than women and stick to tradition. Mundu is worn on the lower part of the body and is a long garment tucked around

the waist, it reaches their ankles. Many prefer to wear it above their waist and the higher caste drape a cloth over their shoulders.

- **Madhya Pradesh**



Women of **Madhya Pradesh** wear Lehenga and Choli with an Orni or Lugra, which is additional cloth wrapped around their heads and shoulders. Whereas the male community wears dhoti along with Bandi, which is a kind of jacket and headgear.

- **Maharashtra**



Traditional clothes for **Maharashtrian** males include the dhoti, also known as Dhotar, and pheta, while a choli and nine-yard saree locally known as Nauwari Saadi or Lugda are for women.

Traditional clothing is famous in rural areas while traditional people from cities also wear these clothes. These clothes are worn by Maharashtrians while performing various festivals

- **Manipur**



Innaphi and **Phanek** are the **Manipuri** traditional dress for women in Manipur. A shawl or dupatta called Innaphi and a skirt called a Phanek, which is wrapped around the chest. The dress is woven with a hand in horizontal lines.

Men wear dhotis which is four and a half meters long. These are wrapped around the waist and legs and knotted at the waist, and paired with smart jackets or bundis. Headgear is a white pagri or turban.

- **Meghalaya**



Meghalaya has three main tribes Khasi, Jaintias, and Garos, and the traditional dress of each tribe is peculiar. The traditional Khasi female dress is called the Jainsem or Dhara, both of which are rather elaborate with several pieces of cloth, giving the body a cylindrical shape. The traditional Khasi male dress is a Jymphong, a longish sleeveless coat without collar, fastened by thongs in front.

A Garo woman also wears a blouse and an unstitched 'lungi' like cloth which is known as 'Dakmanda.' It is fastened around the waist. Both Garo men and women enjoy adorning themselves with ornaments. The women of the Jaintia tribe wear a

velvet blouse along with a sarong called 'Thoh Khyrwang' which is wrapped around the waist.

- **Mizoram**



Mizo women love to wear Puran, which is the most favorite dress in Mizoram. The lively color and the exceptional designs and fittings made this outfit superb. Puanchei, the gorgeous dress of Mizo girls is a must during weddings and festivals such as 'Chapchar Kut' and 'Pawl Kut'. The shades in the attire are black and white. The black portion of the textile is originated from some kind of synthetic fur. Kawrchei is a fabulous blouse for Mizo girls. That also is hand-woven and cotton material.

Mizo men drape themselves in an almost 7 feet long and 5 wide cloth-piece. In the cold season, some additional cloth is used, one on top of the other, along with a white coat, comes down from the throat enveloping till the thighs. White and red bands, stuffed with designs adorn the sleeves of these coats.

- **Nagaland**



Naga has Red as the most primary color in costumes. The traditional dress material and costume of the Angami men are kilt and wrapper, while the women use a skirt, shawl, and apron. Most of the women, unlike men, wear traditional dresses. A kilt looping down to the knee is a man's typical waist dress which is of light blue color.

A women's skirt is a sheet of cloth that is used by rolling it along the waist and which loops down to cover legs. Neck ornaments are mainly strings of beads, shells, boar's tusks, and horns.

- **Odisha**



In **Odisha** western-style dress has gained greater acceptance in cities and towns among men, although the people prefer to wear traditional dresses like Dhoti, Kurtha, and Gamucha during festivals or other religious occasions. Women normally prefer to wear the Sari (*Sambalpuri Sari*) or the Shalwar kameez; western attire is becoming popular among younger women in cities and towns.

- **Punjab**



The traditional dress for women is the salwar suit which replaced the traditional **Punjabi** ghagra. The Punjabi suit is made up of a kurta or kameez and a straight cut salwar. The Patiala salwar is also very popular in India.

The traditional dress for Punjabi men is the kurta and tehmat, which is being replaced by the kurta and pajama, especially the popular muktsari style in India. It is called muktsari style because it originates from Muktsar in Punjab.

- **Rajasthan**



Traditionally men wear dhotis, kurta, angarkha, and paggar or safa (kind of turban headgear). Traditional Chudidhar payjama (puckered trousers) frequently replaces dhoti in different regions. Women wear ghagra (long skirt) and kanchli (top). However, dress style changes with lengths and breaths of vast **Rajasthan**. Dhoti is worn in different ways in Marwar (Jodhpur area) or Shekhawati (Jaipur area) or Hadoti (Bundi area).

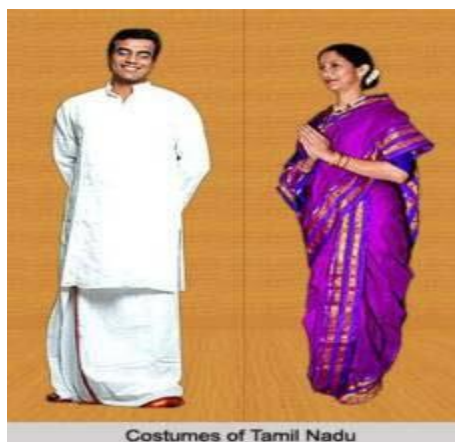
- **Sikkim**



The traditional costume of **Lepcha** women is called Dumvum or Dumdyam. It is an ankle long costume worn like a sari. Another costume worn is Nyamrek which is beautifully attached to the blouse. another community Bhutia wear Bakhu or Kho costumes. It is a loose, cloak-style garment that is fastened at the neck on one side and near the waist with a silk or cotton belt.

Male members wear loose trousers under the Kho. The traditional outfit is complemented by embroidered leather boots by both men and women.

- **Tamil Nadu**



In **Tamil Nadu** women wear sarees. The young girls wear full-length short blouse and shawl, this style of wearing is called Pavada, which also known as a half sari. Now, most of the women in cities are wearing Salwar Kameez, Jeans, and Pants.

The Tamil Nadu men are usually seen dressed in Lungi along with a shirt and Angavastra. The traditional Lungi originated in the South and it is simply a short length of material worn around the thighs like a Sarong. A Dhoti is a longer Lungi but with an additional length of material pulled up between the legs.

✓ **Tripura**



The dress for women for the lower half of the body is called Rigwnai in **Tripuri** and for the upper half of the body, the cloth has two parts Risa and Rikutu. Risa covers the chest part and the rikutu covers the whole of the upper half of the body. Nowadays risa is not worn, instead, a blouse is worn by most Tripuri women because of convenience.

• **Uttar Pradesh**



The costume of **Uttar Pradesh** is a very typical one where the women are clad in their saris adorned by the golden jewelry and **Mangal Sutra** (*a chain with a pendulum gifted by the groom to his bride*) worn by married women while the men look clad in dhoti kurta or kurta pajama. Toe rings are common all over the Uttar Pradesh among the married woman folks.

- **Uttarakhand**



Dress for **females** is Ghagara, Aagari, Dhoti Kurta, Bhotu. While for males churidar pajama, Kurta, gol topi or Jawahar topi, Bhotu, Dhoti, Mirje are worn. Dhoti or Lungi is worn by **men** as a lower garment, with kurta as the upper garment. Men also like to wear headgear in **Garhwal**.

- ✓ **West Bengal**



Bengali women traditionally wear the sari and shalwar kameez. The traditional dress for men like a dhoti, Panjabi, kurta, sherwani, pajama, and lungi are seen during weddings and major festivals.