



*Ek Bharat Shrestha Bharat (EBSB)  
St. Bede's College, Shimla*

## **‘EK BHARAT SHRESTHA BHARAT’ ACTIVITIES 2020-23**

### **SESSION 2020-21**

#### **UNITY IN DIVERSITY**

On August 26, 2020, a virtual meeting titled "Unity in Diversity" was organized between St. Xavier's College for Women Aluva, Kerala and St. Bede's College Shimla as part of the 'Ek Bharat Shrestha Bharat' (EBSB) initiative.

**Objective:** The event aimed to celebrate the diversity of our nation and promote cultural exchange and understanding between the two colleges.

The meeting took place on the online platform Google Meet, bringing together teachers and students from both colleges. It served as an ice-breaking session, allowing participants to introduce themselves and engage in discussions about future agendas and potential activities to bridge the gap between the two states and their diverse cultures.

Through this virtual meeting, participants had the opportunity to share insights, experiences, and perspectives on various cultural aspects, traditions, and practices. It allowed them to broaden their horizons, challenge stereotypes, and develop a deeper understanding and appreciation for the diversity that exists within our country.

The event highlighted the significance of unity in diversity, emphasizing the importance of respecting and embracing different cultures and traditions. It provided a platform for participants to build connections, foster friendships, and work towards a more inclusive and harmonious society.

**Outcome:** By promoting cultural exchange and understanding, the Unity in Diversity event contributed to the larger goal of the EBSB initiative, which seeks to strengthen the bonds between different states and regions of India. It served as a steppingstone towards future collaborations and activities that would further bridge the gap and promote unity among the participants.



*Ek Bharat Shreshtha Bharat (EBSB)  
St. Bede's College, Shimla*

*Apart... But Virtually Together.....*

Under the auspices of  
**Ek Bharath Shreshtha Bharath**  
St. Xavier's College for Women Aluva Kerala  
meets  
St. Bede's College Shimla Himachal Pradesh

To CELEBRATE the Unity in Diversity of our Nation  
To PROMOTE the spirit of national integration  
To ESTABLISH long-term engagements

The students and teachers of St. Xavier's College for Women Aluva Kerala  
&  
St. Bede's College Shimla Himachal Pradesh  
meeting virtually Via Google Meet on **26.08.2020 at 2:30 pm.**

*Click the link to register:* <https://forms.gle/7C2UsimX9pfbYcLZ7>

**Organising Committee**

*Dr. Sr. Geege Joanamma Xavier*  
Principal, St. Xavier's College for Women  
*Ms. Nandini Pathania*  
Principal, St. Bede's College  
*Dr. Sr. Stella K. A*  
Vice Principal, St. Xavier's College for Women

**Organising Committee**

*EBSB Coordinators*  
*Sruthy Francis M, Sonia John Markose*  
(St. Xavier's College for Women)  
*Mr. Manu Mahajan*  
(St. Bede's College)

For further details drop a mail to [ebsbstxavlers@gmail.com](mailto:ebsbstxavlers@gmail.com)

## VIVARTHAN

On September 30, 2020, the EBSB Club of St. Bede's College, Shimla, and St. Xavier's College, Aluva, Kerala came together to celebrate World Translation Day under the event name "Vivarthan."

**Objective:** The objective of this event was to promote linguistic and cultural exchange between the students of both colleges.

During the event, students from St. Xavier's College learned basic words and phrases in the Pahari dialect, which is spoken in the Shimla region. Similarly, students from St. Bede's College learned words and phrases in the Malayalam language, which is spoken in Kerala. This language exchange aimed to deepen understanding and appreciation of different linguistic traditions.

Additionally, students from both colleges engaged in learning folk songs from each other's cultures. This activity allowed them to explore the rich musical heritage of Pahari and Malayalam traditions, fostering a sense of unity and appreciation for diverse musical expressions.



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Furthermore, St. Xavier's College organized a quiz for the students of St. Bede's College, where they had to identify the correct Malayalam word corresponding to the images shown. This interactive session aimed to test the students' understanding of the Malayalam language and enhance their knowledge of vocabulary.

**Outcome:** The celebration of World Translation Day through the Vivarthan event facilitated cultural and linguistic exchange, promoting mutual respect and understanding between the students of St. Bede's College and St. Xavier's College. It provided an opportunity for students to learn and appreciate different languages, dialects, and musical traditions, fostering a spirit of cultural diversity and unity.

SAINT XAVIER'S COLLEGE FOR WOMEN ALUVA  
On the path of knowledge here is service

Ek Bharat Shreshtha Bharat  
एक भारत श्रेष्ठ भारत

EBSB Club fraternity of St. Xavier's College for Women, Aluva, Kerala  
and  
St. Bede's College, Shimla, Himachal Pradesh  
jointly celebrate Translation Day  
**VIVARTHAN**  
with  
Fun games  
Translation games  
Informal Interactions  
Time: 2.30 onwards  
30 September 2020  
[Click here to join online](#)

Organisers:  
EBSB CLUB St. Bede's College Shimla

### **LITERARY MEET**

On October 6, 2020, the Department of English at St. Bede's College, Shimla, and the Department of Communicative English at St. Xavier College, Aluva, came together to organize a Literary Meet.

**Objective:** This virtual event provided a platform for students and faculty to engage in a meaningful dialogue about the rich literary traditions of their respective regions.

Through the use of Google Meet, participants from both colleges gathered to discuss and reflect upon notable writers and their contributions to literature. During the event, participants shared their insights, opinions, and interpretations of works by prominent writers from Shimla and Aluva. They explored various literary genres such as poetry, prose, drama, and fiction. Through lively discussions, participants delved into the themes, writing styles, and cultural contexts of the literary works.



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**Outcome:** The Literary Meet provided a platform for students and faculty members to engage in critical analysis, share their perspectives, and deepen their understanding of literature. By bringing together the Departments of English from both colleges, the Literary Meet facilitated an exchange of ideas, knowledge, and experiences. It created an opportunity for participants to learn from each other, gain new insights, and broaden their literary horizons.

**LITERARY MEET**

St. Xavier's College for Women, Aluva, Kerala  
and  
St. Bede's College, Shimla, Himachal Pradesh  
converge to muse over the writers of their rich  
literary tradition. The main focus of this  
interaction is to introduce the vast vistas of  
regional literature and to ensure cultural  
exchange

Join us for the meet  
on Oct 6, 2020  
at 2.30 PM  
Via Google Meet:  
<https://meet.google.com/kiq-hopp-mpm>

**ORGANISERS**  
EBSB Coordinators  
Departments of English and Communicative English  
St. Xavier's College for Women, Aluva, Kerala  
St. Bede's College, Shimla, Himachal Pradesh

### **CULTURAL EXCHANGE**

On October 14, 2020, a Cultural Exchange event was organized as part of the Ek Bharath Shrestha Bharath (EBSB) initiative.

Mr. Manu Mahajan, the EBSB Coordinator, delivered a captivating PowerPoint presentation to introduce the folk songs, folk dances, and musical instruments of Himachal Pradesh to the participants from Kerala.

During the presentation, various traditional folk songs and dances such as Natti, Chham, Dangi, Thoda dance, and Jhamakada dance were showcased, highlighting their cultural significance and unique characteristics. The participants were immersed in the rich cultural heritage of Himachal Pradesh, gaining insights into the vibrant music and dance forms that are deeply rooted in the local traditions.

In addition to the folk songs and dances, the presentation also focused on the traditional musical instruments of Himachal Pradesh. Instruments such as Nagada, Dholku, Ransingha, and others were introduced, showcasing their distinct sound and role in the region's musical traditions.





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The Cultural Exchange event provided an opportunity for participants from Kerala to experience and appreciate the cultural diversity and artistic expressions of Himachal Pradesh. It fostered a sense of connection and understanding between the two regions, promoting cultural exchange and harmony.

By sharing the folk songs, dances, and musical instruments of Himachal Pradesh, the event aimed to celebrate the rich cultural heritage of the state and promote cross-cultural learning and appreciation.





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St. Bede's College, Shimla*



*Final Ek bharat shresht Bharat st.bedescollege shimla HP.pptx*

### **CHATS TO BONDS**

On November 9, 2020, St. Bede's College Shimla, Himachal Pradesh, and Kahm Unity Women's College, Manjeri, Kerala, organized a virtual interactive session titled "Chats to Bonds" on Google Meet. The session was guided by Sir Manu Mahajan from St. Bede's College and Ma'am Fatima Zohara from Kahm Unity Women's College.



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**Objective:** The main objective of the session was to foster cultural exchange and develop bonds between the students of both colleges.

During the session, there was a lively interaction among the students and teachers, covering a wide range of topics. The discussions touched upon the delicious delicacies of both states, such as the special "min curry" (fish curry) and "paisum" (dessert) of Kerala, as well as the traditional Himachali dishes of "dham" and "babru." The conversation also delved into the cultural aspects of the states, including the snow-covered peaks of Himachal Pradesh and the lush green fields of Kerala.

The session provided an opportunity to explore the socio-political scenarios of both states and understand the religious diversity and vernacular of Himachal Pradesh and Kerala. The students shared their knowledge about the must-visit places in Himachal Pradesh, while the Kahm Unity Women's College presented a token of love through the song "Chambey Jana Zaroor."

A presentation on Himachali culture and attire was also showcased by St. Bede's College, allowing the participants to gain insights into the rich cultural heritage of Himachal Pradesh. The discussions created a sense of oneness and unity despite the contrasting cultures and ideologies, fostering a deeper understanding and appreciation of each other's traditions and perspectives.

**Outcome:** The "Chats to Bonds" session not only facilitated cultural exchange but also strengthened the bonds between the students of St. Bede's College and Kahm Unity Women's College. It promoted a sense of unity, friendship, and mutual respect among the participants, breaking barriers and fostering a spirit of camaraderie.

Logo of St. Bede's College, Shimla

Logo of Kahm Unity Women's College, Manjeri, Kerala

Logo of Ministry of Education, Government of India

EK BHARAT SHRESHTHA BHARAT

**CHATS TO BONDS**

A Virtual Interaction

**KAHM UNITY WOMEN'S COLLEGE**  
MANJERI, KERALA

&

**ST. BEDE'S COLLEGE**  
SHIMLA, HIMACHAL PRADESH

@4pm on 9 November 2020  
<https://meet.google.com/asm-fxfu-grw>





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## HIMACHALI CUISINE DAY

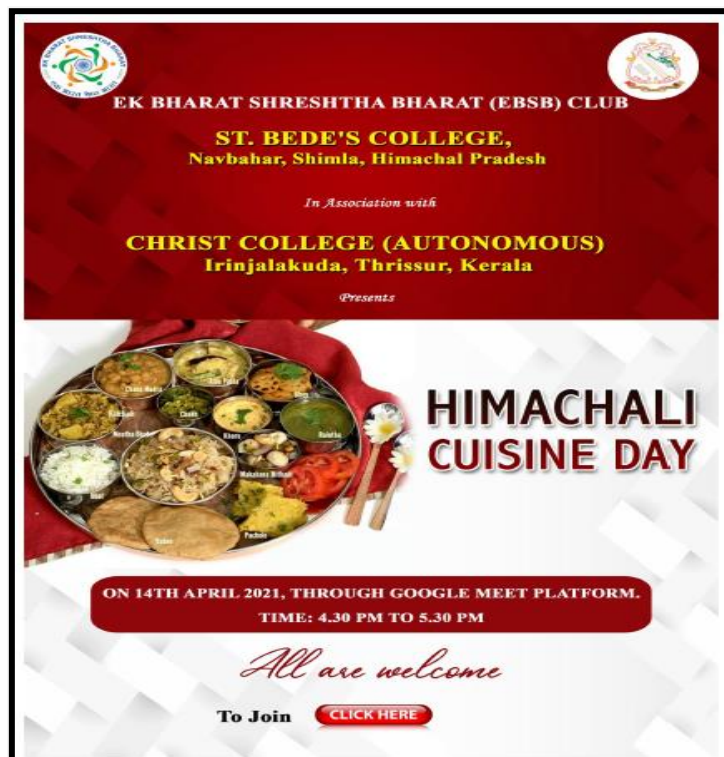
On April 14, 2021, the EBSB (Ek Bharath Shrestha Bharath) club of St. Bede's College in Shimla, Himachal Pradesh, collaborated with Christ College (Autonomous) in Thrissur, Kerala, to celebrate Himachali Cuisine Day.

**Objective:** The event aimed to introduce the delicious food of Himachal Pradesh to the students of Christ College.

During the event, the students from St. Bede's College shared information about the unique and traditional Himachali dishes. They highlighted the culinary specialties of Himachal Pradesh, including popular dishes such as Madra, Chha Gosht, Tudkiya Bhat, Dham, and Sidu. The students explained the ingredients used, the cooking techniques, and the cultural significance of these dishes.

The Kerala students of Christ College had the opportunity to learn about Himachali cuisine and its flavours. They were introduced to the rich and diverse culinary heritage of Himachal Pradesh, which reflects the region's culture and traditions. The event fostered cross-cultural understanding and appreciation for the gastronomic diversity of India.

**Outcome:** The Himachali Cuisine Day event provided a platform for students to explore the cultural and culinary treasures of Himachal Pradesh. It created an opportunity for interaction, learning, and the exchange of knowledge and experiences. The collaboration between St. Bede's College and Christ College helped bridge the gap between the two states and promoted cultural integration and harmony.







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*St. Bede's College, Shimla*

**SESSION 2021-22**

**READING WEEK**

On June 26, 2021, an event titled "My Land, My Culture, My Writing: Kerala Perspective" was organized to introduce a Malayali author and her perspective on her land and culture.

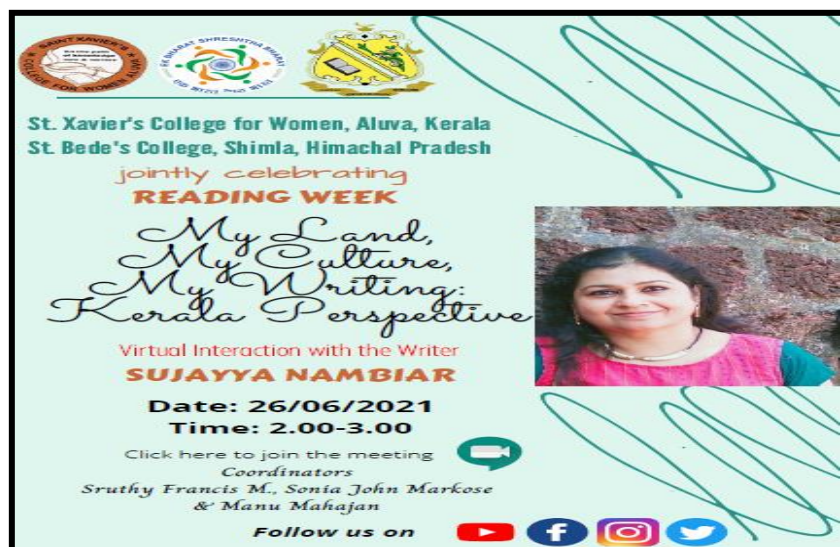
**Objective:** The objective of the program was to provide insights into the writer's experiences and the influence of her surroundings on her writing.

The event began with a prayer song performed by Ms. Lamya, followed by a warm welcome address by Ms. Cerin Mejo. The stage was then handed over to the chief guest, Ms. Sujayya Nambair, the Malayali author. Ms. Nambair shared her journey as a writer and the various factors that have shaped her writing, including the different places she has been nurtured in. She discussed the significance of her birthplace, Kerala, and its rich culture and traditions, and how they have influenced her writing.

The interactive session provided an opportunity for the students to engage with the author and ask questions about her work, writing process, and perspectives on Kerala's culture. The students gained insights into the writer's creative journey and the way her experiences have influenced her writing style and themes.

To conclude the event, a fun-filled segment was conducted as a farewell for the Bedians, adding a lighthearted touch to the program. The participants had an enjoyable time, fostering a sense of camaraderie and appreciation for Kerala's literature and cultural heritage.

**Outcome:** The event "offered valuable insights into the writer's perspective and enriched the participants' understanding of Kerala's cultural landscape. The interactive session and the farewell segment created a lively and engaging atmosphere, fostering a sense of connection and appreciation for literature and cultural diversity.





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## **FOLK DANCES OF HIMACHAL PRADESH**

**Google Meet:** [meet.google.com/yos-xbqr-vsm](https://meet.google.com/yos-xbqr-vsm)

On March 19, 2022, St. Bede's College, Shimla organized an online presentation on the topic "Folk Dances of Himachal Pradesh" under the Ek Bharat Shreshtha Bharat initiative.

**Objective:** The presentation aimed to showcase and celebrate the traditional folk dances of Himachal Pradesh, highlighting their cultural significance and importance.

The presentation began with an address by Mr. Manu Mahajan, who welcomed the audience and introduced the topic. Annanya Mahajan, a student of St. Bede's College, then delivered the presentation on "Folk Dances of Himachal Pradesh." She provided insights into the rich heritage of traditional dances in the state, emphasizing their role in tribal and non-tribal communities. The dances serve as a reflection of Himachal Pradesh's culture and traditions, and they are an integral part of festivals and celebrations in the region. Annanya discussed prominent dance forms such as Nati, which holds a Guinness World Record. She also mentioned other dance forms like Losar Shona Chuksam (Kinnaur), Dangi (Chamba), Gee Dance and Burah dance (Sirmour), Naati, Kharait, Ujagjama, and Chadhgebrikar (Kullu), and Shunto (Lahaul & Spiti). These dances exhibit intricate movements and unique costumes, adding to their beauty and charm.

During the presentation, Samaira Mahajan also performed a captivating Himachali song, which delighted the students and added a musical element to the event.

Following the presentation, an interactive session took place, allowing teachers and students to share their thoughts and appreciation for each other's culture. This session facilitated cross-cultural understanding and further strengthened the bonds between participants.

**Outcome:** The online presentation on "Folk Dances of Himachal Pradesh" provided an opportunity for the audience to gain a deeper understanding and appreciation of the diverse dance forms in the state. It showcased the rich cultural heritage of Himachal Pradesh and fostered a sense of unity and appreciation for the vibrant traditions of different regions. The event successfully promoted cultural exchange, learning, and collaboration, aligning with the objectives of the Ek Bharat Shreshtha Bharat initiative.



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*St. Bede's College, Shimla*



**KAHM UNITY WOMEN'S COLLEGE  
MANJERI, KERALA**

**&  
ST. BEDE'S COLLEGE, SHIMLA,  
HIMACHAL PRADESH**

**FOLK DANCES  
OF HIMACHAL PRADESH**

*Ananya Mahajan:*

III B Com  
St. Bede's College  
Himachal Pradesh

**@4:30pm  
19/03/2022**

  
Google Meet.



[meet.google.com/yos-xbqr-vsm](https://meet.google.com/yos-xbqr-vsm)

<EBSB COORDINATORS>

DR N V FATIMATHU ZUHARA

MR. MANU MAHAJAN

<STUDENT COORDINATORS>

Shamila Rustha  
Rafa

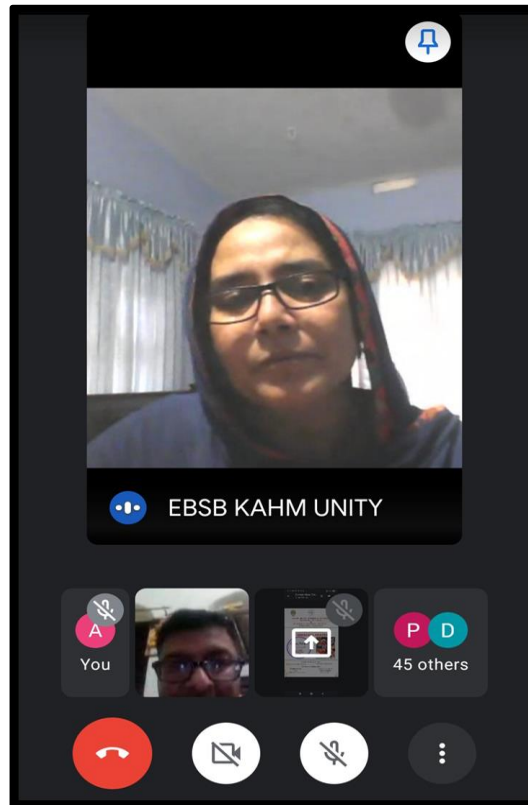
KAHM Unity Women's college

Aahana Chatterjee  
Janvi Chauhan  
St. Bede's College

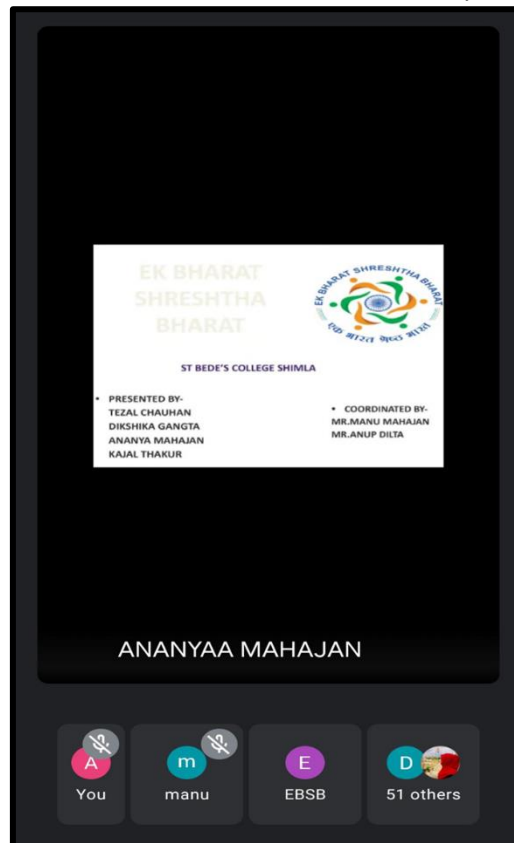
*Brochure*



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*Dr. N.V Fatimathu Zuhara, EBSB Coordinator, Kahm Unity Women's College, Kerala .*



*Annanya Mahajan presenting power point presentation on Folk Dances of H.P*





# Ek Bharat Shrestha Bharat (EBSB) St. Bede's College, Shimla

## HIMACHAL PRADESH



Himachal Pradesh also known as "Devbhumi" as it is regarded as the land of the gods.

- Himachal is peppered with the awesome landscape that is a dream everyone.
- Himachal Pradesh is a state with 12 districts that are Kangra, Bilaspur, Mandi, Chamba, Una, Sirmour, Lahul and Spiti, Shimla, Hamirpur, Kullu, Kinnaur and Solan.

## SHIMLA

Like the people of Shimla, the music and dance are very simple and beautiful.

It reflects the culture and tradition of Himachal. Dance forms such as Nati are performed all over the region. Nati is the most famous dance of Himachal Pradesh. It is listed in the Guinness World Record book as the largest folk dance. This "traditional dance" essentially derives its roots from the state of Himachal Pradesh and is also popular in the union territory of Chandigarh.

## KINNAUR

Kinnauri Nati is a folk dance which is originated in Himachal Pradesh. This dance is closely related to nature. This dance of state has two goals that is it welcomes the coming of New Year and it also an indication of rich harvest.



## CHAMBA

Chamba and the surrounding district have many local customs in dancing, illustrating the differences in geographical, anthropological and social cultures and religious beliefs in the area.

A solo dance or a dance of two people such as the Pharati or Khod-dumbi is commonly performed during the Nuwala ceremony and other important occasions, such as marriages etc. and the Dangi and Siki are said to be of note.

Notable male dances include the Gadi and Gujjar dances, Dandou, Nis, Ghodo, Noshon, Dharumde, the Khod-dumbi and the Ghinjhati. Notable female dances include the Ghurei, Pawal and PBI while dances such as the Shidi



## Lahaul and Spiti

AND SHABU: These are two popular of the Lahaul valley people and are at the Buddhist Gompas in the of the Buddha. Shan means a song of or the Buddha.

danced to these songs are known as songs. It is a tribal dance which is



## MANDI

- The people of Mandi are informally called Mandiyati and Mandiali language is generally used at local level for communication.
- Sepu Wadi is the official and main cuisine of Mandi which is served in Dham (banth) organised in functions and parties.
- Banbra is the main folk dance performed in theatrical shows on mands and is also famous for the international Mandi Shivaratri fair held for seven days in the month of March every year.



## KANGRA



Among the dances of this region, Jhamakada is most popular. The form of dance is also known as Nanoo Vinayaka and Navami Ka Swan. It is a group dance performed exclusively by the ladies. Earlier men were not allowed to watch it and if they were caught peeping in they were

## UNA

Una is a district in the Indian state of Himachal Pradesh. Una shares its border with the Hoshiarpur and Rupnagar districts of Punjab and Kangra, Hamirpur and Bilaspur district of Himachal Pradesh. The terrain is generally semi-hilly with low hills.

- The Ghungro is a dance which originated in the Una and is also performed in some areas of Una.



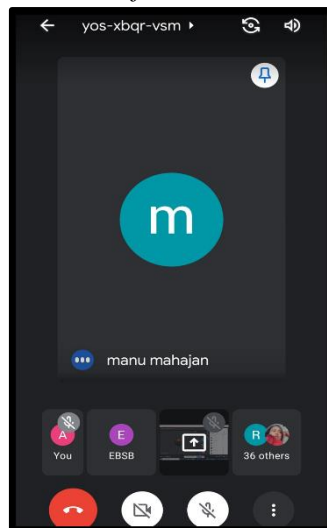
## HAMIRPUR

Hamirpur district is in the Indian state of Himachal Pradesh. The headquarters of the district are in the town of Hamirpur. With an area of 1,118 square kilometres or 432 square miles, it is the smallest district of Himachal Pradesh.

- Horn Dance: It is a traditional dance of Hamirpur people, which is performed, in the cold and dark nights of January. The



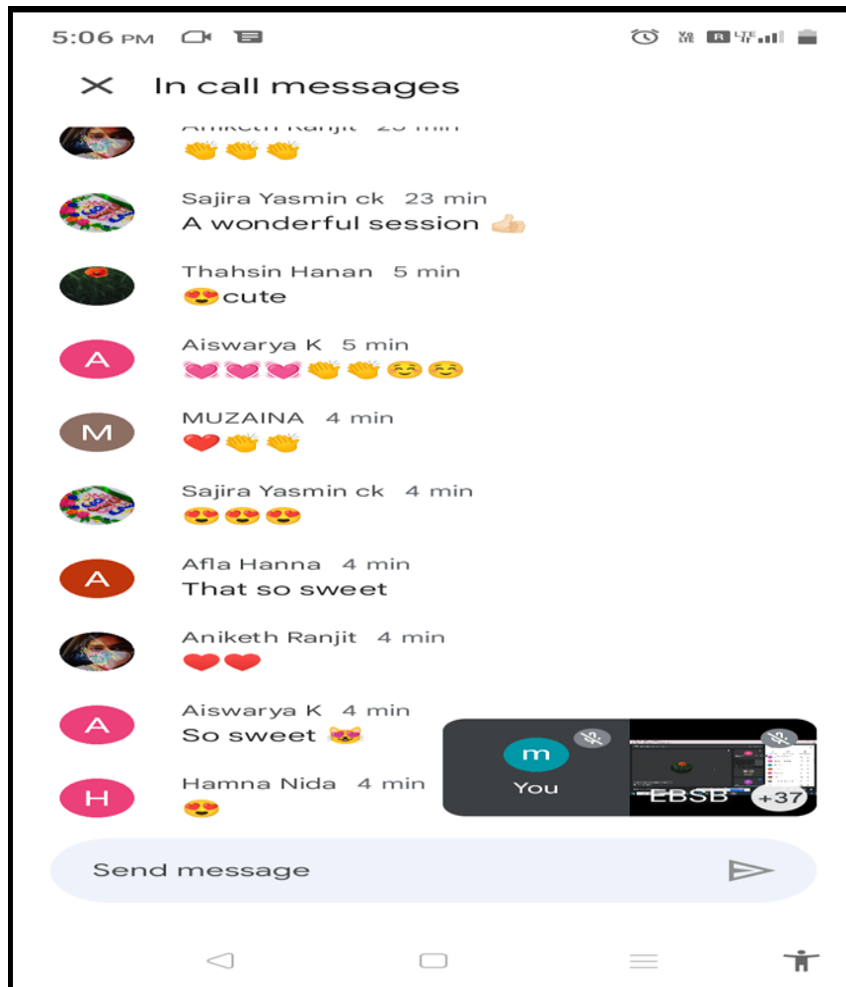
## Folk Dances of Himachal Pradesh



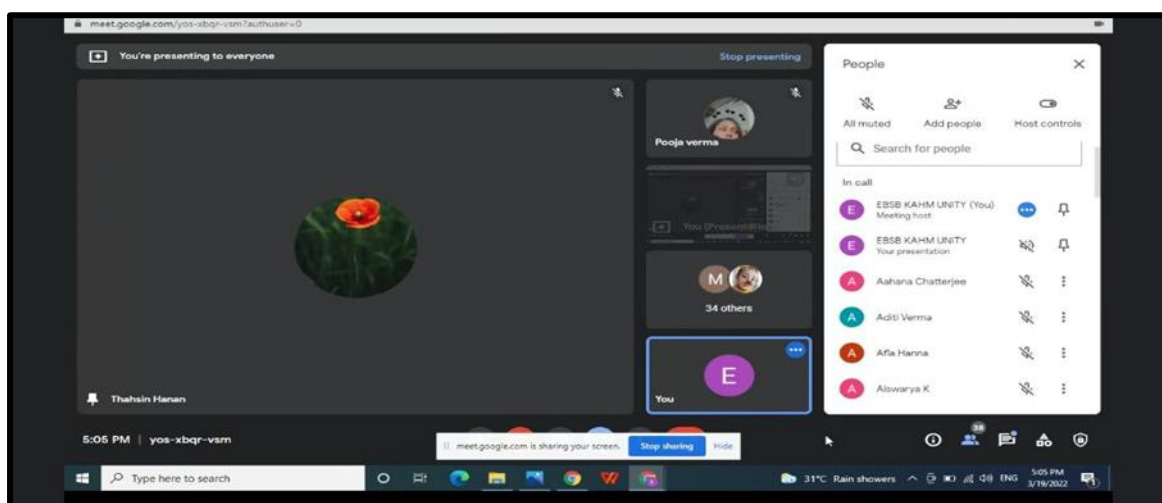
Vote of thanks by Mr. Manu Mahajan, EBSB coordinator, St. Bede's College, Shimla



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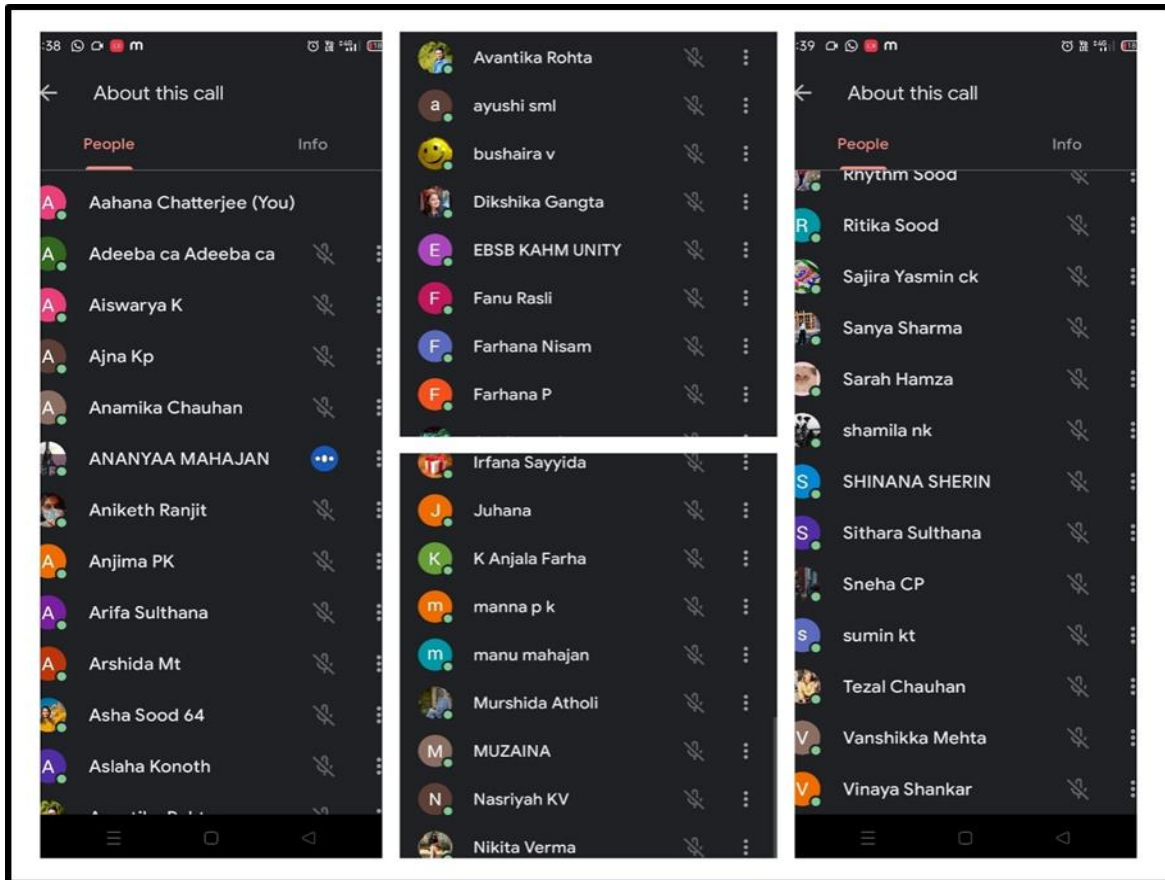
*Participants attending the Webinar*



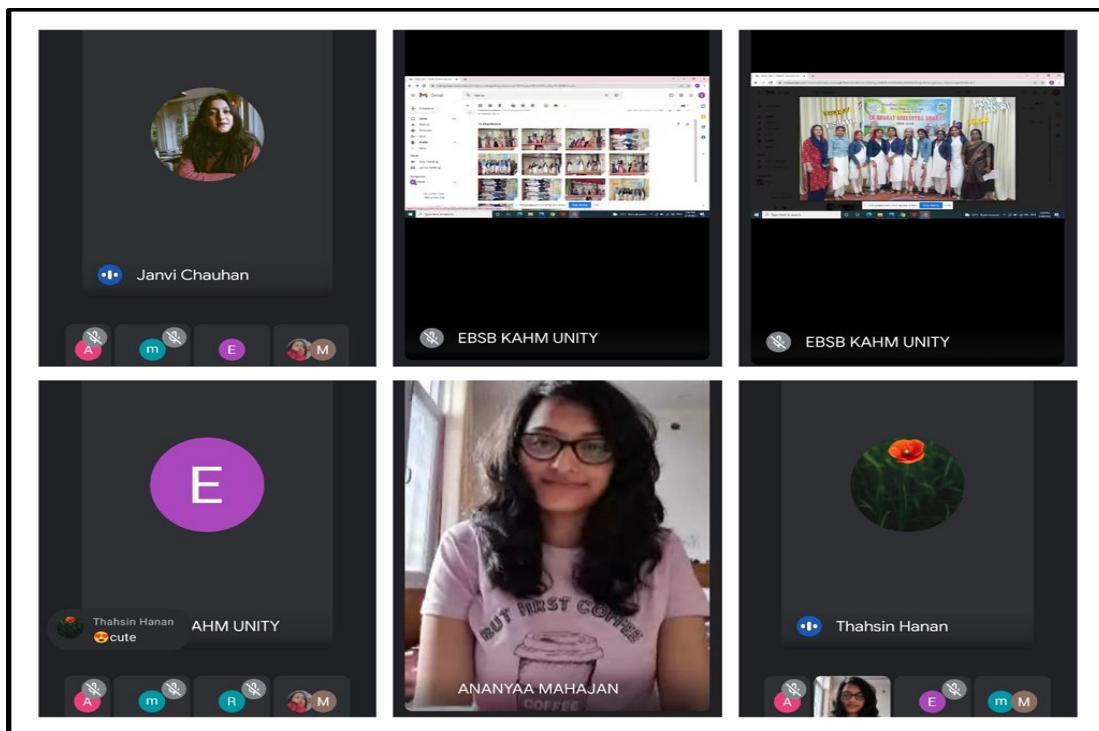
*St. Bede's College Shimla and Kahm Unity Women's College*



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St. Bede's College, Shimla*



*Kerala Students Interaction*





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*St. Bede's College, Shimla*

**SESSION 2022-23**

**CULTURAL MEET**

On March 24, 2023, students from St. Bede's College in Shimla and St. Xavier's College for Women in Aluva, Kerala came together for an online Cultural Meet as part of the EBSB program.

**Objective:** The event, aimed to promote cultural exchange and understanding between the students of both colleges.

The students from St. Bede's College prepared a presentation highlighting the beauty and culture of Himachal Pradesh. This presentation covered various aspects such as the different districts of the state, its languages, the scenic beauty of the region, and its rich cultural heritage. Through the presentation, the students aimed to showcase the unique features of Himachal Pradesh and foster an appreciation for its diverse culture.

In parallel, the students from St. Xavier's College for Women shared their own culture with their counterparts from St. Bede's College. They taught some Malayali words to the students, including Vendam (yes), Venda (no), and Vellam (water). This language lesson allowed the students from St. Bede's College to get a glimpse of the Malayali language and culture.

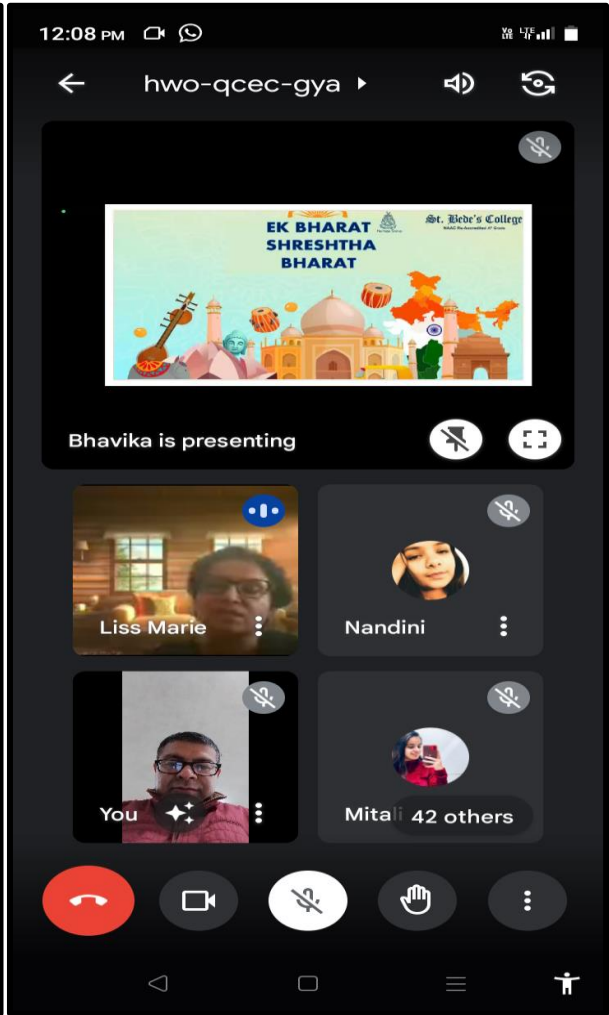
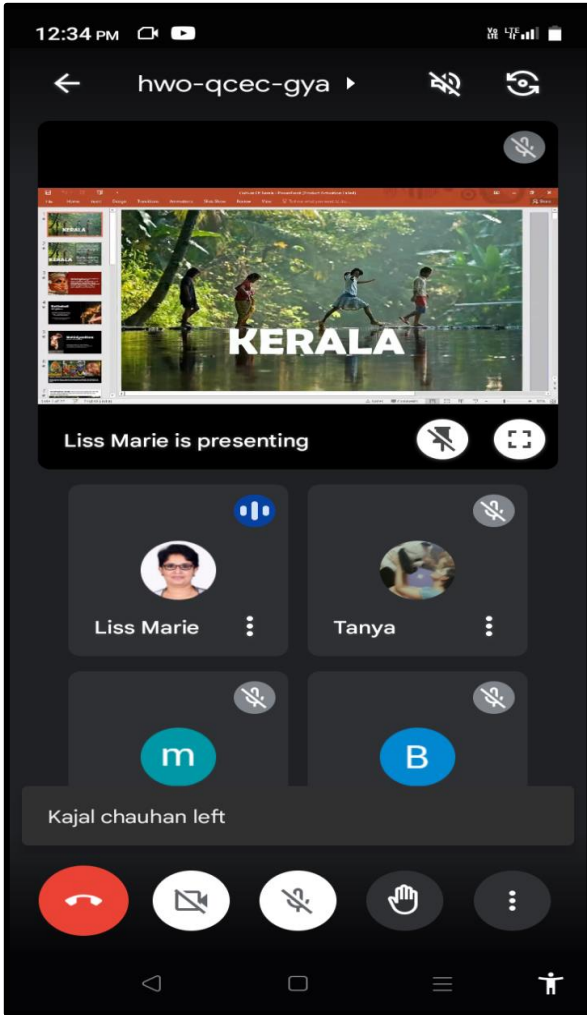
In return, the students from St. Bede's College also taught their counterparts some Himachali words, including Chish (water) and Minju (I). This language exchange created an opportunity for both sets of students to learn and appreciate the linguistic diversity of their respective regions.

**Outcome:** The online Cultural Meet provided a platform for students from St. Bede's College and St. Xavier's College for Women to connect, learn from each other, and celebrate the cultural diversity of their states. The event was a meaningful and enriching experience for all participants, further strengthening the bond between the two colleges and fostering cross-cultural understanding.



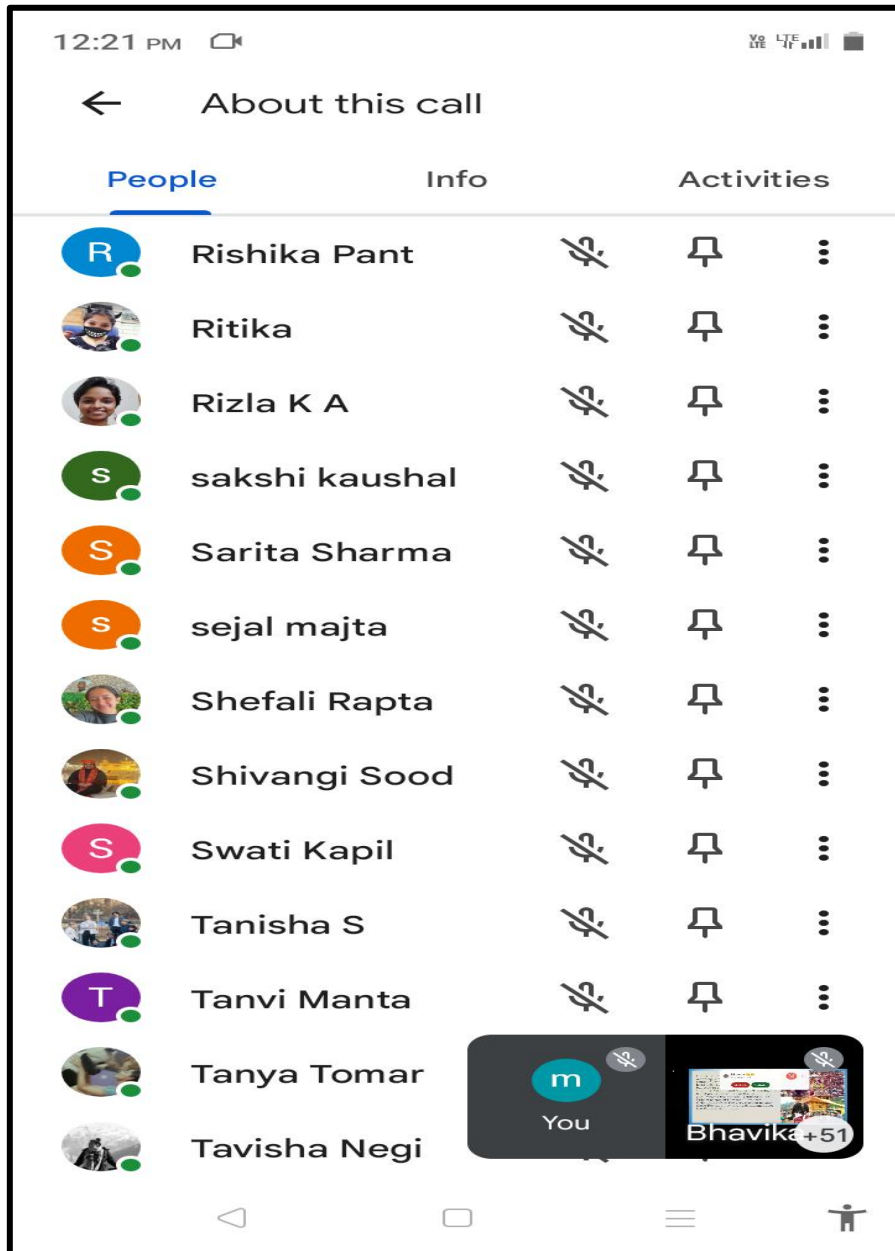


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*Ek Bharat Shrestha Bharat (EBSB)  
St. Bede's College, Shimla*



## CULTURAL EXCHANGE PROGRAM

On April 6, 2023, students from St. Bede's College in Shimla, Himachal Pradesh, and KAHM Unity Women's College in Kerala came together for a virtual cultural exchange program as part of the Ek Bharat Shrestha Bharat initiative.

**Objective:** The program, aimed to promote cultural understanding and appreciation between the students of both colleges.

During the event, the students from St. Bede's College presented a captivating presentation that showcased the rich cultural heritage of Himachal Pradesh. They provided an overview of the Himachali language, traditional jewellery, dresses, customs, and culinary delights of the

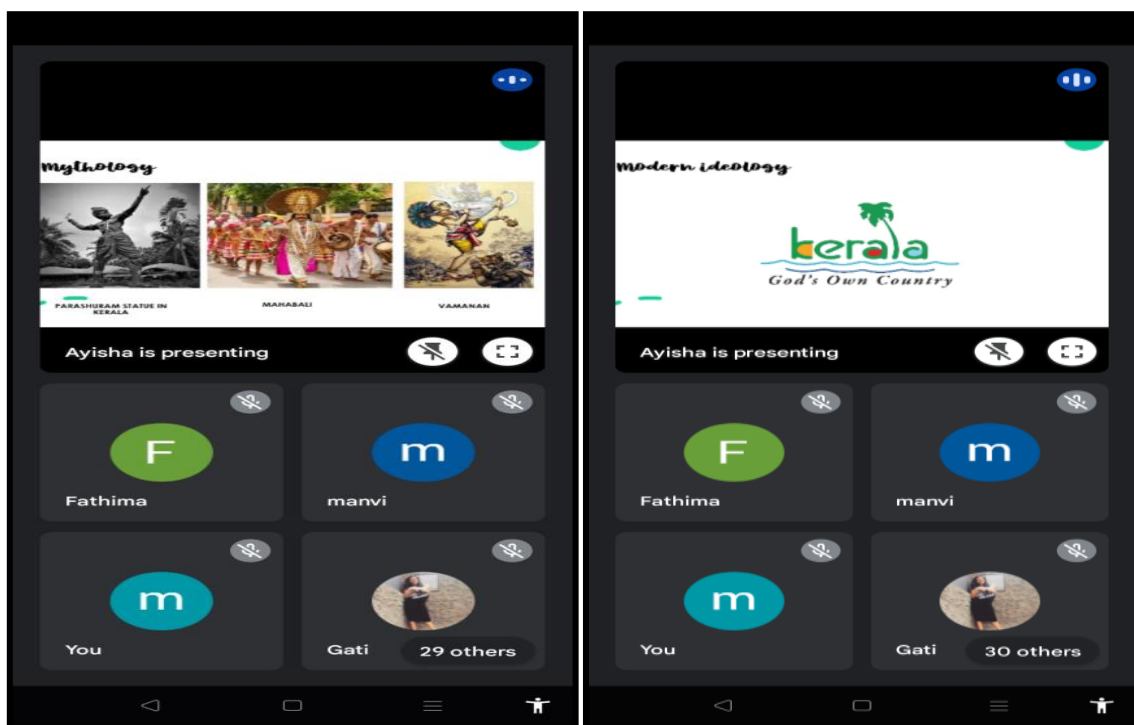


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region. The students also highlighted famous tourist places and pilgrimage sites, including prominent temples, which hold great significance in the religious and cultural fabric of Himachal Pradesh.

In return, the students from KAHM Unity Women's College presented the history, culture, and unique aspects of Kerala. They shared insights into the vibrant traditions, folk dances, scenic beauty, traditional costumes, music, and language of Kerala. To conclude their presentation, they showcased a small clip titled "Experience God's own Country Kerala," which displayed the mesmerizing beauty of the state, including its serene backwaters, picturesque beaches, and captivating music.

**Outcome:** The cultural exchange program provided a platform for students from both colleges to learn about and appreciate the cultural diversity and uniqueness of Himachal Pradesh and Kerala. The event not only enriched the participants' knowledge but also deepened their connection and sense of unity as part of the Ek Bharat Shrestha Bharat initiative.





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*St. Bede's College, Shimla*

