



Gastronomic Revelations: Exploring The Connection Of Haryanvi Festival Food With The Culture And Traditions Of Haryana

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ABSTRACT

The cultural identity of a region often finds expression through its culinary traditions, which serve as a gateway to understanding its history, customs, and social fabric. Through the flavours, techniques, and ingredients woven into its dishes, a culture's history and heritage are preserved and celebrated. These culinary practices not only reflect the geographical and environmental influences but also the social dynamics and values cherished by the community. Exploring a region's culinary landscape unveils a tapestry of stories, revealing the intricate interplay between food, culture, and identity. This study investigated the relationship between Haryanvi festival food and the cultural fabric of Haryana using multiple regression analysis. It found significant connections between various aspects of Haryanvi cuisine and its historical and cultural significance. Notably, artisanal techniques, family recipes, folktales, and presentation styles emerged as key influencers, highlighting the importance of preserving culinary heritage. While traditional cooking styles alone did not exhibit a significant association, the majority of features displayed considerable impact, supporting the rejection of the null hypothesis. The findings of the study underscored the importance of documenting traditions, fostering community initiatives, and utilizing digital platforms to promote Haryana's culinary heritage globally. It was suggested that collaboration among stakeholders is essential for sustainable practices and preserving cultural identity.

Keywords: Haryana, Haryanvi festival food, culinary heritage, cultural significance, multiple regression analysis.

Introduction

Festival foods are often vibrant and diverse, reflecting the cultural and culinary traditions of the celebration they accompany. From savoury delights to sweet treats, festival food stalls offer a wide array of options to tantalize taste buds and satisfy cravings. Whether it's the aroma of sizzling street tacos, the warmth of freshly baked pretzels, or the sweetness of cotton candy swirling in the air, festival foods evoke a sense of joy and indulgence. These culinary delights bring people together, fostering a sense of community and celebration amidst the lively atmosphere of festivals around the world. Haryana, a state in northern India, boasts a rich cultural heritage that is deeply intertwined with its festivals and traditional cuisine. The festivals celebrated in Haryana are not just occasions for merrymaking but also serve as platforms to showcase the region's unique culinary delights, which play a significant role in preserving its cultural identity. Baisakhi, Teej, and Karva Chauth are few key festivals celebrated in Haryana with significant cultural importance. Baisakhi marks the harvest season with dishes like rotis and kadhi, emphasizing the abundance of freshly harvested crops. Teej celebrates the monsoon with sweets like ghevar and malpua, reflecting the joy of the rainy season. Karva Chauth, observed by married women, involves fasting and culminates in a meal featuring traditional dishes

such as kheer, mathri, and puran poli, symbolizing spousal love and companionship. The connection between Haryanvi festival food and the culture and traditions of Haryana is deeply rooted in the agrarian lifestyle, community bonding, and familial ties that form the essence of Haryanvi society. These festivals provide an opportunity for people to come together, celebrate their shared heritage, and indulge in the flavours of their culinary legacy, thereby preserving and perpetuating their cultural identity for generations to come.

Review of literature

The fusion of food and tourism extends far beyond mere sustenance, embracing cultural, social, and economic dimensions. Today's travellers are increasingly drawn to authentic experiences, with local gastronomy emerging as a central attraction. This quest for exploration relies heavily on the intricate link between food and regional culture, offering a gateway into heritage and identity. In India, celebrated for its culinary richness, this connection holds particular significance. This review highlights the intricate interplay between food and tourism, focusing on Indian cuisine, including the often overlooked Haryanvi culinary scene. It sheds light on how food serves as a catalyst for cultural immersion and tourist involvement.

Relationship Between Food and Tourism

Food has emerged as a significant aspect within the tourism sector, garnering increasing attention from academics. While eating may not always be the primary motive for travel, it remains an essential element as travellers must dine while on the move. Consumption of food not only facilitates tourist activities but also enriches their experiences, occasionally acting as a key motivator for visiting specific destinations (Quan & Wang, 2004). The interconnection between food and tourism is a pivotal issue, as noted by Ab Karim and Chi (2010). While food has always been integral to travel, its contemporary significance differs markedly from the past (Morris, 2015). In the tourism landscape, food holds a status akin to accommodation, transportation, and attractions (Reynolds et al., 1994). Food-related activities offer tourists emotional experiences, rendering food both a product and a symbol (Long, 2013). Frochot (2003) suggests that food consumption enables travelers to fulfill various trip objectives, including enjoyment, relaxation, status, education, and lifestyle. Long (2004) underscores the importance of exceptional local cuisine in delivering authentic experiences to visitors, as they indulge in novel gastronomic delights. For some travelers, sampling unique and diverse cuisines serves as the primary motivation for visiting a particular destination (Kivela & Crofts, 2006). The appeal of local cuisine can foster repeat visits, as satisfied tourists are enticed by the culinary offerings (Ryu & Jang, 2006). Recent research by Privitera et al. (2018) affirms that local food significantly enhances destination competitiveness and influences tourists' choice of vacation spots. Moreover, Osmana and Nazarib (2020) assert that the intersection of food and travel has gained traction worldwide, with destinations leveraging this trend to promote their distinctive culinary offerings.

Connection between Food and Culture of a Region

Geertz (1973) proposed a comprehensive definition of culture, portraying it as a mosaic of shared ideals that delineate societal norms and behaviors. Integral to this notion is the profound influence of culture on consumption patterns, particularly evident in the realm of food. Atkins and Bowler (2001) further underscored this assertion, highlighting the pivotal role of culture in shaping dietary choices and culinary practices. Food, therefore, emerges as a poignant reflection of cultural identity, embodying the traditions, values, and rituals of a given society (Fieldhouse, 1986). The intricate interplay between food and culture elucidates how culinary customs serve as conduits for transmitting cultural heritage. Getz et al. (2014) elucidated this intricate relationship by positing that cultural diversity finds expression through the myriad ways in which food defines and distinguishes different cultures. Consequently, understanding the nexus between cuisine and culture becomes imperative for those seeking to immerse themselves in the richness of diverse societies, as noted by Chang et al. (2011). Ignatov and Smith (2006) explored deeper into this symbiotic relationship, contending that a destination's cuisine constitutes a cornerstone of its cultural tapestry. Inclusion of local gastronomic experiences in travel itineraries becomes not merely a culinary adventure but a means of engaging with and embracing local communities. Timothy and Ron (2013) echoed this sentiment, emphasizing the centrality of food as a cultural artifact, on par with other defining features such as religion and language. Regional cuisines, as elucidated by Björk & Kauppinen-Räsänen (2016), represent a fusion of tangible and intangible elements, blending indigenous ingredients with culinary traditions and gastronomic rituals. This amalgamation imbues destination cuisines with a unique historical and cultural significance, rendering them compelling attractions for tourists. Hence, leveraging culinary heritage becomes an integral aspect of destination marketing strategies (Horng & Tsai, 2012). Jones & Jenkins (2002) further expounded on the role of food in destination branding, asserting its potential as a vehicle for storytelling and cultural immersion. By showcasing local culinary delights, marketers not only tantalize the taste buds but also offer a window into the soul of a destination. This transformation of food into a cultural relic, as observed by Barthes (2012), underscores its potency as a symbol of identity and authenticity in the tourism landscape.

Exploring Indian cuisine

India's diverse climate, demographics, cultures, and religious beliefs foster a rich tapestry of culinary practices. The mingling of influences from foreign invasions, such as the British, Christians, Portuguese, Turks, French, and Mughals, has greatly shaped the local cuisine. These invaders, in turn, adapted their eating habits to incorporate indigenous ingredients into their cooking. Food holds a significant place in Indian culture, permeating every aspect of life from birth to death. Across generations, a multitude of dishes and recipes have been lovingly passed down under the guidance of elders. This blend of tradition and innovation has led to a vibrant culinary landscape that continues to evolve and thrive. Jaitly (2003) explored the rich tapestry of Indian cuisine, emphasizing its diversity and the myriad influences that shape it, including cultural, religious, and geographical factors unique to each region. Each corner of India boasts a distinct culinary style, characterized by a plethora of spices and ingredients that lend their flavours to various dishes. From the fiery, spice-laden fare of certain regions to the lighter, milder offerings of others, Indian cuisine presents a spectrum of tastes and textures. Moreover, the culinary landscape reflects the preferences of its inhabitants, with some regions renowned for their vegetarian delicacies while others are celebrated for their non-vegetarian specialties. Building upon this culinary image of India, Duttgupta (2013) asserted its burgeoning status as a prime destination for food tourism in Asia. The country attracts gastronomes from around the globe eager to sample the diverse culinary offerings of its different regions. Visitors to India consistently provide positive feedback on the array of flavours they encounter, contributing to its reputation as a gastronomic paradise. Examining the dynamics of culinary tourism and the progress in Punjab's gastronomic scene, Berry (2014) uncovered a trend among tourists, particularly those aged 25-40, seeking respite from their daily routines by exploring regional delicacies. These culinary adventurers gravitate towards street food stalls, informal eateries, and traditional dhabas, drawn by the promise of authentic local flavours at affordable prices. Their preference for older establishments over newer ones underscores their desire for an unadulterated taste of tradition, enhancing their immersion in the local cuisine and culture. In a comprehensive study by Jain, Rakhi, and Bagler (2015) on regional Indian cuisines, the centrality of spices and dairy products in culinary pairings emerged prominently. The study highlighted the frequency of ingredient usage as a defining characteristic of food pairing in regional culinary practices, shedding light on the intricate patterns that govern Indian gastronomy. Further illuminating the phenomenon of food tourism in India, an extensive analysis by Travel Trends, India (2018) underscored the significant role of taste in shaping travel preferences. Many Indians embark on journeys driven by a quest for new flavors, often choosing vacation destinations based on the local cuisine they offer. Notably, cities such as Delhi, Mumbai, Kochi, and Kolkata have emerged as popular culinary hubs, drawing travelers eager to embark on gastronomic adventures.

Haryanvi cuisine: An Introduction

The following literature provide insights into the intricate tapestry of Haryana's culinary heritage, examining its profound connection to tourism, cultural identity, and societal evolution. In the exploration of Haryana's potential for food tourism, Kaur (2022) shed light on the integral role of food in shaping perceptions of a destination. The study underscored the diversity of available cuisines, the symbiotic relationship between local food and tourism, and the distinct regional cuisine of Haryana. It highlighted the preference of Haryanvi individuals for simple, home-cooked meals, rooted in purity and a modest lifestyle, while also noting the gradual adoption of modern cooking technologies among the youth. The paper advocated leveraging Haryana's culinary heritage to establish it as a destination brand and a hub for food-based tourism, emphasizing the importance of marketing local food festivals, cultural activities, and destination event sites to enhance the city's positive image and economic growth. Building upon this foundation, Malik et al. (2013) emphasized Haryana's evolution into an economically advanced state while maintaining strong ties to its agrarian heritage. The richness and diversity of Haryanvi cuisine were highlighted, reflecting pride in regional culinary traditions. The simplicity of Haryanvi dietary preferences, with a preference for milder flavors and a focus on traditional, home-cooked foods, was underscored. Despite modernization, traditional cooking methods remain prevalent, reflecting a balance between tradition and modernity in Haryanvi culinary practices. Further insights from Kumar and Dev (2023) revealed the deep connection between Haryana's culinary traditions and its rural, agricultural roots. With a predominant focus on vegetarian fare, the dietary preferences of Haryanvi people reflect their agrarian lifestyle. The researchers noted variations in food consumption patterns across cultural zones, contributing to a rich tapestry of cuisines and ingredients. Despite challenges posed by modernization and globalization, strategies such as culinary education and promoting local sourcing were proposed to preserve Haryana's culinary heritage and stimulate culinary tourism. Contrasting this rich heritage with contemporary trends, Ramgopal (2017) lamented a gradual erosion of traditional values and customs in Haryana, particularly among the younger demographic. A shift towards westernization and modern lifestyles risks overshadowing the essence of Haryana's heritage. The importance of reconciling modernity with the preservation of cultural values was emphasized to ensure a harmonious evolution of Haryana's societal fabric. Dalal's (2023) comprehensive study delved into the interplay of regional resources, culinary heritage, and tourism in preserving Haryana's identity. The study highlighted the pivotal roles of stakeholders in shaping perceptions and development in Haryana's culinary and tourism sectors, advocating for the promotion of local

culinary tourism as a means to boost the overall tourism industry. Finally, Gupta, Bakshi, and Gautam's studies (2024; 2023) provided insights into the impact of Haryanvi festival food on tourist satisfaction and perceptions. Factors such as food experience, quality, taste, and variety were found to significantly influence tourist satisfaction, with recommendations emphasizing the preservation of authentic flavours and innovative approaches to enhance the dining experience. Strategies to increase awareness and promotion of Haryanvi festival food as a tourist attraction were also suggested to capitalize on its potential.

Research Objective

The objective of this study was to explore the connections between Haryanvi festival food and the culture and traditions of Haryana, with a focus on culinary practices, ingredients, rituals, and social significance embedded within these gastronomic traditions. Highlighting these aspects, this study aimed to unravel the deep-rooted ties that bind these gastronomic traditions to the cultural ethos of Haryana. Through an exploration of the intricacies inherent in Haryanvi festival cuisine, the researcher strived to develop a thorough comprehension of how food serves as a mirror reflecting the traditions, heritage, and communal identity of the region. This endeavour illuminated the diverse roles that festival foods undertake in shaping and sustaining the cultural legacy of Haryana.

Research Methodology

The study took place across four major cities within Haryana state in India: Gurgaon, Faridabad, Rewari, and Mahendragarh. It involved offline research targeting 400 domestic tourists who had experienced Haryanvi festival cuisine during various events and celebrations in these cities. Non-probability convenience sampling was utilized, selecting participants on a first-come, first-served basis, prioritizing those willing to engage in the survey. A questionnaire with closed-ended questions, administered in English, was employed to gather insights from respondents. A total of 429 questionnaires were distributed in person, each participant providing consent. After receiving the completed questionnaires, rigorous checks were conducted to ensure data integrity, resulting in the exclusion of 29 questionnaires due to inconsistencies. Consequently, the final sample size for analysis was reduced to 400. To check for common method bias, researchers conducted Harman's single factor test. The results showed that only 30.89% of the variance could be attributed to a single factor, which is below the critical threshold of 50%. This suggested that there were no significant concerns regarding common method variance in the dataset. After organizing the data, it was entered into IBM SPSS software version 26 for further analysis.

Analysis and Results

In order to achieve the research objective, a null hypothesis H_0 1. i.e. "There is no connection of Haryanvi festival food with the culture and traditions of Haryana" was formulated and tested through the utilization of multiple regression analysis. This analytical method focused on key features of Haryanvi festival food, such as ingredients, cooking techniques, serving style, and symbolic meanings, to understand their cultural significance. Multiple regression analysis quantified these relationships, shedding light on how these features reflect Haryana's culture and history. Before conducting multiple regression analysis, the dataset was checked for outliers, ensuring reliable results. Normality of errors, linearity, homoscedasticity, and multicollinearity were also assessed to maintain accuracy. Finally, independence of errors was validated to uphold the integrity of statistical inferences, ensuring robustness of the model.

Table 1: Residual statistics for Multiple Regression between features of Haryanvi Festival Food and Historical connection of Haryanvi festival food with the culture and traditions of Haryana

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	2.9572	4.8020	3.9740	.32162	400
Residual	-.56081	.66670	.00000	.21710	400
Std. Predicted Value	-3.161	2.575	.000	1.000	400
Std. Residual	-2.551	3.032	.000	.987	400

Standard residual statistics were examined at a 95% confidence level to detect outliers, with criteria indicating that standard residuals should fall within -3 to +3. Analysis revealed a minimum value of -2.551 and a maximum of 3.032, indicating minimal presence of outliers in the data (Table 1). Further assessment of normality, linearity, and homoscedasticity assumptions involved observing histograms, normal probability plots (P-P), and scatterplots of regression standardized residuals. The histogram displayed a symmetrical, bell-shaped distribution, indicating normality of residuals. The regression analysis included an examination of Variance Inflation Factor (VIF) and Tolerance statistics, revealing values below 10 for VIF and above 0.1 for

Tolerance across all predictor variables. This confirmed the absence of multicollinearity in the data. Furthermore, the Durbin-Watson test yielded a statistic of 1.724, close to the expected value of 2, indicating no significant autocorrelation among residuals (Table 2). Thus, the assumption of independence of errors was satisfied. Overall, the analysis confirmed that the data met the necessary assumptions for regression analysis, thus the analysis was carried further to conduct hypothesis testing. The multiple regression analysis involved the examination of 10 distinct features that contribute to the historical connection of Haryanvi Festival food within the context of Haryana's culture and traditions. In conducting the multiple regression analysis, these 10 features were treated as independent variables, while the statement "There is a Historical connection of Haryanvi festival food with the culture and traditions of Haryana" was considered as the dependent variable.

Table 2: Model summary for Multiple Regression between features of Haryanvi Festival Food and the Historical connections/Local cultural significance of Haryanvi festival food with the culture and traditions of Haryana

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.829	.687	.679	.21987	1.724

Table 3: ANOVA for Multiple Regression between features of Haryanvi Festival Food and the Historical connections of Haryanvi festival food with the culture and traditions of Haryana

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	41.273	10	4.127	85.374	.000
	Residual	18.806	389	.048		
	Total	60.078	399			

Table 2 above displayed statistical data illustrating a regression model explaining the relationship between features of Haryanvi Festival Food and the historical connections/local cultural significance of Haryanvi festival food with the culture and traditions of Haryana. With an R^2 value of 0.689, it was found that the predictor variables accounted for 68.7% of the total variance in understanding the historical connections and local cultural significance of Haryanvi festival food within the context of Haryana's culture and traditions. All 10 significant factors were included in the regression model, collectively contributing to the observed variance. Additionally, the F-statistic for the model was calculated as $F(10, 389) = 85.374$, with a corresponding p-value of less than 0.05, indicating strong evidence against the null hypothesis and confirming the model's overall statistical significance in explaining observed variance. The significant p-value ($p = 0.000$) provided strong evidence that the observed relationship between factors and the historical connections/cultural significance of Haryanvi festival food was not likely due to random chance (Table 3).

Table 4: Model summary of individual impact of features of Haryanvi Festival Food on determining the Historical connection of Haryanvi festival food with the culture and traditions of Haryana

Model	B	Std. Error	Beta (β)	t	p
(Constant)	.408	.132		3.090	.002
Haryanvi Festival food is deeply associated with religious and social rituals, reflecting cultural roots	.046	.015	.093	3.013	.003

Traditional ingredients and cooking methods used showcase the authenticity and historical continuity of Haryanvi festival food	.079	.020	.140	3.909	.000
Use of locally sourced ingredients reflects cultural and historical significance of the Haryanvi festival food	.060	.016	.128	3.649	.000
Use of old-fashioned kitchen equipment signifies preservation of culinary traditions	.039	.014	.086	2.702	.007
Traditional cooking styles used connect Haryanvi festival food to the culture it comes from	.025	.016	.053	1.602	.110*
Haryanvi Festival food highlights the artisanal techniques and culinary legacies of the local community	.121	.013	.286	9.101	.000
Haryanvi festival food reflects broader food habits, dietary restrictions and culinary preferences of the local community	.082	.018	.155	4.605	.000
Food presentation and serving style offer insights into etiquette and communal dining practices of the local community	.078	.016	.174	4.937	.000
Folktales associated with Haryanvi festival food add to its cultural importance and significance	.085	.016	.180	5.342	.000
Family recipes used for making Haryanvi festival food contribute towards preservation of local culture and traditions	.090	.014	.192	6.299	.000

To ascertain the individual contribution of each feature of Haryanvi Festival Food in determining the historical connection of Haryanvi festival food with the culture and traditions of Haryana, values of unstandardized coefficients (B), standardized coefficients beta (β) and t values from regression model were observed (Table 4). The p-value of the slope coefficients of t statistics (3.090) was found to be less than 5% significance level ($p=.000$) which meant that significant relationship was observed between the predictor variables.

By looking into the values of unstandardized coefficients, it was found that all the predictor variables were having values that postulated that there was a positive relationship between features of Haryanvi Festival Food and their role in determining the historical connection of Haryanvi festival food with the culture and traditions of Haryana. The analysis revealed that for every one-unit increase in the independent variable “Haryanvi Festival food highlights the artisanal techniques and culinary legacies of the local community”, there was a 0.121-unit increase in the dependent variable. This was followed by features of Haryanvi festival food “Family recipes used for making Haryanvi festival food contribute towards preservation of local culture and traditions” ($B=0.09$); “Folktales associated with Haryanvi festival food add to its cultural importance and significance” ($B=0.085$); “Haryanvi festival food reflects broader food habits, dietary restrictions, and culinary preferences of the local community” ($B=0.082$); “Traditional ingredients and cooking methods used showcase the authenticity and historical continuity of Haryanvi festival food” ($B=0.079$); “Food presentation and serving style offer insights into etiquette and communal dining practices of the local community” ($B=0.078$); “Use of

locally sourced ingredients reflects cultural and historical significance of the Haryanvi festival food" ($B=0.06$); "Haryanvi Festival food is deeply associated with religious and social rituals, reflecting cultural roots" ($B=0.046$); "Use of old-fashioned kitchen equipment signifies preservation of culinary traditions" ($B=0.039$) and "Traditional cooking styles used connect Haryanvi festival food to the culture it comes from" ($B=0.025$). In the further analysis, the values of standardized coefficients (β) revealed that the feature "Haryanvi Festival food highlights the artisanal techniques and culinary legacies of the local community" was most significant ($\beta = 0.286$, $t(399) = 9.101$, $p = .000$) in determining the historical connection of Haryanvi festival food with the culture and traditions of Haryana. This was followed by the features "Family recipes used for making Haryanvi festival food contribute towards preservation of local culture and traditions" ($\beta = 0.192$, $t(399) = 6.299$, $p = .000$); "Folktales associated with Haryanvi festival food add to its cultural importance and significance" ($\beta = 0.180$, $t(399) = 5.342$, $p = .000$); "Food presentation and serving style offer insights into etiquette and communal dining practices of the local community" ($\beta = 0.174$, $t(399) = 4.937$, $p = .000$); "Haryanvi festival food reflects broader food habits, dietary restrictions, and culinary preferences of the local community" ($\beta = 0.155$, $t(399) = 4.605$, $p = .000$); "Traditional ingredients and cooking methods used showcase the authenticity and historical continuity of Haryanvi festival food" ($\beta = 0.140$, $t(399) = 3.909$, $p = .000$); "The use of locally sourced ingredients reflects the cultural and historical significance of Haryanvi festival food" ($\beta = 0.128$, $t(399) = 3.649$, $p = .000$); "Haryanvi Festival food is deeply associated with religious and social rituals, reflecting cultural roots" ($\beta = 0.093$, $t(399) = 3.013$, $p = .003$) and feature "Use of old-fashioned kitchen equipment signifies preservation of culinary traditions" ($\beta = 0.086$, $t(399) = 2.702$, $p = .007$). The only feature of Haryanvi festival food that did not determine the historical connections/local cultural significance of Haryanvi festival food with the culture and traditions of Haryana was feature "Traditional cooking styles used connect Haryanvi festival food to the culture it comes from" [$\beta = 0.053$, $t(399) = 1.602$, $p = .110^*$]. Also, since 9 out of 10 features of Haryanvi festival food displayed a significant p-value ($p < 0.05$), it was postulated that there exists a notable relationship between the features of Haryanvi festival food and the historical connections of Haryanvi festival food with the culture and traditions of Haryana. Hence, our null hypothesis H_{01} , which stated that "There is no Historical connections/Local cultural significance of Haryanvi festival food with the culture and traditions of Haryana" was rejected for 9 out of 10 variables.

Conclusions

Based on the comprehensive analysis conducted, it was concluded that there is indeed a significant relationship between the features of Haryanvi festival food and their historical connection with the culture and traditions of Haryana. The results of multiple regression analysis revealed the significant contribution of each feature in determining the historical of Haryanvi festival food with the culture and traditions of Haryana. Notably, there was a distinct emphasis placed on artisanal techniques and culinary legacies within the local community, which emerged as the most influential feature. In addition, features like the utilization of family recipes, the incorporation of folktales, and the manner in which food was presented and served all played pivotal roles in reinforcing the cultural importance and significance of Haryanvi festival food. Similarly, features like the use of traditional ingredients and cooking methods, along with the sourcing of local ingredients, further highlighted the cultural and historical significance Haryanvi festival food. Notably, while the majority of features exhibited a significant impact, the traditional cooking styles alone did not demonstrate a statistically significant association. With nine out of ten features displaying considerable impact, the analysis strongly supported the notion that the features of Haryanvi festival food played a significant role in determining the historical connections and local cultural significance of Haryanvi festival food with the culture and traditions of Haryana.

Discussions

The findings of this study offer valuable insights into the intricate relationship between Haryanvi festival food and the rich tapestry of culture and traditions in Haryana. The significant statistical evidence underscores the importance of preserving and celebrating culinary heritage as an integral part of cultural identity. Building upon these revelations, several recommendations can be proposed to further nurture and promote this connection. There is a compelling need to document and archive the family recipes, folktales, and artisanal techniques associated with Haryanvi festival food. This not only ensures the preservation of traditional knowledge but also provides a platform for future generations to appreciate and engage with their culinary heritage. Moreover, fostering community-based initiatives that revolve around culinary traditions can serve as a catalyst for cultural exchange and social cohesion. Encouraging local participation in food festivals, workshops, and educational programs can help reinforce a sense of pride and ownership in Haryana's culinary legacy. Furthermore, leveraging digital platforms and multimedia channels can amplify the visibility of Haryanvi festival food on a global scale. By showcasing the cultural narratives behind each dish, such initiatives can spark curiosity and appreciation for Haryana's gastronomic heritage among a diverse audience. Collaborations between governmental bodies, culinary experts, and local communities can facilitate the development of sustainable practices in sourcing and preparing traditional ingredients. Embracing

environmentally conscious approaches not only preserves biodiversity but also strengthens the cultural significance of Haryanvi festival food.

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