

Research Journal of Pharmaceutical, Biological and Chemical Sciences

Lifestyle Comparison between India Vs Germany And Telangana Vs Chennai - A Brief Study.

Ashwin Pasagada^{1*}, P Bal Rohit Reddy¹, and Suneetha V².

School of Electronics Engineering¹, School of Bio Sciences and Technology² VIT University, Vellore, 632014, Tamil Nadu, India.

ABSTRACT

This Study deals with the Lifestyle Comparison between two different Countries and two Cities. The two Countries are specifically India and Germany; we shall be equating about their diverse lifestyle systems like their Art forms - Music, Dance and Theatre work. We will also compare other Art forms like Paintings, Sculptures and Architecture work. Succeeding this, we shall compare the various Cuisine arrangements of each country – on what basis, time and quantity, is the food taken, and also the amount of calories, nutritional value taken per meal. We shall also discuss on the Languages they communicate in, the kinds of people who live in the country, following with the percentage evaluation of the domination of the people living around. The two Cities being Chennai and Telangana, though being from the same country, will be associated of its Languages, various art forms, and also the Cuisines – Nutritional value, quantity of food taken, Hygienic or Unhygienic, and so forth. We shall also discuss the Pros and Cons of the living situations in these cities, on how healthy is it to raise a family, pollution level, business, economy, etc.

Keywords: Lifestyle, Comparison, Cuisine, Languages, Clothing, Economy.

**Corresponding author*



INTRODUCTION

Lifestyle, as the name tells, is a style of Life. It can be used to make one's self better, by having a good attitude and following a particular custom or behavior. Lifestyle can also be morbid based on how a person behaves, on his attitude and on his habits. A good and a confident lifestyle can make a person happy, whereas a harmful lifestyle will bring a person down to stress and depression. Happiness, according to psychologists, ought to give a person an enjoyable, involved and an expressive life. With this, one can have a different approach towards Happiness, which can help in motivating themselves into becoming a better person: Health wise and performance wise. [1,3]

A change of lifestyle is something which is really difficult and also takes work load of time. Each person makes both good and bad lifestyle adoptions. The choices one makes are due to the learned habits, stress and exhaustion. To live a healthy lifestyle, one must have a Nutrition-rich diet, moderate exercises and to get enough rest; elude products that can lead to unhealthy practices.

GERMANY vs INDIA

The Indian Lifestyle is a very Traditional and a Customary form of lifestyle, followed by Indians. The country, as a whole does not follow just one Language: whereas they speak in multiple languages in different states. Not only their Language, but their traditions, food, dance forms and customs vary within the country. The Indian culture, which is known for being very diverse and strong, for its history, has its influence spreading across the Indian subcontinent and their neighboring countries. Due to its diversified principles, their Cultures, religion and philosophy had a major impact across the world. [4,5,6]

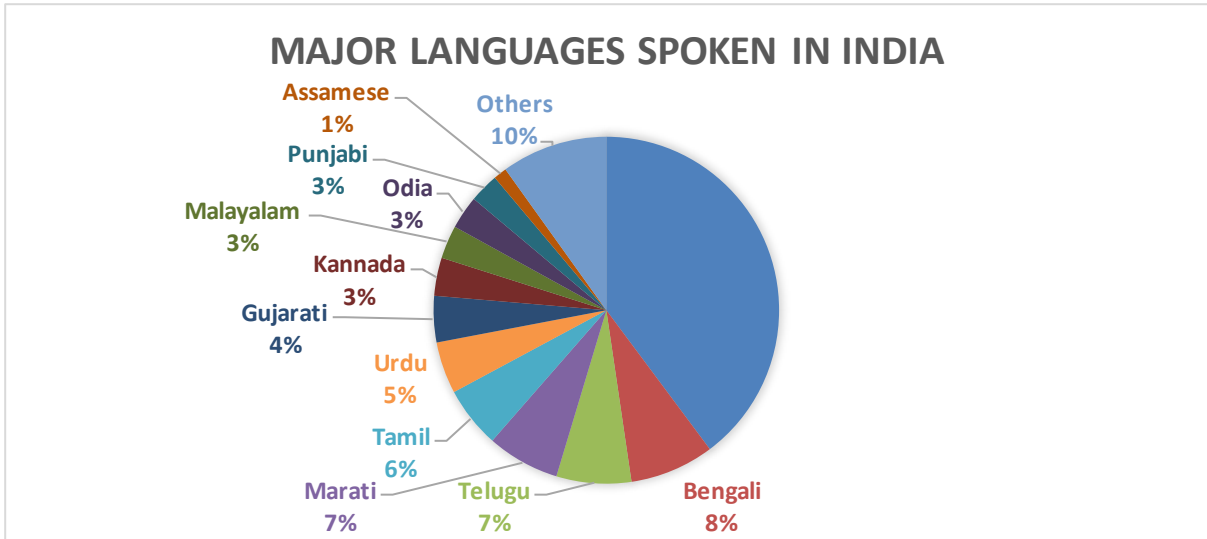
German Culture has traversed the entire German-speaking world. Germany was formed on January 18, 1971 after defeating the French. Ever since then, German principles have been molded by major influences from other European countries, both sacred and profane. Due to its smooth and an even running course for more than 140 years, it was finally crowned the world's second most appreciated and the most esteemed nation in 2013. It was also awarded for being recognized as a country with the most optimistic and helpful influence towards others for 4 years straight.

Languages

There are Several Languages spoken in India, common ones being Hindi and English, which is spoken by around 50% of the Indian population. Hindi is known for being one of the oldest languages, adopted by India. English came into power, during the British rule and also due to influences from other countries. After several years, it has come to an understanding that, there are 4 dominating Languages in this country, namely Hindi, English, Bengali and Telugu.

Till date, no language has been given the title of National Language officially, but then again India has been governing with the Language of Hindi. Thereby the society considers Hindi as an unofficial language. English is also occasionally considered. This kind of approach is known as a bilingual approach. Officially, it is known that, there are 22 languages spoken in India. This is confirmed and given credit, prestige and reassurance by the Constitution of India. [1,2,5]

German is the official language spoken in Germany. It is one of the most important language in Europe, and also one of the 23 official languages in the European Union. Not only German, but in the east of Germany, Sorbian is also spoken. Also in Nordfriesland, North Frisian is spoken there. Minority languages like Sorbian, Frisian and Danish are officially protected by the European Charter for Regional or Minority Languages. Polish, Turkish, Kurdish, Russian and the Balkan languages are namely the most used immigrant languages.



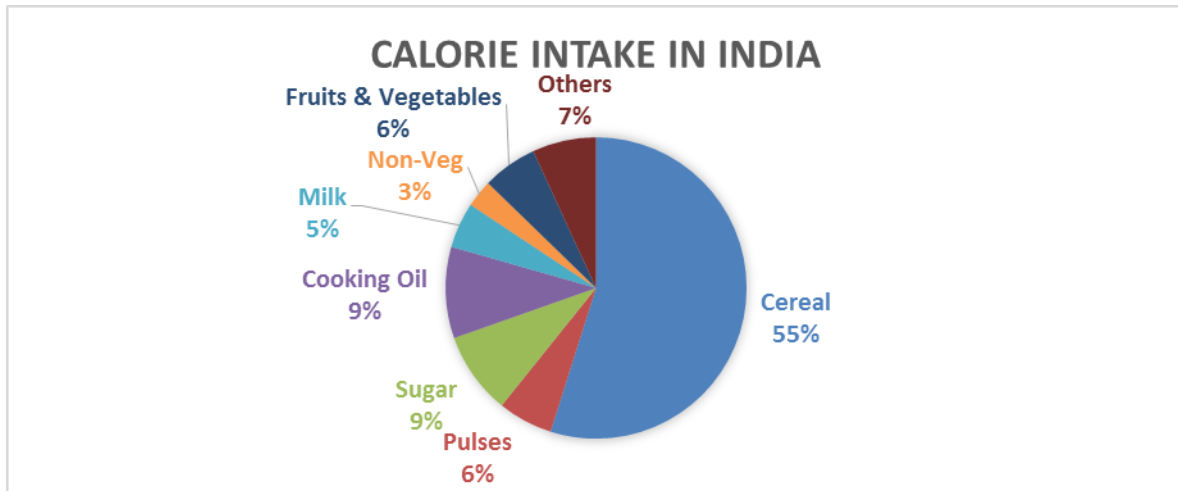
Cuisine

Food is fundamental for every human being. As food is a system which constantly keeps varying due to its diversity, it is known to be important for survival. For survival needs, a person can keep eating the same food. But humans don't stop there. Over time, they understand more about food and they use this knowledge to transform and widen its aspects on the sophisticated cuisines. Other than being a good source of Nutrients, food is also known to emphasize on Love, Art and Knowledge. [8,6]

Different Indian food styles and cuisines reflect upon India as a whole. One must have good knowledge about Indian cuisines to make Indian dishes. This is because of their variety of dishes; one must know how much spice is required to put in one dish and how much to put in another. This wide aspect creates a lot of confusion, but when people learn about it, it simply creates Excellency. Indian cuisines have known to be invariably complex, as it has a wide range of dishes due to the different types of vegetables, spices, salads, breads, sweets, making it challenging for young adolescents to learn.

In general, the Indian cuisines can be divided into four classifications - northern, southern, eastern and western. Indian cuisine differs from one place to another, which makes their meal habits different. In the South of India, breakfast is generally served with different varieties – Idly, Sambhar, Pongal, Upma and

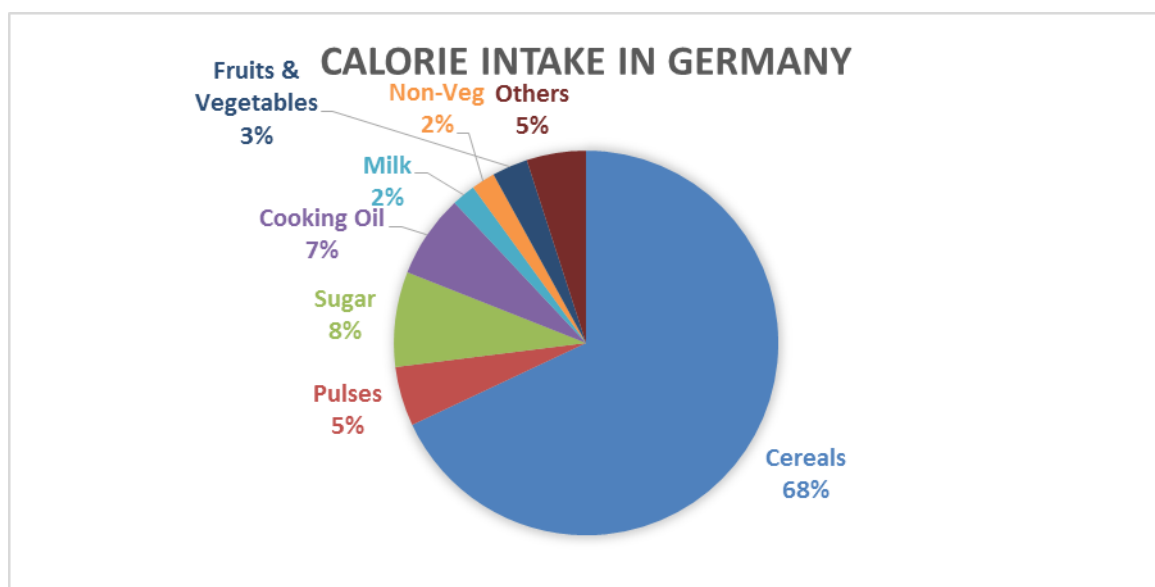
Chutney. Whereas in North India, it is Roti with a simple Side Dish (Sabji in Hindi). Even though India is known for its traditional and cultural customs, many Indian dishes contain chicken, goat, fish, etc. [7,9,10]



German Cuisine varies from one area to another. Organic Food has been growing for the past several years, and is prophesied to escalate further. Switzerland and Austria share a culinary culture with the southern regions of Bavaria and Swabia. Pork is one of the most popular meat in Germany, other varieties being Beef, Lamb, etc. It is known for a fact that, Germany manufactures and produces more than 800 types of sausages. [6]

Generally, Breakfast is served with a toasted bread and sausage, alongside butter and jam and a boiled or scrambled egg. A popular German saying goes like "Eat Breakfast like an emperor, Lunch like a king, and Dinner like a beggar". Throughout the country, more than 200 forms of bread are vended in bakery shops. On an occasion, the traditional and popular Breakfasts which the Germans have, are the Sweet Mustard and Beer and the Brotzeit with Weisswurst.

Germany is known for being influenced by other countries by adding foreign cuisines to their lifestyle. Among the most prestigious restaurants in and around Germany, the Michelin guide have presented 9 restaurants three stars, while 15 others were awarded two stars. German restaurants have turned out to be the world's second most decorated diners. Arab dishes like kebab and falafel, Italian dishes like burgers and pizzas, are well-known, exclusively in bigger cities.



TELANGANA vs CHENNAI

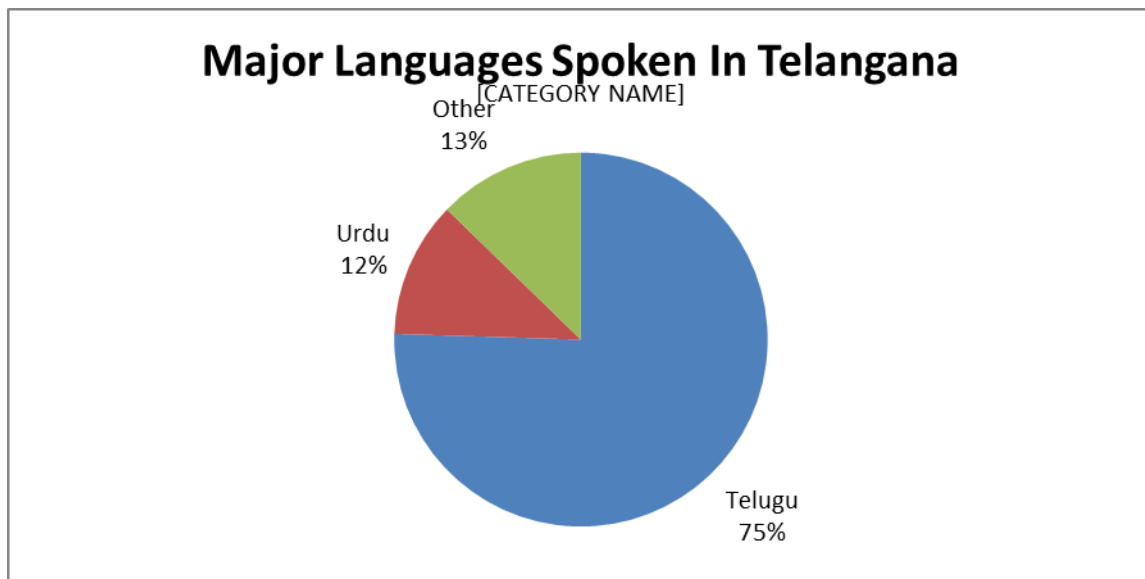
Telangana State has been a melting pot of diverse cultures. It was officially part of Andhra Pradesh, but due to the people of Telangana not receiving jobs and other causes, it officially split in 2014. The Capital of Telangana is Hyderabad. The Telugus were an indigenous people of the region, but after the conquest of the Mughals and Nizams in the 15th century, their culture has also been an influence to the local traditions which has now come to be known as the real Telangana Culture. [5]

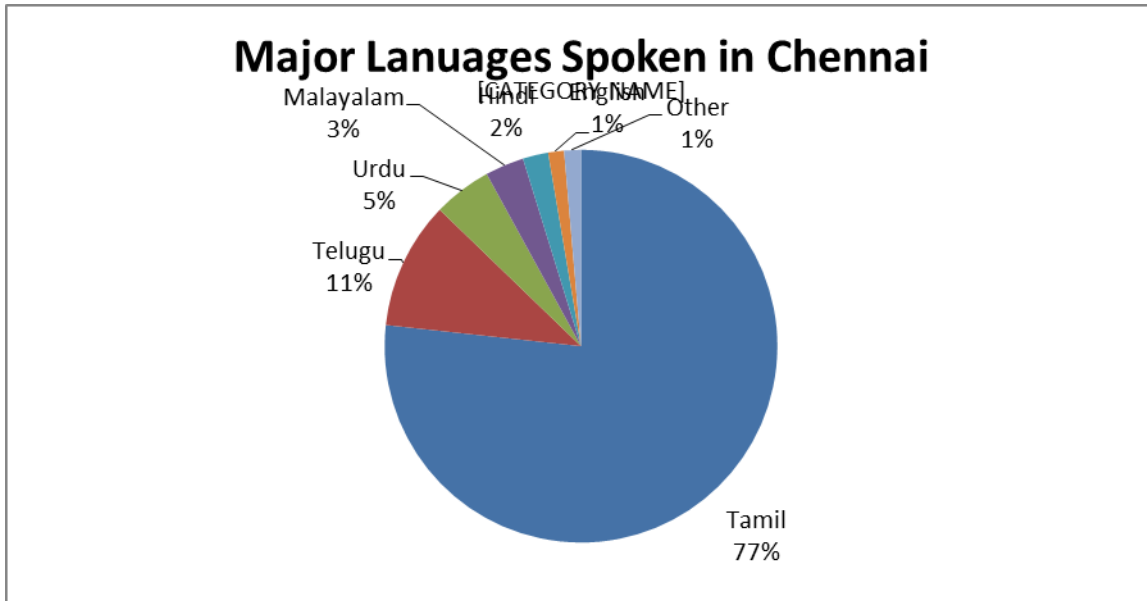
Chennai Culture is distinctly different from that of any other city in India. It is commonly known as the "Gateway to South India". Being a metropolitan city, we find a unique blend of cultures which reflects its diverse population. Chennai values its traditions and conventions; Traditional music, dance and all additional art forms of Tamil Nadu are common in the city. One can find a unique balance of culture from old-fashioned foods to fast foods, from prehistoric temple to modern skyscrapers and from classical music and dance to the growing nightlife in the city.

Languages

Around 70% of the population in Telangana speak in Telugu; rest of which 15% speak in Urdu and 15% in other insignificant languages. Urdu was first known as the official language of Telangana, due to more Urdu speaking community and less Telugu Educational Institutions. But when Hyderabad joined with the Independent India, Telugu became an official language and was used as a medium of speaking in schools, colleges and other universities, which subsequently led to a decrease in the use of Urdu among non-Muslims.

Tamilians, the people of Chennai originate from the Dravidian civilization and use Tamil as the primary language for speaking. Languages like Hindi and English have also found their prominence. Tamil Nadu also follows a bilingual approach, and uses Tamil and English as an Official language. Generally English is used for Business related purposes, Job Interviews, and other professional related work. Nevertheless, the residents of Chennai prefer talking in Tamil, as it has been traditionally followed for over a long time.





Cuisine

Telangana has two types of cuisines, the Telugu cuisine and Hyderabadi cuisine. The Telugu culture is known for its tremendous spices in their Cuisines. It is also known for its roti based dishes as it has been initially originated from the shades of the Deccan plateau.

Telangana is known for its Exquisite vegetarian and non-vegetarian dishes. The vegetarians consider one of their best vegetarian dishes to be Jonna Roti, which is made using jowar flour. The side dishes known for Telangana is the infamous palakoora, which is a blend of Spinach leaves in a gravy form, using Telangana's best spices. For the non-vegetarians, the most liked dish amongst all would be the Dum Biryani. It has been known into existence ever since the 1600s during the Mughal rule. Haleem is a traditional dish which is only found in Hyderabad during the Ramadan season. It is a desert, made with wheat, barley and any kind of meat. Popularly chicken is used.

Cuisines in Chennai are generally the street foods in Chennai. One of the most famous dishes in Chennai is its Idly-Sambhar, which has been into existence ever since the 18th Century. Traditionally, it has become a routine Breakfast for the Tamilians. Not only breakfast, but now and then, people take it for Lunch and Dinner as well. [1,2] Idly can be made by steaming a batter, which is made by grinding the broken rice and dal together. Sambhar is basically a broth made with boiled dal and vegetables. Chennai is also famous for its Dosa's, which is also taken with sambhar or various other Chutneys. Dosa can also be made with the same batter used for idly.

It doesn't stop right there. During mid-January, a festival known as Mattu-Pongal is celebrated, where they worship cow as the Mother Earth. During this festival, the women in the family create and share a traditional delicacy know as Pongal, which is made out of Rice in a sticky form. [3] Uthappam is also another South-Indian dish made from Dosa batter. Unlike dosa's, which are crispy, uthappam is something which is soft and fat. It is also known as the Indian version of a pancake. Another famous south Indian delicacy is the Idiyappam. It is formerly originated from Kerala, but its influence slowly spread in Tamil Nadu. It is a recipe made from Rice, which is boiled and reformed into thin strings/noodles and then steamed.

LIVING CONDITIONS

Chennai

Pros:

1. No water shortage throughout the City.
2. Comparatively bigger city than Hyderabad.



3. More International brands than in Hyderabad.
4. Traffic system well managed during rush hours.
5. Cheap Petrol and Diesel rates.
6. Good Education Institution available throughout the city.

Cons:

1. Humid all the time.
2. Hurricane prone area.
3. Language barrier; People only speak in Tamil.
4. MTC Buses poorly Maintained.

Hyderabad

Pros:

1. Good security for women, with the presence of 'SHE Teams'.
2. Third best city in the World to live in.
3. Good quality food available round the clock.
4. Moderate temperature throughout the Year.
5. Easy get away to any City (Mumbai, Bangalore, Vizag, Vijayawada, Chennai, etc.)
6. No Language barrier.
7. Scenic Landscape with plenty of Picnic spots, and sightseeing.

Cons:

1. Religious riots.
2. Target of Terror attacks.
3. Heavy traffic due to construction of Metro, and bad roads.
4. Major hike in Land prices.

RESULTS & DISCUSSIONS

Over Several centuries, India has been influenced by the Persians and the Europeans, especially the British. However Germany has only modernized over the centuries and had very little influence over the other Cultures. Both Indian and German Culture are good at their places. There is a lot to Learn from both the Cultures. In the present era, however all countries have adopted a similar lifestyle while also adhering to their cultural influences. For the past few decades, Indian Culture has been influenced by the German Culture and they are adopting the merits of their culture like cleanliness, fashion sense, equal rights for women and men, etc. which helped in removing the shortcomings of Indian Culture. Western Culture is also getting an Indian touch by learning yoga and blending their German cuisine with Indian delicacy, thereby creating a balance of harmony, which by holding hands, ultimately leads to globalization.

One of the most vital methods of comparing 2 Countries financial status are the Economy Budgets. The Economy of a Nation is a reflection of its prosperity and power, which is a direct influence in how the Government and the Society function. The Comparison of Germany's and India's expenditure for the following situations are charted below. Note that the Currency is in Euro's.

Restaurants	Germany(€)	India(€)
Meal, Low-cost Restaurant	10.00	2.04
Meal for 2 people, Mid-range Restaurant	40.00	8.15
Cappuccino	2.25	1.11
Coke/Pepsi	1.97	0.34
Water	1.65	0.17

Markets	Germany(€)	India(€)
Milk(Regular)	0.75	0.56
Loaf of fresh White Bread	1.40	0.35
Rice(White)	1.45	0.68
Eggs	1.72	0.76
Chicken	6.81	2.75
Apples	2.00	1.71
Banana	1.69	0.62
Oranges	2.00	0.81
Tomatoes	2.15	0.44
Potato	1.10	0.35
Onion	1.09	0.33

Transportation	Germany(€)	India(€)
One Way Ticket	2.60	0.21
Taxi	1.81	0.19
Gasoline	1.38	0.21

Utilities	Germany(€)	India(€)
Basic(Electricity, Heating, Water, Garbage)	219.56	29.4
Prepaid Mobile	0.1	0.02
Internet	23.54	16.90

Chennai and Telangana share a lot of similarities and yet are diverse in their own way. One being an old city and the other a newly formed state sure poses a difficulty in an impartial comparison. It can be inferred that Telangana with its multilingual society makes it easier to navigate even for a new comer; Chennai with its gourmet food makes it a paradise for the food lovers. Both cities being metros makes a person just blend in right away for any person from anywhere.

ACKNOWLEDGEMENT

The authors want to express her gratitude to Founder and Honorable Chancellor **Dr G.Viswanathan**, VIT University for his constant encouragement and support, **Mr. Sankar Viswanathan, Mr. Sekar Viswanathan, and Mr. G.V.Selvam** vice presidents, VIT University for their constant motivation and help to carry out this research.

REFERENCES

- [1] Alexandre M., Prado V., Ulloa M. T., Arellano C., Rios M., 2001. Detection of enter hemorrhagic *Escherichia coli* in meat foods using DNA probes, enzyme-linked immunosorbent assay and polymerase chain reaction. J Vet Medicine Series B-Infectious Diseases and Veterinary Public Health, 48: 321–330.
- [2] Alli J. A., Boboye B.E. , Okonko I.O., Kolade A. F., Nwanze J.C., 2011. In-vitro assessments of the effects of garlic (*Allium sativum*) extract on clinical isolates of *Pseudomonas aeruginosa* and *Staphylococcus aureus*. Adv. Appl. Sci. Res., 2011, 2 (4):25-36.
- [3] Spinner, S.J. 2016 Plausible primitives: Kafka and Jewish primitivism; German Quarterly 2016, 89 (1), pp. 17-35.
- [4] Gielen, A.C., Green, L.W. The Impact of Policy, Environmental, and Educational Interventions: A Synthesis of the Evidence From Two Public Health Success Stories Health Education and Behavior ,2015 , 42, pp. 20-34.
- [5] Rhodes, E.L., Dreibelbis R, Klasen.E, Checkley.W ,Jaime Miranda,J Behavioral attitudes and preferences in cooking practices with traditional open-fire stoves in Peru, Nepal, and Kenya: Implications for improved cook stove interventions ,International Journal of Environmental Research and Public Health,2014,11 (10), pp. 10310-10326



- [6] Meshram, I.I., Vishnu Vardhana Rao, M., Sudershan Rao, V., Laxmaiah, A., Polasa, Regional variation in the prevalence of overweight/obesity, hypertension and diabetes and their correlates among the adult rural population in India , *British Journal of Nutrition* 2016, pp. 1-8
- [7] Back E, 2005. Adolescent eating problems (Dissertation). Uppsala: Uppsala University.
- [8] Berman, E.S, 2006. The relation between eating self-efficacy and eating disorder- symptoms in non - clinical sample. *Journal of Eating Behaviors*, Volume 7, Issue 1, Pages 79 – 90.
- [9] Clark, M.M., Abrams, D.B., Niaura, R.S., Eaton, C.A., & Rossi, J.S, 1991. Weight Efficacy Life-Style.
- [10] Ebbeling CB, Pawlak DB, Ludwig DS, 2002. Childhood obesity: public health crisis, common sense cure. *Lancet* 2002; 360: 473-82.