



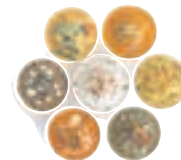
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Celebrating India's Culture & Cuisine

Sunday 30th April 2017
11:00 am - 5:00 pm
Amphitheater, River Market Pavilion



culture



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Interesting Facts About India

- The name 'India' is derived from the River Indus, the valleys around which were the home of the early settlers.
- India was once a continent. More than 100 million years ago, when dinosaurs roamed the earth, most of what is now India was an island.
- India is about 1/3 the size of the United States, yet it is the second most populous country in the world, with a population of 1,166,079,217. India is the seventh largest country in the world, at 1.27 million square miles.
- The national symbol of India is the endangered Bengal Tiger.
- The Indian flag has three horizontal bands of color: saffron for courage and sacrifice, white for truth and peace, and green for faith, fertility, and chivalry. An emblem of a wheel spinning used to be in the center of the white band, but when India gained independence, a wheel of life, replaced the spinning wheel.
- The most popular sport in India is cricket, with the Indian team being the first to win the Cricket World Cup on home soil when they were victorious in 2011
- The 1961 census of India listed 1,652 languages, though some of these may have effectively been dialects, and a few languages have died out since then.
- The 'Jana Gana Mana' is the national Anthem of India, composed by Rabindranath Tagore. It was officially adopted by the constituent Assembly as the Indian national anthem on January 24, 1950.
- India has the world's largest film industry. More than 1,100 movies are produced, on average, each year - that's twice as many as the American film industry.
- India is the world's biggest producer and consumer of mangoes. There are several hundred varieties of Indian mango, of which more than 30 are commercially available.

"So far as I am able to judge, nothing has been left undone, either by man or nature, to make India the most extraordinary country that the sun visits on his rounds. Nothing seems to have been forgotten, nothing overlooked."

-Mark Twain, from Following the Equator

It is impossible not to be astonished by India. Nowhere on Earth does humanity present itself in such a dizzying, creative burst of cultures and religions, races and tongues. Every aspect of the country presents itself on a massive, exaggerated scale, worthy in comparison only to the superlative mountains that overshadow it. Perhaps the only thing more difficult than to be indifferent to India would be to describe or understand India completely.

The Little Rock Indian community is offering you a chance to glimpse into this wonderful country for a day right in your own backyard with a variety of food, dances, fashion shows, music, Indian clothes, handicrafts, tourism information, henna tattoos, and more. Don't miss out on this chance to experience India like never before.



India Fest will be the traditional lamp", which is an to commence an event. The festival will begin with the Indian and American National Anthems. The various listed cultural programs consisting of dances, songs and fashion shows will begin soon after.

inaugurated by "lighting of a Indian tradition event. The festival



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First Segment

National Anthem of India: Jana Gana Mana

Trigun Maroo / Dhivya Suresh, Meenachi Vallinayagam, Alokita Karmakar, Kedar Jambhekar, Parag Deshpande, Subhashish Chowdhury, Trigun Maroo

National Anthem of USA: The Star Spangled Banner

Lakeena Harris

1. Bharatnatyam

Megha P Rao

2. Kannada Deepa Dance

Renuka Hosamani, Shimsha Jain / Ramya Raghu, Renuka Hosamani, Roopa Samant, Sangeetha Hebbar, Vidya Mahesh, Shimsha Jain, Shreeparna Dasgupta, Sudha Maruthy

This graceful Kannada dance by ladies holding flowers and candles mesmerizes the spirit of Kannadigas all over the world. This soulful song is a heartfelt ode to the motherland upholding the much cherished traditions.

3. Thillana

Sumana Doss / Medha Guribelli, Surabhee Eswaran, Mr. Sridharan

Thillana is a rhythmic and lively dance performance. The music is presented through the footwork and enchanting poses of the dancers. In this dance, the nayaki (dancer) is seeking blessings from the Lord "Murugan".

4. Dandiya Raas

Mira Modi / Brijesh Modi, Gaurang Modi, Chaitali Patel, Hemali Patel, Kanan Vyas, Manoj Patel, Maunish Shah, Minal Modi, Mira Modi, Mukesh Patel, Ruchi Shah, Sheela Patel

"Raas" or Dandiya Raas is the traditional folk dance from the state of Gujarat, where men and women dance energetically, whirling and moving their feet & arms in a complicated choreographed manner to the tune of music with lot of drum beats. The men wear special turbans and kedias, where as women dress in colorful embroidered choli, ghaghara and Bandhani dupattas dazzling with fine mirror work and heavy jewellery.

The origin of Raas can be traced back to ancient times when Lord Krishna performed "Raas Lila". The sticks called Dandiya, represent the swords of Goddess Durga staging a mock fight between her and the demon Mahishasura. Raas is not only an important part of "Navaratri" festival of Gujarat but extends itself to other festivals related to harvest and crops as well.

So let's enjoy this beautiful, energetic Dandiya Raas dance performed by local men and women of "Gujarati Samaj of Arkansas".

5.Radha and Krishna Duet

Viji Sridharan / Sundaravalli Manickam , Viji Sridharan

Carnatic music is the renowned classical music of southern India. Film songs based on Carnatic raagas are very popular and this song, based on a combination of three different Carnatic raagas is written in Tamil poetic language. It is composed by the famous musician A.R.Rahman. This song depicts the love and affection between a couple. It will be performed as a semi-classical dance of Lord Krishna and Radha, who are celebrated as a loving couple.

6.Nritya Nasha from NRITYA Dance Academy

Santosh Mani - NRITYA Dance Academy / Anika Moorjani, Megha Nelluri, Nistha Lohani

Dance on latest Bollywood songs in hip hop style.

7.Traditional Kerala Dance

Maya Raghavan, Smitha Peter / Gouri Babu, Hema Satish, Maya Raghavan, Manjusha Sandeep, Reshmi Renjith, Smitha Peter, Smitha Thomas, Teena George

Thiruvathira kali is a typical dance form of Kerala. This is a female group dance made up of simple yet very attractive steps. The graceful movements executed by the group of dancers around a nilavilakku embodies ardent charm and grace of the feminine.

The dance follows a circular, pirouetting pattern accompanied by clapping of the hands and singing.

Today, Thiruvathirakali has become a popular dance form for all seasons. Kaikottikkali or Thiruvathira kali spreads the message of joy and also illustrates the emotions of a married woman towards her beloved and of the unmarried woman longing for one.

8.Mangalacharanas

Taneesha Mohapatra

A glimpse of Devotion and Worship through beautiful mudras of Odissi - a divine dance form, born from the beautiful state Of ODISHA.

9..Instrumental Fusion

Parag Deshpande / Alokita Karmakar, Riya Deshpande

Singing and Flute fusion on "Kaun Tujhe" and "Janam Janam" song.

10.Aigiri Nandini and Thotakastakam

Shruthi V Dubbaka / Ananya Uddanti, Alekhya Kavi, Lahari Kolluru

Dancers perform South Indian classical dance called Kuchipudi to the songs Suprabhatam and Aigiri nandini.

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11.Mother & Daughter Fashion Show

Kate Makan, Mita Sitaram / Aarti Patel: Arshi Patel, Arika Sitaram: Nia Sitaram, Arpana Edala: Kriti Edala, Diana Patel: Heer and Niva, Gomathi Ulaganathan: Hansika Ulaganathan, Hema Patel: Dhyana Balu, Hetal Patel: Ayana Patel, Hetal Patel: Diya and Kaya Patel, Hitixa Patel: Anya and Ina Patel, Jyoti Makan: Rheeya Makan, Komal Patel: Zaara Nathu, Minal: Aayushi Modi, Mira Modi: Khushi Modi, Pooja Motwani: Maya Motwani Nahata, Monica Patel: Maya Patel, Neelima Rao: Diya Rao, Richa Arora: Siyona Reddy Gangidi, Roshni Patel: Aleeya Patel, Sathabisha Gokul Naidu: Vidhya Gokul Naidu and Baviya Gokul Naidu, Shruthi Dubbaka: Risha Dubbaka, Sireesha Maddirala: Vaishavi Sai Maddirala and Taveshi Maddirala, Sowmya Patil: Khushi Patil, Sundaravalli Manickam: Ritha Meenachi

An unique fashion show where one gets to see the current and future generation fashion statements side by side. It is a universal truth that a mother is every daughter's very first style icon, she takes inspiration from her while playing dress up! This fashion show is inspired by the beauty and innocence of this truth.

Second Segment

12.The Links

Trigun Maroo, Autumn Payne, David Lindahl, Maria Zarate, Jon Baylock, Subhashish Chowdhury, Madhuri Ghorpade

Rock Live Band

13.Semi Classical Dance

Sumana Doss / Akshara Chevireddy, Ashira Thadisena, Anya Rao, Bhavana Sridharan, Jessica Doss, Sriya Badireddi, Srinithya Bhrugubanda, Surabhee Eswaran, Tarini Eswaran.

Thillana is a rhythmic and lively dance. The music is presented through the footwork and enchanting poses of the dancers. This song is a fusion version of the Thillana.

14.Bollywood Medley

Sruthi Nunna / Adithya Kombathula, Dylan Patel, Jeshwin Mazhil, Kriti Edala, Pratyuth Anand, Reha Nunna, Veronica Bala

This is a Bollywood dance performance on a medley of songs from 2016 Blockbuster movies.

15.Om Adhitya Namah

Chinmaya Mission / Ankita Chakraborty, Aruna Chinta, Bala Rangbashyyam, Diya Chakraborty, Diya Dadlani, Ganesh Narayanasamy, Kaneeka Chakraborty, Keshav Ankem, Nandini Arunachalam, Reshma Dadlani, Seenivasan Veerabahu, Sushma Dadlani, Venu Verma, Vishnu Verma

The talented students of Chinmaya Mission will demonstrate Surya Namaskar, Salutations to the Sun, followed by various asanas. The Sun illumines, imparts strength and nourishes all. To that Sun, we prostrate. Chinmaya Mission meets weekly to inculcate values of Hindu culture through Balavihar and Study groups

16.Indian Classical Thillana Dance. NWA

Mousam Parekh, Anitha Samineedi / Joshitha Vijay Nambi, Prerana Kodakandla, Rachael Thumma, Raina Thumma, Shreya Ramani, Sindhuja Kudapa, Spurthi Gangaraju, Soumya Kolluru

Students of Blossom Dance Academy will be performing thillana. Thillana is considered to be the most beautiful form of dance with number of poses and variegated patterns of movements executed with grace and elegance. Students will perform Thillana Kathanakoothuhalam in Adi Taal.

17.Duet Song

Arpita Roy Choudhury, Kalyani Vallurupalli

A semi-classical, yet romantic song titled: "Moh-moh ke dhaage", which was originally used in a recent Bollywood movie. This mellifluous number will be a duet performance, intended to recreate the soul of the original one.

18.Rock Star Boyz

Participants / Adithya Kombathula, Nischal Thota, Saitej Mummadi, Tathagat Prayaga

This is a dance performed on a medley of popular songs from Tollywood movies.

19.A Bharatnatyam Fusion - Inner Self Awakens

Shivani Daftardar / Alokita Karmakar, Masil George, Ramya Maneesh, Ramya Raghu, Shivani Daftardar, Supriya Jambhekar

The dance is based on Indian classical adapted version of Game of Thrones theme song, mixed with Carnatic progressive rock number composed by Indian band- Agam. It is a depiction of Thyagaraja's poem which says- "O Lord Rama, let me be your guard. Empower me to destroy the demons of mind, so I may remain in your presence." The graceful and stylized steps showcase the versatility of an ancient dance form to contemporary as well as traditional music.

The dance also portrays Indian martial art form called "Kalaripayattu" which was originated in Kerala, and is one of the oldest martial art forms in the world.

20.Dhol-Taasha-Jhaanz

Prathamesh Bandekar, Mahadeo Kadam / Northwest Arkansas Marathi Mandal

Group of participants play traditional drums along with cymbal (jhaanz)

21.Tollywood Medley

Lakshmi Guribelli / Chetana Mandali, Raga Mandali,, Manu Guribelli, Medha Guribelli, Saketh Bhrugubanda, Srinitya Bhrugubanda, Vaishavi Sai Maddirala

Beautiful girls and charming boys offering prayers to God and motivating each other to attain blessings to overcome the challenges in the World. They are humming praises of the extensive bravery, and personality of the Savior, and describing how he brought happiness, joy and freedom to them.

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Third Segment

22.Fashion show-Incredible India

Paromita Bhaumik, Sruthi Nunna / Abhishek Donthi, Akshay Padala, Anita Abraham, April Scribner, Arun Gangidi, Ashish Salgaonkar, Ashley Oline, Asween Marco, Bhavika Patel, Chaitra Harsha, Dharmin Patel, Dhaval Patel, Geetha Patric, Kanha Bodhisatva , Kaustubh Gosavi, Keila Moreno, Madhusudhan Nagaraja, Mariam Boota, Nischal Thota, Paromita Bhaumik, Poonam Lotia, Pratima Patel, Reha Nunna, Renuka Hosamani, Richa Gangidi, Rohan Samant, Rutambhara Gosavi, Saitej Mummadi, Sam Kamran, Samina Waheed, Sandeep Sachidanand, Sangeeta Hazra Choudhury, Sanjana Padala, Sasikumar Koti, Shiblee Nooman, Srikanth Patlaola, Sundra Atkins, Tanushree Dey, Tathagat Prayaga, Trigun Maroo

Thousands of distinct and unique cultures of all religions and communities makes "THE INCREDIBLE INDIA".

The beauty of Indian clothing for men and women stems from the vibrant colors, detailing, intricate embroidery and gorgeous fabrics. Indian ethnic wear consists of Sarees, Sherwanis, Kurtas, Salwar suits, Patiala suits and Lehngas.

Today, the world is moving at a very fast pace and so are our rituals and traditions . This is clearly depicted in the styles of clothing and draping by the people of the country. In recent times, there is a strong influence of Western styles and fashions on the dressing styles in India.

The Team of Incredible India would like to showcase a variety of Indian dresses ranging from Indian Ethnic wear from various parts of the country to the Western rendition with its elegant cuts and high end fashion.

23.Little champs from NRITYA Dance Academy

Santosh Mani / NRITYA dance academy / Adhitya Gowda, Nirvik Lohani, Nisha Desai, Riha Patidar, Sasha Merchant

Little Boys and girls dance to famous Bollywood songs in Indo western style .

24.Bharatnatyam

Megha P Rao, Matangi Arun, Deeksha Gokulakrishnan, Sanjana Ledalla
Salam Daaru on Mahisha Mardhini

25.Tribute To Rabindranath Tagore: Dance & Music of Eastern India

Indranil Chakraborty / Simanti Chatterjee (Memphis, TN)
Indranil Chakraborty, Diya Chakraborty, Saheli Bandyopadhyay, Simanti Chatterjee, Komal Sodhi Chauhan, Bhagyashree Phadke, Sahiti Kilaru, Tanaya Nandedkar, Leena Wagle, Simanti Chatterjee, Sanya Garg, Sagnika Ghosh

This dance and music program pays tribute to the Nobel Laureate Literary Genius from Eastern India, the great Rabindranath Tagore. They will perform 3 songs of Tagore celebrating the rich culture, heritage and music of rural Bengal.

The Classical Fusion Odissi based choreography, with a new dance style NavaNritya is being performed by by DanceVersify. It was developed by Shri Manjushree and her daughter Ranjabati Chaki Sircar, as a synthesis of Indian Classical Bharatnatyam and Odissi, with Yoga and Martial Arts like Kalaripayattu.

26.I would like to teach the world to sing in perfect harmony - Group Song

Ragesh Seth, Anuradha Kunthur / Anirudh Reddy, Ayaan Patil, Chetana Mandali, Dhruva Gonguntala, Disha Ram, Karthik Thotakura, Khushi Patil, Maydha Ram, Saketh Lingisetty, Shubhi Shekhawat, Vishnupriya Gonguntala

I would like to teach the world to sing is a pop song originated from the famous ground breaking Coca- Cola TV commercial in 70 's, re- recorded by New seekers. This song is about world peace.

27.Telugu Dance Medley

Mousam Parekh, Anitha Samineedi / Aditya Ramani, Joshitha Vijay Nambi, Prerana Kodakandla, Raina Thumma, Sindhuja Kudapa, Spurthi Gangaraju, Soumya Kolluru

Students of Blossom Dance Academy will perform a Tollywood dance- Telugu cinematic medley.

28.Traditional Folk Dance in a King's Court

Viji Sridharan / Bhavana Sridharan, Jessica Doss, Ritha Meenachi, Sandra Stephen

Folk dances in Tamil Nadu, present since the ancient times, depict the tradition and culture of the state . In historic days, these folk dances were performed in the King's court to praise and compliment the King. This folk dance performance is one such dance which was in praise of the the King Marudhu Pandiyar, who ruled a part of Tamil Nadu in the 17th Century.

29.Kanavil Kanavil - Cinematic Dance

Sreelakshmi Raghav, Swathi Menon

This is a dance on a song "Kanavil Kanavil" from the Malayalam Movie "Arikil Oral"

30.Gujarati Festivals

Minal Modi / Aayushi Modi, Akshat Shah, Bhavi Patel, Dev Modi, Dhruv Modi, Dylan Patel, Hetvi Shah, Jahnavi Patel, Khushi Modi, Om Desai, Vishnu Patel

Dance medley on traditional Gujarati festivals.

Fourth Segment

31.Hindu Festivals of India

Falu Goyal, Sapna Vengala / Aarish Moorjani, Aarush Goyal, Adhitya Gowda, Aishani Vengala, Anika Moorjani, Ankita Chakraborty, Anya Rao, Ayaan Patil, Eeshaan Dev Prashanth, Ishan Pandey, Kanika Chakraborty, Kajal Bharany, Maeher Kumar, Naomi Harsha, Nirvik Lohani, Nishanth Srinivasan, Nysa Maruthy , Palaash Pandey, Purav Chokhani, Siyona Karkera, Suyog Jain, Yash Vyas, Yashika Bhagat

This presentation will showcase various Hindu festivals celebrated in India through the young children's perspective.



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32.Marathi Lokdhara

Sonali Garg, Snehil Tiwari, Alokita Karamkar, Vaishali Thombre / Koli Dance: Aakash Bhattacharya, Anushka Thombre, Harash Shukla, Gauri Ghate, Keya Karekar, Ninad Karambelkar, Pranjal Arekar, Prisha Tiwari, Sae Nemade, Saptak Gohrai, Trisha Patil.

Lehzim: Aditya Thombre, Ahona Ghosh, Anish Patwardhan, Arnav Karekar, Isani Patel, Tanaya Deshpande.

Lavani: Asawari Kharkar, Dhariya Patil, Ruchira Singh, Rutambhara Gosavi, Snehil Tiwari

Maharashtra is a state in the western region of India and is India's second most populous state and third-largest state by area. The present performance is a fusion of three dance forms from the state of Maharashtra namely Lehzim, Lavani and Koli folklore. They involve mesmerizing music and rhythmic movements.

Koli is the dance form of Koli fisher folk of Maharashtra. The dance is performed by both men and women divided into two groups, where fishermen stand in two rows holding oars in their hands. They dance together with movements symbolizing the waves, the breakers and rowing from cliff to cliff and casting of nets to catch the fish.

Lehzim: Dancers carry a small musical instrument with jingling cymbals called the lehzim, after which the dance form is named. Dholki, a drum instrument is used as the main percussion music. Lehzim is performed during the processions of Ganapati Utsav.

The word Lavani derived from Lavanya, meaning beauty. Lavani is a combination of traditional song and dance. Attractive women wearing nine-yard saris typically perform the dance with the captivating rhythm of dholak.

33.Telugu Dance Medley

Silpa Maram, Shilpa Madgula / Akhil Chevireddy, Amrutha Kona, Aneesh Musham, Anvi Siddamreddy, Risha Dubbaka, Sasha Madgula, Nihal Pola

Kids perform to songs in Telugu - one of the prominent South Indian languages

34.Tamil Folk Dance

Sundaravalli Manickam / Adheep Reddy Thota, Balasankar Seenivasan, Cheralatan Saravanan, Harish Ulaganathan, Janav Jawahar, Nikhil Shanmugam, Sidharth Sridharan, Vishak Meenachi, Sriram Bharadwaj

This performance focuses on Tamil folk style dancing and highlights two special forms - Parai & Oyilattam. The Parai or Thappu is one of the oldest drums used in India, especially in the South Indian state of Tamil Nadu and is considered as one of the symbols of Tamil culture. Participants will dance with parai featuring rhythmic movements. Oyilattam is traditionally a dance where the dancers stand in a row and perform rhythmic steps to musical accompaniment holding handkerchiefs in their hands.



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35.Kala Chashma by Kuttipattalam kids

Hema Satish / Darshana Shaji, Kevin Siju, Krishnan Nair, Nandakishore Suresh, Nishanth Srinivasan, Rini Eluvathingal, Saira George, Shirish Sathish, Sreedev Raghav, Vasu Chandrasekhar, Vishnu Varma

Kala chashma meaning black eye glasses is a very popular Bollywood song and topped the music chart of India in 2016. It is a Punjabi folk music -based song , defining the beauty of a girl in black glasses. The boy seeks the attention of the girl by describing her beauty and charisma.

36.Bollywood Bhangra Medley by DanceVersify

Simanti Chatterjee / Komal Sodhi Chauhan, Bhagyashree Phadke, Sahiti Kilaru, Tanaya Nandedkar, Leena Wagle, Simanti Chatterjee, Sanya Garg, Sagnika Ghosh, Hannah Bhattacharya, Siona Bhattacharya

Energetic Bollywood medley by DanceVersify, using elements of Punjabi Bhangra and Gidda, to the tunes of popular Bollywood tracks. Intro to DanceVersify: When a group of artists with a shared passion for arts came together, DanceVersify was born. They are professionals by the day - engineers, scientists, managers, students and more. What strings them together is the love of dance and its diverse forms. For the last 8 years, this group has been performing at eminent events across Memphis and around, including India Fest (Memphis), GPAC (Germantown), Concerts with Salim Sulaiman, Mika Singh. They welcome people from all ethnicity, color, creed, background, to join their creativity in motion! They are excited to perform at the enthralling venue of the India Fest, Little Rock and looking forward to taking back wonderful memories to Memphis.

37.TAAL by NRITYA FUSION

Taneesha Mohapatra, Immaculin Joe, sherlin Joe, Freelin Joe.

Bollywood style dance on 'Dola re' from the movie Devdas by " NRITYA FUSION" dance group of Bentonville

38.QUEENS OF LITTLE ROCK CITY

Santosh Mani - NRITYA DanceAcademy / Anika Moorjani, Megha Nelluri, Nistha Lohani, Sima Vallabh, Snehil Tiwari

The girls dance to famous Bollywood folk style songs.

39.Hindi Remix

Neelam Patel, Roshni Patel, Mita Sitaram / Abhi Patel, Anjana Patel, Ayden Makan, Bhavya Patel, Dev Patel, Diya Patel, Haiden Sitaram, Heer Patel, Khushi Patel, Krish Patel, Meera Patel, Niyati Nagin, Rayan Patel, Rheeya Makan, Ritika Patel, Saiyan Sitaram, Salina Patel, Sarina Patel, Shayan Patel, Yana Nagin, Yash Vyas

Children of various ages will perform a dance medley of modern Bollywood hits.

40.AR-MORE Bhangra

Music Editor: Shubamdeep Singh / Divakar Arora, Natalie Evans, Puniza Sharma

This is a fusion performance of folk Bhangra and Bollywood. Bhangra is a dance unique to the region of Punjab; whereas, Bollywood is a mix of western dance influence and a variety of Indian dance styles.

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Indian Cuisine and its Diversity

India has an astounding diversity of religions, languages and cultures. Food preparations are dependent on the locally available produce and influenced by cultural, traditional and religious factors. The common thread that runs through these various cuisines is the creative use of spices for flavor and aroma.

The variance in terrain and the tropical climate explains the array of spices and raw food material available in India. At various times in history, local kings, Mughal emperors, French, Portuguese and British, had ruled parts of India. This has influenced the cuisines to give it its unique characteristics. With the vast variety in cuisine, it is hard not to find a dish that suits one's palate.

India is broadly divided into four regions: North, South, East and West. Each region has a wide variety of cuisine. Below is the description of a few region-specific dishes available at IndiaFest 2017: India has an astounding diversity of religions, languages and cultures. Food preparations are dependent on the locally available produce and influenced by cultural, traditional and religious factors. The common thread that runs through these various cuisines is the creative use of spices for flavor and aroma.

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Northern India

Punjab Cuisine

Food from the state of Punjab is strongly influenced by Mughal (Persian) cuisine. Tandoor (grilling over hot charcoal in a clay oven) is a unique cooking method which is characteristic of North Indian Cuisine.

Items on Menu:

Chicken Kebab: Minced chicken marinated with yogurt, lemon-juice, and mild spices and grilled.

Tandoori Chicken: Chicken on bone marinated with tandoori masala (spice mix containing cayenne pepper and turmeric) and roasted.

Gulab Jamun: Dessert made of deep fried flour dough balls soaked in flavored sugar syrup.

Mango Lassi: Yogurt drink flavored with mango pulp.

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Delhi Cuisine

Delhi is India's national capital and has strong Mughal influence as Delhi has served as the Mughal capital for centuries. Due to its rich cultural diversity, Delhi has multiple international cuisines that are transformed to cater its residents.

Items on Menu:

Chana Puri: Chickpeas cooked in a spicy gravy with onions and tomatoes (chana) served with Puri (fried bread made with refined wheat flour).

Gobi Manchurian: Lightly battered Cauliflower coated with Indian version of Manchurian sauce.

Chai: Spiced Indian Tea with milk.

Western India

Gujarat Cuisine

Traditionally, Gujarati food is entirely vegetarian due to the major influence of Hinduism. The food is known for its subtle spices and mild flavor.

Items on Menu:

Sev Khaman: A famous Gujarati dish which is made from khaman or dhokla (fermented gram flour and yogurt batter steam cooked) and Sev (small pieces of crunchy noodles made from Chickpea flour paste).

Dabeli: A tasty potato mixture which is filled into small burger bun and then topped with onion, garlic chutney and Sev.

Jalebi: It is a popular Indian sweet dish which is made from fried fermented refined flour batter dunked in saffron flavored sugar syrup.

Chaas: Cold yogurt drink lightly flavored with spices.

Maharashtra Cuisine

Maharashtra is the second most populous state and historically one of the major trade centers in India. Hence, the food here is predominantly influenced by intermingled cultures.

Mumbai (Bombay), the capital of Maharashtra is known as the financial capital of India. Mumbai, "a city that never sleeps" is famous for Bollywood and its 24-hour availability of street food. Street food is a very important part of Mumbai's culture and is a reflection of the fast paced and vibrant life in this city.

Items on Menu:

Pav Bhaji: Thick mix of vegetables; potato, peas, carrot, cabbage, cauliflower, cooked in tomato gravy and a blend of aromatic spices (Bhaji) served with bread toasted with butter (Pav). The bhaji is garnished with chopped onions, cilantro and lime.

Pani Puri also known as Gol-gappa: Small hollow puffed balls stuffed with mashed potato and sprouted beans and then filled with flavored mint water.

Kalakand: Dessert made of ricotta cheese, dry milk and sweet condensed milk flavored with cardamom and garnished with almonds and pistachio.



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Konkan/ coastal Maharashtra is known for its scenic shoreline and slow paced relaxed life. The food is known for its unique bold blend of spices (Malvani Masala) and its generous use of coconut.

Items on Menu:

Malvani Chicken with Jeera Rice: Chicken curry made with fresh ground coconut and Malvani masala (local mix of spices). It is served with basmati rice cooked with Cumin seeds (Jeera) and mild spices.

Onion Bhaji: Spicy crispy fritters made with onion slices dipped in chickpea batter flavored with red chili powder.

Vada Pav : Spiced mashed potato balls rolled in gram flour batter and deep-fried

Eastern India

West Bengal

West Bengal, Odisha and Assam are three of many states comprising eastern part of India. The geographical characteristics of this region make fresh ingredients come by easily and take center stage in this cuisine. This cuisine has a distinct character due to the use of ingredients such as mustard oil, paanch phoran (mix of five spices) to name a few.

Items on Menu:

Chicken Tikka Masala with Naan: Pre- marinated pieces of chicken, grilled and then added to a tomato based creamy gravy and served with naan.

Samosa Chaat: It is a fast food made of pre-cooked samosa, chick peas, yogurt and tamarind chutney, garnished with onions, coriander and lemon juice.

Rasmalai: it is a Bengali dessert consisting of patties of curdled milk, sugar syrup soaked in sweetened, thickened milk.

Southern India

Karnataka, Tamil Nadu, Andhra Pradesh, Telangana and Kerala are the 5 states forming most of Southern India. Rice and lentils form the major base of South Indian Cuisine. Certain flavorful spices like curry leaves, peppercorns and mustard seeds are primarily used in these dishes.

Andhra Pradesh/Telangana Cuisine

This cuisine is known for its hot and spicy taste. This part of India was ruled by the Nizams (Muslim Emperors) for more than a century thus influencing this cuisine. It is a perfect blend of Hindu and Muslim styles of cooking.

Andhra Chicken Curry and Coconut Rice: Chicken marinated with almonds and cashew paste and cooked with onions, tomato and masala. Basmati rice cooked in coconut milk along with mild spices and served with chicken curry

Plain Dosa: Thin Crispy rice and lentil crepes, Served with chutney and sambar

Masala Dosa: Thin Crispy rice and lentil crepes filled with mildly spiced cooked mashed potatoes. Served with chutney and sambar.

Chutney (dip): Fresh grated coconut blended with spices and tempered with curry leaves and mustard seed.

Sambar (Lentil soup): Vegetable stew flavored with tamarind water and a blend of aromatic spices.

Falooda: Cold dessert made of milk, rose syrup, chia seeds, nuts (cashew, almonds, pistachio), gelatin and served with a scoop of vanilla ice cream.



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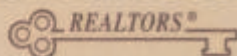
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Tamil Nadu Cuisine

Tamil Nadu being the southernmost state of India has tropical climate that is suitable for cultivation of numerous spices.

Items on Menu:

Chicken 65: Deep fried crispy chicken coated with egg and marinated with ginger, garlic, pepper, cashews and spices.

Chicken Biryani: Biryani is a dish representing the blending of cultures in India. Basmati rice is cooked with marinated meat (Mughal influence) and flavored with local bold spices. It is served with Raita.

Raita: Yogurt mixed with cucumber, tomatoes, onions, cilantro and salt.

Vegetable Biryani: Basmati rice cooked with selected marinated vegetables and flavored with local bold spices. Served with Raita.

Mysore Pak: A south Indian dessert made of ram flour, ghee and sugar.

Juice/ Drink Bar

A few popular juices made from local ingredients are available.

Items on Menu:

Mango Mastani: Mango drink made from the pulp of Alphonso mango which is the most popular variety of mango in India.

Chocolate Mastani: Chocolate drink garnished with nuts.

Kokum Sharbat: Juice made from a local tropical fruit called Kokum.

Lemon Sharbat: Indian Lemonade.

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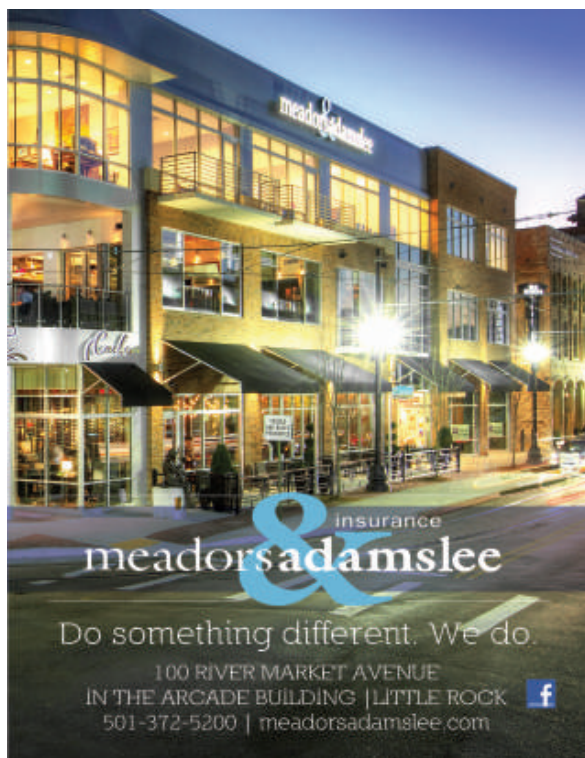
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