

India Challenge



This challenge badge was originally created as a fundraiser for a group of senior section girls and leaders, who travelled to India, in August, 2016. There, they attended an event at Sangam, one of the World Centres, which included time spent on a community project, working with local charities, supporting a range of clients.

In order to gain the badge, you should complete the following number of Challenges (at least 1 from each section):

Rainbows and Brownies	minimum of 6
Guides, Senior Section, Leaders and Trefoil	minimum of 10

Culture:

❖ Can you find these 25 Hindi words, used in English?

BANDANA BAZAAR BUNGALOW CASHMERE CHEETAH CHINTZ
CHUTNEY COT CUMMERBUND DINGHY DUNGAREES GURU
HULLABALOO JUGGERNAUT KHAKI LOOT POLO PUNCH PUNDIT
PYJAMAS SHAMPOO SHAWL THUG VERANDA YOGA

S	O	H	T	Y	H	G	N	I	D	O	B	E	I	N	E	C	N
E	R	P	A	T	A	H	T	W	O	N	D	N	H	A	L	O	G
E	I	L	S	B	T	H	E	P	U	N	C	H	U	R	E	T	F
R	R	S	H	A	M	P	O	O	E	V	E	O	L	H	W	R	O
A	W	A	K	N	E	S	I	L	N	E	N	G	L	L	A	N	C
G	O	S	S	D	E	E	S	O	D	S	A	M	A	J	Y	P	H
N	M	E	M	A	O	R	N	Y	L	I	N	G	B	U	N	A	U
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D	O	K	H	A	K	I	W	E	O	G	S	T	L	B	O	U	N
L	O	R	A	A	Z	A	B	E	T	H	A	F	O	O	D	E	E
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J	U	G	G	E	R	N	A	U	T	D	N	A	U	L	L	H	A
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B	U	N	G	A	L	O	W	R	M	U	O	Y	F	U	O	E	R
I	G	D	L	E	N	E	S	M	S	Y	E	T	H	G	E	H	R
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I	T	A	T	E	T	C	H	E	S	U	N	C	H	I	N	T	Z

❖ Design a Warli art card, or poster.

❖ Try laughter yoga.

❖ In a number of Indian religions, a mandala is a symbol to represent the universe. Colour your own mandala.

- ❖ In India, Rangoli patterns are made using powdered chalk, twisted between the artist's thumb and forefinger - small designs, for everyday, and very large and elaborate ones, for special occasions. Make your own rangoli design.
- ❖ Snakes and Ladders originates from India. Design your own Snakes and Ladders board and play a game.

Food and Drink

- ❖ Arrange a spice-smelling session. How many can you recognise just from their aroma?
- ❖ You may have seen chapattis, naans and poppadums in your local supermarket, or Indian restaurant, but India has around 40 different kinds of bread. Can you find the names of at least 20?
- ❖ Cook and share an Indian meal.
- ❖ Make and taste chai.
- ❖ India grows more fruits than any country in the world. Taste a selection of different tropical fruits.

Sangam and Guiding

- ❖ Find 10 interesting facts about Sangam, the World Centre, in India.
- ❖ Draw the Promise Badge of the Bharat Scouts and Guides.
- ❖ Indian Brownies are called Bulbuls - but what is a bulbul?
- ❖ Invite someone who has been to Sangam to your meeting, to talk about it.
- ❖ Learn "Sangam We Belong" - the song written specially for Sangam's 50th birthday, in 2016.

Festivals

- ❖ On one of the 9 days of Navratri, the annual festival of the goddess Durga, Hindus perform a blessing, known as aathi to each of the tools which help them do their job - everything from their car, or motorbike, to their computer, or machinery, to their hammers and screwdrivers, or kitchen equipment. Which items would you bless and why?
- ❖ Parsis celebrate the new year in March, on the first day of spring, cleaning their houses, buying new cloths and flowers and decorating their houses with stars, butterflies, birds and fish. Make your own Parsi new year decorations.
- ❖ Muslims do not eat, or drink, anything, between the hours of sunrise and sunset, for the entire holy month of Ramadan. The end of Ramadan is marked by Eid - a three-day festival, during which people make charitable donations to the poor, give sweets to their friends and neighbours and celebrate with feasts. Many women and girls will have special mehendi (henna) designs done, on their hands and feet. Try mehendi.
- ❖ The 10-day Ganapati Chaturthi (Ganesh festival) is especially popular in Maharashtra (the state in which Sangam is situated). Statues of the god, made of plaster, or unbaked clay, are installed in every Hindu home and many street corners and are the focus of many ceremonies, until, on the final day, they are taken in procession to the river, where they are “immersed” - which actually means they are thrown into the water, to dissolve. On a number of the days, devotees are expected to give sweets to everyone who passes their house. Make and try some Indian sweets.

Song and Dance

- ❖ In 2014, almost two billion cinema tickets were sold, in India and over 600 films were released. Watch a Bollywood movie’s dance routine and try to learn it.
- ❖ Learn and sing Sangam’s official song, “Come into Sangam”, which was written for its 25th birthday.
- ❖ Watch a performance of Kathak dancing.

- ❖ Listen to Bhangra music.
- ❖ Try dandiya dancing - which is always the culmination of the annual Durga festival.

Wildlife

- ❖ Play “Pin the Trunk on the Elephant”.
- ❖ The County group visiting India will be visiting a sanctuary for rescued working elephants, run by Wildlife SOS India. Find out about the work of this charity.
- ❖ Play Cheetahs and Cheetals - a favourite game, for Indian Guides.
- ❖ Design a poster, or write a blog, to raise awareness of environmental issues affecting Indian wildlife.
- ❖ Try the quiz, on Indian animals and birds on the next page.

Girlguiding Essex North East India Challenge
Animal & Birds Quiz

1. Which is India's national animal?
2. Which animal is famous for its ability to fight and kill venomous snakes?
3. Which scavenging birds were almost wiped out, because of antibiotics given to cattle?
4. List 5 ways to tell an Indian elephant from an African one.
5. What are macaques and langurs?
6. Which poisonous snake is famous for its hood?
7. What is a nilgai?
8. Sangam is in the state of Maharashtra. Which of these is the state animal: the leopard; the giant squirrel or the Asiatic lion?
9. What colour is an Indian robin?
10. Which is India's national bird?



India Challenge Leaders' Notes

Thank you, for supporting our fundraising - and we hope you have enjoyed our Challenge. To order badges, for all those who have completed it, please complete the form, below and send to:

Tina Powell, 35, Wavell Avenue, Colchester, CO2 7HR

Unit.....

Division..... County.....

Contact Details:

Name.....

Address.....

.....

e-Mail Address.....

Number of badges..... @ £1 each £.....

Plus P&P £1-50

Total: £.....

*Cheques should be made payable to
Girlguiding Essex North East (International A/C), please.*
Culture:

S	O	H	T	Y	H	G	N	I	D	O	B	E	I	N	E	C	N
E	R	P	A	T	A	H	T	W	O	N	D	N	H	A	L	O	G
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D	O	K	H	A	K	I	W	E	O	G	S	T	L	B	O	U	N
L	O	R	A	A	Z	A	B	E	T	H	A	F	O	O	D	E	E
D	I	K	N	O	A	D	N	A	R	E	V	W	O	N	Y	O	Y
J	U	G	G	E	R	N	A	U	T	D	N	A	U	L	L	H	A
W	S	H	A	W	L	I	L	L	A	W	H	B	I	L	E	A	U
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B	U	N	G	A	L	O	W	R	M	U	O	Y	F	U	O	E	R
I	G	D	L	E	N	E	S	M	S	Y	E	T	H	G	E	H	R
M	I	I	T	I	D	N	U	P	I	L	L	I	W	N	I	C	E
I	T	A	T	E	T	C	H	E	S	U	N	C	H	I	N	T	Z

❖ Warli art



The Warli are a tribe, living in Maharashtra, who decorate the insides of their round, wooden huts, the walls of which are covered in red, terracotta mud, with designs painted with a pigment made from ground rice husks (so white, in colour), depicting events in their lives. The designs use only very simple shapes (mainly circles, triangles and straight lines) and have no perspective - so a chicken might be drawn as the same size as a person, or upside down.)

Check out <http://artsycraftsymom.com/warli-for-kids/>, for easy-to-follow step-by-step how-to instructions.

❖ Laughter Yoga

This started in India in the about the 1990s (unlike normal yoga, which dates back thousands of years). Large numbers of people would gather together, early in the morning, in parks, or on beaches, to laugh - for no reason, other than wanting to laugh. Various exercises and routines were developed, to help this - and were eventually formalised by an Indian doctor, who wrote a book, extolling the benefits of releasing the body's natural free-good hormones, by laughing.



There are numerous videos and even a free guide, on his website, at <http://laughteryoga.org/>

❖ Mandala

There are over 200 mandala templates, available as free downloads, at <http://mandala-4free.de/en/index.htm> - you have simply to colour them in.

❖ Rangoli

Many Indian women will create a rangoli design outside their front door, every morning. Traditionally, this would have been done with ground rice husks, but, today, it is generally with powdered chalk, which can be bought in a wide range of colours. The idea is that, as the design is blown away, during the day, each of the grains which were part of it is a blessing, going out into the world.

Sangam brought in a professional rangoli artist, to create these stunning designs, in readiness for its 50th birthday celebrations.



The birds got to this one, before the wind...



While you are not likely to find powdered chalk in your local shops, cooking salt is an effective substitute. You'll find numerous how-to videos on the internet, such as <https://www.youtube.com/watch?v=gizPyPQYYV4>

❖ Snakes and Ladders

Snakes and Ladders had been played in India, for thousands of years and was used to illustrate Hindu philosophy, contrasting destiny (karma) and desire (kama) and showing the way in which good deeds (moksha - represented by the various ladders) could help a person to achieve his, or her, goals, whereas evil deeds (represented by the snakes), sent a person back to rebirth as a lower form of life.

There should always be more snakes on the board, than ladders - because the path to salvation is never easy.

Food and Drink

❖ Spice-Smelling

Spices can be the seed, root, bark, berry, bud, or fruit of a plant, or tree, used to flavour, preserve, or colour food - as opposed to herbs, which are mostly the leafy parts of plants, used to flavour, or garnish.

Did you know:

- That the most expensive spice is saffron - which is the stamens of a crocus?
- That vanilla is the second most expensive and comes from the seed pod of an orchid?
- That nutmeg and mace come from the same tree - nutmeg is the seed, and mace, the inside of the fruit?
- That many spices have anti-microbial properties - which could be one reason why they are used so extensively, in tropical countries?

❖ Indian Breads

Indian breads fall into two main categories - unleavened breads (that is, flatbreads, made without yeast) and thin, pancake-like ones, all made from a wide range of different grains.

There's a good selection of pictures at https://en.wikipedia.org/wiki/Indian_bread and a long list of different varieties, at https://en.wikipedia.org/wiki/List_of_Indian_breads

❖ Cook an Indian Meal

Many people will have Indian cookbooks - or perhaps you could invite an expert along to give you all a cookery lesson?

❖ Chai

We can, of course, buy chai from trendy coffee and tea shops, or even as tea-bags, in the supermarket - but none of them are quite like real

Indian chai, boiled for ages, over an open flame and served in small cups, or glasses. Why not try making real chai?



You will need:

- 6 ordinary tea bags
- 4 mugs of cold water
- 4 mugs of whole milk
- ½ a mug of sugar
- 10cm piece of fresh ginger (peeled)
- 2 cinnamon sticks
- 2 tsps of black peppercorns
- 6 cardamom pods

Crush the spices (either using a pestle and mortar, or else finely chop the ginger and put the others into a coffee-, or spice-grinder).

Put the spices into a saucepan, with the water and bring to the boil, over a high heat.

Reduce the heat, put the lid on the saucepan and simmer, for 10 minutes.

Remove the saucepan from the heat. Add the tea-bags and leave to steep, for 5 minutes.

Remove the tea-bags, then add the milk and sugar, before returning the pan to a high heat and bringing the mixture back to a steady simmer, whisking, to dissolve the sugar.

Strain the mixture and serve.

❖ Fruits



Sangam and Guiding

❖ Sangam



Check out Sangam's website, at <https://www.wagggsg.org/en/our-world/world-centres/sangam/>, or their Facebook page, at <https://www.facebook.com/sangamworldcentre/?fref=ts>

❖ Bharat Scouts and Guides

Check the WAGGGS website, at <https://www.waggs.org/en/our-world/asia-pacific-region/member-organizations/india/>

❖ Bulbuls

Bulbuls are common Indian birds, about the size of a thrush, which tend to gather in large flocks and make a great deal of noise...



❖ Sangam

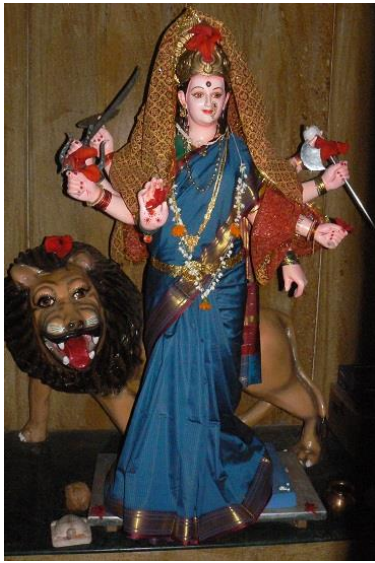


❖ “Sangam We Belong”

The words and tune are on Sangam’s website, at <https://www.waggs.org/en/our-world/world-centres/sangam/50th-birthday/>

Festivals

❖ Navratri



Durga



Garlanding Sangam’s car



Performing aarthi, for the Sangam shop

❖ Parsis

Parsis follow the religion of Zoroastrianism, and fled to India, from Persia, between the 8th and 10th centuries, to escape religious persecution, following the Muslim invasion. They were allowed to settle, by a local Hindu prince, on condition that they spoke the local language, followed local marriage customs and did not carry weapons. No one is able too convert, to become a Parsi - s/he must be born to Parsi parents.

Although the Parsis are a small group, they are very influential and renowned for their charitable donations. Many of India's top industrialists and scientists are Parsis - as was Freddie Mercury, of Queen.

❖ Mehendi

Indian brides will spend hours with a mehendi artist - as ours might, with a hairdresser, or nail technician. The design will be repeatedly dabbed with a mixture of lemon juice and sugar, in the hope it will turn very dark. The reason for wanting very dark mehendi is two-fold. First, it is believed that the darker the design, the more the bride's husband will love her - and most marriages are arranged, in India, so the couple may barely know each other, at the wedding. Second, a mother-in-law cannot order her new daughter-in-law to do any housework, until her wedding mehendi has faded to nothing.



If you do not want to use henna, try painting a design on your hands, using water-based paint - or on a paper hand shape.

There are plenty of designs on the internet, as, for example, at <http://webneel.com/mehndi-designs>

❖ Indian Sweets

Check out recipes for such delights as shankapali, coconut barfi, carrot halwa and gulab jamun, in cookery books, or websites such as <http://www.vegrecipesofindia.com/recipes/desserts-recipes/>

Song and Dance

❖ Bollywood Movie

If you're not sure about sitting through a whole film, check out the many clips of dance routines, on YouTube. You could just search for "Bollywood", or for specific songs/films, such as:

<https://www.youtube.com/watch?v=M03GOY5eINg>
<https://www.youtube.com/watch?v=g0eO74UmRBs>
<https://www.youtube.com/watch?v=NJ1NIldHhXs>
<https://www.youtube.com/watch?v=ry27ZMn4lJI>

❖ "Come into Sangam"

<https://www.waggggs.org/en/our-world/world-centres/sangam/about-sangam/sangam-history/sangam-song/>

❖ Kathak Dancing

Again, plenty of examples on YouTube, such as <https://www.youtube.com/watch?v=4wXJWaqFbQc>

❖ Bhangra Music



<https://www.youtube.com/watch?v=tVl5keOkwt4>
<https://www.youtube.com/watch?v=h9ilZLqZEK4>

❖ Dandiya



There's no shortage of examples, on the internet, such as:

<https://www.youtube.com/watch?v=RRXU2eE17DA>
<https://www.youtube.com/watch?v=shCIL73VME8>
<https://www.youtube.com/watch?v=gk4hSRkeiH0>

Wildlife

❖ Pin the Trunk on the Elephant

A simple variation on “Pin the Tail on the Donkey”.

❖ Wildlife SOS India

Check out their website, at <http://wildlifesos.org/>

❖ Cheetahs and Cheetals

Cheetahs are, of course, large spotted cats. Cheetals are spotted deer.

- Divide into two teams, facing each other, in the middle of the hall/playing area, about two metres apart. One are the Cheetahs and the other, the Cheetals. Each team has a safe area behind it (either the wall, or a line which, once crossed, is “den”).
- The leader calls out either “Cheetah”, or “Cheetal”. (*Obviously, it’s good to prolong the suspense, by having a very long “Chee...”, before finally adding the second syllable.*)
- If it’s “Cheetah”, all of the cheetahs will run forward, to try to catch a cheetal - while the cheetals all turn tail and try to reach their safe area, without being caught. If it’s “Cheetal”, which the leader calls out, then the cheetals all race forward, to try to capture a cheetah, while the cheetahs all turn and try to run to safety.
- Anyone who is caught/tagged joins the other team. Those who make it to the den, without being caught, remain on the same team.

- The game ends when everyone has had enough - or when all the players are on the same team.

❖ Environmental Issues

Check out: air pollution; water pollution; rubbish; population growth; antibiotics in farming; loss of habitat...

- Barely 1,000 tigers remain in the wild, the rest having been hunted and poached out of existence.
- Over 90% of India's vultures were poisoned, as a result of eating cattle which had been pumped full of an antibiotic lethal to the birds.
- There are no cheetahs left in the wild, in India.

❖ Quiz

- 1 Which is India's national animal? **Tiger**
- 2 Which animal is famous for its ability to fight and kill venomous snakes? **Mongoose**
- 3 Which scavenging birds were almost wiped out, because of antibiotics given to cattle? **Vultures**
- 4 List 5 ways to tell an Indian elephant from an African one.
You might include:
 - Height - bulls grow up to 4m tall, in Africa, but only 3.5m, in India
 - Weight - Indian elephants weight around a third less
 - Smaller ears
 - Ears shaped like India, rather than like Africa
 - A twin-domed head, with a dip, in the middle
 - Their skin is less wrinkled

- Their trunks are harder, but have fewer visible rings
- Only one “finger”, at the end of the trunk
- All African elephants have tusks, but only some Indian males

5 What are macaques and langurs? **Types of monkeys**

6 Which poisonous snake is famous for its hood? **Cobra**

7 What is a nilgai?
A large antelope, also known as a blue bull

8 Sangam is in the state of Maharashtra. Which of these is the state animal: the leopard; **the giant squirrel** or the Asiatic lion?

9 What colour is an Indian robin? **Black and white**

10 Which is India’s national bird? **Peacock**

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