



“Ek Bharat Shreshtha Bharat” by NSS volunteers



एक भारत श्रेष्ठ भारत

“*Ek Bharat Shreshtha Bharat*” is a project initiated by the Central Ministry of Human

Resources and Development which primarily aims to celebrate the Unity in Diversity of our Nation and to maintain and strengthen the fabric of traditionally existing emotional bonds between the people of our Country. On 17 November 2019, NSS Programme Officer Mr Anil Melepurath introduced the project “*Ek Bharat Shreshtha Bharat*” to NSS volunteers of Vidya.

Objectives of Ek Bharat Shreshtha Bharat

- To CELEBRATE the Unity in Diversity of our Nation and to maintain and strengthen the fabric of traditionally existing emotional bonds between the people of our Country;
 - PROMOTE the spirit of national integration through a deep and structured engagement between all Indian States and Union Territories through a year-long planned engagement between States;
 - To SHOWCASE the rich heritage and culture, customs and traditions of either State for enabling people to understand and appreciate the diversity that is India, thus fostering a sense of common identity;
 - TO ESTABLISH long-term engagements and
 - TO CREATE an environment which promotes learning between States by sharing best practices and experiences.
- On 18 November 2019, a programme was conducted to give awareness about the lifestyle of people of Himachal Pradesh. NSS volunteers gathered information regarding the lifestyle of people of Himachal Pradesh and shared their findings. The people in the Hindu communities residing in Himachal Pradesh include Brahmins, Rajputs, Kannets, Rathis and Kolis. There are also tribal population in the state which mainly comprise Gaddis, Kinnars, Gujjars, Pangawals and Lahaulis. In some area, like Lahaul and Spiti, there is a majority of Buddhist population.

Activities

- On 19 November 2019, volunteers shared their findings about varieties of food used in Himachal and their food culture. A short video showing the diversities in food habits was also shown.
- On 20 November 2019, a programme was conducted to give awareness about Tourism of Himachal Pradesh. Volunteers gathered information regarding places of tourist interest and shared their findings. The main tourist destinations in Himachal Pradesh include Manali,

Dharamshala, Kullu, Shimla etc. Details of each destination were discussed by the volunteers.

- On 21 November 2019, volunteers conducted a programme to give awareness about the geography of Himachal Pradesh. The state of Himachal Pradesh is spread over an area 55,673 km² and is bordered by Jammu and Kashmir on the north, Punjab on the southwest, Haryana on the south, Uttarakhand on the southeast and Tibet on the east side. Himachal Pradesh is a mountainous region, rich in its natural resources. Details about climate of Himachal were also shared among the volunteers.
- On 22 November 2019, a programme was conducted regarding the industries and agriculture of Himachal Pradesh. Agriculture is the main occupation and the major source of employment in the state. India's fastest growing pharmaceutical industry is in Himachal Pradesh. The volunteers gathered and displayed videos of the beauty and culture of Himachal Pradesh. The videos about traditional art forms were the highlight of the programme. The volunteers also practiced some of their art forms as well.

Image gallery



