



**TECNIA INSTITUTE OF ADVANCED STUDIES**  
**GRADE "A" INSTITUTE**

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**Ek Bharat Shreshtha Bharat**



**Report on Cultural Exchange**

<b>Title of Activity*</b>	Cultural Exchange between Sikkim and Delhi
<b>Activity Type</b>	Extension Activity
<b>Values</b>	Cultural Awareness, Unity in Diversity, Mutual Respect
<b>Learning Outcomes:</b>	Understanding traditional Sikkimese crafts and their significance, Appreciation of Sikkimese cuisine, Knowledge of tea production at Temi Tea Garden, Spiritual insights from Sikkimese monasteries
<b>Organized by</b>	<b>Ek Bharat Shreshtha Bharat Club</b>
<b>Program Theme*:</b>	Promoting Cultural Diversity and Unity
<b>External Expert / Internal Expert</b>	Ms. Amarpreet Kaur

<b>Date*</b>	20 <sup>th</sup> April, 2024
<b>Time*</b>	11:00 pm
<b>Venue</b>	Room no. 1109, 1 <sup>st</sup> floor, PG building, TIAS
<b>Poster/Flyer/Notice*</b>	
<b>Social media link</b> (promoting in any one Facebook/Instagram/Twitter is mandatory)	NA
<b>No. of Students*</b> (only no. to be written, list in excel or word should be maintained at department level as proof for any further requirement)	18
<b>No. of Faculty*</b> (only no. to be written, list in excel or word should be maintained at department level as proof for any further requirement)	01
<b>No. of External Participants (students + faculty)</b> [write NA if not applicable]	NA

**(Geotag) Photograph of the Event with the Caption \***



Report: Description

*Cultural Exchange Between Sikkim and Delhi  
Introduction*

*Cultural exchange between Sikkim and Delhi highlights the rich diversity of India, emphasizing the blend of traditional and contemporary aspects of both regions. Through various forms of cultural interactions, events, and influences, this exchange fosters mutual understanding and appreciation. The images provided offer a visual representation of Sikkim's cultural heritage and its presence in Delhi.*

*Traditional Artifacts and Crafts*

*The first set of images showcases traditional artifacts and crafts from Sikkim. These items, often displayed in cultural exhibitions in Delhi, include:*

*Traditional Utensils and Containers: The wooden and brass utensils reflect the traditional craftsmanship of Sikkim. These items are used in daily life and for ceremonial purposes, representing the region's cultural heritage.*

*Decorative Masks: The masks, often used in traditional dances and religious ceremonies, symbolize various deities and mythical figures in Sikkimese culture. They are significant in preserving the folklore and traditions of the region.*

*These artifacts are not only used in Sikkim but are also displayed in cultural festivals and museums in Delhi, allowing people from the capital to experience and appreciate Sikkimese art and tradition.*

*Temi Tea Garden*

*The next set of images features the Temi Tea Garden, one of the most famous tea estates in Sikkim. The garden is known for its high-quality tea and picturesque landscape.*

*Tea Plantation: The lush green tea gardens attract tourists and tea enthusiasts. Visitors from Delhi often explore these plantations to learn about tea cultivation and processing.*

*Tea Processing Unit: The tea leaves' processing showcases the meticulous efforts involved in producing Temi tea. Educational tours for students and tourists from Delhi help them understand the intricacies of tea production.*

*Promoting Sikkim's tea in Delhi has increased awareness and demand for Temi tea, contributing to economic and cultural ties between the two regions.*

#### *Sikkimese Cuisine*

*The final set of images offers a glimpse into Sikkimese cuisine, featuring a variety of traditional dishes:*

*Sel Roti and Phulaur: These are popular snacks made from rice flour, often enjoyed during festivals and special occasions.*

*Momos: Dumplings filled with vegetables or meat, served with spicy sauces, are a staple in Sikkim and have become extremely popular in Delhi.*

*Thukpa: A hearty noodle soup that is a common comfort food in Sikkim.*

*The introduction of Sikkimese cuisine in Delhi through restaurants and food festivals has enriched the culinary landscape of the capital, allowing Delhiites to savor the unique flavors of Sikkim.*

#### *Monasteries and Scenic Beauty*



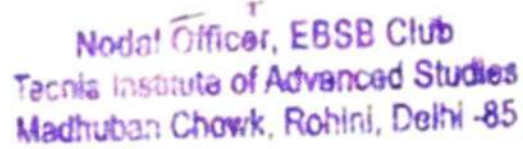
*The images of monasteries and scenic landscapes reflect Sikkim's spiritual and natural beauty:*

*Monasteries: Monasteries like the one shown in the image are central to Sikkimese culture and Buddhism. They are places of worship, learning, and community gathering. Delhiites visiting these monasteries experience the spiritual aspect of Sikkim.*

*Scenic Landscapes: The natural beauty of Sikkim, with its mountains and serene environment, attracts tourists from Delhi*



	<p><i>seeking peace and adventure. Promoting tourism between these regions has led to cultural exchanges where people from Delhi participate in spiritual retreats and nature tours in Sikkim, enhancing mutual respect and understanding.</i></p> <p><i>Conclusion The cultural exchange between Sikkim and Delhi enriches both regions, showcasing the diversity and unity within India. Through traditional crafts, culinary experiences, educational tours, and tourism, these interactions highlight the importance of preserving cultural heritage while embracing modernity. Continued efforts in promoting and sustaining these exchanges will ensure that the cultural identities of both regions are celebrated and cherished by future generations.</i></p>
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Resource Person Profile	NA
Attendance Sheet*	Attached at the end of Report
Feedback	NA
Report Submitted by Convener (write faculty Coordinator name)	Ms. Amarpreet Kaur, Nodal Officer, EBSB Club 
For Office Use	
Signature of Event Coordinator 	Signature of School/Department Head 
List of Beneficiary	TIAS Students

**LIST OF STUDENTS**

<b>S.NO.</b>	<b>ENROLLMENT NO.</b>	<b>CLASS</b>	<b>NAME</b>
1.	00617003922	MBA	VIDUSHI ARORA
2.	00817003922	MBA	VARSHA
3.	35117003922	MBA	PRIYANKA SAIGAL
4.	35217003922	MBA	DEEPANSHU SHARMA
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