

AUGUST 2018, ISSUE NO. 32

# TRAVEL & DEAL

## **TRAVELOGUE:**

**PERSPECTIVE: THE  
LANDSCAPES OF 'TRIANGLES'  
VISIBLE IN MOUNTAINS**

**NISHA AGGARWAL**

## **PHOTO ESSAY:**

**NEW ZEALAND:  
THE REAL MIDDLE EARTH**

**WENZIN HUYNH**

## **COVER STORY:**

**UPASANA GRIHA,  
SHANTINIKETAN**

**ABODE OF PEACE,  
CONNOTATION OF HUMANISM,  
INTERNATIONALISM & A  
SUSTAINABLE ENVIRONMENT**

**ANIRBAN DHAR**

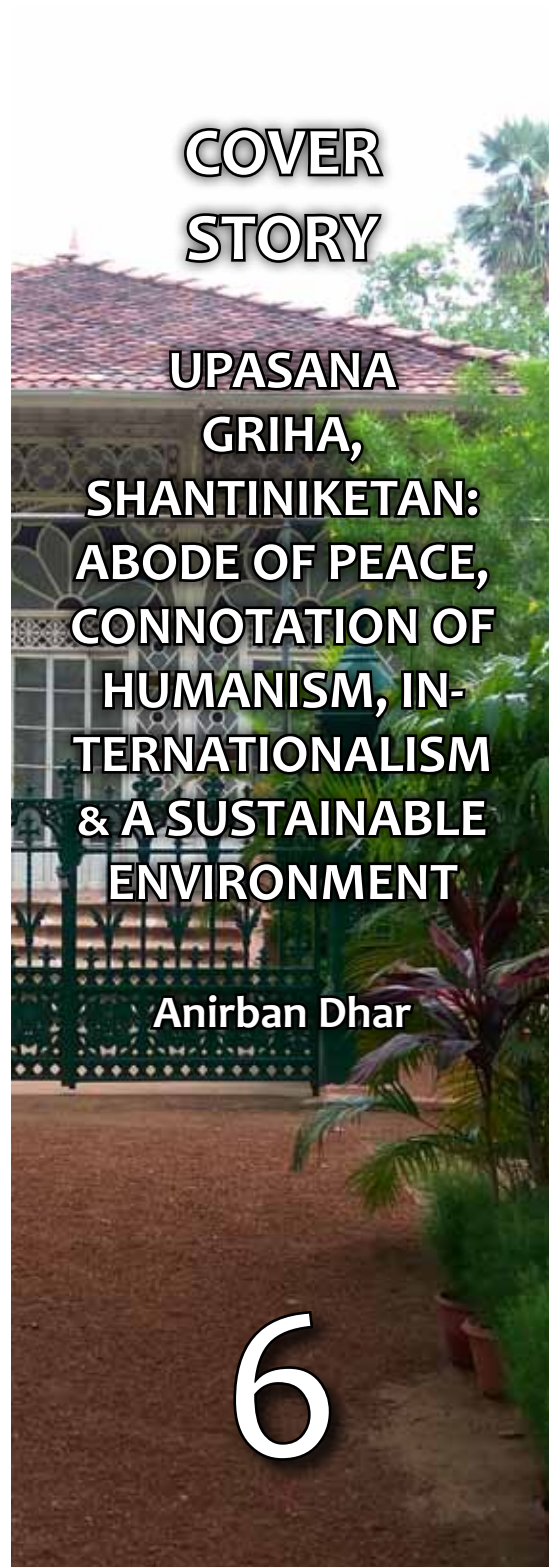


# CONTENTS



**FEATURE**  
**FESTIVALS OF AUGUST**

**4**



**COVER STORY**  
**UPASANA GRIHA, SHANTINIKETAN: ABODE OF PEACE, CONNOTATION OF HUMANISM, INTERNATIONALISM & A SUSTAINABLE ENVIRONMENT**

Anirban Dhar

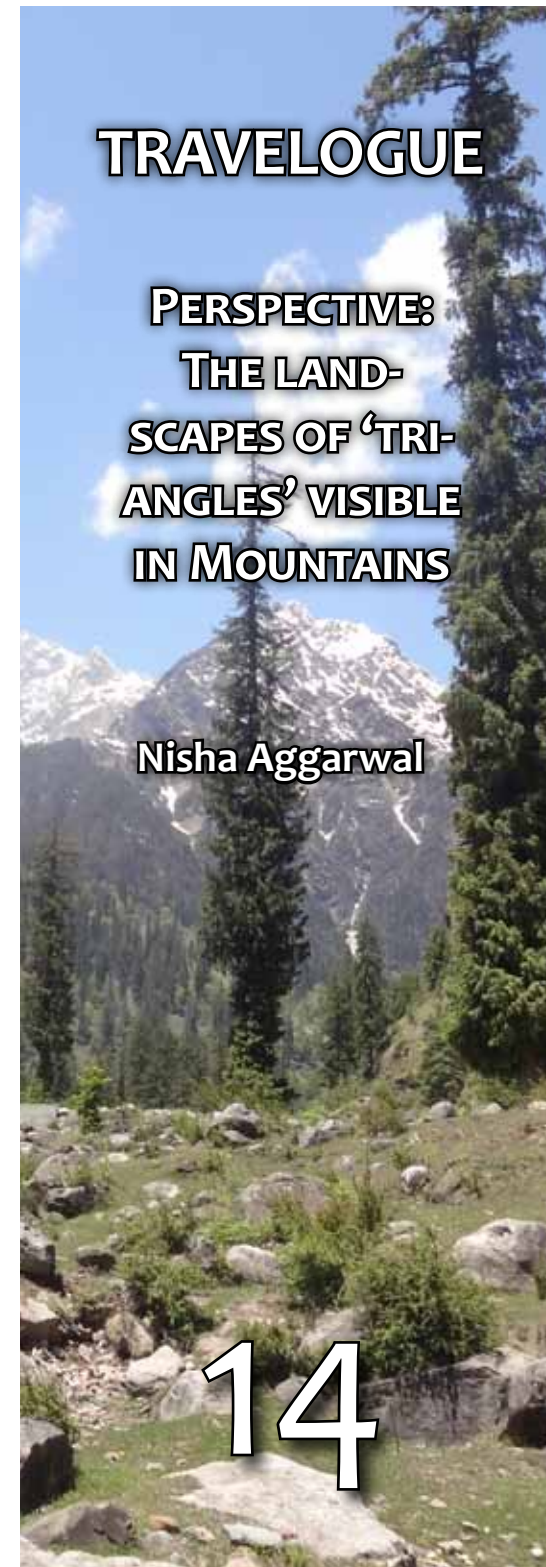
**6**



**CUISINE**  
**CHAHOU KHEER**

Parindita  
Bhattacharyya

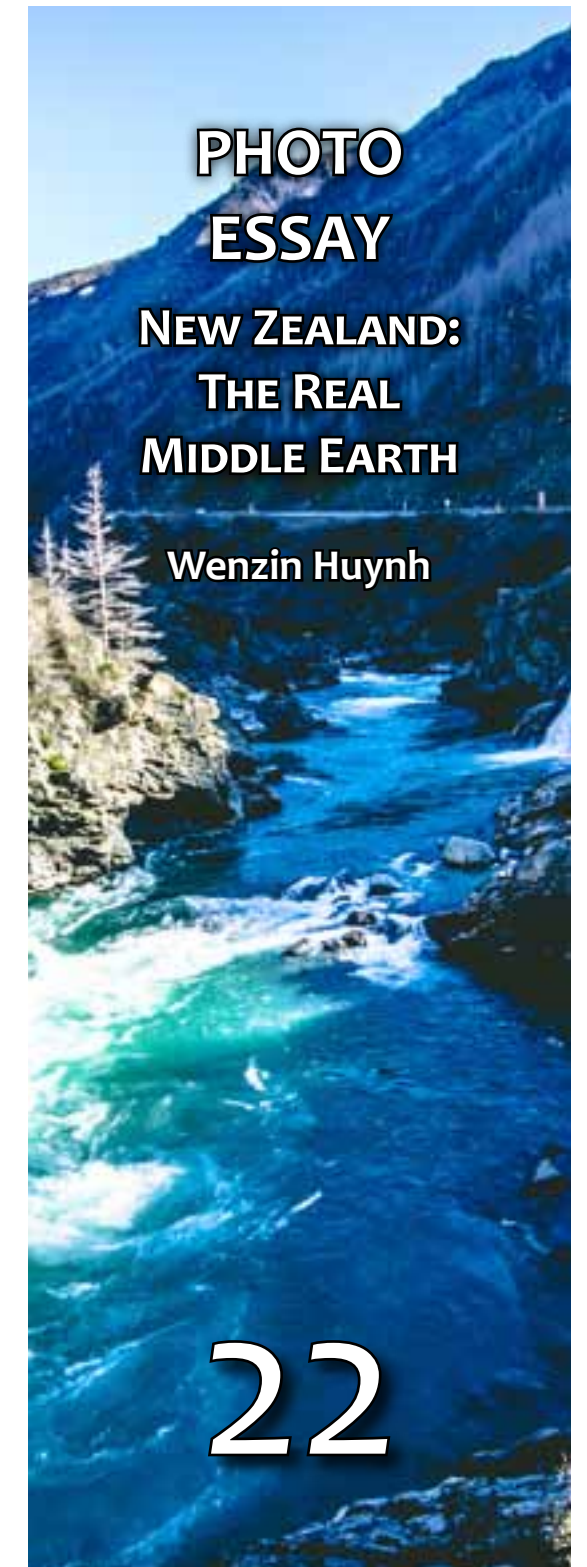
**12**



**TRAVELOGUE**  
**PERSPECTIVE: THE LANDSCAPES OF 'TRIANGLES' VISIBLE IN MOUNTAINS**

Nisha Aggarwal

**14**



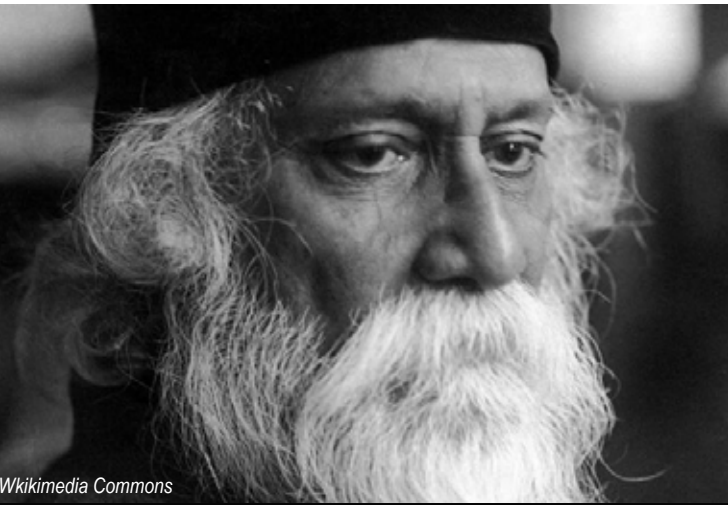
**PHOTO ESSAY**  
**NEW ZEALAND: THE REAL MIDDLE EARTH**

Wenzin Huynh

**22**



# FESTIVALS OF AUGUST 2018



Wikimedia Commons

## Tagore's Death Anniversary 7<sup>th</sup> August 2018

On August 7<sup>th</sup> 1941, India's Nobel Laureate Rabindranath Tagore passed away in Kolkata, West Bengal. He was the first non-European to have won the Nobel Prize for Literature in 1913.



Wikimedia Commons

## Independence Day 15<sup>th</sup> August 2018

This is a celebration of India's independence. Official ceremonies mark the day at all government establishments and schools across the country. People come out in huge numbers to celebrate the occasion.



Wikimedia Commons

## Parsi New Year 17<sup>th</sup> August 2018

Parsis all over the country celebrate this occasion with tradition and gaiety. Food and new clothes along with social gatherings are the main attractions of the festival.



Wikimedia Commons

## Id Ul Zuha 22<sup>nd</sup> August 2018

This is a celebration of the end of the month-long Ramadan season of fasting among Muslims. This three-day festival is celebrated upon the sighting of the moon. Grand feasts and purchase of new clothes mark the occasion.



Wikimedia Commons



Wikimedia Commons

## Onam 24<sup>th</sup> August 2018

This is a harvest festival of Kerala. Elephant processions, spectacular fireworks, and Kathakali performances are the main attractions of this festival. A boat race is also held at Aranmula and Kottayam to add more joy to this festival.



Wikimedia Commons



Flickr



Pixabay



Wikimedia Commons

## Raksha Bandhan 26<sup>th</sup> August 2018

This is a celebration of the brother-sister relationship. Sisters tie decorated colorful threads on the wrist of their brother's hand with a promise of life-long protection and affection from the brother in return. Sweets and gifts are added attractions of this celebration.





Photo: Hridoy Hazra

*"The highest education is that which does not merely give us information but makes our life in harmony with all existence."*

# UPASANA GRIHA, SHANTINIKETAN:

**ABODE OF PEACE/CONNOTATION  
OF HUMANISM,  
INTERNATIONALISM &  
A SUSTAINABLE ENVIRONMENT**

**Anirban Dhar**

Upasana Griha - a sublime exploration in Shantiniketan - is an existence of Maharshi Debendranath Tagore's vision and transformation to Bramho belief/religion from Hinduism. Every year, on the seventh of *Poush* month (Bengali Calendar), popularly the 23<sup>rd</sup> of December in English Calendar, is observed in the Upasana Griha at Shantiniketan as Maharsi Debendranath's transformation into the Bramho belief-vision. This very auspicious date is also the inauguration/initiation date of *Poush Mela* for every year.

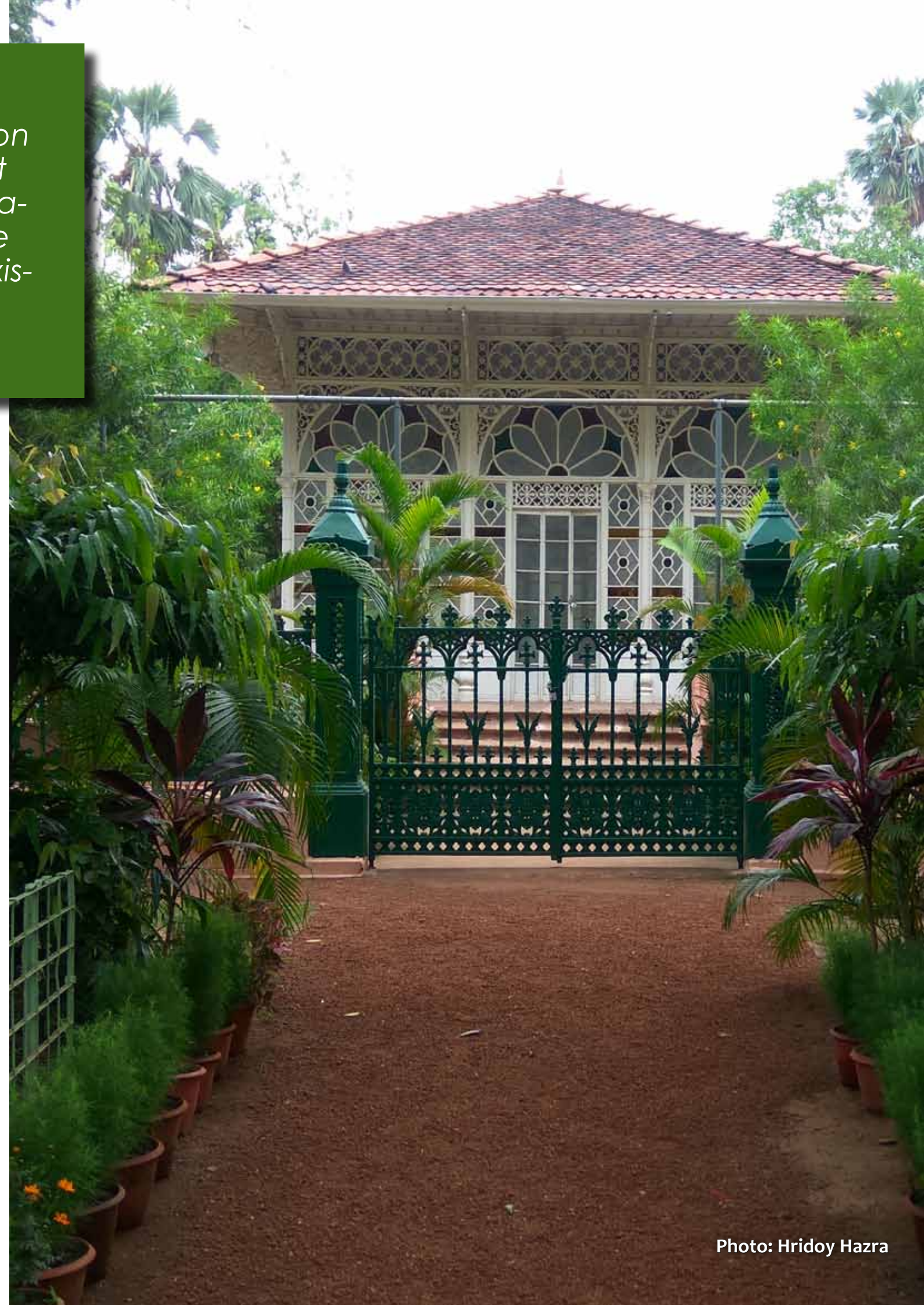
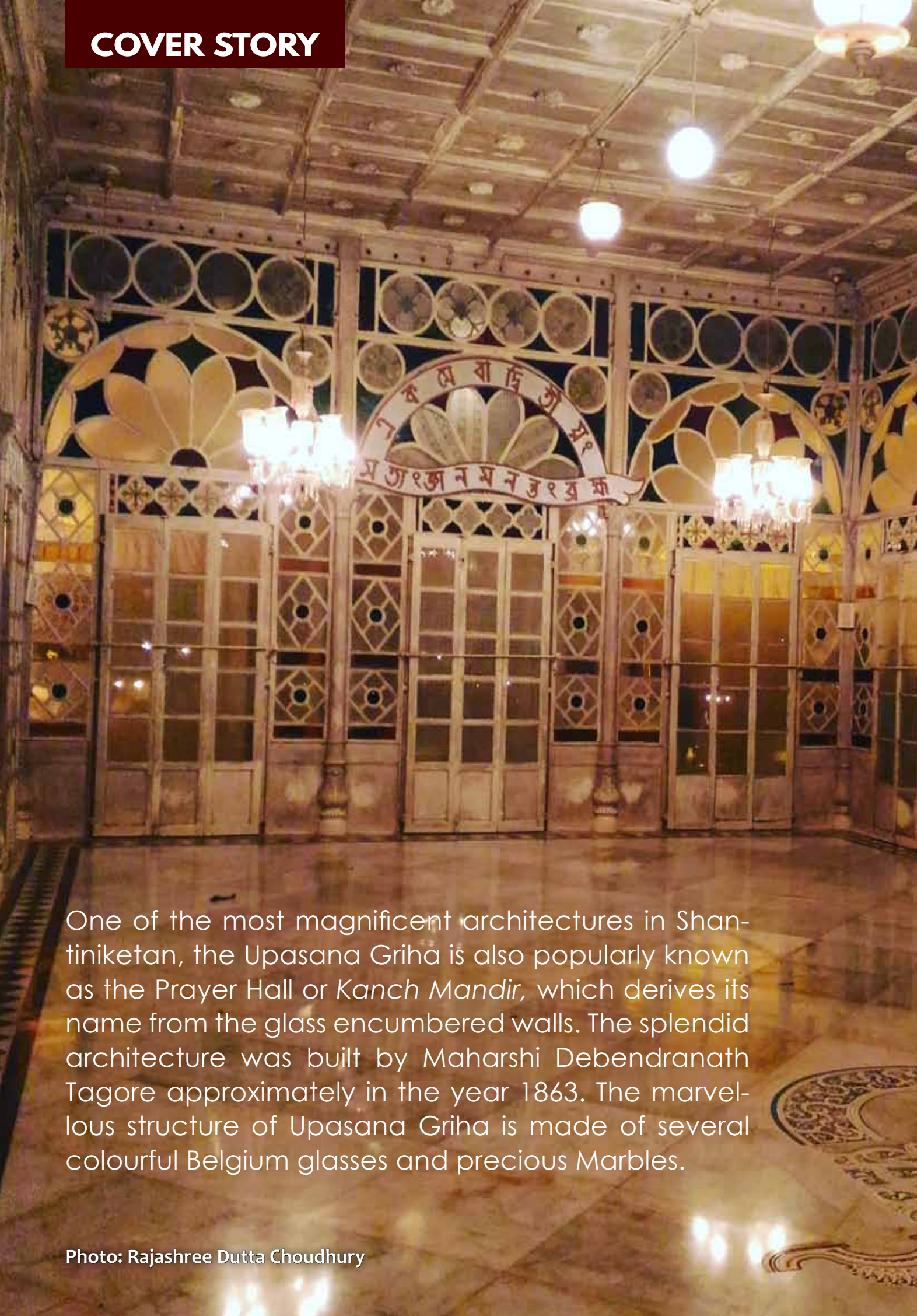


Photo: Hridoy Hazra





One of the most magnificent architectures in Shantiniketan, the Upasana Griha is also popularly known as the Prayer Hall or *Kanch Mandir*, which derives its name from the glass encumbered walls. The splendid architecture was built by Maharshi Debendranath Tagore approximately in the year 1863. The marvelous structure of Upasana Griha is made of several colourful Belgium glasses and precious Marbles.

Photo: Rajashree Dutta Choudhury

Through the travelogue of Upasana Griha, an individual can perceive the meaning of Gurudev Tagore's Shantiniketan in his/her own way: *'Where the head is always held high and where knowledge is free...!'*

In one's individual experience of Upasana Griha - his/her perception may nurture an abode of learning unlike any other in the world. The sublime atmospheric scenario in the interior of the Upasana Griha perceives an individual to embody Rabindranath Tagore's vision of a place of learning that is unfettered by religious and regional barriers.

From the very commencement, Shantiniketan was modelled by Tagore on the principles of humanism, Internationalism and a sustainable environmental, glimpses of which can be identified in the Upasana Griha as well.

The Upasana Griha – a deity less Belgium glass temple with its magnificent chandelier hangings, is prominently known for its morning prayers, where irrespective of religion, caste and various

**“I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy...”**





statements of belief, people can come and join. Along with its various vibrant happenings, performances during the myriad festivals, and eclectic architecture, Upasana Griha of Shantiniketan is really special for the fact that Tagore's vision gives a complete artistic freedom to its explorers . In line with Tagore's immortal words, *"Where the head is held high, and knowledge is free,"* the Shantiniketan knows that freedom to acquire knowledge also means the freedom to work whenever an explorer feels like. In the holy atmospheric scenario of Upasana Griha; knowledge perceives the Yatra Viswam bhavatyekanidam - where the whole world can find a nest. Through the travelogue of Upasana Griha; Shantiniketan, an individual can perceive the quote of Gurudev – *"She is our own, the darling of our hearts, Shantiniketan. In the shadows of her trees we meet in the freedom of her open sky. Our dreams are rocked in her arms. Her face is a fresh wonder of love every time we see her, for she is our own, the darling of our hearts."*

# CHAHOU KHEER

Parindita Bhattacharyya



**Chahou kheer** is the tastiest kheer prepared using sticky rice of Manipur. This rice has a flavor of its own, also it is fluffy and smooth in texture. Additionally it is **gluten free** and can be served as desert. This kind of rice mainly comes in black color and is known as **Chak-hao**, but white one is also a common one to find. This rice is specially prepared in holy ceremonies, to make **offerings to God**.

## INGREDIENTS

1. 1 cup rice (washed and soaked for at least 15 minutes).
1. 2 bay leaves.
3. 1 cup sugar.
4. 6 cups of milk/ condensed milk.
5. 1 tbsp raisin.
6. Few cashew nuts.
7. 2 tbsp grated coconut.

## HOW TO PREPARE

1. Boil the milk, then add the bay leaves and cook for few minutes.
2. Add the soaked rice into the milk, then add sugar and give a stir for at least 5 minutes. Close the lid of the utensil and put the flame in simmer and again cook it for 10 more minutes.
3. Once the rice gets boiled properly then put the flame into medium. Add raisins cashew nuts and grated coconut for few seconds.
4. Dish is ready to serve.

This is basically like normal kheer, but the specialty of Cha-hao rice makes all the difference do not forget to try this at home. Here's a simple authentic Manipuri rice kheer

**HAONA CHABIRO!**









To prevent the roofs from snow, congealing the roofs are designed and made in sliding shape instead of flat platformic style. But despite the buildings and other concrete objects, the triangle is seen prevalent in trees, mountains and other scenic sights as well. Therefore, it led me to connect the triangle with its philosophical meanings too.

A 'triangle' has multiple meanings as a symbol, but differently or somewhere connected in both Eastern and Western society. Some keywords associated with triangle include gender, creativity, harmony, proportion, ascension, manifestation, illumination, integration, subjectivity and culmination. This sort of versatility captures themes of magic, wonder and creativity in the triangle. In geometry it means a triangle, in geology it means a mountain, in symbology it means a lot of different stuff, in road-boards it indicates to various directions, for occultists it's a summoning symbol, in pop-culture it symbolizes LGBT through a pink triangle and in mathematics it has a Greek name called 'delta' which means a change in one variable compare to the other. And in European unions, a black down-pointing triangle indicates to a system to identify medicines that are being monitored particularly closely





by regulatory authorities, described under Black Triangle Scheme.

The orientation of a triangle is also important to its meaning. None of other basic shapes offer this kind of inherent duplicity. When we turn a square on its side, the symbol meaning remains the same. Same with the circle-rolling it down, it's still a circle but the triangle proposes variable meanings when tipped top from bottom. For example a point-up triangle represents a strong foundation or stability, as it is rooted to the ground through a solid base. It also symbolizes male energy, considered as solar, lingam, Shakta, active, mountain, up, father; and fire and air are the masculine elements. Oppose to it the point-down triangle represents female energy, lunar, yoni, Shakti, passive, cave, down, mother; thus forms the elements of earth and water. Point-up triangle can also represent ascension toward the spiritual world, while the point-down triangle can represent

a descent into the physical world.

Any discussion about triangle meaning cannot be completed without connecting it with the number three. All the mystic teachings incorporate the power of three within their folds. Three represents the union of the number prior to it (one and two). Numerologically speaking, if one represents force, and two represents an opening, then three is the birthing of true wisdom. There are other triads proposed by esoteric triangle which represent the historical and cultural trinities like 'spirit, mind, body', 'mother, father, child', 'past, present, future', 'power, intellect, love', 'thought, feeling, emotion', 'mother, maiden, crone', 'love, truth, wisdom', 'creator, destroyer, sustainer' and 'creation, preservation, destruction'. This is represented in Indian mythology as 'Brahma, Vishnu, Mahesh' and similarly in western society the Christian God is trinity - 'father, son and holy ghost' united in



The Banner of Peace at the entrance of Uruswati, Naggar





a single godhead, represented by a triangle. This trinity is clearly visible in 'banner of peace' initiated by Russian Artist Nicholas Roerich. It symbolized religion, art and science encompassed by the circle of culture which can be seen everywhere at Nicholas Art Gallery, Museum and in its premises at Naggar, Himachal Pradesh. Here, one cannot deny remembering Egyptian Pyramids consisting 2-D triangles into it. This Pyramidal structure is much evident in structure of Hadimba Devi Temple situated at Manali, Himachal Pradesh.

The triangular geometrical landscapes of Himachal Pradesh were surely reminding me of early cubist landscapes of Artist Paul Cezanne. Although triangles are there in the works of artist Nicholas Roerich having plenty of hills and mountains into landscapes, but they are not consciously created cubes. So, the purposes may be different, but my eyes were feasting the geometry; its meaning, philosophy and the spirituality, speaking silently into the Himalayan Valleys. By seeing this existing geometry, one may begin to personalize the potential of an overwhelming subject of triangle meaning and its association with circle. All the found triangles seemed as the resting energies into Himalayas where the helicoidally carved paths were not less than the springs of circles.

At the end, I hope that you enjoyed these perspectives. But don't stop at my cognitions. Find triangles in your life, in nature, in books, connect them if you had previous visits to Himachal or let them stay in mind if you go to Himachal in future. See them in life around and incorporate them into your life experiences. As I believe, our lives are not less than a 'giant lab experiment'. We can introduce triangles and other symbols in our daily practices to record the results of our findings or to make alive a travel to some hilly place. Ultimately this perception is for leading to a bizarre phenomenon of 'Travel' and to 'Deal' differently with different destinations!



# NEW ZEALAND

## The Real Middle Earth!

**Q**ueenstown – One of my favourite places in New Zealand. Travelling and exploring outside of my home country is always exciting but the best thing about it all is coming back and remembering how lucky I am to call this place my home. There are very few places I actually make an effort to go back to more than once (there's only one cafe and one restaurant in Auckland that sits in this category) and Queenstown is one of them. My next goal...roadtrip around the South Island.

Perks of solo travelling? Being completely selfish and doing you're own thing. Not having to put up with annoying people is FAAANTASTIC! Also just noticed how dirty my vans are...







Queenstown Mountains: Views after a day on the snow





On the road to Milford Sound (which technically isn't part of Lakes District but...I guess this was en route)





Moonlit stars just out of Queenstown





Exploring a river close to Wanaka after discovering part-way through a hike that my shoes couldn't quite handle the icy conditions...





Not quite Lake District but we took the 4 hour drive (one way) to Milford Sound. This shot was taken in the middle of winter with my shoes off wading in the freezing cold water. Maybe one day I'll share the behind-the-scenes shots of how this turned out!





Queenstown Lake Scenery





More views after a day on the mountain





The photographer herself!



Megha Joshi  
Indrapramit Roy  
Jimmy Chishi  
Mandykins Galore  
Partha Seal  
Indira Purkayastha  
Pradeep Mishra  
Malavika Rajnarayan  
Prakash Jogi  
Pratul Dash  
Mahhima Bhayanna  
George Martin  
Mee Jey  
Rashmi Khurana  
Manjot Kaur  
Rohen Dumbre  
Saba Hasan  
Aditi Agarwal  
Varnita Mahajan  
Vinita Dasgupta  
Monika Seth

Concept and Production **Rahul Bhattacharya**

extending the contemporary

**11.00 am - 7.00 pm**  
Sundays Open

Premiers on  
**Wednesday - 8th August 2018**  
6.30 pm onward

On view from  
9th August - 28th August 2018

  
**ART KONSULT**  
ART GALLERY FOR CONTEMPORARY INDIAN ART

3-A, Ground Floor,  
Hauz Khas Village, New Delhi-110016  
M:+ 91-9899718515, 9811757020, Ph:+91-11-26566898;  
Email: [siddharthatagore@gmail.com](mailto:siddharthatagore@gmail.com), Web: [www.artkonsult.com](http://www.artkonsult.com)