After researching and meeting, we have concluded “Life!,” “Sustention,” and “Eternity” represent the major spirit in India, so we decided to set these as our main theme. I found out two subjects which are important elements to Indian people and society related to these main theme. Which are,

1. CUISINE

The cuisine in India influenced by religious, cultures and traditions. Especially by religion, over 79.8 percent of the population are Hindus and in order to respect all the living creatures, they don’t eat meat. They believe that being a vegetarian could make living creatures sustainable.

Reference:
https://www.flickr.com/photos/carolinapastor/15844062576/in/photolist-oVokFf/GMtcNc-q1lW9V-akrISC-m8HRcK-SYLyL-6LzQkV-bLZxs6-819usS-51SX7e-8mkEF-73FplJ-bRQXU-owsy2MD-8PjC8S-jG9uk-aykV-dKxhmp-Ea1Kqj-eTnu6-7QsaC-gw538R-an44Ht-pR4L9R-7ThcAc-3KvgQx-bBADG-owsy4Z-owQq9-4cVqpl-FL7idK-7L7dPV-sGFLV-dm7EB-7L7y4j-6E2hH-7L7vWM-UX2dE7-8u37ha-N0XVAR-Nw32aD-64LrZq-ayznB-aC912j-LcL4L4-7GR6sw-7ET7UK-cSPm1-bwVb77-m8FT1j


Yoga is a 5000-year-old Indian philosophy that combines exercise, breathing, diet, relaxation and meditation. It is a combination of physical and mental disciplines which make the body stronger and healthier and the mind calmer and more controlled, helping towards self-realisation. It is not merely a form of exercise for the body. It is an ancient wisdom - for a healthier, happier, and more peaceful way of living - which ultimately leads to union with the Self. It is also the core of Goodness, it will help people think themselves as a natural consequence, loosen and release every remaining tendril of self-condemnation and self-hate, becoming God’s specific self-expression which also makes people feel the spirit of eternality.

2. YOGA

Reference:
https://www.flickr.com/photos/ramnath1971/8520566423/in /photolist-dvYW9n-qta1Wv-JRS3-z3y1Yp-7boqfb-aMYXwe-q1tBri-qbGuA-gezv6-pwKS5-MpU5s-61TcX0-I72cRc-pwG9vW-3gbhr7-pM2Z9Q-pM0qF-qo3CB-e0ck3k-pwPQ8E-qDF0Pv-A2h26n-3y2ypL-aM2J3p-aM2Jzn-q8EKsd-pqH44i-pnAYe4-dqfEAz-pUbMBy-Y3554-ar2J7-Y/kIVq-j-p9IFdA-phQ4-31lKaw-AZK7v-pbHzg9-pM3gaw-pwGoeN-pwvwc5-J/3868/f6JwPf-fPSISx-665oqk-AZhdk7-pW7z5-aM2wD-9zmuFlk-AZK6zr

