

VOICES

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Festival Special Issue

Indian Cultural Diversity: The True Beauty & Essence of India

*-By Priyanka Bhattacharya
Master of Hospital
Administration*

India is quite diverse & home to several communities, each having own culture & traditions, making India beautifully unique. India has a distinct culture that has been developing for thousands of years & varies region-wise.

Diversity in Architecture: Indian Architecture is incredibly diversified. It spans from ancient caves to contemporary skyscrapers. As India grows, India's architecture continues to diversify reverting to its roots while maintaining current trends. India is also classified by Dravidian & Nagara Architectural Styles as the focal focus of Hindu architecture. In the empires of South India, Dravidian style prospered, whilst in North India, Nagara style predominately appeared.

Diversity in Indian Clothing: India's vast & boundless array of ethnic dress is full of aesthetic beauty. A compelling epic about craftsmanship, culture or legacy tells a story in each piece. The land is a center of heritage mode. Its diversity was a muse for a no. of notable connoisseurs of fashion. In addition to western clothing, Indians have their own ethnic attire like dhoti, kurta, sari, sherwani, turban etc.

Dhoti is a piece of cloth draped around the waist by men. Kurta is one of India's famous men's ethnic clothing. Likewise, the saree is the favorite choice for Indian women. A saree is a long robe, gracefully drawn by women around their bodies & is most trendy clothing worldwide.



Diversity in Indian Food: Indian food is one of the world's most tasteful & nuanced. There is no flavor homogeneity between North & South or East & West but rather an incredible richness of tastes

One of India's assets is its culinary diversity. Each area is specialized in cuisine, not solely at regional, but also at the provincial level. Indian cuisine tends generally to seek a balance between spices & herbs that offers delicious dishes with surprising therapeutic & medicinal benefits.

Diversity in Religion: In India, religious beliefs & practices are distinguished

by diversity. Secularism in India means the equality of treatment by the State for all religions. Religion has played an essential part in India's culture throughout India's history. The law & tradition foster religious plurality & tolerance in the nation; the right to freedom of religion has been proclaimed as an essential right by the Indian Constitution. Indian religions have influenced & shaped Indian culture.

Diversity in Indian Customs & Tradition: The vast differences in customs, traditional beliefs & rituals can be witnessed if one analyses the differences in cultures prevalent in northern & southern part of India. The festivals, the art forms, & to an extent, even the dressing style of people are quite different in Northern & Southern India.

Diversity in Indian Languages: Though Hindi is the most commonly used Indian language, there exist many other languages too. As diverse the country is, each state has its distinct language. Due to this, it would not come as a surprise that most Indians are bilingual/sometimes multilingual, & can effortlessly handle more than one/two languages.

Diversity in Indian Music, Cinema & Literature: Music plays a

➤ Continued to page. 6

*-Message from
Academic Dean Mam...*

**Sujalam Suphalam
Malayajasitalam
Sasyashyamalam Mataram
Vande Mataram**

India is a land of cultural diversity – motherland of the Mahatma, Kavi Guru Rabindranatha Tagore, Bhagat Singh, Deshbandhu Chittaranjan Das and many more... Indian culture is one of the oldest and richest cultures of the world. As a sovereign and secular democratic country, India is home to a variety of cultures, each unique in its own way. On one hand as we celebrate the colors of Holi, on the other hand Durga Puja and Diwali are celebrated in all its grandeur and glory. Just as we celebrate Eid, 'The Feast of Breaking the Fast' to mark the end of Ramadan, Christmas is celebrated to rejoice the birth of Jesus Christ. Thus the Indian cultural diversity is what makes India beautiful and unique.



-Painting by Sohini Naskar (DA)

As we set out for the festive season, Institute of Management Study presents a special edition of Voices to celebrate the Cultural Diversity, even under such grave circumstances where a large part of the world is still devoured by Covid 19.

The Versatility of the Taste of India

-By MD. Ashique Ekbal
Bachelor of Computer
Application

India food like its culture is varied and is quite popular across the world. Indian food is the blend of varied herbs and spices which make every dish quite unique and special. Though most of the countries love Indian food, it is considered to be quite spicy when compared to the other cuisines. Most of them when they think of Indian food, all they can think of is the wide variety available. Be it the sweets or the rice dishes or the curries or the snacks, Indian cuisine has it all. Indian food is delicious and quite exciting and includes the use of various exotic flavors. Also, another thing that pops up in our mind when we think of Indian cuisine is the wonderful spices that are used in cooking.



*Photo from internet

preservatives. This way you get all the nutrients you need. Indian cooking also makes use of a number of herbs that are very good for human health. Some of the herbs include turmeric, ginger, and garlic and so on.

Indian food also makes use of yogurt, which is fermented milk, which is again helpful in preserving healthy bacteria.

Indian food not only tastes good, but is also quite healthy. Now that we have learned about Indian food, it is time you try out various cuisines and let us know which his your hot favorite.

The cuisines in India are as diverse as its Muti-ethnic culture. The exotic and delicious dishes of India are marked by the subtle used of spices and herbs. Every region has their own Chaim to fame dishes and different styles of cooking. The method of cooking. The flavors and their specialties change with the landscape.

Here are 31 dishes that define the cuisines of India. Finally, some of the notable foods of India are named – Rogan Josh, Aloo ka gutka, little Chokha, Rosogulla, Dum ki biriyani, idli samber, Pav bhayi, dhokla, dal baati churma etc



*Photo from internet

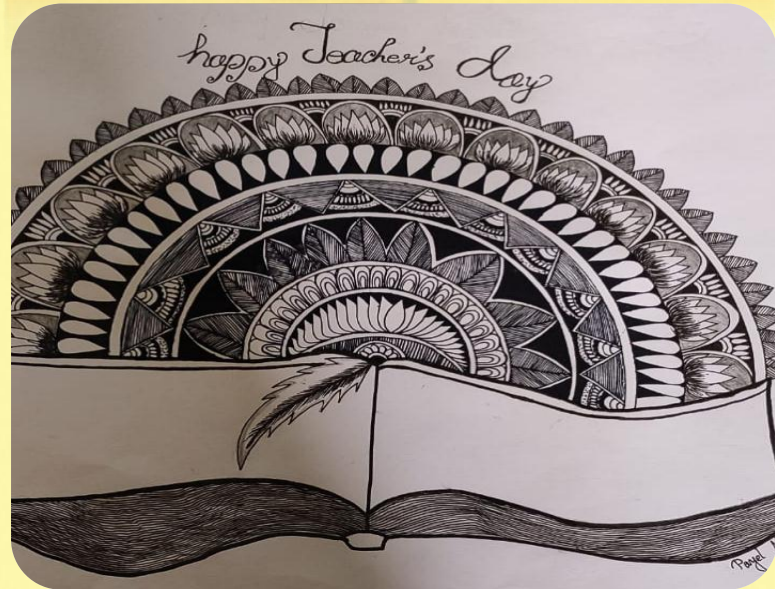
Let us now learn a little more about Indian food, which the favorite of many around the world. Indian food is wide and includes a lot of variety. Each state of India has its own unique cuisine that reflects the culture and their tradition.

Indian food is cooking using various methods, most of which preserve the nutrients contained in the fresh vegetables used. Traditional way of cooking Indian food includes making everything from the scratch. Indian food is mostly free from

Gallery



-By Dr. Riya Das
Master in Hospital Administration



-By Payel Manna
Bachelor in Medical Laboratory Technology



-By Sangita Samanta
Bachelor in Medical Laboratory Technology

Is Paper Better Than Plastic?

-By Jakia Zannat
Bachelor in Medical
Laboratory Technology

If you go to a grocer and buy some vegetables and he asks you whether you would like paper or plastic bag to carry it home, you can give an environment friendly answer "Neither". Americans use 100 billion plastics for groceries every year. Of that only 1-3% are rejected. Then what is bad about plastic bags?

Plastic bags are not biodegradable. They spoil landscape and end up in landfills where they may take 1000 years or more to break down into smaller particles that continue to pollute the soil and water. Paper bags, which many

people consider a better alternative to plastic bags, carry their own set of problems. For an example, according to American Forest and Paper Association in 1999, the U.S alone used 10 billion paper grocery bags which adds up to a lot of trees.

Reusable bags are a better option but if you decline both paper and plastic bags, then how do you get over your groceries home?

The answer according to many environmentalists is high quality reusable shopping bags made of materials that don't harm the environment during reusable shopping bags made of materials that don't reusable shopping bags made of materials that don't harm the

environment during production and don't need to be discarded after each use.

Experts estimate that 500 billion to 1million plastic bags are consumed and discarded annually would wide - more than a million per minute.

Here are about few facts about plastics bags to help demonstrate the value of reusable bags to conserve and protect the environment.

1. Plastic bags are not biodegradable. They accordingly go through a process called photo degradation and breakdown into smaller toxic particles that contaminate both soil and water and end up in the food chain when animals accidentally ingest them.

2. According Environmental Protection Agency, more than 380billion plastics are used in U.S.A every year, of that 100 billion are used for shopping, which cast retailers about \$4 billion annually.

3. Hundreds of thousands of whale, sea turtles and other marine animals, mammals die every year after consuming discarded plastic bags.

4. Discarded plastics bags have become so common in Africa that they have developed a cottage industry where they collect the bags and use them to weave hats, bags and other goods.

According to BBC one such group recollects 30,000 bags every month.



Green Grass Tree Morning
Sunshine Forest Park
Natural Scenic.

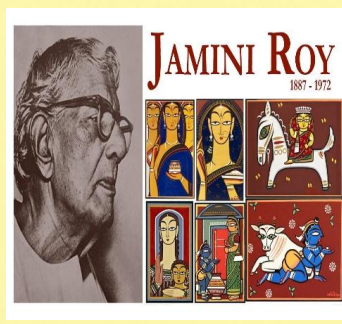
“You cannot get through a single day without having an impact on the world around you. What you do makes a difference and you have to decide what kind of a difference you want to make.”

—Jane Goodall

-By Monisha Kundu
Bachelor in Medical
Laboratory Technology

JAMINI ROY – The Artistic Rebel of Modern India

*-By Sohini Naskar
Data Analytics*



When we talk about art lot of things comes into mind. It's a versatile field, not to mention equally alluring and a dream escape for the social vagabonds of 21st century. Thus, let's just rewind a few pages of our own artistic history of Bengal and excavate the torch bearer of modern art whose abstract ideas not only painted India with glory but the world talks about him now. Let's get started with JAMINI ROY.

April 11th marked the 134th birth anniversary of Jamini Roy. He was amongst those radicals who joined an art school at an early age of 16. These days it's nothing extraordinary but back 1925 that then at the 19th century, when India was already struggling under the British rule, pursuing passion was considered luxury. Jamini Roy has been an inspiration to young minds throughout this life in the choices he made.

Now, talking about choices bring us to question that what was so different about him! You see he enrolled in an art school whose headmaster was

Abanindranath Tagore, who is no doubt an eminent artist of the era but as the Tagore family was one of the most influential social giants back then, they have already accepted the elegance of England and Abanindranath's art speak loud about his preferences. Thus, his students are trained in a similar manner. This is why Roy's initial work (in the early 1920s) reflect the influence of Western classical style of art as well as the avant garde Bengal school of art. However, while these works were technically perfect, they lacked a certain energy and enthusiasm.



What make Roy's distinctive style all the more unique is that though he was trained in the western classical style of painting, he chose to develop his own voice as an artist by returning to his roots.

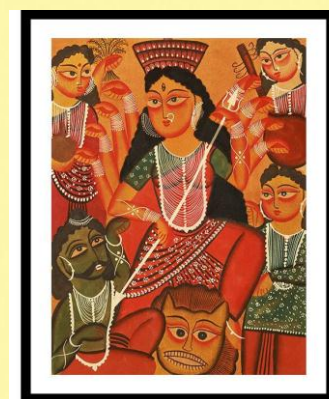
What Changed?

Well the story goes this way- It was in the year

1925 that he heard his true calling outside the famous Kalighat temple in Calcutta. After observing a few Kalighat paintings ("pattachitro"), displayed outside the temple, Jamini instinctively knew what his preference and interest was, when it came to art.



He knew that the Bengali folk art could be used as a stone to bring down not two but three birds – a way to simplify and portray the lives of common people; to make his art accessible to all; to bring back the glory of Indian art. From that moment onwards, his paintings started reflecting the Kalighat style of art. By the early 1930s, Jamini Roy became fully conversant with the lines of the Kalighat idiom and produced more number of art works. In 1938, his art works became the first Indian paintings to be displayed at a British-ruled street in Calcutta. Jamini's thought process began to bear fruit in the



1940s when his works were bought by average middle-class Indians. What surprised him though was the interest shown by the European community towards purchasing his paintings. With the passage of time, his paintings were only reflecting the indigenous art of Kalighat painting, along with the terracotta's of the Bishnupur temple. In the following years, his works were exhibited at prestigious shows in places like London and New York City. By now, Jamini Roy had accomplished what he had intended to do when he first switched over from the Western classical style to the folk art of Bengal.

However Roy remained untouched by fame and recognition and only focused on developing his art unlike many of his peers. His artistic aloofness is somewhat an abode to his free soul.

He knew only his art and perhaps this is what gave it that unique earthy quality that made it immortal.



Some of his notable creations include Gopini, Mother and Child, Three Pujarans, Krishna Balram, Standing woman, Cat and the Lobster, Santhal Dancers and Bengali Woman among many others.

When Words Fail... MUSIC Speaks!!!

**-By Paromita Banerjee
BBA**

**“He who sings frightens
away his ills,”- Miguel De
Cervantes**

Music is the essence of life. It has the ability to convey all sorts of emotions to people. It has the strength to touch your mind and body at the same time directly.

Music is much more periodic, structural and easier for the brain to encode. It regulates neuro transmitters in the brain. Generally music from the teenage times, early adults are used

Music therapy can improve the quality of life for dying patients. It can foster supportive interactions



*Photo from internet

Brain responds to music with signals that evoke emotions within us. Different kinds of music arises different feelings inside us.

During a study, it was found that multiple areas of the brain light up when a person is listening to music. Music has been used therapeutically since the dawn of humanity.

Music therapy is an established evidence based health profession practiced by credential therapist. Patients provided with the music therapy have a significant decrease in their distress and anxiety.

between patients and loved ones and help patients connect with and express emotions in a less threatening manner than verbal expression.

Patients reported their quality of life increased with greater numbers of music therapy sessions.

Hence music therapy is here to bridge the gap between ease and disease.

With researches ongoing, music therapy appears to be safe and likely helpful to a broad spectrum of patients in diverse clinical situations.

Gallery



“Many of life’s failures are people who did not realize how close they were to success when they gave up.”- Thomas A. Edison

**-By Arpan Ganguly
Alumni**



Butterflies Are Nature's Angels

**--By Payel Manna
Bachelor in Medical Laboratory Technology**



A Letter to My Childhood Home

Gallery

Adrija Mondal
Bachelor in Computer Application

"You know that point in your life when you realize the house you grew up in isn't really your home anymore? All of a sudden even though you have a place where you put all your stuff, that idea of Home is gone."

people don't matter, sometimes IT IS the sticks and stones and bricks and bones that make the house, 'Home'. And I didn't realize that until it was gone, until you were gone, until I couldn't crawl back between those walls that have seen me at my best and my worst whenever I felt miserable, until I didn't miss those people living inside you but you, until I knew that I can't ever get back to you, to my home where I grew up, whose walls I painted with crayons.

Someone once told me that the journey from Fernweh to Heimweh is very agonizing. As no person ever really felt like home to me, I couldn't feel the saudade, until my home felt like a person and then it didn't but you will always remain you, MY FIRST HOME. And I know eventually I'll meet someone who'll feel like something resembling you and I'll create a new idea about home. Until then, my home, 'Je te laisserai des mots'. C'est au revoir.



*Photo from internet

These are not my words. Andrew Largeman from Garden State (2004) used to feel this way about the idea of 'Home'. I never really gave much thought to it until I had to leave you. And I wasn't even sure how I felt about it. I guess I still don't. But now that it's time and I have to let you go (or at least the idea of you), I figured writing something will help. So, here is goes.

It feels weird to write to a thing, not a person. To write to wooden shatters and glass windows, chipping paint and an attic full of dark corners and creepy cobwebs. It feels strange to mourn the loss of a home the way one might grieve the passing of one's own self and not some distant relative.

I have heard this being said often, "A home is not what it's built with or where it is built, it's about the people who live in it, who turn a house into a home with their love, mutual respect and trust." But it's been a long road and I've learnt it the hard way that sometimes



Safwan Ahmed

Bachelor in Medical Laboratory Technology



Kushal Mukherjee

Bachelor of Hospital Management

...Essence of India

➤ **From Page 1**

significant role in Indian culture. Carnatic music, Hindustani music are usually accompanied by traditional musical instruments such as tabla & veena. Indian music is quite soothing & pleasing to ear. The Indian movies, too, reflect the culture of the society. Owing to the no. of movies produced each year in different languages across India, adding to the fact that Indians love movies, India has now become one of the greatest producers of films. India has also been blessed with many intellectuals & legendary writers & poets who are renowned worldwide for their contributions to humanity. Prominent among them is Rabindranath Tagore, his work Gitanjali continues to spread its message & inspires all those who read it. Other prominent Indian

writers include Sarojini Naidu, Aurobindo Ghosh, among others. Artists such as Raja Ravi Varma, Rabindranath Tagore, and MF Hussain have helped in changing the face of Indian art.

Diversity in Indian Celebration: Festivals & celebrations are a common occurrence in India as they occur almost every other day; however, the grandeur & pomp of these festivals are quite impressive. The country is also home to many heritage sites & monuments, including Taj Mahal. All these facts make Indian culture unique & distinct.

The seventh-largest country in the world, India has set itself a unique & distinct place among the other countries of the world.

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For official contact- E.M. Bypass, 93, Mukundapur Main Road (Near Shankar Netralaya Hospital), Kolkata 700 099, West Bengal, India