

# टपिपुए

## ठिठे

Indian dishes vary per region, though most of them are flavoured with many spices such as cinnamon, garlic, and curmin. Most dishes are prepared with rice, vegetables, bread, and yogurt. Curry is probably the country's most famous dish. They come in many flavours and are made with various spices. Most curries are eaten with rice or roti, a flat bread made from wheat flour.

About 30% of the population is vegetarian. Cows are considered holy in the Hindu religion, so many Indians don't eat beef. In some provinces it is actually illegal to eat beef. The most common meats include chicken and lamb. The Indian people traditionally eat their meals with their right hand.



## टलथिंग

A sari is one of the most common outfits and worn by women on a daily basis. It is a traditional dress with long, colorful pieces of cloth with one piece draped over the shoulder and wrapped around the waist. Historians believe that the sari has been around since the days of the Indus Valley Civilization over 5,000 years ago!

Men typically wear dhotis, a long piece of cloth that is tied around the waist and between the legs.

## ठान्ठे

A bindi is a colored dot worn on the center of the forehead close to the eyebrows. It is an old Hindu tradition and is still worn by many Indians across the country. In the past, both men and women wore these marks. Today it is more common for women only. It is worn for various reasons. Traditionally, married women wear a red bindi, and unmarried women and young girls wear colored dots. However, they also have a religious meaning. They represent the third eye; which sees the spiritual world, rather than the physical world. Bindis come in all sizes and colors and can also be worn as a fashion item.



## इपुठे

India is a country with many different cultures and people, but one thing that unites everyone is certainly the game of cricket. The people are very passionate about the sport, no matter in what part of India you are, you can always see Indian children playing cricket somewhere. The British introduced cricket in India in the early 18<sup>th</sup> century and it was quickly adopted by the locals.