



Sub Committee for History
Faculty of Humanities and Social Sciences Curriculum Development

Name of Institute: Symbiosis School for Liberal Arts

Course Name: Verily food is life: The story of India through its food

(UG/PG): UG, Semester

Number of Credits: 4 (60 Hrs)

Level: 3

Introduction

The upanishads, a genre of ancient Indian literature ideate a lot about the relationship between food and different aspects of life and living as in the following:

“Food has been called undecaying, food has been called worshipful, food is breath of animals, food is the oldest, food has been called the physician.”

“From food are produced all creatures which dwell on earth. Then they live by food and in the end return to food, for food is the oldest of all beings.” - Taittiriya Upanishad

The above signifies the centrality of food to every aspect .

In this course, the student will earn how to comprehend the significance of hunger and food in the Indian context with some topics being Hunger in India, a short history of food and cooking, Sociology of food etc.