

A glimpse at the mystical land...



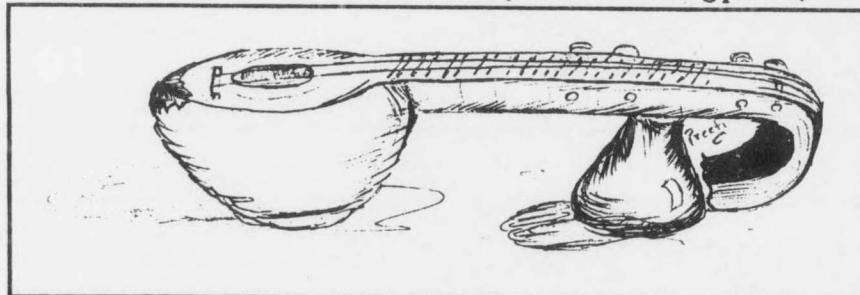
India



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India, to many is a picture of a hot, humid crowded country where elephants and tigers roam free and snake charmers' music fills the air.... Come join us as we the members of the U.N.B. India Association take you to the mystical land as we know her !!

India, one of the largest sub-continent in the world, has been a home (and mother) to many empires, wars, religions and cultures. Today's India is comprised of over sixty cultures, each with its own tradition and language. The earliest known history dates back to the early Indus Valley Civilization. Eventually, Aryans from Eurasia entered, forcing the original settlers to migrate further south. The passage of time saw the rise and fall of numerous kingdoms and dynasties all over India. The north, south, east and west societies



Indian Sitar

differed from one another. However, moments of turmoil always drew the entire population into a single powerful unit thereby defending the one most important aspects of their lives... India !!

All Indian languages have evolved from a single root language - Sanskrit. Known to be one of the oldest, Sanskrit is one of the most commonly used scripts. Time, has produced variations on this beautiful language resulting in the evolution of

Indian classical dancer (Bharata Natyam)



almost hundred and twenty-eight languages. One of these languages is Hindi, has become the national language. Each state (or province) has its own language. The link language, however, is English.

Food... Indian food is known world wide to be spicy and of course delicious! The styles of cooking vary tremendously from area to area. Mothers whip-up the most palatable dishes using very basic ingredients. Rice, wheat, lentils and vegetables constitute the bulk of our cooking. Yogurt or papaya juice are used to tenderize the meat, which is then marinated in a paste of garlic and onion. The use of chemicals for flavouring is kept to a minimum. Salt and lemon juice enhance the flavour of the cuisine.

Herbs like dill, sage and fresh coriander leaves are used in most kitchens, for without these natural flavours a dish remains incomplete. Preparing the spice mixtures, normally a time consuming process, has

been made easy with the timely arrival of electrical appliances. The major spices used are red pepper, black pepper, mustard, ginger, cinnamon, nutmeg, senugreek, ground poppy seeds, cloves, cardamon, turmeric and cumin. Each ingredient on its own may not sound too appetizing but with a "dash of this" and a "pinch of that" lo behold we have ... Samosas!

Hot and spicy food is balanced by a variety of sweet dishes. Most Indian desserts are made from milk products. Cottage cheese soaked in sugar syrup, boiled to the precise consistency results in a mouth-watering dessert known as "raosa-gulla". Taken from the Bengali language, Raosa-gulla literally meaning "soft ball of cheese soaked in sugar syrup", is one of the most popular east Indian sweets.

Another popular dessert is "Jellebie" - these orange to yellow "donuts" made from a sugar-lentil batter, deep fried to crispness and finally soaked in a sugar syrup taste best when served hot! "Kheer" or milk-pudding is prepared for almost all important occasions. A variety of dry fruits are added to enhance its taste. Saffron burfee, coconut burfee and almond burfee are examples sweets which are fairly easy to prepare and which have a fairly long shelf-life.

In most houses, however, a meal does not always end with such elaborate desserts. A bowl of ice-cream and hot fudge does the trick!

Moving on to my favourite

subject..... clothes!! Women's clothing include Saris, Salwar-Khameez, skirts of all kinds and pants and jeans. Men's wear consists of Kurta-Pyjama, Dhoti, and of course jeans.

The Sari, normally 5 yards of cloth (cotton, silk, polyester), is wrapped around the waist and pleated in the front. One end of the material, known as the "palo" is then carefully draped across the lady's shoulder. The beauty of the sari depends on the intricate designs on the palo and along the base of the sari. A short blouse, matching the sari, often with lovely designs on the sleeves completes the outfit.

The Salwar-Khameez is a two piece suit, with a long top (Khameez) and a baggy pant (Salwar). This is analogous to what is known as the Pyjama-Kurta for men. The styles in which this outfit comes varies from year to year, going from the "I can barely breathe" style to the "I'm wearing a tent" look!

The Dhoti worn by men, usually made of fairly light material, is sometimes simply wrapped around the waist. Of course Levis jeans and t-shirts are always welcome!!!!

Music.... is a chapter on its own. There are a number of instruments which are similar to the well known flute and violin. The "veena" and "sitar" are stringed instruments like the guitar. While the "harmonium" is similar to the organ. While their forms maybe be analogous to some of the well-known instruments, playing each is an art. Usually accompanied by a melodious voice, music fills the air. While classical music is very popular among Indians, contemporary rock music has also found its way to our hearts.

Well, in this article I have given you a minute glimpse at the mystical land of India. INDIA NIGHT '94 is being held tonight in the SUB cafeteria at 7:30 p.m. This is your chance to learn more about Indian Culture and have fun !! Participants dressed in traditional attire, Hindi music filling the air and of course the spread of Indian Cuisines will all together transport you to our country! Do Come...



Indian classical singer

As the doors open, you will be greeted by sari clad ladies accompanied by men in suits. Women will be presented with a small special token. On entering everyone may view the arts and crafts exhibition, especially set-up for this occasion. The intricate workmanship on display is sure to marvel all.

Once all the guests have arrived, the food tables will immediately be available. There you will find pilaf (vegetable rice), butter chicken curry, chole (chickpeas and gravy), mixed vegetable curry, chaapathi (indian unleavened bread), milk burfee (dessert!) as well as fruit salad. These scrumptious dishes are being prepared by ladies from around town and even as far as Tarcadie. Of course, a cash bar will be at your service.

Following the meal course you will witness a spectacular collection of cultural items in the form of folk dances, skits and comedy, presented by our own high school and university students. Finally, you are all welcome to dance the night away

A limited number of tickets will be available at the door! The prices will remain the same : Adults - \$15.00, Students - \$10.00 and Children 12 and under get in for free!

Snake charmer

