

EAST INDIA



The states which lie here are:-

Bihar

Jharkhand

Orissa

West Bengal

Assam



STATES OF THIS REGION



All the states have a rich culture.

People who live here mostly pray goddess Durga or Kali. Each state is rich in something or the other. The state of Orissa is famous for the Odissi dance, Bihar is famous for its Madhubani painting and West Bengal is famous for Bengali folk music.

Eastern India has a vast history and much to see in its heritages. Every state is gifted with monuments.





TRADITIONAL DRESSES

Traditional Dress of West Bengal Dresses of women of West Bengal display the state's multi-ethnic way of life. Saree is the traditional dress of women in West Bengal. In West Bengal, sarees are primarily woven in cotton and silk

Traditional Dress of Orissa Women in Orissa wear the Oriya Sari, a simple drape which seems to be the base for all the other Eastern Saris. Traditionally the women of Orissa dress in saree of blue, red and magenta and other deep colours. In Orissa there are many different motifs and designs woven in cotton and silk to create the distinctive saris of Orissa like Bomkai, Sambalpuri which are also famous in the international markets.



Traditional Dress of Bihar

The state of Bihar has inculcated traditional old values to the core. It is known for its hand woven textiles in the field of costume. The village crowd of Bihar adheres to the traditional pattern of dresses and jewellery. The costume of the women folk of Bihar is chosen carefully in keeping with tradition. Saree remains the traditional dress of women in Bihar. nal sarees of West Bengal.

Traditional Dress of Sikkim

The original inhabitants of Sikkim are said to be Lepchas. The female Lepcha wear a two piece dress. The bhutias are the people of Tibetan origin who migrated to Sikkim. The ladies dress consists of a silken "Honju" which is a full sleeve blouse and a loose gown type garment. The ladies are very fond of heavy jewelry made of pure gold



A dark grey background with a repeating floral and vine pattern in a slightly lighter shade of grey.

EAST INDIAN FOOD

BENGALI CUISINE

With an emphasis on fish, vegetables and lentils served with rice as a staple diet, Bengali cuisine is known for its subtle (yet sometimes fiery) flavours, and its huge spread of confectioneries and desserts.

The famous food items are rasgulla and fish curry.



ORIYAN CUISINE

Foods from this area are rich and varied, while relying heavily on local ingredients. The flavors are usually subtle and delicately spiced, quite unlike the fiery curries typically associated with Indian cuisine. Fish and other seafood such as crab and shrimp are very popular.

. Pakhala, a dish made of rice, water, and yogurt, that is fermented overnight, is very popular in summer, particularly in the rural areas. Oriyas are very fond of sweets and no Oriya repast is considered complete without some dessert at the end.



BIHARI CUISINE

Bihari cuisine is predominantly vegetarian because traditional Bihar society influenced by Buddhist and Hindu values of non-violence did not eat eggs, chicken, fish and other animal products.

Some dishes which Bihar is famous for, include **Sattu Paratha**, which are parathas stuffed with fried chickpea flour, **Chokha** (spicy mashed potatoes), Fish curry and *Bihari Kebab, Postaa-dana kaa halwaa*.



FESTIVALS

North East India, commonly known as the “Seven Sisters” comprises of seven states- Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland and Tripura along with Orissa. Each state is unique and culturally rich in its own way. The people of these states are always on a celebration spree. The festivals are celebrated round the year with lots of dance and music. Some festivals celebrate the harvesting season and some are celebrated for worshipping the god. To start with, in all the festivals, people clean and decorate their houses. Preparations of special festive dishes are first offered to various deities. These festivals are celebrated by all irrespective of any religion. All these festivals highlight the region's rich indigenous culture combined with folk songs, tribal dances, cuisines and handicrafts.

DURGA PUJA FESTIVAL IN BENGAL



Durga Puja, the most happening festival of the Bengalis can be sensed with its spurt of fanfare on all the four days of the Durga Puja festival. This autumnal festival popularly known as Sharodotsav, recalls the power of female Shakti symbolized by the Goddess Durga who slays asura to reestablish peace and sanctity on earth again. Bengalis all over the world during these days of Durga Puja rejoice to their heart's content reconnecting with friends and relatives.

BIHU FESTIVAL IN ASSAM



Bihu is one of the most important festivals of Assam and is celebrated with fun and abundance by all Assamese people. The Assamese people celebrate this festival irrespective of caste, creed, religion, faith and belief. “Bihu” word originated from the language of the Dimasa people(Bi means "to ask" and Shu means "peace and prosperity" in the world.)

LOSAR FESTIVAL IN ARUNACHAL PRADESH



Losar" or The New Year festival, is the most important festival of Tawang District in Arunachal Pradesh. The *Monpa Tribe* celebrate this as the coming of a new year. This festival mostly falls in the last part of February or early part of March. The initial celebrations start with people cleaning their homes and discarding all the old items.

RATHA YATRA FESTIVAL IN ORISSA



Ratha Yatra or the **Car Festival** is a huge Hindu festival associated with Lord Jagannath held at Puri in the state of Orissa, India.

This annual festival is celebrated on Ashad Shukla Dwitiya (second day in bright fortnight of Ashad month). In 2012 it falls on the 28th of June. The festival commemorates Lord Jagannath's annual visit to Gundicha mata's temple via aunt's home (Mausi Maa Temple which is near Balagandi Chaka in Puri).

A collage of various Indian cultural and natural landmarks forming the map of India. The collage includes a tiger, a temple, a Buddha statue, a boat on a river, a woman in a sari, a temple gopuram, and a waterfall. The text "Incredible India" is written in a stylized font at the top right, and "VALUES OF INDIANS" is written in a bold, serif font at the bottom right.

A collage of various Indian cultural and natural landmarks arranged to form the geographical shape of India. The landmarks include the Taj Mahal, a tiger, a Buddha statue, a temple, a boat on a river, a woman in a sari, and a waterfall. The text "Incredible India" is written in a stylized font at the top right, and "VALUES OF INDIANS" is written in a bold, serif font at the bottom right.

FAMILY VALUES

We , Indians , alike any other country take inspiration in inculcating ever- pure values in ourselves right from our childhood .

Indian families have deep-rooted family values.

The Indians look their parents and elders with regard. Family elders would also greatly care about young ones.

We believe in sharing their feelings, and stand behind each other in happiness and sorrow.

We celebrate our and other religions' festivals too with lot of passion.



VALUES TOWARDS GUESTS

Guests can be varied . They can be foreigners on trips or relatives or neighbours or anyone .

Indians consider guests to be “Gods”.

Regarding to it as a part of their code – of – conduct , the Indians carry out the verse of “Athithi Devo Bhava” while serving any guest .



Indian people have put up to the expectations of the Vedas and the Upanishads regarding inter - human values through their ever welcoming hospitality and the rich culture and heritage that they give an insight of to everyone.



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