

**INDIRA GANDHI NATIONAL OPEN UNIVERSITY  
REGIONAL CENTRE – MADURAI**

**VIRTUAL EVENT REPORT**

**Event Name:** Incredible India – State of Tamil Nadu and Jammu & Kashmir

**Pairing States:** Tamil Nadu and Jammu & Kashmir

**Participating RCs of IGNOU:** RC Chennai, RC Jammu and RC Srinagar.

**Date of Event:** 13.03.2022 (Sunday) @ 11 AM to 2 PM

**Venue & Mode:** IGNOU Regional Centre, Madurai  
Virtual Celebrations through Google Meet and Live Stream in YouTube

**Total No. Participants:** 55 in Google Meet and 110 YouTube views

**Brief about the event:**

Information sharing about the local food cuisines, arts, culture, festival and tourism between the state of Tamil Nadu and Jammu & Kashmir

**Report:**

IGNOU Regional Centre, Madurai has organised Virtual Celebration of **Ek Bharat Shrestha Bharat** events between the state of Tamil Nadu and Jammu & Kashmir under **Azadi Ka Amrut Mahotsav** to showcase the traditions, food, culture and tourism of the Incredible India with the Regional Centres at **Chennai, Jammu and Srinagar** on **13<sup>th</sup> March 2022 @ 11 AM to 2 PM** through Google Meet and the entire session has been live streamed in the YouTube. The virtual programme began with Kulgeet of IGNOU.

**Dr. G. Anbalagan**, ARD, RC Madurai welcomed the participants, **Dr. M. Shanmugam**, Sr. Regional Director, RC Madurai delivered presidential address. The Guest of Honor **Prof. Jitender Kumar Srivastava**, Director, ID & Nodal Officer EBSB, IGNOU has inaugurated the programme, **Dr. K. Panneerselvam**, Sr. RD, RC Chennai has delivered special address, **Dr. Vikram Singh**, RD, RC Jammu delivered felicitation address and **Dr. Kamlesh Meena**, RD, RC Srinagar spoke on the overview about the programme.

**Session – I:** Traditional Food varieties and its Nutritional values with special reference to the state of Tamil Nadu and Jammu & Kashmir.

A PowerPoint presentation on Traditional Food Varieties of Tamil Nadu made by Dr. K. B. Manikandan, student under RC Chennai highlighting the important food varieties especially Kanchipuram Idli, Garlic Rasam and Pongal and its nutritional values. Ms. Roshi Charak, student of RC Jammu presented on Traditional Food Varieties of Jammu especially the local traditional cuisines of Jammu highlighting Rajma, kachaloo and palle. Ms. P. Narmatha student of RC Madurai has presented on the local traditional cuisines of Tamil Nadu highlighting its nutritional values with the food styles especially chettinadu and kongunadu food varieties. Ms. Furhan Ahmad presented about kashmiri culture and the important traditional foods of the Kashmir valley depicting on Kashmiri Chai and popular local food items. The Session was moderated by Dr. Sandeep Gupta, ARD, RC Jammu.

**Session - II:** Traditional Arts, Culture and Festivals with special reference to the state of Tamil Nadu and Jammu & Kashmir.

Ms. Gayathri Krithika, student of RC Madurai has presented about the rich heritage of tamil drama and theatre arts. The counter part of the session Ms. Simran Sharma and her group from RC Jammu performed dances of Jammu through video presentation. Mr. Ankush Pathania, student of RC Jammu presented about the important festivals of the state of Jammu such as Baisakhi, Lohri etc. Mr. Ravider student of RC Chennai has presented on traditional arts and dances of Tamil Nadu highlighting the Bharatanatyam, Puliattam, Kavadi Attam and Kummi etc. Ms. Pramiladevi, student of RC Chennai has presented on the traditional festivals of Tamil Nadu highlighting Navaratri, Deepavali and Pongal. Mr. Furhan Ahmad, student of RC Srinagar highlighted the Kashmiri dresses pheran and firepot known as kangiri in his presentations. The session was moderated by Dr. Elango, Academic Counsellor of RC Madurai.

**Session - III:** Important Tourism Destinations in the State of Tamil Nadu and Jammu & Kashmir

The session began with the presentation of Joyful Destinations in the state of Tamil Nadu such as Kodaikanal, Ooty and Yercaud also on Mahapalipuram and Marina Beach by Mr. Veerababu, MTTM student of RC Madurai. Ms. Priyanka Choudhary, student of RC Jammu depicted various beautiful tourist destinations of Jammu especially Vaishno Devi Temple, Raghunath Temple, Noori Chamb waterfalls etc. Ms. Anitha Priyadarshini from RC Madurai has presented about the tourist attractions such as Madurai Meenakshi Temple, Kanyakumari and Kanchipuram Temples in Tamil Nadu. Ms. Rohila Rashid from RC Srinagar presented on famous tourism hotspots in Kashmir such as mountains, meadows and commerce & culture of the state through tourism. The session was moderated by Dr. Asha Upadhyay, ARD, RC Jammu.

The Programme was ended with vote of thanks by Dr. S.K. Zerena, ARD, RC Chennai and followed by National Anthem.

**Dr. M. Shanmugam**  
Regional Director  
IGNOU RC Madurai

Date: 13.03.2022

Programme Brochure/Poster:

**ignou** THE PEOPLE'S UNIVERSITY  
**INDIRA GANDHI NATIONAL OPEN UNIVERSITY**  
(A Central University under Ministry of Education, Govt. of India)  
A++ NAAC

**Celebration of Ek Bharat Shreshtha Bharat Azadi Ka Amrit Mahotsav (AKAM - EBSB)**  
Jointly organised by State of Tamil Nadu and Jammu & Kashmir

**MADURAI & CHENNAI**      **JAMMU & SRINAGAR**

**YouTube LIVESTREAM**      **13<sup>th</sup> March 2022 at 11:00 AM**  
<https://www.youtube.com/watch?v=TmVeFNjkXe4>  
Join with Google Meet : <https://meet.google.com/gpb-rgka-nyd>

<b>Dr. Srikanth Mohapatra</b> Pro Vice-Chancellor, IGNOU	<b>Dr. Jitendra Kumar Srivastava</b> Director, ID & Nodal Officer EBSB, IGNOU	<b>Dr. Umesh Chandra Pandey</b> Director, RSD, IGNOU	
<b>Dr. M. Shanmugam</b> Sr. Regional Director IGNOU RC, Madurai	<b>Dr. K. Panneerselvam</b> Sr. Regional Director IGNOU RC, Chennai	<b>Dr. Vikram Singh</b> Regional Director IGNOU RC, Jammu	<b>Dr. Kamlesh Meena</b> Regional Director IGNOU RC, Srinagar
<b>Dr. G. Anbalagan</b> Asst. Regional Director IGNOU RC, Madurai	<b>Dr. SK. Zareena</b> Asst. Regional Director IGNOU RC, Chennai	<b>Dr. Asha Upadhyay</b> Asst. Regional Director IGNOU RC, Jammu	<b>Dr. Sandeep Gupta</b> Asst. Regional Director IGNOU RC, Jammu

**All are Welcome**



**INDIRA GANDHI NATIONAL OPEN UNIVERSITY**  
Regional Centre, Madurai

**Azadi Ka Amrit Mahotsav**

State of Tamil Nadu and Jammu & Kashmir  
Celebration of Ek Bharat Shreshtha Bharat (EBSB) Jointly by  
IGNOU Regional Centre Madurai, Chennai, Jammu and Srinagar  
on  
13<sup>th</sup> March, 2022 (Sunday) at 11.00 AM  
Through Virtual Mode

11:00 AM – 11:30 AM :

**PROGRAMME**

**KULGEET**

**Welcome Address**

**Dr. G. ANBALAGAN**  
Assistant Regional Director, IGNOU Regional Centre, Madurai

**Presidential Address**

**Dr. M. SHANMUGAM**  
Sr. Regional Director, IGNOU Regional Centre, Madurai

**Inaugural Address**

**Prof. JITENDRA KUMAR SRIVASTAVA**,  
Director International Division & Nodal Officer EBSB, IGNOU

**Special Address**

**Dr. K. PANNEERSELVAM**,  
Sr. Regional Director, IGNOU Regional Centre, Chennai

**Felicitation Address**

**Dr. VIKRAM SINGH**,  
Regional Director i/c., IGNOU Regional Centre, Jammu

**Overview about the Programme**

**Dr. KAMLESH MEENA**  
Regional Director i/c., IGNOU Regional Centre, Srinagar

**SESSION 1**

11:30 AM -12:15 Noon :

**Topic: Traditional Food Varieties and its Nutritional Values with special reference to the State of Tamil Nadu and Jammu & Kashmir**

**Moderator: Dr. SANDEEP GUPTA**,  
Assistant Regional Director, IGNOU Regional Centre, Jammu

Presenters from the State of Tamil Nadu	Presenters from the State of Jammu & Kashmir
<b>Traditional Food Varieties of Tamil Nadu</b> by <b>Dr. K. B. Manikandan</b> (RC Chennai)	<b>Traditional Food Varieties of Jammu</b> by <b>Ms. Rishi Charak</b> (RC Jammu)
<b>Tamil Nadu Food Culture</b> by <b>Mr. R. Sriramaiah</b> (RC Madurai)	<b>Kashmiri Food Culture</b> by <b>Mr. Aimer Shafi</b> (RC Srinagar)

**SESSION 2**

12:15 PM – 01:00 PM :

**Topic : Traditional Arts, Culture and Festivals with special reference to the State of Tamil Nadu and Jammu & Kashmir**

**Moderator: Dr. ELANGO**,  
Academic Counselor, LSC 43000, IGNOU Regional Centre, Madurai

Presenters from the State of Tamil Nadu	Presenters from the State of Jammu & Kashmir
<b>Rich Heritage of Tamil Drama</b> by <b>Ms. Gayathri Krithika. R.</b> (RC Madurai)	<b>Dance Performance</b> by <b>Simran Sharma &amp; Group</b> ****
<b>Tamil Nadu Art &amp; Culture</b> by <b>Mr. Ravindher</b> (RC Chennai)	<b>Different festivals of Jammu</b> by <b>Ankush Pathania</b> (RC Jammu)
	<b>Art &amp; Culture of Jammu &amp; Kashmir</b> by <b>Mr. Furhan Ahmad</b> (RC Srinagar)

**SESSION 3**

01:00 PM – 01:45 PM :

**Topic : Important Tourism Destinations in the State of Tamil Nadu and Jammu & Kashmir**

**Moderator: Dr. ASHA UPADHYAY**,  
Assistant Regional Director, IGNOU Regional Centre, Jammu

Presenters from the State of Tamil Nadu	Presenters from the State of Jammu & Kashmir
<b>Joyful Destination in Tamil Nadu</b> by <b>Mr. Veerababu</b> (RC Madurai)	<b>Different Tourism Destinations of Jammu</b> by <b>Priyanka Choudhary</b> (RC Jammu)
<b>Important Tourism Destinations in Tamil Nadu</b> by <b>Ms. D. Anitha Priyadarshini</b> (RC Chennai)	<b>Tourism in Srinagar - Presentation</b> by <b>Ms. Rohila Rashid</b> (RC Srinagar)

01:45 PM – 02:00 PM : **Vote of Thanks**

**Dr. S. K. ZERENA**  
Assistant Regional Director, IGNOU Regional Centre, Chennai

**NATIONAL ANTHEM**

Join the Virtual Event using the  
GOOGLE MEET link below  
[meet.google.com/gpb-rgka-nyd](https://meet.google.com/gpb-rgka-nyd)  
Watch YOUTUBE Live streaming in the  
link below  
<https://www.youtube.com/watch?v=TmVeFNikXe4>

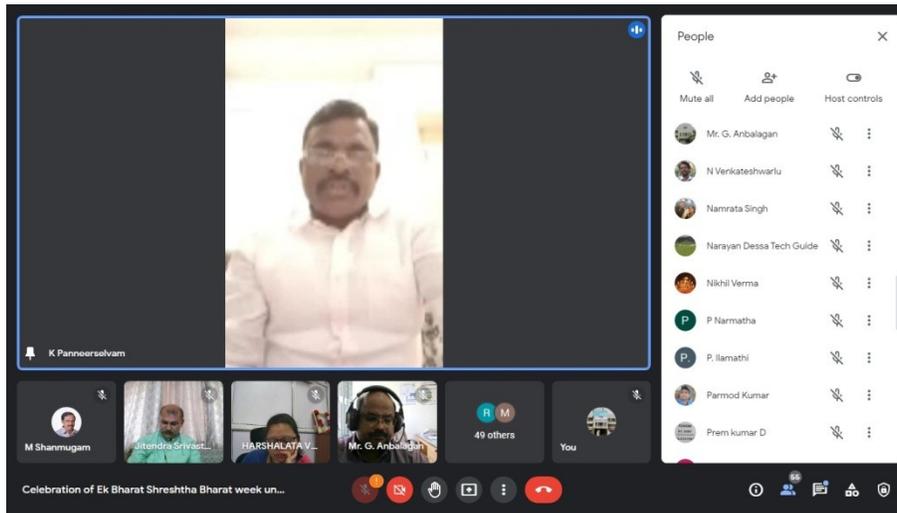


**ALL ARE CORDIALLY INVITED TO JOIN THE PROGRAMME**



**Dr. M. SHANMUGAM**  
Sr. Regional Director  
IGNOU Regional Centre, Madurai  
(Coordinating RC - EBSS)  
Email: [rcmadurai@ignou.ac.in](mailto:rcmadurai@ignou.ac.in)

# Event Photos/Screenshots:



Zoom meeting interface showing a speaker in a red patterned shirt. The meeting title is "Celebration of Ek Bharat Shreshtha Bharat week un...". The "People" list on the right includes:

- Ravinder Ambati
- RC Chennai Assignments
- rc jammu
- RC Madurai Meeting host
- rc srinagar
- Roshi Charak
- S. Anandan
- S. Anandan
- S. Jayaraj

Zoom meeting interface showing a speaker in a brown jacket. The meeting title is "Celebration of Ek Bharat Shreshtha Bharat week un...". The "People" list on the right includes:

- Ravinder Ambati
- RC Chennai Assignments
- rc jammu
- RC Madurai Meeting host
- rc srinagar
- Roshi Charak
- S. Anandan
- S. Anandan
- S. Jayaraj

Zoom meeting interface showing a speaker with a headset. The meeting title is "Celebration of Ek Bharat Shreshtha Bharat week un...". The "People" list on the right includes:

- Priyanka Choudhary
- R. Rajesh
- Raghul G
- Rajeshwari L
- ravi chandran
- RC Chennai Assignments
- rc jammu
- RC Madurai Meeting host
- rc srinagar

Manikandan Kb is presenting

People

- Mute all
- Add people
- Host controls
- Rajeshwari L
- Ravinder Ambati
- RC Chennai Assignments
- rc jammu
- RC Madurai Meeting host
- rc srinagar
- Roshi Charak
- S. Anandan
- S. Anandan

Sandeep Gupta

rc srinagar

Manikanda...

Mr. G. Anbalagan

46 others

You

Celebration of Ek Bharat Shreshtha Bharat week un...

Manikandan Kb is presenting

49 Jul 2020 12:08 PM 56% 40%

Edit

### Traditional Food Varieties And Its Nutritional Value

What are traditional foods?

- Traditional foods are real, whole, nourishing foods prepared for generations and generations. For Indians, the only of our foods with the necessary fats, proteins, vitamins, minerals and phytonutrients needed for robust health.
- The state of well-being is characterized by a quiet and serene, contented contentment, respect for one's traditions, family, study, work, calm mind and an immune function that prevents disease.

Why eat traditional foods?

- The most critical aspect is for health as traditional foods do have very nature which is highly healthy and better available because the growth or production of modern synthetic methods which are not natural and artificial. It is very traditional food that is not only healthy, but also by strength, balance, digestive and additional health issues. Obesity and autoimmune disorders like...

Manikandan Kb

ManikaDevi T

Fourth wall Theater

Mr. G. Anbalagan

ANKUSH SINGH RA

RC Chennai Assignm...

Ravinder Ambati

43 others

You

Celebration of Ek Bharat Shreshtha Bharat week un...

Mr. G. Anbalagan is presenting

Rajmah

Madra

Dal Chawal

Ravinder Ambati

Sandeep Gupta

Mr. G. Anbalagan

Roshi Charak

Mahar Rajnar

ManikaDevi T

42 others

You

Celebration of Ek Bharat Shreshtha Bharat week un...

Mr. G. Anbalagan is presenting

Traditional Food of Tamil Nadu

Celebration of Ek Bharat Shreshtha Bharat week un...

Participants: Sandeep Gupta, Ravinder Ambati, Mr. G. Anbalagan, Rishi Charak, ANKUSH SINGH DA, P Narmatha, 44 others, You.

Mr. G. Anbalagan is presenting

Celebration of Ek Bharat Shreshtha Bharat week un...

Participants: Sandeep Gupta, Priyanka Devi T, Fourth wall Theater, Mr. G. Anbalagan, rc srinagar, Furhan Ahmad, P, 41 others, You.

Mr. G. Anbalagan is presenting

Fourth wall Theater

Celebration of Ek Bharat Shreshtha Bharat week un...

Participants: Mr. G. Anbalagan, Sandeep Gupta, Ravinder Ambati, rc jammu, W Shaurya Das, Priyanka Devi T, ANKUSH SINGH DA, Furhan Ahmad, R, 36 others, You.

Mr. G. Anbalagan is presenting



**Lohri**- festival is also known as Makar Sankranti. It heralds the onset of spring. The whole of the Jammu region wears a festive look on this day. Thousands take a dip in the holy rivers. 'Havan Yagnas' light up nearly every house and temple in Jammu. In the rural areas, Custom requires boys to go around asking for gifts from newly-weds and new parents.

A special dance called the 'Chajja' dance is held on the occasion of Lohri. It makes a striking picture to see boys along with their 'Chajjas' elaborately decorated with colored paper and flowers move on the street in a dancing procession. The whole atmosphere comes alive with the pulsating drum beats.

Celebration of Ek Bharat Shreshtha Bharat week un...

Mr. G. Anbalagan is presenting



Celebration of Ek Bharat Shreshtha Bharat week un...

Gayathri Krithika is presenting



**THE RICH HERITAGE OF TAMIL DRAMA**

Presented by Gayathri Krithika  
Enrollment Number: 2105206075  
Course: Diploma in Theatre Arts

Celebration of Ek Bharat Shreshtha Bharat week un...

Mr. G. Anbalagan is presenting

## Bharatanatyam

- Bharatanatyam, considered to be the oldest classical dance form of India, was initiated in the Hindu temples of Tamil Nadu and eventually flourished in South India.
- The theoretical base of this dance form, which is also referred to as Sadir, traces back to Bharata Muni's Sanskrit text on the performing arts called 'Natyashastra'.
- In Bharatanatyam, anecdotes and stories of Hindu religious themes and spiritual ideas are illustrated by the dancers with gorgeous footwork and impressive gestures.
- Its performance repertoire includes the three primary aspects of performing arts, namely the pure dance of Nritya, the slower and dramatic Nritya, and the play or Natya.
- Adding abundantly to the whole performance, the accompanists include the guru, a vocalist or 'natuvanar' who usually conducts the whole performance, music composed by instruments like cymbals, a long pipe-like called 'vadauvunu', a drum called 'mridangam', the string instrument 'veena' and flute.
- The Bharatanatyam costume worn by the performers resembles that of a Tamilian bride. A sari is well-complemented with traditional jewellery that includes the ornamental belt worn around the waist and the 'ghungroo' bells around the ankles. The eyes are especially highlighted in the prominent face make-up, and the feet and fingers are often lightened with henna colour so that the expressions and gestures can be viewed and perceived clearly by the audience.

Fourth wall Theater

ANKUSH SINGH PA

Remove Mr. G. Anbalagan from the call

rc jammu

Ravinder Arora

32 others

You

Celebration of Ek Bharat Shreshtha Bharat week un...

Mr. G. Anbalagan is presenting

Roush: Traditional dance of Kashmir by wearing traditional dress embroidery Gown known as tulle Pheran songs like *Roshe Walaw Maine dilbaroo*  
*Poshan Bhara Yauer Walaw*  
*Rinde Poshe Maal Gibnde Draawe Lolo* title song used in the Mission Kashmir

Fourth wall Theater

Premila Devi T

Mr. G. Anbalagan

ANKUSH SINGH PA

Sandeep Gupta

Furhan Ahmad

Sandeep Gupta

@ Premila Devi T all the best

Celebration of Ek Bharat Shreshtha Bharat week un...

Laifi Upadhyay

Mr. G. Anbalagan

Fourth wall Theater

Sandeep Gupta

ANKUSH SINGH PA

rc jammu

Premila Devi T

ashok razdan

Mr. G. Anbalagan

27 others

You

Celebration of Ek Bharat Shreshtha Bharat week un...

Veerababu M is presenting

**Joyful Destination in Tamil Nadu**  
By M Veerababu

Participants: Veerababu M, Mr. G. Anbalagan, Lalit Upadhyay, ANKUSH SINGH P..., Fourth wall Theater, Sandeep Gupta.

Chat: Fourth wall Theater: Thank you pramila Devi, T. Ma'am for a highly engaging presentation on Festivals . Had you ...

Bottom bar: Celebration of Ek Bharat Shreshtha Bharat week un...

Mr. G. Anbalagan is presenting

**Vaishno Devi Temple**

Vaishno Devi Temple is among the most visited Hindu shrines in the world, millions of pilgrims visit this temple each year. The temple is dedicated to Goddess Mahalakshmi and as per the belief whatever you wish for here gets granted. The cave-styled temple is located at an altitude of 5200 ft above sea level, so people have to trek to the top from a point. Other than walking you can also opt for helicopter services, pony ride or palanquin.

Participants: Lalit Upadhyay, Fourth wall Theater, Mr. G. Anbalagan, ANKUSH SINGH P..., Sandeep Gupta, Priyanka Choudhary, 26 others, You.

Bottom bar: Celebration of Ek Bharat Shreshtha Bharat week un...

Mr. G. Anbalagan is presenting

**CAPITAL OF TAMIL NADU**

- Chennai is the Capital City of Tamil Nadu. The city has been surrounded by the South Indian Kingdoms since ages, thus it has always been the forefront of all cultural, economical, social, commercial and industrial development in the south of India. Chennai is the short form of the actual name **CHENNAPATNAM**. With a big list of tourist attractions, Chennai is aptly the 3rd most visited City by tourists after Delhi and Mumbai.

Participants: Anitha M, ANKUSH SINGH P..., Lalit Upadhyay, Priyanka Choudhary, Fourth wall Theater, Mr. G. Anbalagan, 27 others, You.

Bottom bar: Celebration of Ek Bharat Shreshtha Bharat week un...

Mr. G. Anbalagan is presenting

## What is so special about Kashmir?

"Kashmir contains nearly everything which should make life enjoyable", Walter Lawrence  
in *The Valley of Kashmir*.

Anitha M has left the meeting

Celebration of Ek Bharat Shreshtha Bharat week un...

Rahila has left the meeting

RC Chennai Assignments

Celebration of Ek Bharat Shreshtha Bharat week un...

Manikandan Kb has left the meeting

arat week un...

People

- Mute all
- Add people
- Host controls
- Coordinator IGNOU Rc M...
- divya k
- Divya Mohan
- Gayathri Krithika
- Gousia Fayaz
- HARSHALATA V SHAH
- Inderpreet Singh
- Jitendra Srivastava
- Jyoti Bala
- K Pann...