



KARNATAKA CULTURE & HARITAGE- WITH REFERENCE TO TULU NADU (COASTAL KARNATAK): A STUDY

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ABSTRACT:

The south Indian state of Karnataka is far from being homogeneous. In fact the diversity within Karnataka is so great that the state government decided to adopt the following as its punch line – “**one state many worlds**”. Contributing to this diversity is a region called Tulu Nadu that is culturally distinct from the rest of Karnataka. India is the land of colors and contrasts. Even within the southern states of Karnataka and Kerala lies the culturally distinct region of Tulu Nadu. Yet, it blends beautifully into the states that it is a part of. Stunning landscapes, authentic culture, age-old rituals, intriguing customs, and delicious food – that sums up Tulu Nadu perfectly!

INTRODUCTION:

Karnataka is a State with a long recorded history. After Independence, it came into existence as the Mysore State in 1953. Thereafter, with the unification of all the Kannada dominant areas lying under different dispensations, it acquired its present shape in 1956. Subsequently, in 1973 it was renamed Karnataka. Presently situated between 11°31' and 18°14' north latitudes and 74°12' and 78°10' east longitudes, the State has the Arabian Sea on its west, Goa and Maharashtra on the north, Telangana and Andhra Pradesh on the east, Tamil Nadu on the south-east and Kerala on the south. With an area of 1, 91,791 square kilometers, it is the seventh largest State of India in terms of area. Similarly, with 61,130,704 inhabitants Karnataka as per the Census of India, 2011, it is the eighth largest State in the country in terms of population. Bangalore, formerly known as Bangalore, is the capital of Karnataka. At various points in time, the place on which this city is situated was ruled by various South Indian dynasties. However, the establishment of a mud fort here in 1537 by Kempe Gowda, a feudal ruler under the Vijayanagara kings, is considered to have laid its foundation. In 1638, the Marathas conquered this city and ruled it for almost 50 years. After this, the Mughals captured and sold it to the Wodeyars of Mysore. After Independence the city became the capital of the Mysore State and remains so till date. Karnataka has a rich diversity of flora and fauna with about 20.19 per cent of its total geographical area under forest cover. These forests support 25 per cent of the elephant and 20 per cent of the tiger population of India. In all, the State has 18 wildlife sanctuaries and 10 bird sanctuaries. Of these, the Ranganathittu Bird Sanctuary is a bird watchers' delight. The famous Jog falls is also located in the Shimoga district of the State. It is the highest plunge waterfall in India. Besides, the State is also home to a range of monumental arts, architecture and sculptures.

CULTURAL SPECIFICITIES

The diverse linguistic and religious communities living in Karnataka over the centuries have contributed to its distinct culture in many ways. These communities range from the majority Kannadigas to Tuluvas, Kodavas, Konkani's and other minority groups. Their contributions are seen reflected in the day-to-day life of the people.

LANGUAGE: Kannada is the official language of Karnataka. It is spoken by approximately 65 per cent of the State's population. It is also one of the classical languages recognized by the Government of India. Tulu, Konkani and Kodava are other minor native languages, which share a space with Kannada in the State. Urdu is also spoken widely by the minority Muslim population whereas

Tamil, Telugu, Marathi and Malayalam are spoken by the members of these linguistic communities in the bordering areas of the State. With increasing urbanization and the opening up of the education and the IT sector, English has also gained wide currency. However, according to a study of the People's Linguistics Survey, languages like Kavaga, Irula, Soliga, Bagada, Yerava, Gaulis, Betta kuruba and Jenu kuruba are surviving on the edges with less than 10,000 speakers in each case. Similarly, Siddi and Hakki Pikki have become critically endangered as the younger generations of these communities no more speak these languages. Kannada literature is more than a thousand years old. The earliest extant work belonging to this language, Kavirajamarga of the Rashtrakuta king, Amoghavarsa I, is dated to the 9th century CE. After that, Kannada Literature saw its ascendance through the works of Pampa, Ponna and Ranna in the 10th century CE, Basavesvara and his contemporaries in the 12th century CE, Harisvara in the 13th century CE, Narahari in the 14th century CE, Sarvajna in the 17th century CE, Kempa Narayana in the 19th century CE and K.S. Karanth and others in the 20th century CE. Besides these, there have been many other litterateurs, who have received wide recognition for their multifarious contributions to Kannada literature. It is no wonder then that the highest number of Jnanpith Awards has so far been won by Kannada writers. Table 1 below provides a list of those writers.

DRESS: Saree is the traditional dress of women in Karnataka. In the northern region, Ilkal or the Dharwad Saree is commonly worn. Similarly, women in Kodagu have a distinctive way of wearing the saree. Ilkal is a village near Dharwad. It has been a centre of weaving since the 8th century CE. The credit for this is attributed to the local chieftains, who provided patronage to the local weavers beginning with that time. Each region of Karnataka has a distinct way of weaving. The Ilkal sarees, for instance, are woven using the tope-teni technique. With three portions in red and in between them two portions in white, the pallus of these sarees look quite gorgeous and distinct. Nearly 70 per cent of the country's total mulberry silk comes from Karnataka, which is also famous for its Mysuru silk sarees. From a historical point of view, although the growth of the silk industry in the State was first initiated during the reign of Tipu Sultan, it was the Maharaja of Mysuru, Krishna Raja Wodeyar, who gave it a bold fillip by importing 32 looms from Switzerland. Dhoti, known as Panche in Karnataka, is the traditional attire of men. In the northern region, men also wear pyjamas or knee-length shorts while working in the paddy fields. The traditional headgear in southern Karnataka is Mysuru peta. In the north, it is pagadi or pataga.

FOOD: Karnataka is famous for a wide range of vegetarian and non-vegetarian dishes. These dishes differ from one region to another in terms of the ingredients that are used and the styles in which these are prepared. Often the names of the dishes also vary on such counts. However, a typical oota (meal) in Karnataka includes items such as bath or anna (rice), chitranna (rice flavoured with spices), mosaranna (curd rice), palya (fried, boiled or a sautéed side dish), saaru (a gravy item), tovvu (a thick lentil soup), gojju (a sweet and sour item), kosambari (salad), ghee (clarified butter), mosaru (curd), uppinakayi (pickle), happala (papad) and sira (sweet item made of rice, jaggery, milk and dry fruits) or paramanna (rice pudding with ghee and jaggery). Such a meal is usually served on a mutuka (banana) leaf. Other than the meal as mentioned above, people also eat a variety of snacks and sweet items. Popular among these are different kinds of rotti (bread made of finger millet, sorghum, pearl millet, wheat or rice flour), dosa (made of fermented rice, husked wheat, finger millet or tapioca pearl and black gram batter) that is served with chutney (made of grated coconut, roasted pigeon gram and spices) and sambar (lentilbased spiced vegetable stew), churumuri (puffed rice), vade (fried doughnut made of fermented black gram batter), bonda (deep fried boiled and mashed potato dipped in chickpea batter), bajji (fried vegetables dipped in chickpea batter), unde (ball-shaped sweets of various kinds), pak (sweet piece made of chickpea flour, sugar and ghee), pedha (scalded milk thickened with sugar), kunda (thickened milk) and maaldi (sweet made of wheat, poppy seed, jaggery and ghee). The coastal (Mangalore) and the hilly (Kodagu) regions of Karnataka are also well-known for a variety of non-vegetarian dishes like kane (lady fish) fry, crab curry, pandi saaru (pork curry), koli saaru (chicken curry) and mutton curry. Finally, Karnataka being a coffee producing State, kaapi (filter coffee with milk and sugar) also forms an essential part of people's daily intake. Indeed, Karnataka cuisine is so popular that one can find 'Udupi Restaurants' and 'Indian Coffee Houses' everywhere in the country.

FAIRS AND FESTIVALS: Ugadi or Yugadi is the main festival of Karnataka, which marks the Kannada New Year. It is celebrated on the first day of the Indian month of Chaitra (March–April). On this occasion, people decorate the entrances to their houses with fresh mango leaves and rangoli (colorful floral designs). They also prepare a mixture of neem flowers, tamarind pulp, chilli powder, unripened mango, salt and jaggery. The mixture is called bevu-bella. It signifies the various emotions that are associated with life. It is the first item taken on this occasion. Besides, Obbattu or holige (a rotti stuffed with gram and jaggery) and puliogure are also prepared on this occasion. Makar Sankranti is another major festival. Being a post-harvest festival, it is celebrated with great fanfare. The festival also signifies the entry of the Sun into the zodiac sign of Makara or Capricorn. Dasara or Dussehra is the main festival of Mysuru, where it is celebrated as nada habba or the 'state festival'. It lasts for ten days and ends with Vijayadashami. According to a local legend, Goddess Chamundeshwari killed the demon king Mahishasura, after whom the city of Mysuru has been named, on this day signifying the victory of fairness over evil. Bombe habba or a doll and figurine display with a significant connection with the agricultural economy of the State makes for a special attraction during this festival. It is said that the doll celebration was originally started to encourage the desilting of canals and riverbeds, which was necessary for proper irrigation. Another festival associated with agriculture is Kambala. It is an annual event, which features buffalo race. Traditionally, this event is said to have been patronised by

the Alupa kings of Mangalore some 300 years ago. Today, the farmers race their buffaloes in paddy fields as a gesture of thanksgiving to the gods for protecting their animals from diseases. Besides these, there are several other fairs like Sri Vitappa Fair, Sri Shidlingappa's Fair, Godachi Fair, Shri Yellamma Devi Fair, and Banashankari Devi Fair. Ramzan, Diwali, Ganesha Chaturthi, Basava Jayanti, Naga Panchami, Hampi Festival and Maha Mastakabhisheka of Gomateshwara (Bhagavan Bahubali) at Shravanabelagola, which are celebrated in the State with much fanfare.

PERFORMING ARTS

Music: As in the case of cuisine, Karnataka has also earned for itself a special place in the field of performing arts. It is one of those States in India, where the Hindustani, the Carnatic and the folk musical traditions have flourished side by side. The twin cities of Hubli Dharwad and Belgaum in northern Karnataka have produced some of the outstanding Hindustani vocalists of the last century. Among them the most notable are Kumar Gandharva, Bhimsen Joshi, Mallikarjun Mansur and Gangubai Hangal. These maestros have also been honoured with Kalidas Samman and Padma awards. Similarly, from the times of the Vijayanagara Empire, the southern part of Karnataka has earned for itself a place in the field of Carnatic music. During the 17th and the 18th century CE, the Haridasa Movement furthered this process as its exponents like Vijayadasa, Gopaladasa and Jagannathadasa, contributed to it through their compositions of Devara Nama (devotional songs) in simple Kannada. Following their footsteps, Carnatic musicians from the States, who have earned a name in recent years, are VT Chowdiah, V Sheshanna, M Vasudevachar, Doreswamy Iyengar and TK Iyengar. In the field of folk music equally, Janapada Geete, which includes the vachanas of Basavanna, has earned for the State a unique name. Besides, the tribal people of Karnataka have also added to the State's folk music repertoire with their own distinctive songs and music

Dance: The most popular dance of Karnataka is Yakshagana (song of Yaksha). It has two forms. The Moodalopaya form is commonly performed in the eastern region whereas the Pudevlopaya form is more common in the western region. Often traced back to the 16th century CE, the performance of Yakshagana combines songs, music, scholarly dialogues and dance with impressive facial make-ups and colorful costumes. Besides, Karnataka is also known for various ritual dances, which are known as Kunitha. Among these, Dollu Kunitha, performed by the Kuruba men, is the most popular. Its performance involves synchronized group formations, beating of well-decorated drums and singing by the dancers. In another version of this dance, known as Puja Kunitha, the dancers carry a wooden palanquin with a deity seated in it on their heads. Traditionally associated with Lord Shiva's penance in a cave on earth, this dance begins on a full moon day and continues for days as the dancers go from village to village before it ends with an all-night performance to celebrate the arrival of fresh harvest in homes.

Visual Arts and Crafts: Karnataka is well-known for many handicrafts. Bidriware is one among those. This handicraft was developed in the 14th century CE during the rule of the Bahamani Sultans. It draws its name from the township of Bidar, which is still the chief centre of its production. Due to its striking silver inlays work, it is exported all over the world. For the same reason, the Geographical Indications (GI) Registry has also granted it the GI certificate. The metal used in making these wares is a blackened alloy of zinc and copper. Besides, Karnataka is also well-known for its inlays work on wood. This involves decorating the surface of the wood by inserting into it pieces of ivory, bone, plastic or wood of different colors. This craft is concentrated in the Mysore and Bangalore regions of the State. Channapatna, situated in the rural district of Bangalore, is also known for its beautiful wooden toys. The origin of this craft is traced to the times of Tipu Sultan, who invited artisans from Persia to train the local craft persons in making such toys. Karnataka, known as the 'Sandalwood State of India', is also famous for various articles made by highly skilled craftpersons from this fragrant soft wood. These articles range from lamp shades, trays and jewellery boxes to combs and walking sticks with rosewood handles. Moreover, Karnataka is also quite famous for its exquisite carvings from wood, stone and ivory. The best examples of this art can be seen on the ceilings and gateways of temples and palaces. Bamboo is cultivated all over Karnataka and gets ready for use in three to four years time. Naturally, it forms a very good base material for craft persons to make beautiful wall hangings, baskets, furniture, lamp shades, mats, coasters and stands. In Chitradurga, banana fibre is blended with fibers' from river grass, hibiscus, jute and wool to make aesthetically beautiful handcrafted products like window blinds, yoga mats, files, folders, coasters, dinner mats, pillow covers, bedspreads, lamp shades, table mats, cushion covers and various other articles.

IMPORTANT SITES

Kudremukh National Park: Located in Chikkamagaluru district, it is the second largest wildlife sanctuary in the Western Ghats and quite suitable for trekking

Hampi (Hampe): It is a UNESCO World Heritage Site and houses numerous ruined temples dating back to the Vijayanagara period. The Virupaksha Temple is one of its best attractions. The road leading to this temple was once a flourishing market, where horses were traded.

Vijayapur: Officially known as Vijayapura, this place is well-known for its historical monuments built during the rule of the Adil Shahi Kings. Gol Gumbaz, the largest dome to have been built in India, is its main attraction apart from the Whispering Gallery, where even minute sounds can be heard 37 meters away.

Kodagu: The district is well-known for the place of origin of River Kaveri, which is called Talakaveri. The Brahmagiri, Talakaveri and Pushpagiri wildlife sanctuaries besides the Nagarhole National Park are located here.

Bylakuppe: Located in the Mysore district, this place is well-known for having the Tibetan Buddhist Golden Temple.

Badami: The place is famous for its stone temples and rock-cut monuments dating back to the period of the Chalukyas of Badami. The Agastya Teerth located here is also an important pilgrimage site.

Gulbarga (Kalburagi): Founded by the Bahmani Sultans in the 14th century CE, the place is known for its temples and various Islamic monuments and memorials.

Gokarna: This temple town is famous for the Mahabaleshwara Shiva Temple and its beautiful beaches.

Contemporary Cultural Developments

The diverse linguistic and religious communities of Karnataka, combined with their long histories, have contributed immensely to its rich and varied cultural heritage. In contemporary times, this heritage is carried forward by a vibrant theatre culture through organizations like Ninasam, Ranga Shankara and Rangayana. The Chamarajendra Academy of Visual Arts (CAVA), the Jaganmohan and Venkatappa Art Galleries and the Chitrakala Parishat are also providing platforms to showcase the State's achievements in the fields of contemporary visual arts. Similarly, the Utsav Rock Garden, which is located in Gotagodi Village in Haveri district, displays contemporary sculptures depicting the rural life of Karnataka along with a wide array of creative and modern paintings. In music, rock bands like the Kryptos and the Inner Sanctum, located in Bangalore, are too creating a niche for themselves. Similarly, the Indian Cartoon Gallery located in the heart of Bengaluru, in a first of its kind in India, is promoting the art of cartooning. Alongside these, the development and the growth of the software industry in and around Bengaluru have acquired for this 'Garden city' the epithet of the 'Silicon Valley of India'.

OBJECTIVES:

- To know the culture and heritage of Karnataka.
- To know the cultural diversity of Tulu Nadu and
- To know the cultural landscape of Coastal Karnataka.

WHERE EXACTLY IS TULU NADU?

Tulu Nadu comprises of Udupi and Dakshina Kannada (two districts of coastal Karnataka) and part of Kasaragod of Kerala. Mangalore is the largest city in Tulu Nadu. Surprisingly the language, culture, customs, and ethnicity of these regions are entirely different from other regions in their respective states. And that is what makes the culture of Tulu people so unique. Nestled between the Arabian sea in the west and the majestic Western Ghats in the east, the vast land of Tulu Nadu is filled with lush green paddy fields, gushing springs from the highlands, and bountiful coconut and arecanut trees. It is dotted with small towns and picturesque villages such as Navooru and Shirlalu. And it is sprinkled with unique customs and rituals that we will experience below.

CULTURE & HERITAGE OF TULUNADU

Sheltered by the soaring Western Ghats on the east and bordered by the blue waters of the Arabian Sea on the west, Dakshina Kannada is blessed with abundant rainfall, fertile soil and lush vegetation. Pristine beaches, picturesque mountain ranges, temples and a rich culture make it a sought after tourist destination. Dakshina Kannada is well known for Yakshagana- a fabulous costumed dance drama form, Kambala- the sport of buffalo racing by farmers, Kori-katta(Cock Fight) and Bootha Kola (Spirit worship). Located 347 Kms. from Bengaluru on the coast, Mangaluru, the district head quarters of Dakshina Kannada, has been a trading centre for several centuries. It was, since the early period of the Christian era till the end of the 14th century, the capital of the Alup Rulers. From the 14th to the 16th centuries the area came under the governance of the Vijayanagar dynasty. But the strongest influence was that of the Portuguese, who arrived on the coast in the 15th century. They opened a factory for trade and brought with them the Roman Catholic religion too. Conquered by Haider Ali in 1763, Mangaluru became the chief port of Mysore. When Tipu Sultan's Fort fell in 1799 to the British, they made it the district headquarters of Kanara. With an important port, this coastal town, has become a bustling commercial centre. Yet it preserves its old world charm, with its narrow winding streets, fringed with coconut palms, quaint houses with terracotta tiled roofs, temples and churches.

History of Tulu Nadu

Historically, Tulu Nadu has existed between the Gangavalli river of Uttara Kannada in the north and the Chandragiri river of Kasaragod in the south. These are the areas that we currently known as Dakshina Kannada, Udupi, and Kasargod. According to many ancient texts, Tulunadu was known as Alvakheda that came into existence around 2nd Century CE. However evidence exists that show the presence of life in the region for more than 10,000 years. Tulu Nadu was reigned by the Alupa dynasty for very long time. Alupas were vassals to the Kadamba kingdom in Karnataka. After the Alupas, Tulu Nadu came under the reign of the Vijayanagara Kingdom during which the great city of Hampi was established. This area had major seaports during the olden times. Mangalore, Kundapura, Barkooru, Koteswara & many others served as important trading centers between the Indian subcontinent and the Arabian Peninsula.

Tulu People | Life in Tulu Nadu

Even within Tulu Nadu, the ethnic composition is far from being homogeneous. Over the last century, many different groups have migrated to the area and lived in harmony with the natives. Native communities are those of Bunts, Koragas, Malekudiya, Billavas, and Jains – all of who speak “Tulu”. Tulu is the native language of Tulu Nadu. We will see more on that later. Many other communities migrated to this area. Some of the more representative ones are the Gouda Saraswat Brahmins and the Mangalorean Catholics. Gouda Saraswat Brahmins, or GSBs as they are often referred to, migrated from the Konkani region of present day Maharashtra and Goa. They played an important role in Tulu Nadu’s trading activities. Mangalorean Catholics also migrated from the Konkani region in Goa and speak the Konkani language. Another prominent community is that of Byari Muslims community with their distinct culture. The word byari comes from the Tulu word ‘Byara’ which means trade or business. As you must have guessed, the Byari Muslims have always been an important trading community in Tulu Nadu.

Tulu: The Language of Tulu Nadu

People of Tulu Nadu speak a language called Tulu which belongs to the Dravidian family of languages. Much of Tulu especially the historical inscriptions from the 14th and 15th centuries are written in the Tigalari script. Tigalari is a sister script of Malayalam. Of late, more of Kannada script is being used in Tulu Nadu even though Tigalari remains predominant in the religious space. Other widely spoken languages in Tulu Nadu are Kannada, Kundagannada (Kundapura Diaspora Kannada), Konkani, Beary, Malayalam, Havyagannad (Havyaka Kannada), & Koraga.

Kannada Speaking Communities in Tulu Nadu

Kannada speakers of Tulu Nadu also include a few diverse communities. Here is a non-exhaustive list.

- Havyakannada speaking Brahmin community that migrated from North Canara during the reign of Kadambas. The kings invited them to perform religious rituals in the temples.
- Ramakshatriyas, a mainland Ghat region community that served in the army of Keladis.
- Gowdas, a community concentrated in Sulia /Puttur regions of Dakshina Kannada. Their primary occupation was agriculture.
- Veerashaiva (Jangama) people who migrated during Keladi reign to take charge of religious monasteries also known as mutts.

The curious case of Shivali Brahmins

Apart from the above communities, there is a distinct Hindu migrant community called the Shivalli Brahmins. They are largely followers of the Vaishnava saint Madhvacharya and of the Advaita philosopher, Adi Shankara. This community brought in the delicious flavors of “Udupi Cuisine” into Tulu Nadu and other parts of India. However, what is interesting is that Shivalli Brahmins speak a dialect of Tulu in their homes despite being a migrant community. Plus, they believe in many Tulu customs and rituals such as Bhootaradhane unlike other migrant communities.

Tulu Customs and Rituals

In Tulu Nadu, people believe and revere Gods of Nature such as Naga Daiva (Serpent God), Bhootas (local spirits), and Mother Earth. They perform annual rituals such as Keddasa, Bhoota Kola, Nema, and Nagapanchami to protect their family and nature. It is the beautiful bond of people and nature from ages ago that has taken the form of the divine.

Bhootaradhane (Spirit Dance of Tulu Nadu)

Bhootaradhane or spirit worship is a religious ritual practiced in the communities of Tulu Nadu. Origins of this intriguing ritual can be traced back thousands of years to the time of tribes in South Canara. Also referred to as Bhoota Kola or Nema, this ritual involves musical narratives, dance, dialogues, and lots of trance. It is believed that the priest comes to possess a local spirit, listens to

problems, and solves issues of the villagers. These spirits have attained a godly status among some worshipers and even have their Bhootasthanas (a place of abode similar to temples). Bhootas can be animistic as in Panjurli (pig) or Pili-bhoota (tiger). They can also be representatives of characters taken out of the Puranas like the Hindu Gods, Brahma and Vishnu. A third category can include deified human beings like Guliga Daiva and Swamy Koragajja.

Aati Amavasya: Aati Amavasya is celebrated on first new moon day of Ashaadha masa of the Hindu calendar. On this day, a concoction is prepared from the bark from the Paale tree. Then it is ground with other spices to prepare syrup that is drunk by the people of the household. It is said to possess anti-inflammatory and other medicinal properties.

Keddasa: On the auspicious day of Keddasa or Bhumi Puja, Tulu people worship Mother Earth. It is believed that Mother Earth menstruates during the four days of Keddasa and hence no farming activities are performed to give earth some much-needed rest. A special dish called Sarnadde is prepared and offered to Mother Earth.

Yakshagana: A traditional theater form that developed in coastal Karnataka, Yakshagana forms an integral part of the Tulu social fabric. This dance-cum-theater is a unique combination of attractive costumes, elaborate facial make-up, and an interesting storyline usually drawn from the Hindu epics of Ramayana and Mahabharata. Yakshagana bears many similarities with other South Indian dance forms such as Kathakali, Theyyam, and Bhoota kola, yet is inherently different from all of them. The dance, the music, the dialogues, and a gripping narration by the Bhagavatha make the performance very gripping. You really have to watch a Yakshagana troupe perform when you are in Karnataka.

Bisu Parba (Tulu New Year): Bisu Parba marks the start of the Tulu New Year and coincides with many other New Year celebrations in India such as those of Vishu, Baisakhi, and Bihu.

Tulu Paddanas: An interesting part of the culture of Tulu Nadu is this extensive collection of Tulu oral literature called the Tulu Paddanas. They usually include hymns about gods and demons but may also represent socio-cultural shifts in the Tuluva society such as the move from matriarchal to patriarchal systems.

Food of Tulu Nadu: Food in Tulu Nadu is a rich, multi-culinary affair. Each community that we discussed above has special recipes for their own mouth-watering dishes. If you have heard of the famous Mangalorean fish curry with fresh grated masala an abundant coconut milk, then you know what I am talking about. Some of the other iconic dishes of Tulu Nadu include Neer Dosa, Kori Rotti, Patrode, Goli Baje, Chicken Ghee Roast, Chicken Sukka, and Bangude Pulimunchi. **Ganji Vonas** – a parboiled rice preparation with seasonal fish and vegetable curries and the Nungel Meenda chutney is yet another of the many utterly divine dishes from the Tuluva cuisine. Plus, the famous Udipi cuisine also took birth in this region from the eight Hindu monasteries or Ashtha Mathas of Udipi. Udipi cuisine is vegetarian and includes dishes made up of grains, pulses, fruits, and vegetables.

CONCLUSION

Indian culture is extraordinary when compared to all other cultures. It is India which remains as a remarkable country with great cultural heritage. The traditional values of our people are really phenomenal as they have been followed for centuries. We as Indians must respect our glorious heritage and pass it to the next generation. The Vijayanagara Empire and four different dynasties that lasted for 300 years, Hampi now is a UNESCO World Heritage Site. The ruins of the Empire can be found in the form of temples, architectural marvels, the famous musical pillars, royal enclosures and scattered monuments. The region has created its own cuisine, developed original dance and art forms, and given birth to unique religious sects and cults. Needless to say, Karnataka's coastal districts teem with authentic cultural experiences and vibrant local life, much of which is yet to be discovered by the world outside.

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