

ABSTRACT

Assam is the largest among the north- eastern states in terms of population and it is the gateway to the region. It has been the epitome of multiple cultures, traditions and heritage. In different course of time people came to Assam and they brought with them their own cultural practices, traditions, unique lifestyles and tastes. As we know food is a prime factor of life, and we cannot deny the importance of food in a society. As a way of communication food helps to maintain social relations and social identity. To construct and maintain social reality foodways is always important. Food has the ability to communicate and constitute a form of language because of its multi- sensorial properties of taste, touch, sight, sound and smell. Food is a great connecting tool. With inter- mixture of cultures, the state is a melting point to a number of ethnic as well as migratory communities. As various tribes and communities settled down across the length and breadth of the state, this region mirrors an amalgamation of cultural influences. In recent times, these traditional foodways have undergone considerable changes and such changes have also created dichotomy between tradition and modernity. In the present work one of the important communities after the migration is studied from the perspective of food related cultural practices. The Mising community is originally belonging to the Tibeto- Burman stock. In the study it is observed how Mising community is still continuing their traditional foodways in an era of globalization and whether globalization has affected their whole traditional cultures and values is also explored in the present work. The study also emphasizes on the relations of food, gender, power and ways of cultural practices which make distinct the Mising society from others. They are in no way exception regarding foodways. Food involves the community as it is the prime factor of life and has an impact on the society as well. Food is not only a communication but it is at the heart of our communication and food is an integral part of our identity. The present work is divided into six chapters including introduction and conclusion chapter. The present work has made a detailed analysis of some selected districts of Assam which are the focal areas of the study. In this work data and information were collected from the field mostly from Sonitpur, Dhemaji, Lakhimpur, Jorhat

(Majuli) and Guwahati. The study involves observation methods and interviews. It is conceptualized by cultural perspective within the framework of interdisciplinary theoretical module. It emphasizes on notions of practices, power and changes within the community for analyses. The present work tries to identify new approaches and avenues more in the field of food studies.