



FRIENDS OF THE  
OXFORD CENTRE  
FOR HINDU STUDIES

LEICESTER

# Faith and Food in Hindu Traditions

"From food are made all bodies, which become food again for others after their death. Food is the most important of all things for the body; therefore it is the best medicine for all the body's ailments. Those who look upon food as the Lord's gift shall never lack life's physical comforts." Taittiriya Upanisad 2.1.1

From the earliest expressions of Hindu thought to the Ayurvedic remedies, tiffin walls, and temples of today, food, fasting and feasting have been at the heart of Hindu ideology and practice. This talk savours some of the 'thinking behind the eating' from the Upanisads, the Mahabharata and the Bhagavad Gita amongst others. There will be time for questions and shared digested insights at the end followed by refreshments

Talk given by

**Anuradha Dooney** of the  
**Oxford Centre For Hindu Studies**

*Organised by Friends of OCHS (Leicester)*

**Date:** Saturday 18th December 2010

**Time:** 7.00pm to 9.00pm

*Followed by refreshments*

**Venue:** Santosh Community Centre, 2A Wing Field Street, Leicester LE4 5DS

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