CLUB BE YOU

TABLE OF CONTENTS

Intro---------- page 3

Clothes---------- page 4

Food---------- page 5

Holidays and traditions---------- page 6

Sports---------- page 7

Language---------- page 8

Music and dance---------- page 9

Fun facts---------- page 10

Conclusion---------- page 12

INTRODUCTION

Hello Club Be You!

Welcome Friends. We have some new faces here today with us and our Club is growing which makes me very excited. I have been waiting to meet you all back and am really excited.

Club Be you is a place to be just yourself!!! So all we need to bring here is yourself, your smile and your curiosity.

So today, let's get together and learn about an awesome new culture.

We are so lucky to live in this beautiful country of United States Of America where so many cultures from around the world come together.

This gives us a wonderful opportunity to learn from each other and become welcoming citizens.

Today's culture that we will cover will be the wonderful Indian Culture. We have friends from this culture right here at our school and our neighborhoods as well.

- India has a very rich, colorful and vibrant culture and consists of lots of ancient knowledge.
- It is unique and probably one of the most fascinating cultures in the world.
- The North, South, East and West of India has very different cultures, food and traditions.
- It's a country of many languages. It has 22 Official Languages and many more dialects.
- India Houses one of the World's 7 wonders – The Taj Mahal

CLOTHES

- Clothing in India has great diversity. There is a love for vibrant colors and many times it is also accompanied by jewelry and headwear. A wide mix of Indian traditional clothing and western styles can be seen in India.
- The traditional wear for women are Kurtis and sarees and lehengas. Saari is one of the most famous Indian attire for Women. It is a 9 yard wonder. The origin of the sari can be traced back to the Indus Valley Civilization, which came into being during 2800-1800 BC in north west India. Sari is worn in different styles as well. Jewelry is often matched and accompanied with the traditional clothes
- Men wear Kurtas. A kurta is like a long shirt. It is much like a kurti but for men.
- Bindis are not just an accessory, Bindi represents another eye. The 2 eyes we have right now are the eyes what is outside, but bindi is the eye we use to see what is the truth, the thinking eye.
- In modern India, western style clothing is very popular too and is worn widely.

FOOD

- Indian food is different from rest of the world not only in taste but also in cooking methods. It reflects a perfect blend of various cultures and ages. Just like Indian culture, food in India has also been influenced by various civilizations. Foods of India are better known for its spiciness. Throughout India, be it North India or South India, spices are used generously in food. But one must not forget that every single spice used in Indian dishes carries some or the other nutritional as well as medicinal properties.
- India has the richest variety of food. Wheat, Basmati rice and lentils are important staples of the Indian diet. India should almost be called the land of lentils because of the numerous varieties in which lentils are prepared.
- Flavors and ways of cooking, changes drastically from East to West to North to South. A variety of curries are prepared in India.
- Chaat or Street Food also very famous through out India.
- India has MANY desserts too! There is Rasmalai, Gulab Jamun, Kheer, Ladoos, Barfi, Kaju Katli, Halwa, and a ton more.
- One Famous dish is Butter Chicken. It is Chicken cooked in a rich butter sauce.
- Dosa is another famous Indian dish from the southern part of India.
- One of the chaat that I have found very interesting and tasty is Pani puri. This is a puffed crispy hollow dough ball and it is filled with spiced water. It is hard to eat the first time but its taste is like none other.

Butter chicken

Dosa

Palak/Saag Paneer

Pani Puri

Gulab Jamun

HOLIDAYS AND TRADITIONS

- Diwali - November 4th 2021. The date changes every year.
  - Diwali is the festival of lights celebrated on a no-moon night. During this festival, Indians light lamps outside their homes which symbolize the inner light that protects from spiritual darkness. The prime reason why Diwali is marked by flamboyant decorations, new clothes and flashy displays of colors and lights is because it is widely believed that Diwali is the day on which the Hindu goddess of prosperity, Lakshmi supposedly roams the Earth and blesses people with wealth and happiness.

- Holi -
  - Holi is the Festival of colors. It's a joyful and colorful festival where people throw colored water and powders on one another like this. On this day people get to unite together forgetting all resentments and all types of bad feeling towards each other.

HOLIDAYS AND TRADITIONS

- Gandhi Jayanti - October 2nd
  - Gandhi Jayanti is celebrated for Mahatma Gandhi's birthday. Mahatma Gandhi was an Indian lawyer, anti-colonial nationalist, and a leader. He fought for India's freedom non-violently and inspired many to do the same.

- Christmas - December 25th

  - Christmas is celebrated for Jesus Christ's birthday. It is celebrated with as much enthusiasm as Diwali. Christmas Day is a gazetted holiday in India.

- Eid - May 2nd - May 3rd

  - Eid is the festival of "Breaking the fast," and is at the end of the holy month of Ramadan in which Muslims fast for a whole month.

SPORTS

- Field Hockey is the national sport of India
- Cricket is the most popular sport in India
- Kids and adults play a game called Kite fighting. They fly kites and try to make the other kite fall. But how do they make other kites fall? They have a very strong string covered in ground glass, and they rub the other kite strings, causing the string to break and the kite to fall. Sometimes, they even run after the broken kite and try to catch it.
- Kabaddi is another game played between two teams of seven players, the objective of the game is for a single player on offence, referred to as a "raider", to run into the opposing team's half of a court, tag out as many of their defenders as possible, and return to their own half of the court, all without being tackled by the defenders, and in a single breath.

MUSIC AND DANCE

Culture in India, although diverse and varied, India dance and music have played a remarkable role in this unification. India has a great heritage of Classical Dance and Music.

- Some of the most popular traditional instruments of India are sitar, tabla and harmonium
- Some Indian dance types are Bharatanatyam, Kathakali, Kathak, Manipuri, Kuchipudi, and Odisi

Shape of You - Tabla Cover

LANGUAGE

In India, there are many languages, around 19,500. These are the top 5 languages spoken in India.

1. Hindi
2. Bengali
3. Marathi
4. Telugu
5. Gujarati

FUN FACTS

- India's capital is Delhi.
- The tiger is India's national animal
- India has been inhabited by man-kind for over 65,000 years
- Yoga was introduced the world by India
- One of the official languages in India is English
- India has the wettest inhabited place in the world
- The game of Snakes and Ladders originated in India
- India was the first country to mine Diamonds
- Hinduism is the oldest religion in the world
- Varanasi is the oldest surviving city in the world
- About 70% of the world's spices come from India
- The Taj Mahal located in Agra is one of the 7 wonders of the world.

KAHOOT TIME

Go to Kahoot.it

CONCLUSION

I am so happy that together we got to learn about this incredible culture, traditions, food, music and so much more.

We had so much fun with you, learning about this unique and very diverse culture.

India has so much diversity within the country and we hope that you will be driven to learn more about the Indian Culture more from your friends and their families.

This is just one of the many cultures that we will be learning about in this program.

Let's always remember that differences in our culture is what keeps this world interesting. So just BE YOU .

You are special and lets make everybody, no matter where they come from or how they look, feel loved, accepted and welcomed.

Our next meetup will be in a couple weeks and we will come back with a whole new interesting cultural learning.

I will send you reminders and invitations for that as well. Please join and BRING A FRIEND.

Please send us your feedback at clubbeyou2021@gmail.com

I will write about this in the Oregon Kid Governor Blog as well. Please follow at http://or.kidgovernor.org/2021-orkg-taneesh/taneeshs-blog