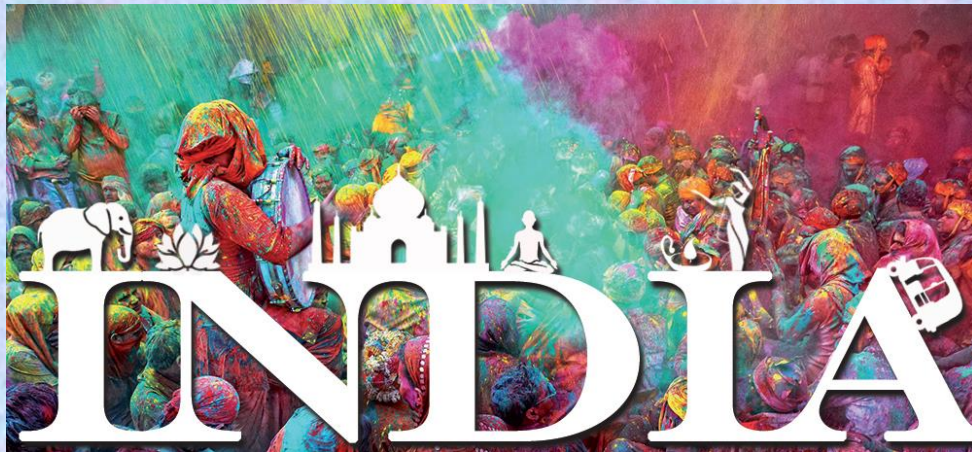


Holy Spirit



presents

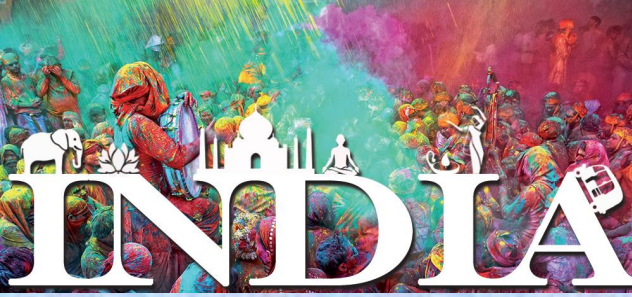




Contents

- ❖ **About (history, map, flag, language)**
- ❖ **Food**
- ❖ **Clothing**
- ❖ **Culture & Traditions**
- ❖ **Religion**
- ❖ **Entertainment**
(Sports, Games/Fun, Music/Dance, Bollywood)
- ❖ **Known For**





History

The Republic of India

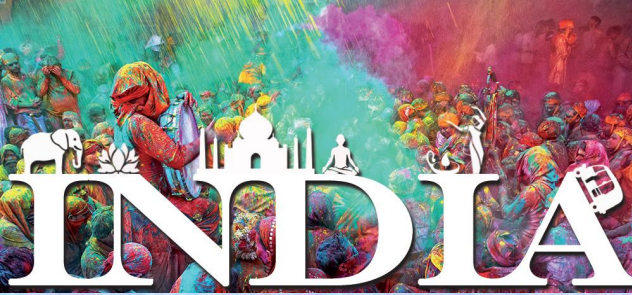
• *1700's BRITISH INVASION*

*15th August , 1947
Indian Independence*



26th January , 1950

Republic- India



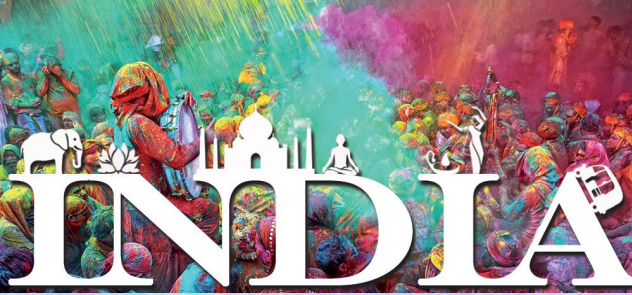
History

India, officially the Republic of India, is a country in South Asia.

British raj, period of direct British rule over the Indian subcontinent from 1858 until the independence of India and Pakistan in 1947.

Republic Day is a national holiday in India. It honors the date on which the Constitution of India came into effect on 26 January 1950 replacing the Government of India Act (1935) as the governing document of India and thus, turning the nation into a newly formed republic.

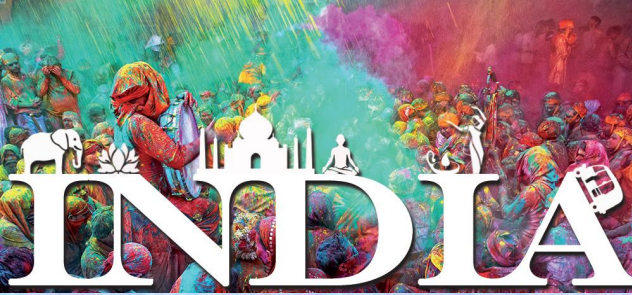
- 5,000 year old civilization
- Parliamentary form of Government
- Largest Democracy
- Fastest growing IT superpower
- Largest employer: Indian Railways



Map

- 29 states
- 5 Union territories
- Capital: New Delhi

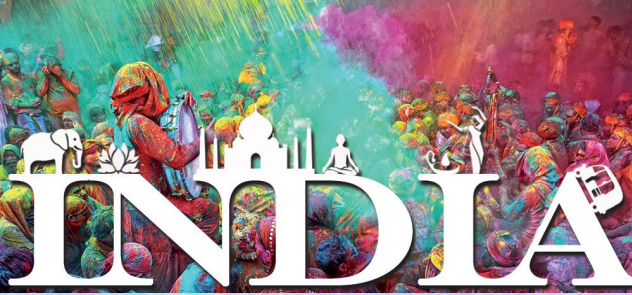




Map




- ❖ **Emerging as potential superpower (factors: demographic, economy, social, military, political) U.S., Russia, China, U.K., Germany**
- ❖ **Fast growing economy**
- ❖ **2nd largest population (1.37B compared to China's 1.4B; U.S. 330M)**
- ❖ **Young population (65% <35 yrs old)**



Flag



The saffron stands for courage, sacrifice and the spirit of renunciation

The white is meant for purity and 

The green represents faith and fertility

The navy blue wheel denotes the continuity of the nation's progress, which is deemed to be as boundless as the blue sky and as fathomeless as the deep blue sea.



National Flower - Lotus



**National Bird -
Peacock**



NATIONAL ANIMAL



Brief History

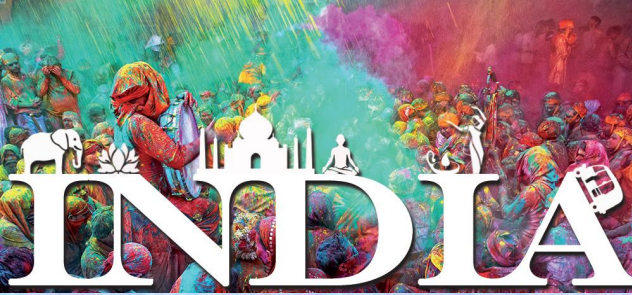
Symbolism

The **lotus** represents long life, honour, and **good fortune**. Even though the lotus grows in mud, it remains pure and produces beautiful flowers. Thus, it symbolizes **purity** of heart and mind.



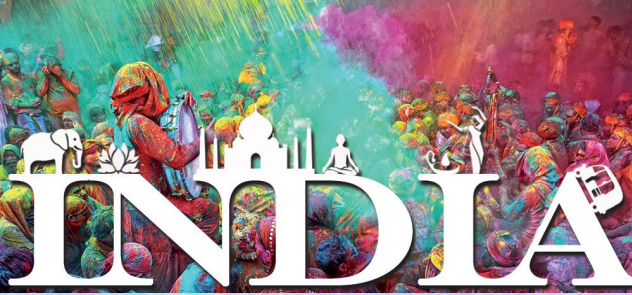
Peacocks symbolize **grace, pride, and beauty**. Peacocks are often used in Indian mythology and folk stories.

It is respected in India for its **strength** and grace, as well as its incredible **power**. The Indian tiger is also called the Royal Bengal Tiger.



Language

- ❖ **Not so simple...many languages**
- ❖ **Under constitution: Hindi and English are the official languages**
 - ❖ **78% Indo-Aryan (northern India)**
 - ❖ **20% Dravidian (southern India)**
- ❖ **22 officially recognized languages**
- ❖ **427 living languages**
- ❖ **Ex: Gujarati, Marathi, Tamil, Telegu, Urdu, Sanskrit, Punjabi, Malayalam**



Food



- India known for food and spices
- Indian Cuisine categories: northern, southern, eastern, western, etc.
- India is world's 2nd largest producer of food after china
- Indian food are often spicy and can be eaten with the hands.

INDIAN CUISINE MAP



Map not to Scale
Copyright © 2020 www.mapsofindia.com

Traditional Food Habits

Greatly varies by region, religious practices, and population



Dietary Staples

Grains & Legumes

- Rice
- Dal (dried beans, peas & lentils)

Dairy Supplementation

- Yogurt
- Ghee (clarified butter)



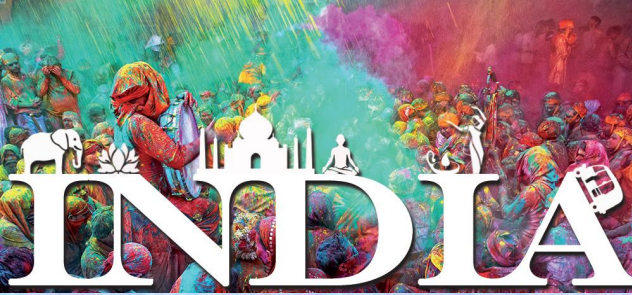
Distinctive Seasonings

Masalas are mixtures of spices and herbs.
Prepared fresh "wet" or dried & powdered



- ❧ Coriander
- ❧ Cumin
- ❧ Fenugreek
- ❧ Turmeric
- ❧ Black & Cayenne Pepper
- ❧ Cloves
- ❧ Cardamom
- ❧ Cinnamon
- ❧ Chili Peppers
- ❧ Garlic
- ❧ Mint
- ❧ Tamarind
- ❧ Saffron s





Clothing

▪ Indian women have a variety of different apparel and styles to choose from, but three of the most common garments are:

1. Sari

2. Salwar Kameez

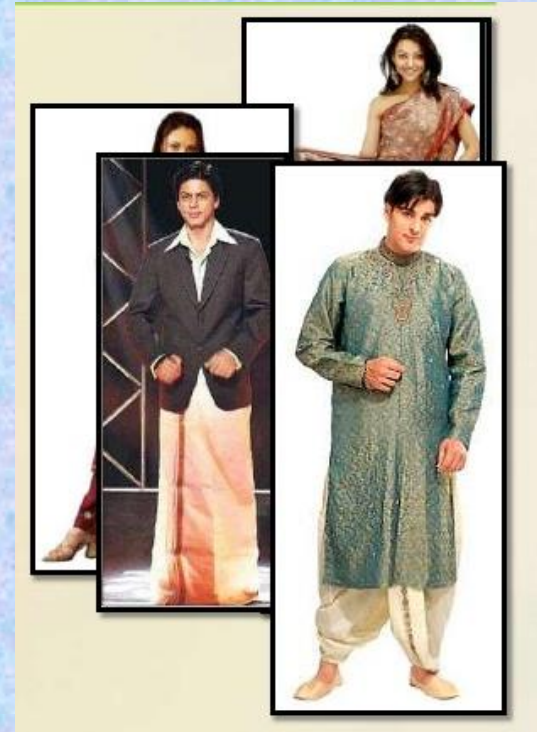
3. Choli

▪ Men too have many options and here are but three samples:

1. Dhoti

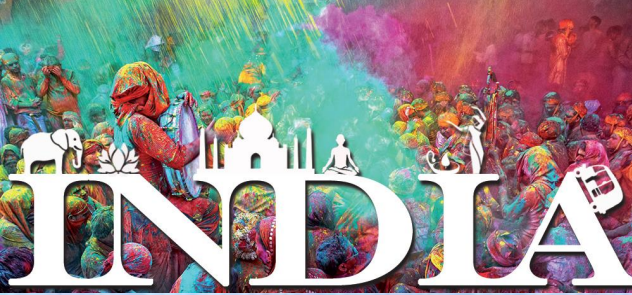
2. Lungi

3. Kurta



Traditional clothing varies based on region.

Influenced by culture, geography and climate.

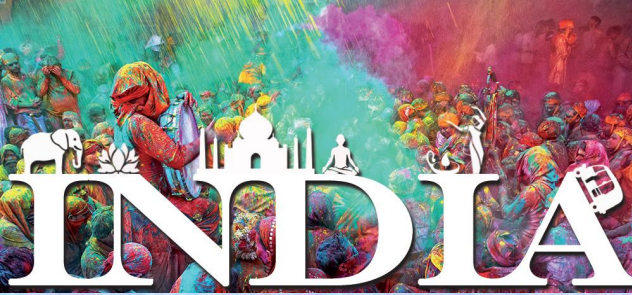


Culture & Traditions

The Culture

Family and friends

- One of the most important parts of Indian culture is relationship` (who you know).
- Marriages are often arranged by the parents.
- Older people are called Auntie and Uncle while people of the same age or younger are called Brother or Sister.
- Friendship in India is almost always relegated to people of the same gender, and it tends to run much deeper than in the West, with more physical affection shown toward each other.
- Friendship between guys and girls who are not related is considered inappropriate.
- Family plays a significant role in the Indian culture.



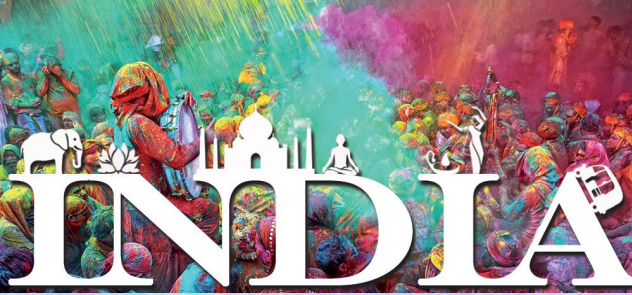
Festivals

India has many cultures and celebrates 38+ festivals of various religions.

India is a land of festivals, where people from different religions coexist harmoniously.



*National Festivals – Indian Independence Day,
Gandhi Jayati, Republic Day*



Festivals

India has many cultures and celebrates festivals of various religions.

HOLI

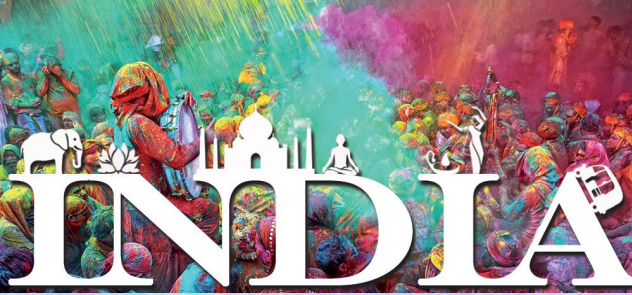
Holi, often referred to as the "Festival of Colors", is one of the best known festivals outside of India. The festival is centered around the burning and destruction of the demoness Holika, which was made possible through unwavering devotion to [Lord Vishnu](#). However, the really fun part involves people throwing colored powder on each other and squirting each other with water guns. Holi is a very carefree festival that's great fun to participate in if you don't mind getting wet and dirty. (March)



DIWALI

Diwali honors the victory of good over evil and brightness over darkness. It celebrates Lord Ram and his wife Sita returning to their kingdom of Ayodhya, following the defeat of Ravan and rescue of Sita on Dussehra. It's known as the "Festival of Lights" for all the fireworks, small clay lamps, and candles that are lit. For most Indian families, Diwali is the most anticipated festival of the year. (November)

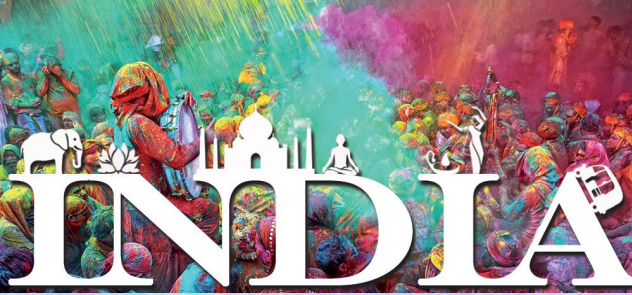




Marriage

- ❖ **The divorce rate is 1% (compared to 50% in U.S.). This is growing due to Western influence.**
- ❖ **For centuries, arranged marriages have been the tradition in Indian society (involved a dowry). The dowry system in India refers to the durable goods, cash, and real or movable property that the bride's family gives to the groom, his parents and his relatives as a condition of the marriage. Even though dowry has been illegal in India since 1961, it is still prevalent and rarely reported as a crime.**
- ❖ **Arranged marriages are typically based on things such as height, caste status, personal values, age.**
- ❖ **Men and women have always had the choice of who they want to marry.**





Religions

India is one of the most religiously diverse nations. India is the birthplace of the “Indian Religions”: Hinduism, Buddhism, Jainism and Sikhism



CHRISTIANITY

LATIN CROSS



ISLAM

CRESCENT AND STAR



HINDUISM

AUM LETTER



BUDDHISM

DHARMACHAKRA



TAOISM

YIN AND YANG



JAINISM

NON VIOLENCE



JUDAISM

STAR OF DAVID



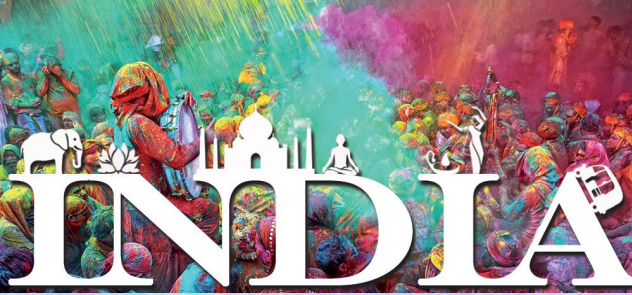
SIKHISM

KHANDA



Religions

Religion	Population	Percent
All religions	1,028,610,328	100.00%
Hindus	827,578,868	80.456%
Muslims	138,188,240	13.434%
Christians	24,080,016	2.341%
Sikhs	19,215,730	1.868%
Buddhists	7,955,207	0.773%
Jains	4,225,053	0.411%
Others	6,639,626	0.645%
Religion not stated	727,588	0.07%



Religions

Hindus

- **Earliest religion; Belief in nature and here worship**
- **Karma – cycle of birth/death/rebirth**

Muslims (Islam)

- **Submit to will of God. One God: Allah**
- **Jesus, Abraham & Moses are prophets (Muhammad is last one)**
- **5 pillars (declare faith, pray 5X/day, money to charity, fast, pilgrimage Mecca 1x)**

Sikhism

- **Living gurus**
- **One god...no form or gender**
- **All have direct access by living good life and caring for others**

Buddhism

- **Nothing is permanent**
- **Nirvana (enlightenment) possible through morality, meditation & wisdom**
- **Reincarnation over and over**

Religion

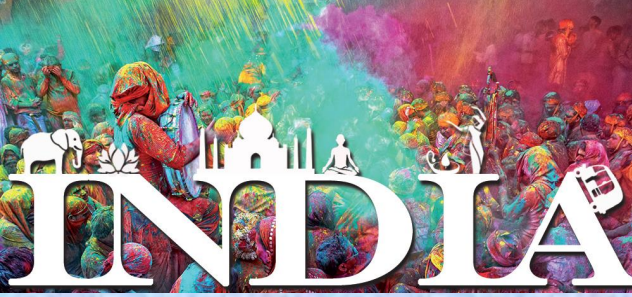
Christianity

- Brought to India in AD 52 by Thomas, the “doubting” disciple of Jesus.
- Spread in Kerala(S), Mizoram, Nagaland (NE)
- Christianity is widely recognized for its humanitarian influence due to the work of people like Mother Theresa.



St. Thomas came to India 52AD to spread the gospel to the Jews of Kerala who came to India in 562BCE after the destruction of the Temple.

Who remembers the story of Doubting Thomas?



Religions

Thomas evangelized along the Malabar Coast of Kerala in the South India. Along Periyar river, where the Jewish colonies existed.

St. Thomas was martyred in Chennai.

Legend has it that Thomas prays as he is escorted to his death by four guards who kill him with spears.

Buried at San Thome Cathedral

Mar Thoma (Church of Thomas)

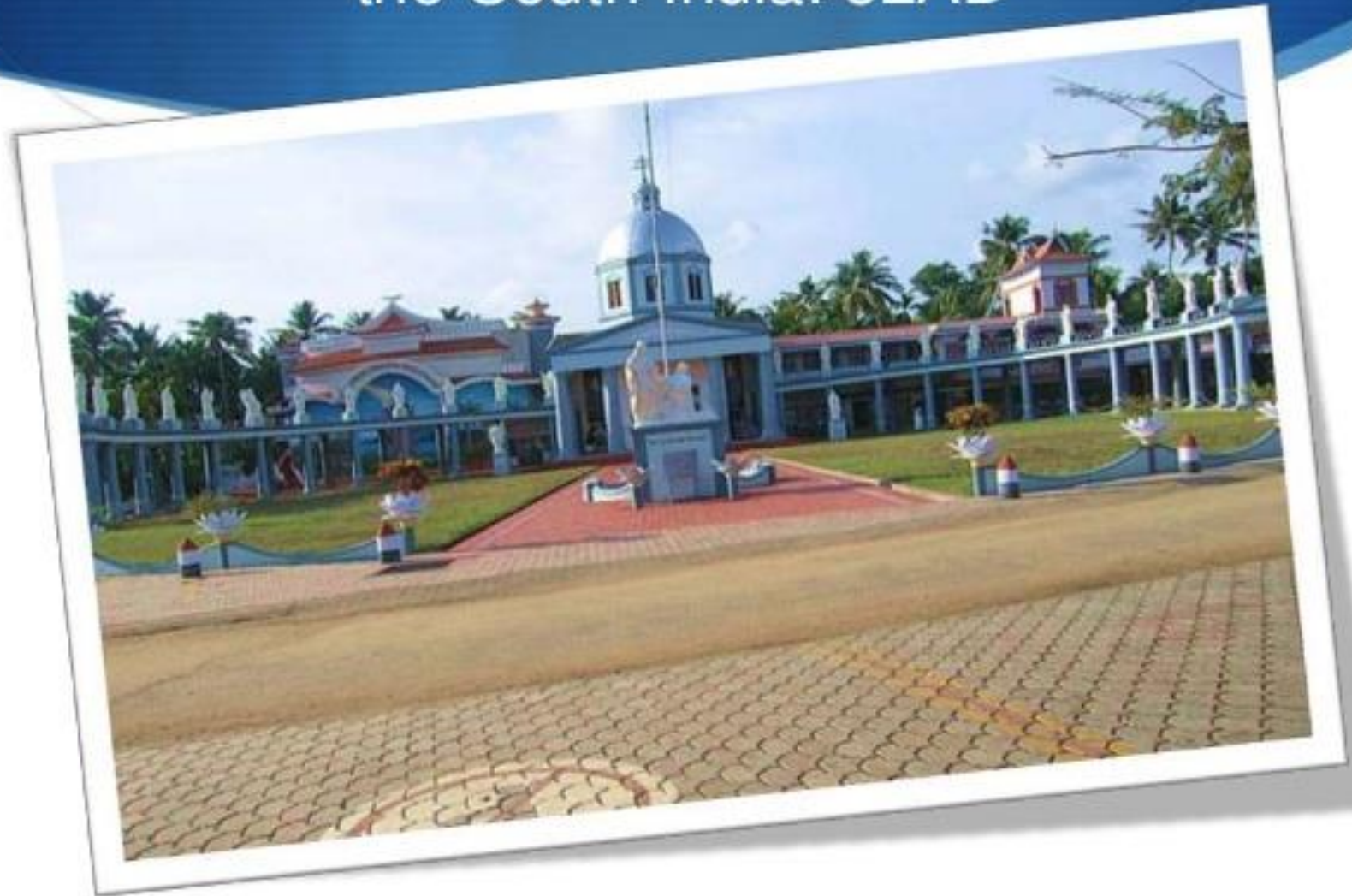


San Thom Cathedral in
Chennai
St. Thomas believed to
have been buried here

The Tomb of St. Thomas in Chennai



The earliest renovated existing Church in
the South India: 52AD



Catholicism Today

Flourishing yet Fading

- ◆ Flourishing Church: Contribution towards education (both primary & higher), Social Justice, pastoral, spiritual etc.
- ◆ Work among the “lower people of the society” (Caste System) is commendable.
- ◆ Social Justice for the poor: A voice to the voiceless. Church had to pay the price, ex. Fr. AT Thomas (killed)
- ◆ Inter-religious dialogue: An important initiative to unite all religions.

Catholicism Today

Flourishing yet Fading

The caste system in India is a fact associated with pragmatism in Hinduism.

Its origin, evaluation, and existence are common to India.

The caste system is very similar to the western concept of castes, where discrimination with people is due to the color of their body;

Similarly, in the caste system, discrimination is done on the basis of birth.

My Christian Experience



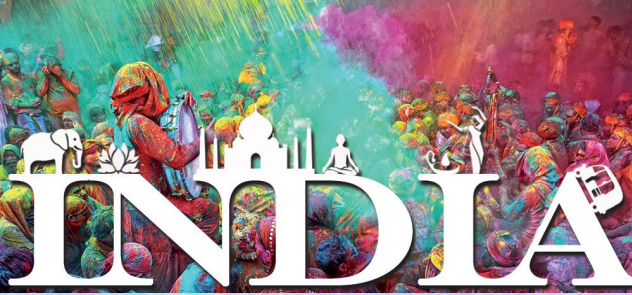
Family Prayer

Rosary
Litany of our Lady
Petition Prayers
Bible reading
Angelus
Blessing from elders



Family Prayer

- ◆ Almost all religions do this, this is an integral part of Indians.
- ◆ Catholics remain united through this form of prayer.
- ◆ Children are taught to pray right at home.
- ◆ Rosary is must for most Catholics.
- ◆ Sunday Bible reflection: 7 steps of reading the Bible.



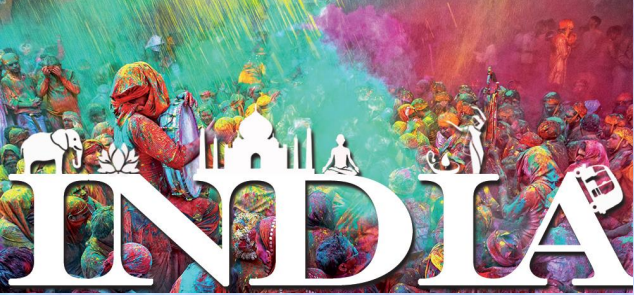
Sports

Cricket: Most popular



Football (Soccer)





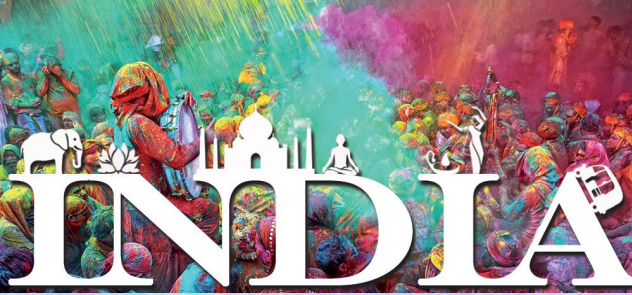
Sports

Kabaddi

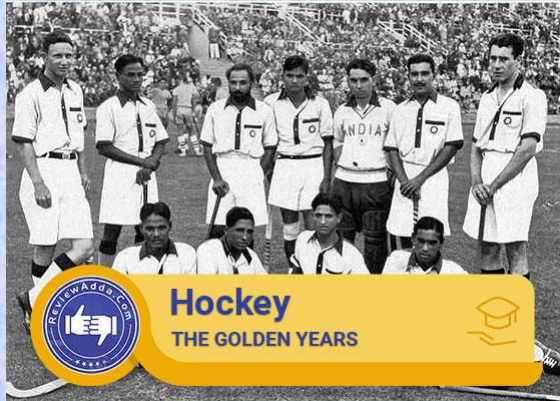


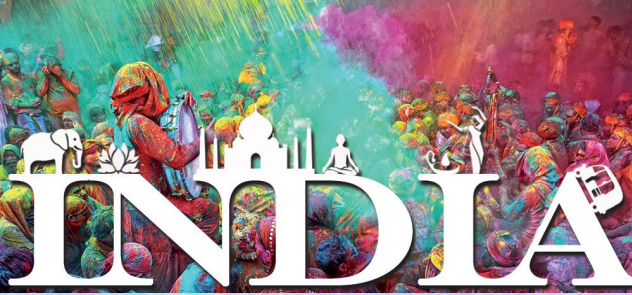
Badminton





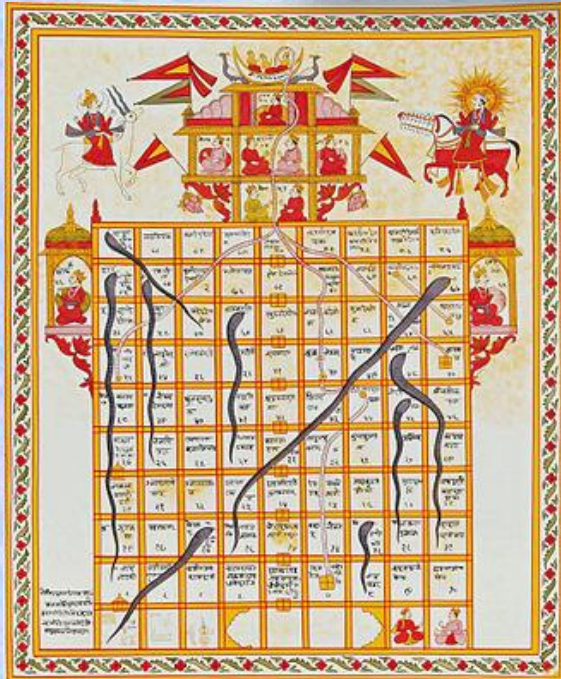
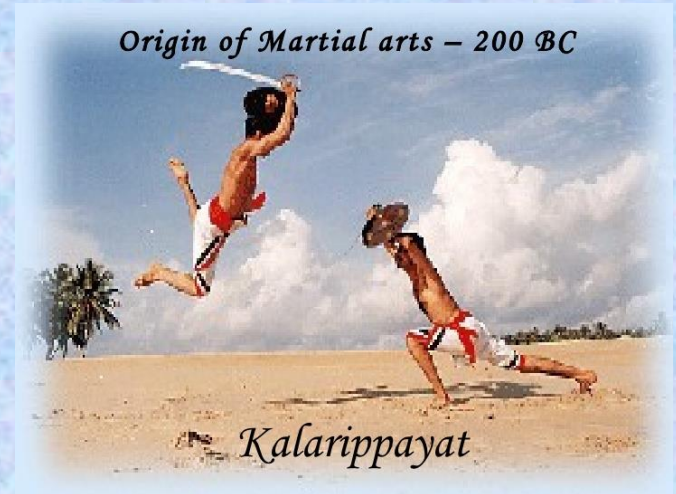
Sports





Games/Fun

**Chess:
Invented
in India**



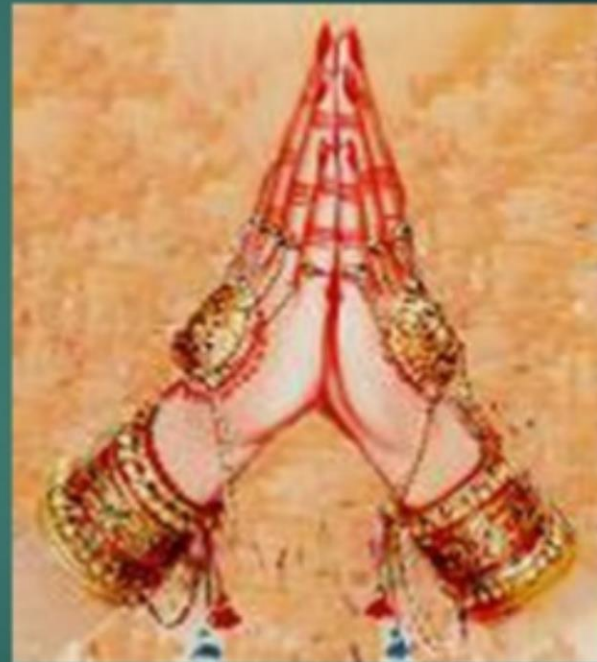
**Many indoor
& outdoor
games:
Snakes &
ladders,
cards, polo**

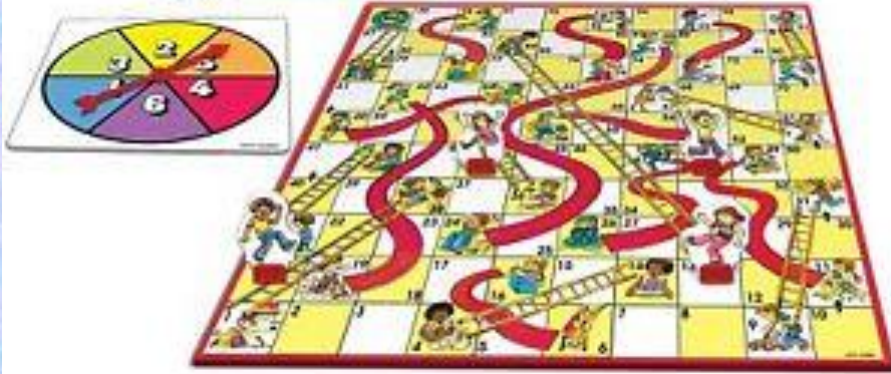
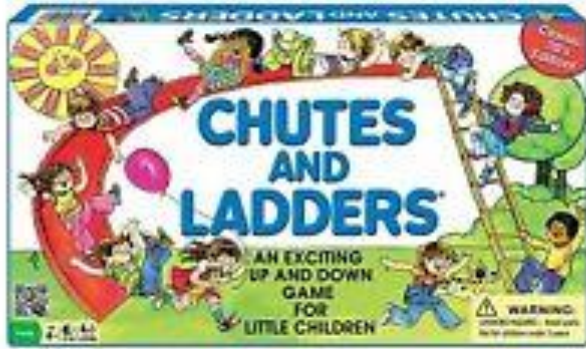


Yoga: originated 5000BC

A NAMASTE TO ALL!

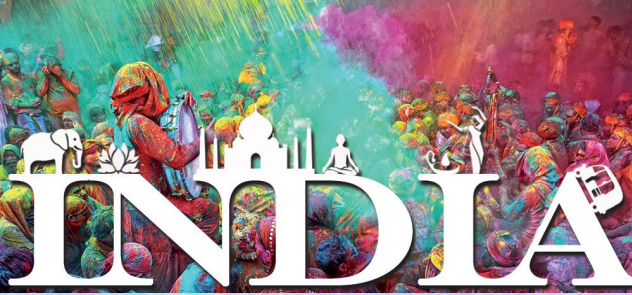
- ▶ **Namah**, to *bow*
- ▶ **te**, "to you."
- ▶ *namo: stu te*
- ▶ "let there be a salutation to you"





Modern versions of **Snakes and ladders**, known originally as **Moksha Patam**





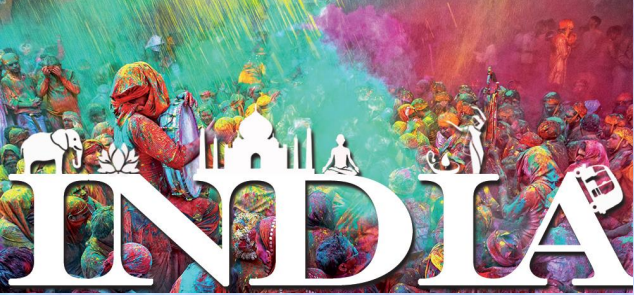
Music & Dance

MUSIC & DANCE

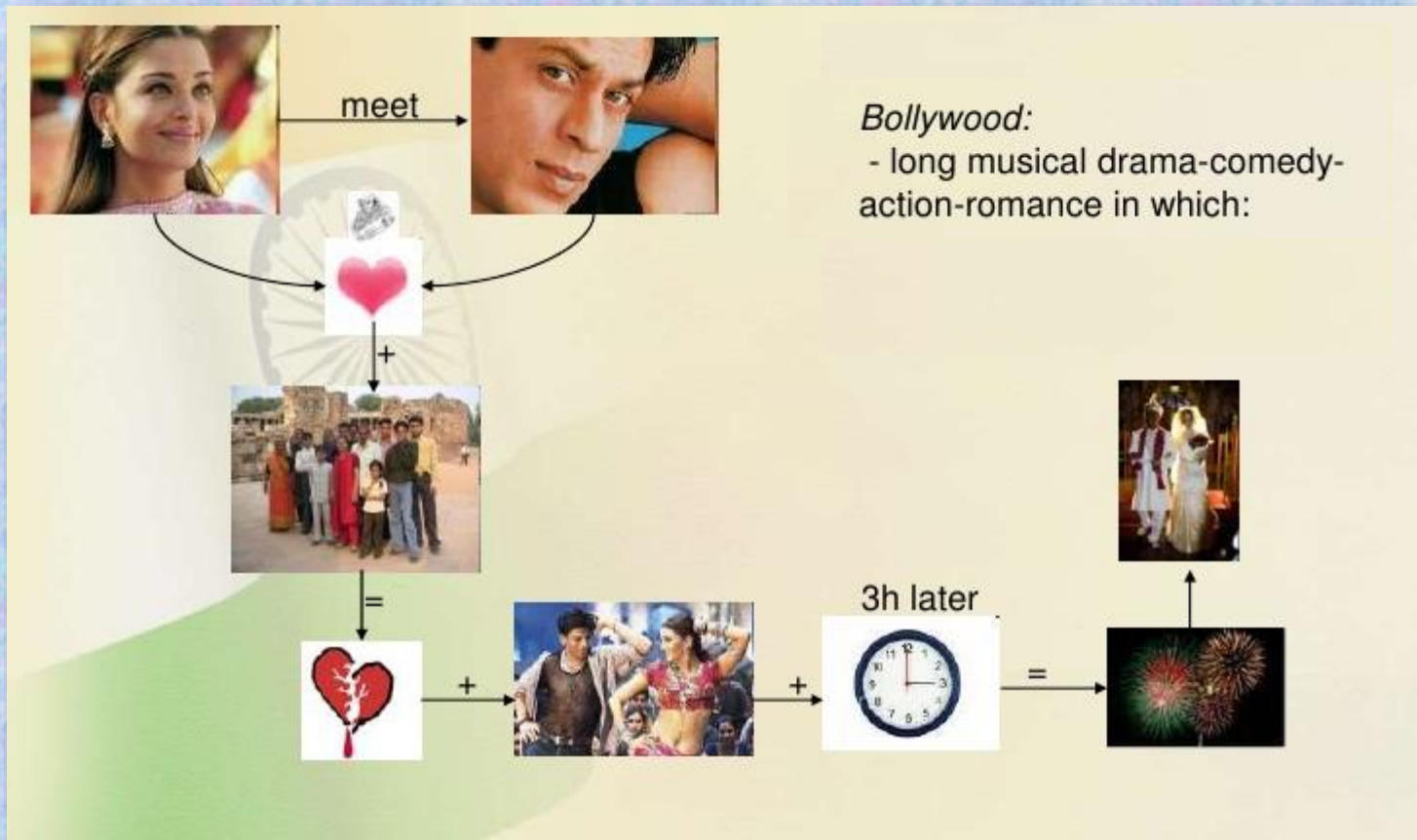
- ❖ The music of India includes multiple varieties of religious.
-folk, pop and classical music.
- ❖ There are many well-known dance forms.
- ❖ Kuchipudi-andhra
pradesh, bharatanatyam-
tamilnadu, kathak, kathakali,..etc.

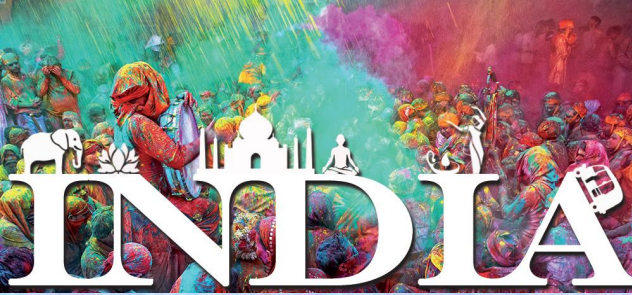






Bollywood



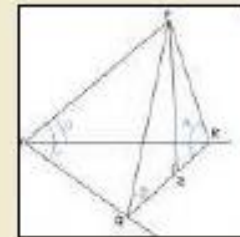


Known For

- The digit zero and the numbering system (Aryabhata)



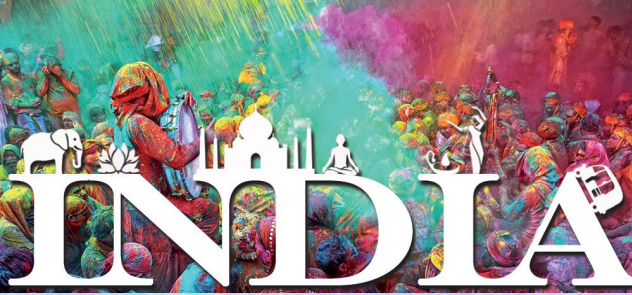
- Algebra, Trigonometry, and Calculus



- The decimal system

INPUT 1	INPUT 2	INPUT 3	DECIMAL RESULT
4	4	4	4
4	4	4	4
4	4	4	4
4	4	4	4
4	4	4	4
4	4	4	4
4	4	4	4
4	4	4	4

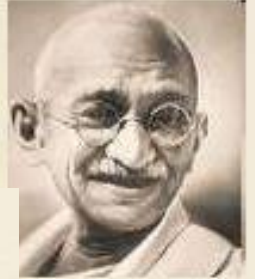
- The value of π



Known For

Mahatma Gandhi

Father of the nation - embodiment of Non Violence



Mother Theresa

1979 Nobel Laureate for Peace

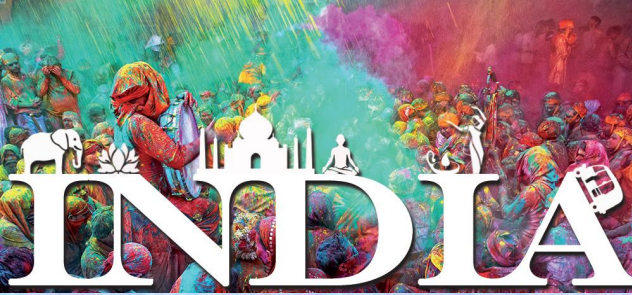
St. Alphonsa

Feastday: July 28

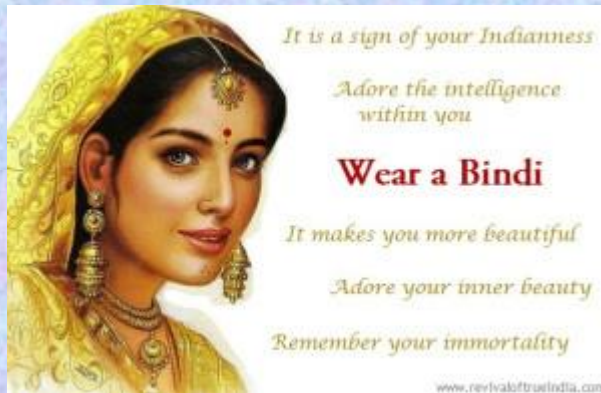
Patron: against illness

Birth: 1910 Death: 1946



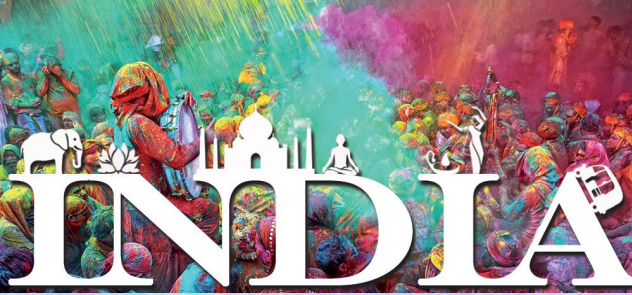


Bindi



Known For

- Mark worn by women and girls in India. The name is derived from “Bindu”, a Sanskrit word for “point” or “dot” and is usually red in color made with vermilion powder which is worn by women between their eyebrows on the forehead.
- Lost its significance and mostly worn as an accessory.
- Different colors worn for different occasions and stages I life (most women don’t follow rule of color anymore).
- **Married women:** RED. Shows that she is married and signifies true lover and prosperity.
- **Widows** do not wear normally but are allowed to wear in black (in Southern India) showing their loss.
- **Young girls** are free to wear any color.



Known For

Henna

- The art of **Mehndi** (pronounced me-hen-dee) (**Henna**) has been practiced for centuries in India, Africa, and the Middle East.
- Mummies have been found with henna designs and it is well documented that Cleopatra herself used henna for cosmetic purposes.
- We may think that henna tattoos are new but in actuality, they've been around for over five thousand years.
- We use the word Mehndi to describe the practice of applying henna to the body.





Questions?

Let's Dance!



[Video Dance Lesson](#)

Life Skills: Meditation



[5-Minute Guided Meditation](#)

Life Skills: Meditation

Benefits of Meditation:

- Manage/reduce stress, anxiety and depression
- Reduce memory loss
- Lengthens attention span and helps focus
- Health (pain, blood pressure)
- Sleep better
- Self awareness (kinder person)

How/Where to mediate:

- Adoration
- Alone time
- Before going to sleep or when wake up
- ANYTIME! ALMOST ANYWHERE

Thank You

