



Shrimathi Devkunvar Nanalal Bhatt Vaishnav College For Women (Autonomous) Chromepet, Chennai 600 044

Affiliated to University of Madras, Re-Accredited with "A+" Grade by NAAC



Ek Bharat Shreshtha Bharat


The students of NSS Units of SDNB Vaishnav College attended a webinar on Ek Bharat Shrestha Bharat - 2021 conducted by the NSS units of Central University of Jammu and Kashmir on 28th October 2020. This webinar is aimed to learn about the cultural heritage between Jammu and Kashmir, Ladakh and Tamilnadu. The webinar is divided into two sessions. The first session "The Culture of Jammu and Kashmir UT and Ladakh UT" was presided by J.Jegan Naathan, NSS Programme Officer, Central University of Jammu and Kashmir and Ladakh and second session on "The Culture of Tamil Nadu" was delivered by Dr.P.Sasirekha, NSS Programme Officer, Avinashilingam University, Coimbatore. They elaborated about heritage, food, dress, dance and monuments of Jammu and Kashmir, Ladakh and Tamilnadu. This session was very informative and interactive.

The image shows a screenshot of a WhatsApp message and a Zoom meeting interface. The WhatsApp message is from Dr. G. BHASKARAN, NSS Co-ordinator i/c University of Madras, Chennai, dated 11:51 am. The message text is: "Dear Programme Officers, I wish to inform you that the Ek Bharat Shrestha Bharat webinar between Tamil Nadu and Jammu Kashmir and Ladakh today at 3.30 to 5.30 pm. Hence, all Programme Officers are invited to join the webinar and learn about the Cultural Heritage between Jammu and Kashmir and Ladakh and TamilNadu. The webinar link is enclosed. With regards, Dr. G. BHASKARAN NSS Co-ordinator i/c University of Madras, Chennai." The Zoom meeting interface shows a notification that "Saleem Ayaz Rather has joined the meeting." The meeting ID is "DC" and the host is "DINESH CHAHAL". The participant "D.A.ANGELSHERIN, S.D.N.B VAISHNAV COLLEGE (me)" is visible in the video feed.

**First Session: The Culture of Jammu and Kashmir
UT and Ladakh UT**

The image displays three screenshots from a mobile device, likely a smartphone, arranged in a collage. The leftmost screenshot shows a Zoom meeting interface. At the top, the time is 3:51 PM. The main content is a presentation slide with the following text: "National Service Scheme Central University of Jammu 'Ek Bharat Shreshtha Bharat-2021' Presenting 'The Culture of Jammu and Kashmir UT and Ladakh UT'". Below the slide is a video feed of a man with glasses and a beard, identified as "Jegan Naathan". The bottom of the screen shows standard Zoom controls: mute, video off, a menu, and a red 'X' for leaving the meeting. The top-right screenshot shows a gallery view of a photograph of a large, ornate building with multiple arches, titled "DOGRA ART MUSEUM". The bottom-right screenshot shows a gallery view of two photographs. The top one is titled "KASHMIRI FOLK DANCE" and shows a group of five women in traditional attire performing on a stage. The bottom one is titled "HERATH (SHIVRATRI)" and shows a variety of dishes on a table, including what appears to be a large bowl of soup or stew, and other traditional Indian dishes.


Second Session: The Culture of Tamil Nadu



EK BHARAT SHRESTHA BHARAT (EBSB)
Dances, Folk Songs & Instrumental Music
of Tamil Nadu
Cultural Exchange Programme
Tamil Nadu and Jammu & Kashmir and Ladak


Presented by
Dr. P. SASIREKHA
 NSS Programme Officer
 Department of Commerce,
 Avinashilingam Institute for Home Science and Higher
 Education for Women, Coimbatore, Tamil Nadu


SHREYAS G
 NSS Volunteers




URUMIATTAM

- It is a form of folk dance mostly performed in the temples especially in Amman temples during puja hours or on different festival occasions of the temple.
- The whirring of "URUMI" melam sound that provides a lively melody and the beat is similar to that of Thiappu Melam.
- It is mostly performed by men either single or in group of few performers.




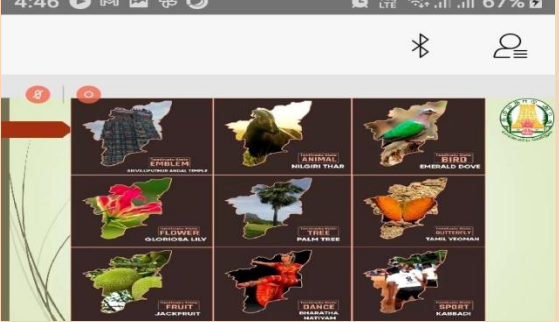











Dr. P. Sasirekha



COSTUME
 Woman: Saree Man: Shirt & Dhoti





 ANIMAL EMERALD DOVE	 ANIMAL NILGIRI TIGER	 ANIMAL EMEBIRD
 FLOWER GLORIOSA LILY	 TREE PALM TREE	 BIRD TAMIL PEEWEE
 FRUIT JACKFRUIT	 DANCE BHARATA NATYAM	 SPORT KABADDI