



# “State of Mindfulness in Gastronomic Practices”

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**Abstract:** This study is about the mindfulness and practices opted for the improvement of the motivational level for hard as well as smart work which helps every individual to be a performer at the both the P's that is professional and personal life. Covid-19, impacted the life style of almost everyone in the world. The major effect is visible on the working of the professional either on employer or as employee. Even it has been observed that professional leaders also lost their spirit towards the work. However, mindfulness is the concept introduced by the Buddhism & Taoism which emphasizes on teaching and preaching on the continuous practices of BUDDHIST VISPASSANA MEDITATION Session, these sessions not only points about the meditation but also asks for opting the right kind of lifestyle and food habits. Concerning the food habits about the meal time, quantity of food and preparation of easy to digestive food that introduces and forces for inculcate into the daily routine. There are some Indian VIPASSANA society name as Art of living India, Barhma Kumaris Mount Abbu, Rajasthan, Siddha Samadhi Yoga India and many. These meditation sessions focuses on involvement of human senses like smell, touch, sight, listening and taste.

These senses are activated by experiencing food and dishes specially Sattwic food where as two more categories of food are described as per Hindu mythology- Rajasic and Tamasic.

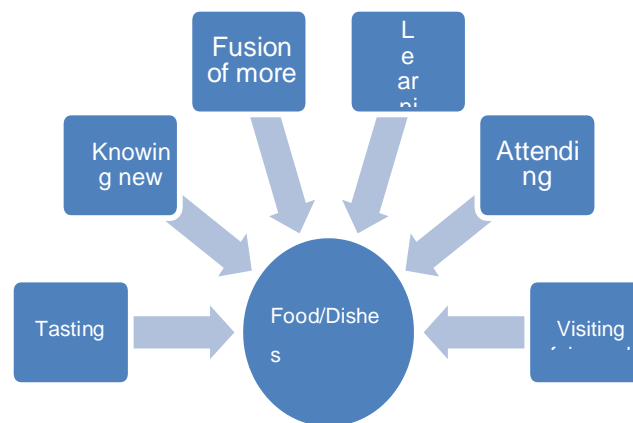
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**Introduction:** Mindfulness is the one essential part of the human life in present day' but majority of the population of the world does not practice due to varied reasons such as lack of awareness, time and resources of information. It's contributes towards many of the significant aspect into the span and different stages of the life. Presently mostly the people of different demographics are facing many kind of issues which arises by the different facet like work culture, atmosphere in a professional work places as well as due to individual circumstances. Mindfulness is the concept given by the Buddhist meditation or it is right to say that roots of mindfulness are the culture of Buddhism with the aim of “increase awareness of the mind and concentration.” Vipassana was started in India around 2500 years ago while Mindfulness has gained popularity in the previous decades, its evidence are present in many of the literature. In present times, it is normally practiced in workplace, schools and

hospitals for the best performance of the mind in one and individual of both the genders. Mindfulness ensure to inculcate many of the features into the personality of the human name as improved concentration, flexibility in adopting present trend, encourage for new and advance learning, calmness, improve emotional intelligence , mental clarity and quality to deal with others and adverse situation, which helps to create the brand image into the mind of society and in peers. Apart from that self kindness, reception and concern, the concept “Mindfulness” truly shows to a psychological state of consciousness, the activities that promote this creativeness and convert into the mode of seeking more information about the positivity in to the attributes of human being which can be enlisted as punctuality, follow the code of conduct, honesty, sense of urgency, decision making, punctuality and many more. Studies on the mindfulness say that it’s best for reducing rumination, stress reduction, boost working memory, improve focus, less emotional reactivity, more cognitive flexibility, generate additional relation satisfaction and the more significant role to enhance self- insight, principles, ethics, self confidence, institution and trim down modulation. The more important is numerous health benefits, including seasoning of immunity functioning in people.

Many people practices different ways for improving the mindfulness. “For many chronic illnesses, mindfulness meditation seems to improve quality of life and reduce mental health symptoms, says Dr. Zev Schuman-Olivier of Harvard University.” In present era, this mindfulness concept also gains practice among the children via practicing few of the exercise along with elders family members or parents, watching motivational videos with parents, suggesting the deep breath exercise under the supervision of mature family members. Mindfulness involves many of the human body senses like smell, taste, sight, sound and touch. As for the concern of food mindful principle involve sitting on the dining table with full appetite, take small portion at the time of arranging the plates with dishes or small portion size, enjoy food with all senses, appreciate food, eats slowly, chew thoroughly and the last but not the least with small bites. Apart from principles of food, people also can opt for many dish choices in to their meal for the enjoyable movement. In addition many of the people like more ways for the mindfulness and develop options such as visiting religious places and historical places, watching sports, listening music, smelling good aroma and some time soft touch of loving one.

Food is the basic need from the origin of the human being from early era. Majority or even we can say that vastly people have the hobby to experience the new dishes, as it gives additional pleasure to them. These activities are also considered as mindfulness activities.



1.1 Food or Dishes Experiencing Chart

When we start concerning about cooking experiences, about food that has dimensional concept like tasting new dishes, innovation of new dishes, fusion of two new techniques and learning new as well as traditional dishes ( involving to get new set of skills related to preparation of dishes). This has been found that most of the people even like traveling for different purposes like leisure, education, work, medical and many times because of the cuisine dishes. Most of the people have this hobby from the childhood and their surrounding especially mother's style of preparation of specific food contributes in development of this hobby. In India, as per Hindu Mythology food is divided into three categories Name as Sattwic, Rajasic and Tamasic. As per food law from ancient period all food has different features. These different food exercises lays an unusual impact on different constituent of brain like meat , egg, fish, garlic and onion excites passion. Fruits keep mind calm. As **Sattwic** food offers senenity, mental clarity and helps in deep meditation which helps to maintain mental self-assurance and nervous balance. Sattwic foods are attractive in form, pleasant in taste and soft to touch. **Rajasic** food are hot or passionate in nature that makes the men and women mind in restless state, excitement and some time creates the hard feeling, Rajasic food comprise of salt , chillies, clove, condiments and mustard in large amount. Fried breads- Pooori, Bhatura, onion, garlic, meat, fish, egg, lemon, tea and coffee beverages, tobacco are the Rajasic food ingredients. **Tamasic** food is the stale one, where the food is prepared one day prior, these are dry, without juice, unripe or overcooked and not even relish. This kind of food involves fermented beverages like liquors, Single or double distilled beverages and even beer is common. Tamasic food fills the mind of individual with darkness, inertia and anger. Even the nature of these foods can be understood by categories of animals like tiger or lion eating meat where as cow or elephant eating green grass. Cooking food specially preparing favorite dishes is always a mindfulness activity of every individual particularly when we are preparing food for loved ones weather from the professional and personal relation. Apart from this it also helps to satisfy the senses of the body in terms of noticing banging of cooking utensils, chopping of different kinds of vegetables or ingredients, observing looks of dishes (in term of texture, shape, size or anything unique in appearance), aroma of

dish which has flavor of different ingredients and which may be hard to resist, memorable taste that moist the salivary gland moist to aid digestion and feel to taste in the form of rough, soft or hard and smooth. As these are two important faces of a coin of an individual. Some more are involved into it when we are in the festive mood. Festival enhances mindfulness of everyone like Diwali, Eid-ul-Fiter, Besaki, Holi, Rakshabandhan , Chritmas and many more. Festivals are the movements into the bright colors of life. Every one celebrates these festivals with full swing, mood and the level of mindfulness increases when we engage our self into the preparation of festive dishes especially traditional dishes. This provides the chance of learning and practicing via preparation of traditional dishes few of the names of mindfulness dishes preparation are GUNJIA, SALTED SHORT CRUST PASTRY in form of Fritters, PURAN POLLI Stuffed sweet mixture into bread, LAMB STREW(Lamb prepared with strew cooking method and spices), CHICKEN CURRIES, KHEER, POORIES, and many more. These dishes truly express the belief and cultural aspect of individual religious faith and specialties of local region. Apart from this we also create the mindfulness opportunities, when we invite some guest from the professional environment or personal relation at our house for any of the meal dinner or occasionally at lunch. This level of mindfulness increase when the guests enjoy all day meal from breakfast till dinner for few days as per the convenience of both the Guest and Host. Occasionally when we prepare food once in a while we also create the mindfulness or take it as an act of stress burning activity. With the help of cooking or preparation of food, we also observes that it involves lots of patience behavior, so as a result some individuals becomes competent to improve the patience in their attributes which contribute to deal with the adverse condition or challenging situations via keeping patience and taking the decision in a calm mood. As per some of the views, preparation of some of the dishes requires lots of technical skills. During the Covid-19 pandemic, many of the individuals improved their set of cooking skills via spending the time in practicing new and typical preparation or leaning these technical ones. It's surprising to know that many individual came out with their cooking hobbies which were lost due to business or in the tight working condition or due to becoming the best performer at the work place

among the peers. For learning this mindfulness stress burning activity that is preparation of dishes people used digital platform and stayed connected with the world and their loving ones. Most of the time it has been observed that cooking for him or her also gives the proud feeling to them. There are so many places and cooking techniques which are involved in preparing the cooking techniques like cutting of vegetables in to jardinières , juliennes, dice, matchstick , fillet, darne and trimming whereas cooking skills involve different principle and medium of cooking like conduction, convection, radiation, poaching, broiling, griddling, roasting ,stewing, steam, baking, braising, sauté, shallow frying and many more and for preparing of some of the dishes your also need application of cutting & rubbing method with creaming. This has been observed that due to the globalization all are having the wide range of choices from different cuisine via using the different types of key ingredients like chocolate, passion fruit, dragon fruits, gherkins and list never ends. These ingredients act as a psychological mindfulness to many of the people. Different cuisine offers at large scope of choice to every individual. We are living in the information era; it's very easy to get the information how to deal with these ingredients which contribute in mindfulness. It is correct to say that single touches give large amount of information in every single hand and these add on a lot into the skills of cooking and reduce the dependence a lot. During Covid-19, many of the majority of the world spent a handsome amount of individual time on digital platform to improve and understanding about the skills of particular likable dishes.

**Objective of the Study:** Purpose of this study is to find out the significant role of gastronomy experience in many forms which offers as tasting new dishes, learning traditional and new cuisine, attending the workshops, visiting food festivals and many more. Food also promotes the cultural and traditional exchange aspect among the people from different backgrounds and those who share working at the same work place or organization. When we say experiencing gives an ample chance to reduce the foodneofobia which are always in some of the personalities in regards of food, there are so many reasons behind foodnewfobia like perception of the individual, food habits, childhood memories, health issue and other human attributes. In this study we are also going to move towards the direction about the

level of enjoyment and emotional level after having the likable or favorite food in the meal and change in the behavior after the meal comprising the loving food. The study also discusses about some of the food where the specific ingredients or things in form of food changes the emotional level directly or indirectly. So many authors and individual believes that understanding other cultures is one of the best ways for the mindfulness action involvement. This contributes to resolve belief related issues at working place where so many peers are coming from the different backgrounds.

**Approaches:** Under this study, we try to examine the state and level of mindfulness activities involvement in different types of food experiences. We also consider the impact of social and professional gathering at different meal. When we are talking about the social aspect it mostly involves occasion like wedding, birthday, anniversary and others, usually at the dinner time which are considered as the professional gathering –conferences, seminars, working lunches etc. At this point of mindfulness, activities add more enjoyment level when we are having companionship of beloveds or group of people.

**Literature Review:** Today it is the world of performers; every dynamic professional leader wants this kind of work force. They believe the growth of whole as peers not as individuals. For the performers as employees every one requires highly motivated employees. Then the objective of the organization or group of people is achieved. For highly motivated employees certain qualities in the employees are required like hard and smart works attributes, good communication, team work sprit and multi-tasking which can be achieved by learning behavior, where as some of the obstacles for maintaining this kind of sprit are present in the work environment, most commonly stress and time frame for completing the task. These obstacles may be removed via so many ways but one of the most effective ways is “Mindfulness”. This mindfulness offers enjoyment, happiness and positivity in every task. There are many techniques and practices in day to day life to achieve the mindfulness. For adults exercises involves mindfulness activities such as walking, meditation, mindful driving, mindful eating, mindful gardening and many more. As per author study everyone is facing the loss of concentration and focus on day to day life either in personal or

professional aspect due to work stress. A task, laboratory test was conducted for the breakdown was obvious as it reduces sensitivity when increasing time on task called vigilance, he suggested the way to come out from these situation that is mediation exercise for 5 hour in a day for one quarter in a year, this helps to improve sensitivity in perceptual way and consistent attention with resource model (MacLean et al., 2010). That means, mediation practices for three months lend a hand to come out with stress full or losses of focusing problem. Another writer suggests the therapeutic interference is gaining more popularity in meditation, Mindfulness-Based Stress Reduction (MBSR), is the most widely used training programs which contributes at large in positive psychological glowing living being for this sixteen model (Human) for eight week program conducted on them and result observed excellent scale in learning and memory processes, self referential processing, emotional regulation and perspective taking. (Holzel et al., 2011). This also can be achieved by engaging the culinary activities like experiencing and learning new techniques of preparation of the food or dishes. As per words of writer the creation of the new dishes and food as well use of new ingredients always give the tempe to, the joint creation of traditional tempe fermentation as starter, the result shows that Tempe and creates the sensory properties in smooth, it was conducted on two practical aspect one on chicken with rye and another one is egg yolk with puff pastry. (Guixer et al., 2017). This study focused on the smooth feel which is one of the sensory of human being and sensory contributes in mindful.(Thomé-Ortiz, 2017)in this article the Mexican cuisine is placed as a product for gastronomy tourism as well as it also involves about the different experiences the gastronomy activities such as tasting nachos, dealing with chilies as ingredients and creating the mindfulness activities.(Bessière, 2013) As per his study, heritage gastronomy or traditional cuisine dishes preparation attract many of the people at this destination for the learning of traditional French dishes which involves desserts and French wines as tasting session satisfy the sight and smell sensory of human being.(Sung et al., 2020) According to him, tourism can also be the main contributor for the motivation and refreshment for the next upcoming days, the observation about destination and understanding the new culture helps to gain the energy and understand the culture. That

means tourism at host destination offers the ample chance to understand the culture of other. (Nor et al., 2012) According to this study, traditional food preparation techniques pass from the generation which gives the mindfulness to both giver and receivers, for study interviewed for daughter and mother for the traditional food of Malay and for both of them this considers as mindfulness activity which increase the happiness and joyfulness in relationship. In simple, in passing the traditional gastronomic practices to generation in a family.(Balıkcıoğlu Dedeoğlu et al., 2019) As per him the research focused on the importance of gastronomic experiences about the motive of specific gastronomy, tourist focusing on the tasting the new dishes of the host region which shows the tradition and culture of the host destination which add on the level of mindfulness and memorizing the taste of host dishes.(Shah & Shende, 2017) he considers the opportunities for those who are highly motivated towards the hard and smart work for the mindful action while keen to learn the new techniques of cooking and engaged himself or herself who intended to prepared the infusion of dishes.(Getz & Robinson, 2014) As per him the traditional beverages of the host region is same important as the dishes at national and international level which helps to gain the more understanding about the cultural and traditional of a particular region visited for the purpose of recreation reason.(Sert, 2019) Study presented that food act as a important part of the mediation for the mindful activity for those who wants to improve the focus and concentration.(Lin, 2019) According to author Tiwan tranimission of food plays a significant role in the behavior of tourist who visited the region for the purpose of understanding about the cultural and belief , he presented that food of the host region also became transmitted due to visitors or tourist attributes about the host foodies habits.(Demir & Cankül, 2018) Istanbul one of the most selling product by the tour operators who are really looking for the meditation walk with street food for the experiencing and tasting for the regional street local food. (Central, 2001)in this paper, the quality of food and relationship with healthy mind is discussed by focusing in the food of Britain, as the food impact a lot on the human health and healthy minds lives in a healthy body, that also discussed about the food and performance of in individual at workplace as well as in social dimension.(Balıkcıoğlu Dedeoğlu et al.,

2019) he also mention about the cultural aspect and impact of latest lifestyle on the food.(Martín et al., 2017) As per him, tourist perceptions about the food at the host destination are found for the mindfulness action whereas, the host in the destination is about the same food liking where as visitors from different boundaries, this is only due to pre-gather information collected by the visitors or tourist as in the mindful mood. From the literature in tourism journals and articles we observes that most of the guest or tourist and host are to be intended to experiencing food different exploit for the mindfulness along with other options for the mindfulness exercises.

**Conclusion:** Mindfulness is the concept which explains about the training of the mind by doing mediation where as so many studies shares the same feeling about the mindfulness. In addition to that, few of the studies also suggests about the role of food in the mindfulness action by experiencing the different dishes specially liking one. Talking about mindful activities all the human senses plays a significance role as mentioned sight, feel or touch, smell, listen and taste in this regards food

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offer the involvement for all these senses. When we are considering the food experiences, it involves many of the activities such as tasting of different cuisines, attending the workshops for learning the new or classical dishes preparation techniques, visiting the fairs and festivals related to food or cuisine, and enjoying the meals in their respective ambiance and environment. Information about the food is also presented in the study about the Sattwic, Rajasic and Tamasic food in relation to human behavior and meditation. Many of researchers also presented the concept related to tourism and mindfulness especially in regard to mediation and gastronomy motive. Preparation and sharing the meal with the loving one is also one of the best practices for the mindfulness. Considering about the latest atmosphere whether at work or in social places, every time needs full focusing and concentration for discharging the duties and responsibilities with his or her full workforce. Mindfulness helps every individual for said duties and responsibilities. Mindfulness also provides the aids to improve the focus and sight into the future.

