

**MVJ College of Engineering, Bengaluru**

**(An Autonomous Institute)**

Affiliated to VTU, Belagavi

Approved by AICTE, New Delhi

Recognised by UGC with 2(f) & 12 (B)

Accredited by NBA & NAAC

---

**Karnataka-Uttarakhand Companionship**  
**(Organized by EBSB Cell and IQAC, MVJCE)**

The Ek Bharat Shreshth Bharat initiative is a cultural exchange program launched by the Government of India with the aim of promoting a deeper understanding and appreciation of the rich cultural diversity that exists across the country. The phrase "Ek Bharat Shreshth Bharat" translates to "One India, Best India," and the initiative seeks to foster a sense of unity and national integration among the people of India.

A digital poster preparation activity **related to Uttarakhand** was organized by EBSB Cell, and IQAC, MVJCE on 26-02-2024.

<b>Date of the Activity</b>	26-02-2024.
<b>Category of the Activity</b>	Info on Paired State.
<b>Title of the Activity</b>	Digital poster preparation

Organizing a digital poster presentation event for engineering students from Karnataka as part of the "Ek Bharat Shreshth Bharat" initiative is an excellent strategy to foster cultural exchange and unity across different corners of India.

This initiative aims to achieve several objectives. Firstly, it seeks to facilitate cultural exchange by providing students with an opportunity to explore the traditions, landscapes, and cultural richness of Uttarakhand through artistic expression. By embracing the broader ethos

of the EBSB initiative, the event actively promotes the idea of unity in diversity, encouraging interaction and collaboration among individuals from varied backgrounds.

Participants are encouraged to delve into the vibrant cultural tapestry of both Karnataka and Uttarakhand, highlighting elements such as festivals, cuisine, architecture, and natural wonders in their creative endeavors. Moreover, the event serves as a platform for honing artistic skills and refining the art of effective expression through visual storytelling.

Beyond digital art endeavors, the event also aims to educate participants about the historical, geographical, and cultural nuances of Uttarakhand. By fostering awareness and understanding, it paves the way for meaningful connections and lasting relationships among engineering students from different regions.

Ultimately, the digital poster presentation event emerges as a compelling avenue for promoting cultural appreciation, skill enhancement, and community engagement among participants, thereby contributing to the overarching goals of the "Ek Bharat Shreshth Bharat" initiative.

## Ek Bharath Shresht Bharath, Karanataka- Uttarakhand

### Adventure Tourism

#### Introduction

The northern part of India is home to Uttarakhand – a land blessed with spectacular landscapes, towering peaks, and stunning natural beauty. This state boasts an abundance of adventure activities, making it the perfect destination for adrenaline junkies. Uttarakhand has a lot of potential in river rafting, paragliding, aero sports, mountaineering and trekking. If there's one state in India that offers the most number of activities for adventure-seekers, it's probably Uttarakhand. Nicknamed the 'Abode of the Gods,' the state attracts adventure enthusiasts of all kinds throughout the year.

#### Paragliding

Touch The Skies .The rush of flying alongside hawk eye perspective on the lavish encompassing and mountainscape as the adrenaline surge takes over as you paraglide in Uttarakhand. The best thing about paragliding in Uttarakhand is that you don't require earlier information on paragliding as pair paragliding flights are offered via prepared specialists at Mukteshwar and Ranikhet, are the two most famous spots for paragliding in Uttarakhand.

#### Ziplining

Have An Enthralling Experience .Zip-line is one more experience sports action that is gaining popularity among guests from abroad. Uttarakhand with its reasonable geology and wonderful characteristic magnificence offers the absolute best options. The rush of hop which will make you fly at a speed of 140-160 kilometers for each hour. It is an exciting encounter also seeing moving slopes, falling water streams, and thick backwoods. Probably the best spot for flying fox exercises is in Rishikesh where you could embrace a couple flying over the zipline traversing over the length of 1 kilometer. The people who are total adrenaline junkies prefer this adventure as a source for acquiring an extensive feel.

#### Trekking

Walk Through The Jungles  
Uttarakhand is one of the most well-known trekking goals in India among the experience seekers.. The state boasts of numerous trekking routes, which promise plenty of adventure and sceneries. The popular trekking route includes Valley of Flowers, Kedarnath Trek, Roopkund Lake Trek, Chopta, and Chandrashila trek, Nanda Devi Trek.

#### Canoeing & Kayaking

The adrenaline rush due to water rowing, kayaking and paddling are generally looked for after experience exercises in Uttarakhand.. Kayaking and Paddling are regularly utilized synonymously however separates Kayaking from Paddling that though Kayaking is an individual movement in a shut kayak with single seller paddling with the twofold bladed oar, paddling should be possible by at least individual.

#### Conclusion

The conclusion on adventure and tourism in Uttarakhand is that the state offers a plethora of opportunities for travelers seeking thrilling adventures and serene natural beauty. With its diverse landscape of towering Himalayan peaks, lush valleys, cascading rivers, and dense forests, Uttarakhand is a haven for adventure enthusiasts and nature lovers alike. Uttarakhand stands as a captivating destination offering a perfect blend of adventure, spirituality, and natural beauty

HEMA-1MJ22IS038  
RITHIKA-1MJ22IS086

# EK BHARAT SHRESHT BHARATH

## CULTURAL HERITAGE OF UTTARAKHAND

### ABSTRACT

- > Introduction
- > Sacred and Pilgrimage sites
- > Festivals
- > Folk Dances and Music

### TEAM MEMBERS

Pari Jain  
Navya Shree CN  
Meghana M  
R .Yeshaswini  
Tejeshwini . L.H

### INTRODUCTION

Uttarakhand, the "Land of the Gods," is renowned for its breathtaking landscapes, including the majestic snow-capped Himalayas, lush green valleys, serene rivers, and colorful wildflowers. Uttarakhand's cultural heritage is a blend of Hinduism, Buddhism, and indigenous beliefs

### SACRED AND PILGRIMAGE SITES

#### Ancient Temples

The region boasts revered temples like Kedarnath and Badrinath, steeped in mythological significance and spiritual reverence.

#### Spiritual Journeys

Pilgrims embark on transformative journeys to divine sites, seeking solace and spiritual enlightenment.

#### Holy Pilgrimage

Uttarakhand's sacred destinations are centers of devotion and faith, attracting devotees from around the world.



Snaps of Ramman Celebration, Uttarakhand

### FESTIVALS

#### Uttarayani Festival:

This festival celebrates the harvest season with vibrant processions, traditional songs, and joyful community gatherings.

#### Basant Panchami

Adorned with colorful kites, this festival marks the arrival of spring with music, dance, and spiritual rituals.

#### Nanda Devi Raj Jat

A grand pilgrimage and cultural festival, honoring the divine bond between nature and humanity.

### FOLK DANCES AND MUSIC

**Vibrant folk dances:** Uttarakhand's folk dances, like Langvir Nritya and Chholiya, are filled with captivating movements and colorful costumes.

#### Enchanting Melodies

The region resonates with melodic tunes of folk music, evoking the essence of its cultural heritage.

#### Cultural Expressions

Folk music and dances illustrate the stories and traditions of Uttarakhand's diverse communities.

## EK BHARAT SHRESHT BHARAT, KARNATAKA-UTTARAKHAND

### ART AND HANDICRAFTS

### PAHARI PAINTINGS

This style of painting originated in the hill regions of North India, including Uttarakhand. Pahari paintings are known for their delicate lines, vibrant colors, and themes that often depict scenes from Hindu mythology, nature, and daily life.



### HANDLOOM AND TEXTILES

Uttarakhand produces a variety of handwoven textiles, including woolen shawls, blankets, and rugs. The state is also known for its traditional Garhwali and Kumaoni attire, which includes colorful dresses and accessories.



### METAL CRAFT

The state is known for its metal crafts, including utensils, jewelry, and religious artifacts made from brass, copper, and silver.



### WOOD CARVINGS

Uttarakhand is famous for its intricate wood carvings, seen in temples, homes, and handicrafts. The artisans often use deodar, cedar, and oak wood to create beautiful designs.



SANIYA S MOULA  
1MJ22CV007

# EK BHARATH SHRESHT BHARATH, UTTARAKHAND



**1 LANGUAGE AND DIALECT**  
This region is rich in linguistic diversity. Various languages and dialects spoken in this region are Garhwali, Kumaoni and Jainsari.



**2 CUISINE**  
The cuisine of Uttarakhand is rich in flavors and influenced by its mountain terrain. Traditional dishes like Kumaoni raita, Garhwali ka fannah, and Bhaang ki Khaetai.



**RELIGIOUS HERITAGE**  
The major religious heritage of Uttarakhand are Char dham yatra, panch kedar, river pilgrimages, buddhist heritage and Jain temples.



**3 MAJOR CULTURAL EVENTS**  
Music and dance: Chholiya of Kumaon and Langvir nritya of Garhwali.  
Festivals: Celebrations like Holi, Diwali are celebrated with great fervor.  
Art and craft: Art of making woolen garments like shawls, blankets is prominent.  
Traditional attire: Men are seen in dhootis or kurta pajama and women in saris.

Done by Shreya.M(1MJ22IS107) and Samyuktha.P(1MJ22IS093)  
ISE-3B

## Ek Bharath Shreshth Bharath, Karnataka- Uttarakhand

### Karnataka:

**Geographical Location:** Located in the southwestern region of India, Karnataka is bordered by the Arabian Sea to the west, Goa to the northwest, Maharashtra to the north, Telangana to the northeast, Andhra Pradesh to the east, Tamil Nadu to the southeast, and Kerala to the south.

**Diverse Geography:** Karnataka boasts diverse geographical features, including the coastal plains along the Arabian Sea, the lush Western Ghats mountain range, and the Deccan Plateau.

**Natural Resources:** Rich in mineral resources such as iron ore, manganese, limestone, and granite, Karnataka's geography contributes significantly to its economy.

**Biodiversity:** Karnataka is home to several national parks and wildlife sanctuaries, showcasing its rich biodiversity, including iconic species like the Indian elephant and Bengal tiger.

### Uttarakhand:

**Geographical Location:** Uttarakhand is situated in the northern part of India, bordered by Tibet Autonomous Region of China to the north, Nepal to the east, and the Indian states of Himachal Pradesh to the west and Uttar Pradesh to the south.

**Himalayan Region:** Uttarakhand is predominantly mountainous, with the majestic Himalayas spanning across the northern part of the state, including peaks like Nanda Devi, Trishul, and Kamet.

**Tourism Hub:** Uttarakhand's geography attracts tourists from around the world, offering opportunities for trekking, mountaineering, and pilgrimage to famous sites such as Badrinath, Kedarnath, and Rishikesh.

**Environmental Importance:** The Himalayan ecology of Uttarakhand plays a crucial role in maintaining ecological balance and providing water resources to the plains of northern India.

**BY**  
**SEDEVIO 1MJ22CV008**

## EK BHARATH SHRESHT BHARATH, KARNATAKA- UTTARAKHAND ADVENTURE TOURISM

INTRODUCTION	TREKKING TRAILS:	PARAGLIDING PARADISE:	WILDLIFE WILDERNESS:	CAMPFIRE CHRONICLES:
<ul style="list-style-type: none"> <li>Enter the realm of adrenaline-pumping escapades in the heart of the Himalayas.</li> <li>Discover Uttarakhand, where every moment is a pulse-racing journey into the extraordinary.</li> </ul>	<ul style="list-style-type: none"> <li>Traverse ancient pathways, where every step reveals a new chapter of natural wonders.</li> <li>Conquer legendary trails like Roopkund, where mystery meets majesty amidst snow-capped peaks.</li> <li>Uncover the secrets of the Valley of Flowers, where blooms paint the landscape in a riot of colors.</li> </ul>	<ul style="list-style-type: none"> <li>Soar like a bird above the emerald embrace of Uttarakhand's pristine lakes and lush valleys.</li> <li>Dance with the wind over the enchanting hills of Nainital, where dreams take flight.</li> <li>Experience the ultimate rush as you glide over the breathtaking landscapes of Bhimtal and Ranikhet.</li> </ul>	<ul style="list-style-type: none"> <li>Step into the realm of untamed beauty in Jim Corbett National Park, where the jungle pulses with life.</li> <li>Encounter the kings of the jungle in Rajaji National Park, where every moment is a heartbeat away from adventure.</li> <li>Witness the magic of the wilderness as you embark on a safari through the heart of Uttarakhand's rich biodiversity.</li> </ul>	<ul style="list-style-type: none"> <li>Unwind under a blanket of stars, where tales of triumph and laughter echo through the night.</li> <li>Embrace the warmth of camaraderie around crackling bonfires, where friendships are forged in the glow of adventure.</li> <li>Let the rhythm of nature's heartbeat lull you into a state of blissful serenity, where time stands still and memories are etched in the fabric of eternity.</li> </ul>



**DONE BY:**  
**MANISHA K**  
**1MJ22CD031**



## Ek Bharath Shresht Bharath Poster Event, Karnataka- Uttarakhand HEALTH AND WELLNESS

### INTRODUCTION



World Health Organization (WHO) defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (illness). WHO defines wellness as "the optimal state of health of individuals and groups," and wellness is expressed as "a positive approach to living."  
The primary difference between health and wellness is that health is the goal and wellness is the active process of achieving it. You truly cannot have health without first achieving wellness. Wellness has a direct influence on overall health, which is essential for living a robust, happy, and fulfilled life.

### Benefits

- Enhanced physical vitality and stamina
- Improved mental clarity and cognitive function
- Reduced risk of chronic diseases such as heart disease, diabetes, and obesity
- Enhanced emotional resilience and stress management abilities
- Better sleep quality and overall restfulness
- Strengthened immune system and reduced susceptibility to illnesses
- Increased longevity and quality of life
- Improved mood and overall sense of well-being
- Enhanced productivity and performance in daily activities



### Importance of health and wellness

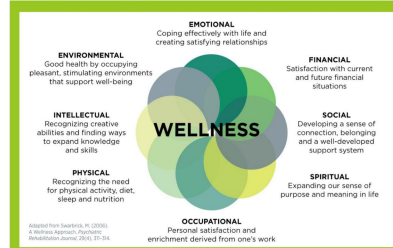
Living a healthy lifestyle such as eating healthy, exercising, avoiding junk will not only extend your life, rejuvenate your skin and hair but also improve your overall well-being. It will help you to feel better physically and mentally.

However, healthy habits are hard to develop and require changing of a mindset. They are:

1. Weight Management
2. Improve Mood
3. Prevent Diseases
4. Boost Energy
5. Improves Longevity



### Dimensions of wellness



### Results

- Improved physical health, such as better cardiovascular health, weight management, and reduced risk of chronic diseases.
- Enhanced mental well-being, including reduced stress levels, improved mood, and better cognitive function.
- Increased energy and vitality, leading to improved productivity and performance in daily activities.
- Stronger immune system, resulting in fewer illnesses and faster recovery times.
- Better sleep quality and overall restfulness.
- Enhanced social connections and relationships, contributing to overall happiness and satisfaction.
- Increased longevity and improved quality of life.

### Conclusion

In conclusion, prioritizing health and wellness is essential for overall well-being and a fulfilling life. By adopting healthy habits, staying physically active, nourishing the body with nutritious foods, managing stress effectively, and seeking support when needed, individuals can enhance their quality of life and strive for optimal health.

### *Sample digital posters prepared by the students*

### Outcome of the event:

The digital poster preparation event organized for engineering students under the EBSB initiative yielded numerous positive outcomes, enriching both cultural understanding and digital learning capabilities. Participants immersed themselves in the vibrant culture, traditions, and heritage of Uttarakhand, delving deep into its essence through artistic expression and interaction with peers. Engaging in the event not only facilitated the refinement of digital artistic skills but also provided a platform for students to explore their creative potential in the digital realm.

As students meticulously crafted their digital posters, they honed their proficiency in various digital tools and techniques, thus enhancing their digital learning capabilities. This hands-on experience allowed them to navigate digital platforms with greater ease and proficiency, empowering them with valuable skills for future endeavors.

Moreover, the event fostered a strong sense of community among participants from diverse backgrounds, promoting inclusivity and unity. Through collaborative efforts and shared experiences, students not only enriched their cultural awareness but also forged meaningful connections with their peers.

Through engaging awareness-building activities, attendees gained profound insights into Uttarakhand's history, geography, and cultural significance, further deepening their cultural knowledge. Additionally, the event provided ample opportunities for collaboration and networking, potentially paving the way for future partnerships and friendships within the engineering community.

Overall, the event significantly contributed to the cultural vibrancy of the campus while simultaneously promoting cultural understanding, skill development, and community engagement among students, thereby fostering a holistic learning experience.