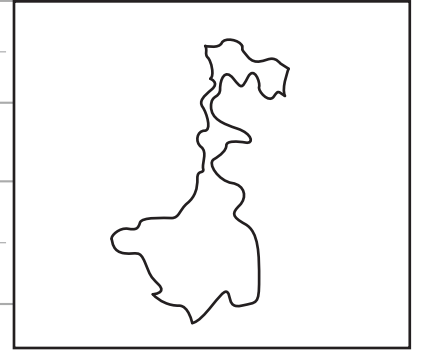


Kolkata is the capital of West Bengal.

Kolkata is the capital of West Bengal.



'Namaste'

'Namaste' or 'namaskar' is the Hindu way of greeting each other. It is widely used as a respectful form of greeting, acknowledging, and welcoming a relative, guest, or stranger. Namaste is spoken with a slight bow and hands pressed together, palms touching and fingers pointing upwards, thumbs close to the chest. The word namaste means "I bow to you".

Namaste-the yogic greeting is called Añjali Mudrā. As you bring your hands together at your center, to do this gesture, you are literally connecting the right and left hemispheres of your brain.