राष्ट्रदुत

### **#INSIGHT**

## How Did Chutneys Came to the World?

The Mughal kitchens were known for their elaborate feasts, which included a wide range of chutneys.



them with spices & salt to pre

serve them spoiling. This was

especially important during

the monsoon season when

fresh produce was scarce.

flavour to bland foods as rice

& lentils were the staple foods

and the chutneys enhanced

their taste. They were also

used for flavouring meats and

**Mint Chutney** 

This chutney is made by

blending together fresh mint

green chillies, ginger, garlic

emon juice, and salt. One can

enjoy this chutney with liter-

ally any dish in the world.

However, people love to have

Another popular chutney

that's very popular in south-

ern India is prepared by saute-

ing tomatoes, onions, and gar

lic with spices such as cumin,

coriander, and chilli powder.

People love to consume this

chutney with South Indian

foods like Dosa, Uttapam, Idli,

etc, though you can enjoy it

Remember the tangy yet

sweet chutney that you love

Tikki, Samosa and other

chaats? It's called tamarind

chutney, which is made by

simmering tamarind pulp

with jaggery (unrefined cane

sugar), dates, and spices such

as cumin and coriander. It's a

great chutney that's used for

not only flavouring dishes but

for digestive purposes as well.

**Onion Chutney** 

This chutney is made by

sauteing onions with spices

consuming with DahiBhalle

with dal rice as well.

with tandoori & fried dishes.

coriander leaves,

**Common Chutneys in** 

**Indian Cuisine** 

condiment that is commonly used in Indian cuisine. It is often made by blending together various ngredients such as herbs, spices, fruits, and vegetables to create a delicious and flavourful accompaniment to a meal.

The word 'chutney' is derived from the Hindi word 'chatni', which means to crush or grind. Chutneys were traditionally made by grinding together fruits & veggies with spices & salt using a mortar and pestle, but today they are often made using a blender or food processor. This method was used in the ancient India to preserve the fruits & veg-From Dosa to Cheela,

Samosa and DahiBhalla, we enjoy chutney with literally all kinds of food. This condiment is also used as a dip or spread for making a variety of sandwiches. In this article, we will share with you a brief history of how this condiment came to India and some

### **History of Chutneys**

The origin of 'chutney or chatni' can be traced back to ancient India, where it was an important part of the diet. This condiment was introduced to India during the Mughal era when the Mughal emperors brought with them a variety of culinary influences from their homeland in kitchens were known for their elaborate feasts, which included a wide range of chutneys made with exotic ingredients such as saffron, rose petals, and dried fruits.

### **Chutneys in the Past**

When this method was adoptsuch as cumin, mustard seeds, ed, the people of India started and red chilli powder. It is making chutneys with vegoften served as a side dish gies and fruits by grinding with Dosas and Uttapams.



THE WALL

Coconut Chutney Be it any part of the country, this chutney is pure love, which one can consume or its own. Often, it is made by blending together fresh coconut. chilies, ginger, and coriander with a little bit of water. It is often served with Dosas and Idlis. People also while grinding this chutney as it brings

that unique taste.

WHERE THERE

IS A WILL, THERE

IS A QUARREL.

Oddly enough the same collection also contains a superb drawing of a full-grown rhinoceros prepared by an Indian artist Gangaram Chintaman Tambat, who made many excellent drawings, paintings and clay models of people, birds, animals and landscapes for British patrons. This rhinoceros was in the menagerie of Peshwa Madhav Rao II at Pune, and the drawing contains the ruler's signature dated in November 1790. The drawing is of excellent quality, coming from an experienced painter and drawn from life.

# **Rhino Painted &** Made a Craft of...

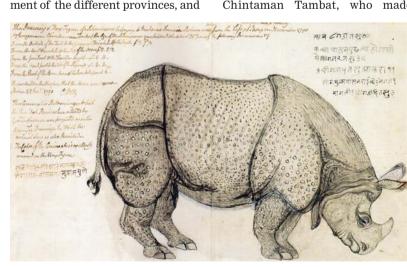
**Asok Kumar Das** writetoarbit@rashtradoot.com

s we have seen, it is

known from trav

ellers' records that the rhinoceros found place with other domesticated or tame animals in menageries of the Mughal emperors. There is other evidence of such instances of the rhinoceros in captivity in writing and paintings. The well-known French traveller Jean-Baptiste Tavernier describes a tamed rhinoceros that he came across around 1665. He noticed a young boy feeding stalks of millet to a rhinoceros. When he took some stalks from the boy the rhinoceros came to him "opening his mouth four or five times" to eat the millet stalks. Joachim Bautze discovered a late 18th/-early 19th century drawing showing two rhinoceroses chained to posts facing each other, in the Kumar Sangram Singh Collection, Jaipur. The drawing is not too inaccurate but the design of the armour-like plates on the animals' backs is rather schematic. Further evidence of rhi noceroses being tamed comes from the accounts of the English Bishop Reginald Heber who made an exhaustive tour of northern and western India in 1824-25. He noticed several tamed rhinoceroses at Lucknow during his visit to that city. He also saw a rhinoceros in

Baroda that was ridden by a mahout like an elephant In the latter part of the 18th century the rhinoceros was found in large numbers in the eastern provinces, as revealed by an atlas prepared in 1769 by Colonel Jean-Baptiste-Jacob Gentil, the French representative to the court of Shuja ud-Daula at Faizabad, with the help of local painters like Nevasi Lal and Mohan Singh. The maps in the atlas show the topography and environ-



Rhinoceros from the Peshwa's menagerie, drawing by Gangaram Chintaman Tambat,

### **#STORY OF THE** INDIAN RHINOS

tiny figures of rhinoceroses are shown in the maps of Avadh, Bihar and Bengal. Apart from the atlas, Gentil also commissioned paintings of court events, hunting trips etc. which were mounted in albums. Two paintings from an album in the Victoria and Albert Museum collection provide elaborate details of two different hunting trips of the Nawab of Avadh, showing rhinoceroses amongst other big and small game. The first one shows a rhinoceros and wild buffalo hunt in 1768 in the woods of the Bahraich province Avadh with a corps of 600 Frenchmen, among which Gentil was present. The Nawab killed two rhinoceroses after they had wounded ten elephants. Apart from two dead and one wounded rhinoceroses it also shows a smaller one captured by the hunting party. The second painting shows another hunt undertaken by the Nawab in the woods of Baharich in 1769 that included Gentil and lasted for ten days. The painting depicts as many as 19 rhinoceroses, two lying dead, two fighting with elephants and as many as 15 large small one running away from the hunting party.

Just a year later the well-known British landscape painter Thomas Denial (1749-1840) noticed a male rhinoceros of excellent proportions in the foothills of the Himalaya and prepared a sketch from which he later, probably in 1790, made an oil painting (now in the Yale Center for British Art). The horn of the rhinoceros drawn by Daniel however is longer than usual, like that of an African one.

Oddly enough the same collection also contains a superb drawing of a full-grown rhinoceros prepared hv an Indian artist Gangaram Chintaman Tambat, who made

> **Architectural Decoration** and Artefacts The image of the rhinoceros appears in other media as well. Subhash Parihar noticed several panels on the imposing western gateway of the sprawling garden and sarai named Nurmahal built by Jahangir, that included a mythical elephant headed winged animal and rhinoceros together. The winged animal is appropriately ornamented, while the rhinoceros is also shown with a metal chain around its neck and ornaments on all four legs. This is perhaps the only place where the rhinoceros is present in Mughal architectural decoration. Joachim Bautze noticed a beautiful

sculpted marble panel in the Bada

Mahal of Kota Palace with two very

and clay models of people, birds,

animals and landscapes for British

patrons. This rhinoceros was in the

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the ruler's signature dated in

November 1790. The drawing is of

excellent quality, coming from an

experienced painter and drawn

realistically rendered rhinoceroses many excellent drawings, paintings facing each other along with other animals. He also noticed rhinoceros representations on wooden doors at menagerie of Peshwa Madhav Rao The moulded or modelled terra-

Yale Center for British Art. B 2006-14-33

The Indian Rhinoceros: A forest scene in the Northern Part of Hindoostan with

rhinoceros, by Thoms Deniell, probably 1790. Oil on canvas.

cotta panels in the brick temples in the countryside of Bengal built in the 17th to 19th centuries, shows rhinoceroses in hunting scenes. In a prominent panel in the lower portion of the Gangeshvara Shiva Temple at Baranagar on the western bank of the Bhagirathi near Murshidabad a full-size rhinoceros is shown under attack from a group of gun-toting foreign soldiers. Similar scenes with rhinoceros have been found in the Krishnarai Temple (1655), Bishnupur, the mid-19th-century Govinda Temple Rajshahi district, Puthia. Bangladesh and the Kantaji Temple (1704-22), Kantanagar, Dinajpur dis-

trict, Bangladesh Among carved depictions of the thinoceros, an interesting example s from a chess set made in Behrampur or Murshidabad, c. 1820, now in the National Army Museum, London. In this set, representing the British forces and an Indian ruler's army respectively. In

keeping with the Indian tradition, the king and queen sit on elephants The knights of the European version of chess are replaced by cavalrymen on the white side and came riders on the black; while the rhing the buffalo for the black one.

uropeans hunting rhinoceros, terraotta panel on the Gangeshvara Shiva Temple at Baranagar. Murshidabad.

crafts persons, mostly women.

A magnificent piece of an embroidered cotton and silk quilt in the collection of Isabella Stewart Gardner Museum, Boston, recently put on show in an exhibition at the museum, shows a European horse man pursuing a rhinoceros. The rhinoceros is clearly discernible amongst various birds and animals, real and mythical that crowds the scene. This was not entirely unexpected as rhinoceroses were found in large numbers in northern Bengal as well as in the Sundarbans deltaic area, and rhinoceroses were captured and transported to Portugal from the middle of the 16th century. A clearly drawn rhinoceros is found in the border of another large Indo-Portuguese quilt embroidered in tussar silk on bluish ground from the Museu Nacional de Arte Antiga, Lisbon that was exhibited at Kensington Palace, London

in November 1970. The rhinoceros also found in place in the magnificent pile carpets produced at the Mughal Karkhanas at Agra and Delhi. The National Gallery of Art, Washington DC has

mong carved depictions of the Among carves depositions an interesting example is from a chess set made in Behrampur or Murshidabad, c. 1820, now in the National Army Museum, London. In this set, representing the British forces and an Indian ruler's army respectively. In keeping with the Indian tradition, the king and queen sit on elephants. The knights of the European version of chess are replaced by cavalrymen on the white side and camel-riders on the black.

with numerous birds and animals in the field and border design; a fullgrown rhinoceros is shown in the upper part of the field. In another carpet of rare and unusual design that survives only in small fragments in various museums and collections in the US, UK and Europe,

rhinoceros heads have been used

along with heads of various other

birds and animals like elephant,

tiger, cheetah, horse, deer, serpents

water birds, peacocks, and mythical

birds and animals to a from a com-

plex "waq-waq tree"-like design in

the field. The carpet (or a pair of

carpets of similar design) is a

unique creation of the Mughal stu-

wag tree" or Tree of Alexander

growing in the mythical island of

Waq-Waq, that shows human heads

or heads of birds, animals, real and

es, as depicted is manuscript illus-

trations prepared in Persia, Mughal

India and the Deccan. Elaborating

on this, the carpet weavers (as well

working for the embellishment of

hashiyas or margins of folios of

royal albums) created this harmo-

nious as well as fearful design of

birds, animals, aquatic creatures

and serpents swallowing each other.

The rhino heads depicted in the

waq-waq design on the carpet frag-

ment reproduced here are remark

ably life-like and accurate.

**Horn and Hide** 

**Objects Made from Rhino** 

Rhinoceroses are also found in textiles and carpets. In at least three early Indo-Portuguese embroidered textiles the rhinoceros is found amongst animals pursued by European hunters. These textiles made of cotton and tussar silk were produced in the Satgaon area of Hooghly district in West Bengal exclusively for European clientele The entire surface of the material was decorated with intricate silkembroidered designs provided by the buyers. The design content often consists of Biblical themes, maritime scenes and scenes of hunting expertly embroidered by the local

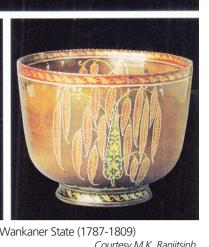
a large red-ground "animal carpet'

The use of the rhinoceros horn in India was not very widespread or popular. However the value of this product was never underestimated as it was always in high demand in China. The Chinese craftsmen created exquisite ritual objects, luxury items. goblets and other works of art from the Indian rhinoceros horn. References to horns of rhi noceros (xijiao) sent as gifts with the embassy from the Bengal Sultan Saif ud-Din to the Ming Emperor Yongle in June 1421 have been found in the Veritable Records of the Ming Dynasty, Ming Taizong Shilu, Babur was aware of its use and a relatively unadorned but finely chiselled ves-

the western gateway of sarai Nurmahal near Jalandhar, c. 1620. Photo: Dr. Subhash Parihar. Shields and body armour made of rhinoceros hide are on display in the armoury or Silleh Khana of the Maharaja Sawai Man Singh II in Kota and procured from there, as mentioned in old Silleh Khana records of Jaipur Darbar. Archer's rings for Mughal and Rajput princes and nobles, and earrings used by the Gorakhpanthis or Kanphata Jogis, followers of Gorakhnath, all fashoioned from rhinoceros horn,

> The English traveller William Finch, who visited the Mughal court and part of northern India in 1608-09, reports trade in objects like drinking cups, buckles etc. made from rhino horn at Ayodhya. Finch notes the high price rhinoceros

have also been found in different Unicorns'



now in a rhinoceros hunt around

1665 the animal's horn was cut off

and the king presented it to the

ambassador who was in the hunting

There are numerous beautifully

carved cups and decorative objects

fashioned from rhinoceros horn in

different museum collections

throughout the world, most of them

Rhino-skin shield of Raja Chandrasinhji II of Wankaner State (1787-1809)

esteeming them the right unicorns sel in the Sloane Collection in the horns. The real and symbolic value British Museum is generally regarded as the cup fashioned for of the rhinoceros horn is well Babur's use. However there is no demonstrated in an incident reportfirm evidence to support this associed by Travernier when he noticed

Abu'd Fazl in his encyclopedia work Akbar's reign, the A'iniAkbari, while providing accounts of the Sarkar (fiscal unit) of Sambal (Sambhal) writes, "There is game in plenty in the Sarkar of Sambal where the rhinoceros is found. It is an animal like a small elephant, without a trunk, and having a horn on its snout with which it attacks animals. From its skin shields are made and from its horn, finger-

coming from Chinese workshops, Joachim Bautze had mentioned (on the strength of the evidence provided by the scholar Gouriswar Bhattaharya) the presence of a carved bowl made of "rhinoceros forehead" in the State Chandradhari Museum, Darbhanga, which shows, besides other figures, carvings of Dashaytar (the ten incarnations of Vishnu). The sole rhinoceros-horn cup in the Indian Museum, Kolkata, probably of Indian origin, is well inished but unadorned. A superb footed cup made in the Deccan, now n the Kunsthistorische Museum, Vienna, carved from rhinoceros horn and with designs of trees and plants painted in colours and gold on its inner and outer surfaces, was Rhinoceros followed by a winged elephant composite, detail of a carved panel outside shown in a 2001 exhibition in Lisbon of rare and exotic luxury objects

rom India, Africa and Sri Lanka. From this brief survey it is clear that the rhinoceros found place in the arts and crafts of the country from Rajasthan in the west to Bengal in the east. Though it never attained the widespread representation and popularity of the elephant or lion, it retained its place as a quiet, almost docile, and easily rec-

### **Acknowledgement**

1. The Book: 'The story of India's

2. Authors: Divyabhanusinh, Asok

Kumar Das & Shibani Bose. 3. Publisher: The Marg Foundation.

4. For Purchase: The book is available for purchase on www.marg-

By Jerry Scott & Jim Borgman

THEONETHING

HE PAYS ATTENTION

Detail from the border panel of an Indo-Portuguese quilt, Bengal, ealry 17th century.

### **#MIND&BODY**

# Restorative Yoga Poses

If the stresses of life are getting too much to bear then try these calming yoga poses at home to feel calm and relaxed.



ing you!-deserves

stress and help you unwind. If vou're trying to find relax

Whether been stressed at ation before heading to bed, work or dealing practice this pose to prepare with family drama your physical body (and your or are just feeling tense after mind) for a peaceful night of nearly two years of pandemic life, we can use a little more (Easy Pose) relaxation in our lives. Yet relaxing is way easier said than done. The stressors of modern day life, including your seemingly never-ending to-do list, make it difficult for

### many people to truly slow down and rest. Luckily, yoga

The Benefits of Relaxation Of course, you probably already know that relaxation is good for you. But its bene-You may be familiar with Easy fits go well beyond soothing Pose as a common meditation stress and anxiety and allowing your body (and mind) great yoga pose for relaxation space to rest and recover This pose simultaneously acti Relaxation can positively vates your body's relaxation impact your physical and response (your parasympa mental health, and prime you thetic nervous system) and for busy days ahead. Here are some of the noted benefits of

### deactivates your stress response (sympathetic nervconsistent relaxation: ous system), making it a calm Lowering blood pressure inducing posture.

Slowing your heart rate and breathing Improving digestion

poses for relaxation can help

by making you feel more at

ease, less tense, and better

Easing muscle pain and Reducing chronic pain

7 Yoga Poses for Relaxation

Paschimottanasana

(Seated Forward Bend)

This pose promotes relaxation

throughout your entire body-

from calming your brain to

releasing tension in your legs.

When you move into this for-

ward bend, you'll release phys-

ical and mental stress. If

touching your feet is difficult,

you can modify this pose by

Malasana

(Garland Pose)

Balasana

(Child's Pose)

You may elect to return to this

pose frequently during your

practice-and, let's be honest.

in your daily life-as it often

serves as a "home base."

There's a reason for that

Balasana (Child's Pose) helps

relieve stress, fatigue, as well

Viparita Karani

(Legs-Up-the-Wall Pose)

as physical pain in your back

well-being

using a strap.

state of relaxation.

Increasing energy levels ready to move into the full pos-■ Improving sleep duration kets and blocks to this back-Increasing overall feelings bend to make it work for your of emotional and physical body's needs.

### Savasana

Matsvasano

(Fish Pose)

space to release unwanted ten-

sion and (finally!) relax. Not

(Corpse Pose) Move into the ultimate state of relaxation (if there is such a thing) in Corpse Pose. This posture allows you to let go easing the physical tension and mental stress vou're hold ing onto throughout your entire body. You'll calm (and quiet) your brain and move into a place focused on your breath-and nothing else.

### Why Yoga Helps with Relaxation

You walk into your yoga class Is your mental and emotional brimming with stress and stress turning into physical anxiety. You're mad at the world. And then, suddenly tension? Release it through Garland Pose. This pose after an hour in class, you stretches your hips, eases come out of the room (or back pain, and releases your Zoom session) feeling a little less cynical-and a little less chest, allowing you to open your body and move into a stressed. Why?

At a scientific level, this state occurs through activating the parasympathetic nervous sys tem. The slow, mindful breathing that's integral to your yoga practice serves as the catalyst for activating this system Additionally, when activated the parasympathetic nervous system sends signals to your heart and nerves-telling them to relax. Suddenly, your whole Move into this pose-and you'll

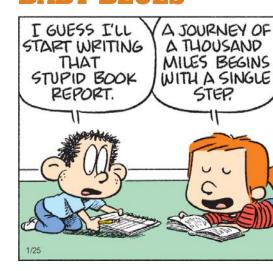
Yoga helps relieve stress

immediately be sighing of ation. Revel in it!



Paschimottanasana

### **BABY BLUES**





By Rick Kirkman & Jerry Scott

POTATO CHIPS? REALLY? WASN'T4OUR BIG TO CUT OUT HIGH-CALORIE SNACKS?

ZITS

NEW YEAR'S RESOLUTION

IREMEMBER THAT 40U MADE A BIG DEALABOUTCHANGING YOUR RELATIONSHIP TO FOOD.

> PRETTY SURE YOU WROTE IT DOWN ON THE FIRST PAGE OF THE JOURNAL MOM GAVE 40U FOR CHRISTMAS

TO AROUND HERE