



I Love India

created by

The One World Centre Isle of Man



About The One World Centre

The One World Centre aims to raise awareness of global issues through a range of activities, and to encourage people to become active global citizens. We are delighted to offer you this opportunity to learn about and maybe even visit India, a country with captivating natural beauty, diverse cultures and a fascinating history which has strong links with the British Isles. This badge is suitable as a theme for a **residential** or **term**.

Projects we have been involved with include:

- Showcasing the talent of Manx residents –
- Organising street collections for Disaster Emergency Committee appeals –
- Supporting the diversity of cultural heritage on the Island: Europe, Asia, Africa, the Americas, Oceania –
- Running a Fairtrade conference and a short film competition for primary schools –
- Encouraging sixth formers to learn about local charities that work overseas –
- Promoting Fairtrade –

Funds raised from the sale of this badge will go towards continuing the work of the One World Centre.

VISIT OUR WEBSITE: <http://www.oneworldcentreiom.org/>

EMAIL US: info@owciom.org

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Activity sheets and **Appendix** are at the back.

All groups to complete either **4.a** or **4.b** in addition to activities from other sections

Rainbows/Brownies:

2 activities from sections **1, 2** and **3**

Guides and Senior section:

3 activities from sections **1, 2** and **3**

Once you have finished, send off for your fabulous badges! Visit oneworldcentreiom.org to download the order form or email info@owciom.org



Section 1:



Where is India?



Where is India: Factfile

Location: **Asia**

- between Burma and Pakistan
- also borders with Bangladesh, Bhutan, China, Nepal

Area: **1,222,559
square miles**

Coordinates: **22°00'00.0"N
77°00'00.0"E**

Capital City: **Delhi**

Climate: **Tropical/Monsoon**

- southern climate more tropical, receives more rainfall
- northern climate more temperate; Himalayas in far north
- mild winters throughout most of India



Indian Places

India is an enormous country and is home to some of the world's most famous **cities, buildings and landmarks.**



India's most famous building

India is also famous for the rainy season or “**monsoon**”, and for its very hot weather. During the summer, the temperature in the capital city Delhi is often as high as **42 degrees** centigrade!



Monsoon clouds



Delhi in summer

As well as tropical rain, India has scorching deserts and icy mountain peaks. There's something for everybody in India!



The Himalayas



1 FAMOUS PLACES*

Have you heard of these five Indian places? What are they famous for? See what fun facts you can find out about some of them. When you're ready, try to **match** each place name with the thing it is famous for!

2 HOLIDAY SNAPS*

See if you can **work out** which places are in the pictures!

3 INDIAN PLACES QUIZ*

Fancy more of a challenge? If you're up for it, try the **Indian Places Quiz!** You may find it useful to use the Internet or an encyclopedia to help you.

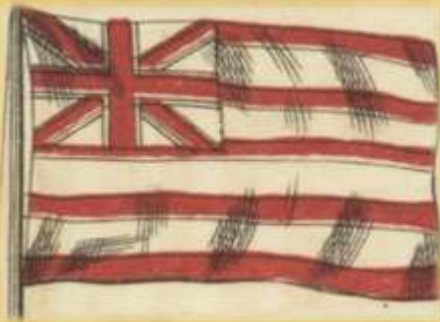
4 PRESENT A PLACE

Choose a place in India that interests you and find out as much as you can about it. Prepare a short **presentation** (3-5 minutes) to share with your group, and include a handful of interesting facts about the culture, cuisine, environment and history of your selected place. You can choose a place from the Indian Places Quiz if you like, or come up with your own suggestions.



India and Britain

In 1600, the “Honourable East India Company” was formed in Britain. Its purpose was to trade with India for goods such as **silk**, **cotton** and **sugar**. It became so huge that this one company accounted for half of the total value of world trade! The East India Company was eventually taken over by the British government. Queen Victoria was proclaimed **Empress of India**, and India became known as the “**Jewel in the Crown**” of the British Empire.



The flag of the East India Company



Trade was conducted by ship

The British left their mark in India in many ways – **democracy** was introduced, modern **railways** were constructed, and many **churches** and **cathedrals** were built. **Tea breaks** were even introduced, and tea quickly became a popular drink! However, while making the British Empire richer, the East India Company drained India’s wealth, which is one of the reasons that India became one of the poorest countries in the world at the time.



Indian style tea (Masala Chai) being brewed

Many Indians became unhappy about British rule and there were some rebellions. But there was also a peaceful path to Indian independence, led by Gandhi (often called “Mahatma” meaning “venerable”), who believed in **nonviolent protest**. His ideas have since inspired people all over the world.



5 SAILING TO INDIA

Nowadays we have aeroplanes, but four hundred years ago it took many months to get to India by ship, and the journey could be dangerous. In your small groups, see if you can **make a boat** out of recyclable things you can find around the house – wood, paper, tin cans or plastic bottles. You could even try to make some sails out of paper or cloth. Then – put it in some water and see if it will float, or even have a race!

6 TAKE A TEA BREAK!

Masala Chai is black tea brewed in milk, with added flavours like cinnamon and cardamom, ginger, and honey or sugar. Sounds delicious!

In your groups of six, **find a chai recipe** you like the sound of, and get each person to choose one ingredient to bring in. Try to get Assam tea leaves if you can – and don't forget the milk! When you've made your chai, get your leader to join you for a well-earned tea break and do a taste test to see which group has chosen the winning combination of flavours! Make sure you get an adult to help you before you use any cooking equipment.

7 MOVIE NIGHT

“Mother India” is a film set just after India's independence from Britain. It tells the story of a poor woman doing her best to bring up a family through hardship, and is one the most famous Indian films of all time.

You could **watch** Mother India together as one big group, or if you'd prefer, in small groups. After the film, think about the following questions and share your thoughts in a group discussion:

- How does the film make you feel?
- Why is the film called “Mother India”?
- How important is this film?
- What can we learn about poverty and life in India in the 1950s from the film?
- What do you think is Radha's biggest achievement?
- Does Birju deserve what happens to him?
- What do you think is the meaning of the final scene?



Fairtrade in India

Many farmers in India struggle to earn enough to feed their families. They may not be able to afford to send their children to **school** or to pay for the **doctor** if one of them becomes sick. Some have no access to clean **drinking water**, and no toilet. There are complex reasons for this, but one major problem is the **unfair trading terms** for the food they produce. Fairtrade seeks to address this and to improve their working conditions.



An Indian woman picking tea

Most **supermarkets** will sell some Fairtrade products that are grown or made in India. But it's not just the wealthy countries that support Fairtrade. In 2013 **Fairtrade India** was launched. This aims to make Indian produced goods like **tea, spices, cotton, coffee** and **nuts** available **within India** as Fairtrade products.



Roasted coffee beans



Indian spices



Cotton plants

There are **137,641** certified growers in India and **77** Fairtrade organisations.

You can find out more about them here:

<http://www.fairtrade.org.uk/en/what-is-fairtrade/producer-map>



8 HOMEMADE FAIRTRADE

Find out what the **Fairtrade logo** looks like and **make your own version** – you could make a collage using wrappers from Fairtrade products.

9 ETHICAL CONSUMER

Visit your local supermarket and find out where the different brands of tea and coffee come from. How many of them have the **Fairtrade symbol**? How many fairly traded items can you find that come from India?

10 FROM INDIA WITH LOVE

There are many fairly traded items that are made in India. **Buy one as a gift for a friend or relative**

11 SPREAD THE WORD

Prepare a **presentation** to tell your friends about Fairtrade. You might want to use some of the following webpages to help you:

Fairtrade India

- <http://www.fairtrade.org.uk/en/media-centre/news/november-2013/fairtrade-mark-launches-in-india>

Case studies of tea production in India:

- <http://www.fairtrade.org.uk/en/farmers-and-workers/tea/mr-gb-henriksen>
- <http://www.fairtrade.org.uk/en/farmers-and-workers/tea/thiashola-tea-estate>
- <http://www.fairtrade.org.uk/en/farmers-and-workers/tea/vinay-devaiah>



Languages of India

India has over **400 different languages** – and thousands of different **dialects!** The primary official language of India is **Hindi**, which is spoken by over a quarter of a billion people.

भाषणबाजी करणे - to speechify.	भासणे (क्रि) to seem; to be felt (जसे, उणीव).
भाषणस्वातंत्र्य (ना) free speech, freedom of speech.	भासमय (वि) illusory, illusive, delusive, false, unreal.
भाषा (ना) a language, tongue, speech; the vernacular (= देशी भाषा).	भासमान (वि) apparent, ostensible.
भाषाविषयक - linguistic, lingual.	भास्कर (ना) the sun.
अनेक भाषा जाणणारा माणूस - a polyglot.	भाळणे (क्रि) to fall in love (with), become infatuated (with), lose one's heart (to).
अनेक परकीय भाषा जाणणारा माणूस - a	

The official script used to write Hindi is Devanagari, shown here in a dictionary

You may already know that **English** is widely spoken in India nowadays. There are also quite a few Indian languages that are fairly widely spoken in the UK. For instance, a **census in 2011** showed that **Punjabi** was the second most widely spoken foreign language in England and Wales, after Polish – and numbers three, four and five were **Urdu, Bengali and Gujarati**.



A simple language map of India

Linguists believe that the modern languages of much of India and Europe have a common ancestral language: **Proto-Indo-European**. So, who knows – English and Punjabi may be distant “cousins” after all!



12 ENGLISH AND INDIAN WORDS*

If you wash your hair and get ready for bed every day, then you probably use a few Hindi words already! The word “*paijaamaa*” refers to a type of trousers worn in India – this is where we get “pyjamas” from. “Shampoo” entered English in 1762 and originally comes from Sanskrit.

Can you tell **which words originate from India** and which ones don't? Have a go at the English and Indian Words task and see how fluent you are!

13 WRITE YOUR NAME

There are many languages in India, and many are written in ancient and beautiful scripts. **Look up the different scripts** online and see if there's one you particularly like. See if you can find out the alphabet for one of them and **write your name!**

Start here if you're stuck for ideas:

<https://www.youtube.com/playlist?list=PLSzKbnydlhPjvw8Mf3coklCvzvZcisYv>

14 FIVE WORDS FROM INDIA

Can you **learn to say five words** or phrases in Hindi, Gujarati, Punjabi or another language from India? Try something simple, like “hello”, “goodbye”, “thank you”, “please” and “my name is”. You could get someone you know to teach you some words of an Indian language that they speak.

These videos resources may help you to get started:

Hindi: <https://www.youtube.com/channel/UCQjj7y-JGGj12vwh1buz62Q>

Punjabi: <https://www.youtube.com/playlist?list=PLD3kxDz4OFx0Z6ZSIIe0hKcARpc5axf65>

15 THE PROMISE

Here's a challenge: can you learn to **say the Promise** in an Indian language? Perhaps you know someone who speaks Gujarati, Punjabi, Hindi or another language from India. If not, see if there is a local language centre, school or library that can help you.



Section 2:



Who is India?



Who is India: Factfile

Population: **1.27 billion**

- second most populous nation in the world after China

Main Religions: **Hinduism**
Islam
Christianity
Sikhism

- many other religions in India, including Jainism, Baha'ism, Buddhism and others

Regional Cuisines: **30-40**

Some of the more well-known regional cuisines include:

- North: Punjabi, Rajasthani, Kashmiri
- East: Bengali, Assamese
- South: Tamil Nadu, Kerala, Hyderabadi,
- West: Gujarati, Maharasthrian, Goan



Religion in India

A number of the world's **largest and oldest religions** have their origins in India. For example, **Buddhism** is based on the teachings of Siddhartha Gautama who is believed to have lived in East India around 2500 years ago. Even older is **Jainism**, which emphasises nonviolence and self-control, and may be as many as 3000 years old. By contrast, **Sikhism**, was founded around 500 years ago in the area of **Punjab**, on the border of modern-day India and Pakistan. A key facet of Sikhism is the *Langar*, a free kitchen where meals are prepared for visitors regardless of their background.



Volunteers preparing the Langar



The Harmandir Sahib, known as the "Golden Temple"
Amritsar, Punjab, India

Hinduism, the main religion in India and a way of life for over 80% of its population, is widely regarded as the **oldest religion** in the world. Both "Hinduism" and "India" get their names from the *Indus river*, which flows through modern-day Pakistan and Northern India. The historical **Vedic religion** likely began here as an oral tradition. The *Vedas* were later written down in **Sanskrit**, and are now **sacred texts** in Hinduism.

India's second and third largest religions, **Islam** and **Christianity**, both came to India from other parts of the world, and have become well-established there. Indian religions and philosophical traditions have also been **influential** in other countries. The concept of **Karma** and the practice of **Yoga**, both stemming from Hinduism, are two well-known examples.



The "Rigveda" is the oldest Veda and one of the world's oldest religious texts



16 FESTIVAL OF COLOURS

Learn about the Festival of Colours here: <https://www.youtube.com/watch?v=xaysqwFoVOE>

Holi is an ancient Hindu religious festival to celebrate the spring harvest and marking the end of winter – watch the short **video** above to learn more about it. One of the things people do in this Festival of Colours is **throw paint** and coloured powder at each other! **Celebrate Holi** as one big group – find an outside area with plenty of space for running around, and bring plenty of paint powder! Oh – and don't forget to **clean up** afterwards!

17 FESTIVAL OF LIGHTS

Diwali is a Hindu festival that takes place in between **October** and **November** each year, and it signifies the power of **light over darkness**. *Diyas* (oil lamps) and lanterns, among other things, are used as decorations during this period. You can **make your own Diya** with salt dough and a tealight candle and decorate it with sequins, glitter, paint, or anything you like. Or you could **make a paper lantern** and put a battery-operated light inside. Use bamboo sticks or cardboard for the frame, and cut some slits in paper or use tissue paper for the body to let the light through.

Need some inspiration?:

<http://balshala.com/uploads/DiwaliLantern.pdf>

<http://ideasoutofthemist.blogspot.com/2012/10/how-to-make-paper-lantern-lamp-for.html>

<http://idiva.com/news-work-life/diy-diwali-paper-lanterns/17427>

18 THE FIVE KS

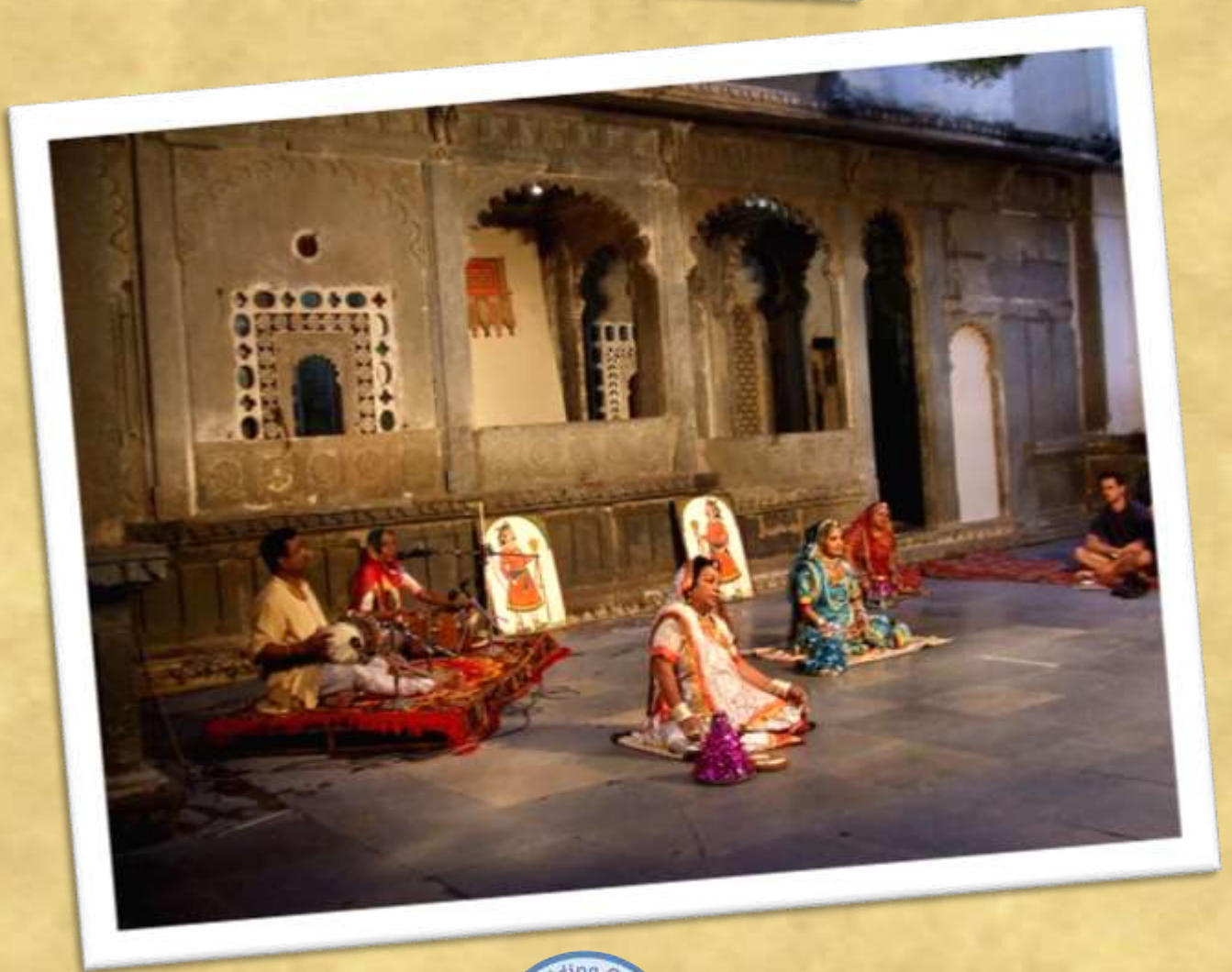
The “Five Ks” are five sacred symbols or “articles of faith” generally worn by Sikh men. Can you **find out what they are** and what they represent? What are some other key elements of traditional Sikh dress? **Draw a picture** of a person in traditional Sikh attire with the 5 Ks.

You might find the resources on about.com useful:

http://sikhism.about.com/od/culture/tp/Traditional_Dress_of_Sikhs.htm







Indian Food

India is a huge country, and is home to dozens of different **regional cuisines**. Indian food is popular all over the world and has been adapted to suit local tastes overseas, as well as absorbing new influences at home.



Pesarattu and Ginger chutney



An authentic Bengali meal

Many **spices** like ginger, cumin and cinnamon, originated in India, and they give Indian food an incredible range of **flavours and colours**. But did you know that **chilli peppers** are not native to India? They were originally brought by European mariners who got them from South America. So it took many years and lots of cultural interaction to get the **hot and spicy** Indian food we know and love today!



Bengali spices



*Spices in Mapusa Market
Goa, India*



Chillies at a market in India

Maybe you've tried the classic Indian dishes **Chicken Tikka Masala** or **Vindaloo curry**. In fact, Chicken Tikka Masala was invented in the 1980's in Britain, while Vindaloo is an Indian adaptation of a Portugese dish! They are both examples of food being adapted to a new environment.



19 INDIAN COOKING*

Cook an Indian dish! There are a handful of **recipes** in the Activity Sheets section at the back for you to try. There are **sweets** and **savoury dishes**, and most of them are very simple. Time to get cooking!

Make sure you get an adult to help you before you use any cooking equipment.

20 FOOD BLOG*

Find an Indian food topic that interests you, and **write a short article** about it (no more than a page). If you have a blog, you could post it online. As an example, you might like to **research an Indian dish** you like the sound of. You could find out where the dish was first made, where the ingredients originally came from, and where in the world it has spread to. Some other ideas are **hunger** and **food production** in India, or how foreign restaurants like McDonalds have adapted to India. There are some suggested resources and a sample article in the Activity Sheets section to get you started.

21 HEALTHY EATING

Many spices are said to have health benefits. Choose a spice to learn more about and make a poster encouraging people to use it in their cooking.

22 THE GREAT DEBATE

Split in to two groups and **stage a debate** with the motion “This House Believes That a Traditional Indian (or Jain/Hindu) Diet is Better than a Traditional English (or British/Manx) Diet”.

Debates work best if you strongly agree or strongly disagree with the motion! Prepare your argument carefully to give your group the best chance of winning the debate. Areas to think about could include **nutrition**, **animal welfare**, **the environment**, **biodiversity**, **cultural/religious approaches** to eating, **social/economic/political factors** that affect diet (e.g. class/caste, poverty, war)



Indian Animals

India is home to some **amazing animals**, both large and small. Do you know which one of these is **India's national animal**?



Royal Bengal Tiger, New Delhi



Camel, Rajasthan



Elephant, somewhere in India!

Within India's varied geography are the natural **habitats** of all sorts of animals. The grasslands of Assam are home to the **Greater One-Horned Rhino**, while in Rajasthan's vast swathes of desert you can find the dromedary or **Indian Camel**. There are even **Asiatic Lions** in Gujarat's Gir Forest, though sadly this subspecies is critically endangered.



Asiatic Lion, Gir Forest



Monkeys eat chapatis too!

You're probably used to seeing cows on **farms**, or maybe sometimes in a zoo. In India you will rarely find this. Cows are **sacred** in Hinduism so they are rarely used for meat, and they are not kept in farms – instead they are **free** to wander around as they please!



A cow having a rest - in the middle of the road!



23 ANIMAL TREASURE HUNT

In pairs, make **two identical pictures** of an Indian animal (they should be as similar to each other as possible).

Then: cut one of the pictures into four pieces and hide the pieces all over the hall (or field, depending on where you are doing the activity). Now swap your remaining picture with another pair. The first pair to find all the pieces and complete the animal is the winner!

24 ANIMAL PROVERBS

There is a saying that “Leopards can’t change their spots”. It is from the book of Jeremiah in the Bible.

- What does this mean? Is this true? Discuss this in your groups.
- What other animal themed sayings can you find?
- In a large group, everyone should pick a real proverb and make one up, with a convincing story of what the made-up saying means and where it comes from. Can anyone guess which is a real proverb and which is fake?

25 MONKEY AROUND

Spend an evening being a monkey!

- Lice! Spread a rug or fake fur on the floor and liberally sprinkle dry rice on it. Have a competition to see who can pick up the most lice!
- Banana Peel Challenge! Try and peel a banana with your hands behind your back.
- Don’t Drop The Banana! Take a bunch of yellow balloons and get some music ready. When the music is playing, throw the balloon in the air – don’t let the balloon touch the floor while the music is playing!
- Invent a monkey dance, or spend the night walking like a monkey!



Bollywood

You've probably heard of Bollywood – maybe you've seen a Bollywood **film** or heard some of the **music**. People tend to think Bollywood refers to Indian cinema in general – in fact, this **nickname** just applies to the Hindi language film industry in **Mumbai**. The word is of course derived from “Hollywood” – the “**B**” comes from **Bombay** – the old name of Mumbai. The correct formal term is “**Hindi Film Cinema**”.



Bollywood dancers in London

Bollywood films are famous for their **energetic** song and dance scenes, which often **blend** influences from **classical** Indian dance styles and folk dances with Western **pop culture** influences. There are of course many other forms of traditional music and dance in India outside Bollywood too.



A modern Bollywood dance



Traditional Rajasthani dance – not part of Bollywood!

Bollywood films are loved in many parts of the world. As well as enjoying popularity in other **Asian countries** like Bangladesh and Sri Lanka, Bollywood films have been successful in the UK. Bollywood also has connection to one of the smallest islands of the British Isles - there is a Bollywood actress who grew up in Colby on the Isle of Man! (See if you can find out who she is!)



26 MOVIE NIGHT!

An easy activity for everyone to do – **watch a Bollywood film together!**

27 DISCO TIME!

Believe it or not, sometimes the **soundtrack** to a Bollywood film is more popular than the film itself! Have a disco night and **play Bollywood songs**. Lots of the songs have great **rhythms** that are perfect for dancing to. You could even try to find someone to teach you some Bollywood **dance moves!**

28 INDIA PARTY!

There are lots of creative activities in this pack and lots of them are more fun to do together. Why not **throw an India-themed party** and try out as many of the activities as you can? You can have Indian music playing, wear Indian clothes, buy or make some Indian snacks – maybe order a takeaway, or get a restaurant to host a party for you. You could also use this activity as a **fundraiser** for Section 4.



Section 3:

Women in India



Women in India: Factfile

Female Population: **615 million**

Female literacy rate: **65.46%**

No. of females
married by age 18: **65%**

Average age at
first maternity: **19-20**

FGM* : **Documented but
no estimates of
prevalence**

* see guiding resources on FGM



Extraordinary Women

There are – and have been – some **amazing Indian women**. Among the list of notable Indian women are a President of the UN General Assembly, a prize-winning author – and an **Astronaut!**



The first Indian woman to go to space

Did you know that India's third Prime Minister was the **world's longest-serving woman Prime Minister**? There are also some extraordinarily successful **Indian businesswomen**. **Chitra Ramkrishna** won Forbes' "Women Leader of the Year" award in 2013 as Chief Executive Officer and Managing Director of the **National Stock Exchange of India**. Another woman, **Naina Lal Kidwai**, was the first Indian woman to graduate from Harvard Business School and worked her way to become the boss of HSBC India.



Naina Kidwai at the 2013 Horasis Global India Business Meeting

The **status** of women in India has undergone great changes throughout history – often difficult changes – as it has in most countries in the world. But women in India continue to **achieve amazing things** – whether in outer space or back here on earth!



29 FAMOUS INDIAN WOMEN*

In your groups of six, choose one of the Famous Indian Women on the Activity Sheet. Make sure each group chooses a different woman to learn about. **Find out** as much as you can about your chosen woman, and:

- perform a short sketch where you **act out** her greatest achievement;
- **write** and **perform a song** (or rap!) that describes her life; or
- do a **presentation** about the woman to teach to the rest of the group.

30 PARALLEL LIVES

As you can tell from the statistics on page 23, lots of Indian women don't have the chance to get a good education, and lots of women marry and have children much younger than in this country.

- **Imagine** how your life would be aged 10, 20, 30, 40 etc. if you didn't go to school and got **married** at 18.
- Now imagine how you think your life will actually be at these ages.

Think about the **differences** and **similarities** between your two imagined lives and **write** out your parallel life stories. You could divide a page into two columns and write a sentence per decade for each life. Or you could **draw a cartoon**: start in the middle of a large piece of paper, with your two life paths going in different directions.

31 SPECIAL DELIVERY

Choose an Indian woman, past or present, who has achieved something or done something you find remarkable, and **write a letter** to her. What questions do you have for her? What would you like to tell her?

If your chosen woman has current contact details, you could **send** your letter to her – who knows, if you're lucky maybe she will reply!

32 FGM

See the Guiding resources on FGM if you want to cover this topic.



Indian Weddings

A **wedding** is a significant event and an occasion for the bride, groom, family and friends to **celebrate**. Indian weddings are no exception and some wedding rituals and festivities can often be spread over **several days**.



A Muslim couple getting married by the Tungabhadra River in India

Different **cultural** and **religious** traditions have different wedding **customs** – for example, Hindi weddings often involve a ritual called *Haldi*, where the couple are dusted with **turmeric** on their faces and bodies. In the Western world many brides wear a **white dress**, while in Hindu tradition it is the **groom** who wears white, with the bride wearing a brightly coloured **sari**.

Some customs are common to several religious traditions. Many wedding traditions involve adorning the bride with *mehndi* or **henna** designs.



Henna on hand with camel



Mendhi work done at a wedding



Tattoo with Henna Gujarat, India

Traditionally marriage is seen as the joining of two families. Often marriages are **arranged** by senior family members, who sort out a **match** based on **religious belief**, **social status** and **wealth**. Today, “**love matches**”, where the couple marry after falling in love, are becoming more common.



33 HENNA NIGHT

Henna, also called **Mehndi**, is a type of dye that comes from the **Henna tree**. The word “henna” comes from Arabic, while Mehndi comes from Sanskrit. The dye is used for **body art** in India as well as other parts of Asia, the Middle East and Africa. Though often referred to as tattoos, Henna body art is **non-permanent**.

Have a Henna night and do some Henna themed activities:

- Find some henna patterns on the internet
- Get someone who knows how to do Henna Tattoos to come to your Girl Guide group and teach you
- Find out where you can buy Henna locally and have a go in pairs at creating your own Henna designs and painting them on your hands.

Make sure you ask about the quality of the dye and be careful if you have any allergies

(Henna can take up to three weeks to fade, so make sure your **school** and your **parents** are ok with that!)

34 TIME TO SHINE

Indian women often wear all sorts of beautiful jewellery at their weddings, including necklaces, earrings, bangles, rings, headpieces – the list goes on! Bangles in particular have a ceremonial importance in several customs to do with marriage and maternity. What can you find out about Indian jewellery?

Why not try to make your own jewellery with arts and crafts materials? Weave embroidery threads together to make a colourful bangle, or create a necklace or headpiece with beads. Come up with your own ideas too!

35 INDIAN CLOTHES

Find out about a **Sari**, **Churidar** or **Shalwar Kameez** and describe one of them. Why do Indian women wear these clothes? What are the advantages?

Make an Indian costume out of sheets, cloth or toilet paper and dress up one person in your small groups!

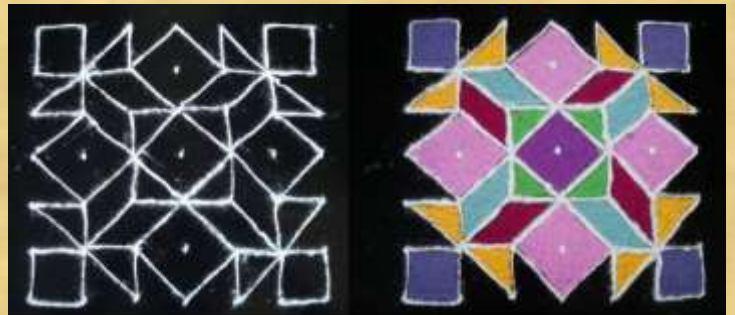


Indian Art

There are a lot of traditional arts and crafts in India, with many of them having a cultural or religious significance. For example, Indian women create beautiful patterns called **Rangoli** for a number of festivals and special occasions including **Diwali**. They can be made with flower petals, coloured rice, sand and flour, and can be simple or elaborate in design.



A rangoli made with flowers



Rangoli before and after colouring

Shisha is a form of traditional **embroidery** using sequins and mirrors that began in the seventeenth Century. It is now found in many parts of Asia.



Tibetan prayer flags



Shisha embroidery from Gujarat

Prayer flags have a long association with **Buddhism**, and in particular with Tibetan Buddhism. Two places that you can probably find prayer flags in India are **Sikkim** and **Ladakh**, which share their border with Tibet.



36 RANGOLI SHAPES*

Many Rangoli are based on geometrical shapes. You can start with a grid of dots, form a pattern and then colour it in. Use the template in the Activity Sheets section to **create your own Rangoli design**, and colour it in. You could look online for some inspiration, or even just download a selection of Rangoli shapes that you like to colour in.

You can look online for some inspiration – try www.ActivityVillage.co.uk/rangoli to get you started.

37 SHISHA DESIGNS*

Use the Activity Sheet on Shisha to make and embroider an item of your choice. You could make a **bookmark** with fabric in one of the colours from the Indian flag, or you could make a **bracelet** – it would need to be a little wider than the size of the mirrors you use. For Guides, you could make a **scarf**, creating your own designs.

38 PRAYER FLAGS*

If you want to make authentic-looking prayer flags, you might want to do a bit of **research** first by answering the questions on the Activity Sheet. You could use coloured fabric, or download a template to print on to coloured paper. Alternatively, instead of prayer flags you could make **bunting**, which is a great form of decoration and very easy to make. Have a look at the Activity Sheet and create your own **India-themed bunting**.



Section 4:

Girl Guides in India



Girl Guides in India: Factfile

Name of National Association: **The Bharat Scouts and Guides**

Guiding first introduced: **1911**

- Guiding came to India just two years after Scouting

Number of Guides: **1.3 million** (2005)

World Centre opened: **1966** (Sangam, Pune)



There are four WAGGGS World Centres.
One of them is Sangam in Pune, India.

Sangam means “coming together” in Sanskrit.

On 16th October 2016, Sangam World Centre will
celebrate its 50th birthday.

**Sangam has invited Girl Guides all over the world
to visit the World Centre for the celebrations!**

Visit their website to view the invitation and learn
more about Sangam World Centre:

<http://www.sangamworldcentre.org/en/programmes/events/50bday>



For this section, you have two choices, **A** and **B**.

Whichever option you choose, you will need to raise funds to help you complete this task.

We have compiled a list of potential fundraising activities which you can find in the Activity Sheets section.

Do as many of them as you can, and see how much you can raise!

You can of course add to this list as well if you come up with your own fundraising ideas.



A. Visit India

On 16th October 2016 Sangam World Centre, Pune, India starts a year of celebration of its 50th birthday. Could you organise a trip to join in their celebrations? You can find out about their programme at:

<http://www.sangamworldcentre.org/en/programmes/events/2016events>

Amongst other things you will need to consider the following:

- Decide which of their programmes you would like to attend, and make a presentation to the group to persuade them to support your choice
- Draw up an itinerary to enable you to visit
- Locate a local person who knows India well and arrange for them to come and talk to your group
- Discuss with your GP which inoculations/immunizations you will need
- Compile a list of all the things that you need to do before you go, with dates by which they need to be done

B. Help for India

Get in touch with one of the following charities (all of which do work in India) and get a representative to come in and talk to the group about the work their charity does and how their funds are used.

1. Christian Aid
2. A.S.K.
3. MANSVI
4. Grace Third World Fund
5. Oxfam
6. CAFOD

Your task is to support your chosen charity!





Activity sheets

1 FAMOUS PLACES

On the left are some **Indian place names** and on the right are things that each place is **famous for**. Can you **match them up**?

Darjeeling

trousers

Bengal

mix

Bombay

tiger

Kashmir

(Cashmere)

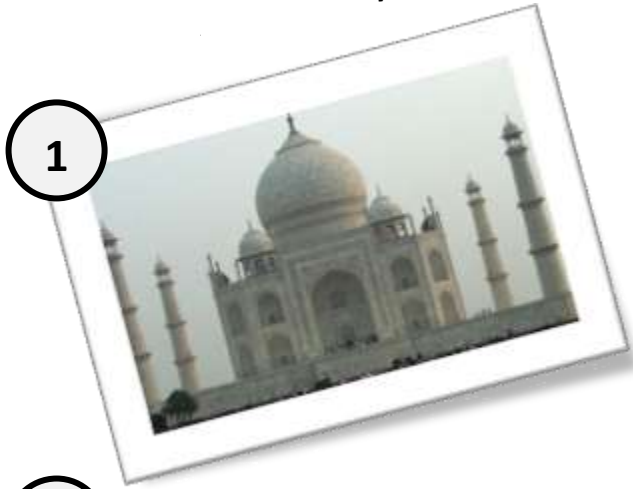
tea

Jodhpur

jumper

2 HOLIDAY SNAPS

Here are some numbered **pictures** of places in India. Can you work out where each place is? Put the right number in each box!



Ganges River	India Gate	Lotus Temple	Thar Desert	Red Fort	Taj Mahal

3 INDIA PLACES QUIZ

Here are the names of 20 places in India. On the next page there are 30 questions for you to find the answer to. Get more than 15 answers correct to win a prize!

New Delhi

Calcutta

Gujarat

Chennai

Goa

Odisha

Hyderabad

Rajasthan

Nagpur

Bombay

Pune

Bangalore

West Bengal

Assam

Udaipur

Sikkim

Jaipur

Kerala

Jaisalmer

Punjab

Questions

1. Which ones are states and which are cities?
2. *Bombay* has a different name now. What is it?
3. From which area does India's national animal take its name?
4. Which place is famous for its production of tea and silk?
5. In which city was Gandhi born?
6. Which state is both the smallest and the richest in India?
7. In which state is the Hindu pilgrimage destination Jagannath Temple?
8. Where did Mother Teresa spend much of her life?
9. Which place has been featured in a James Bond film?
10. Where is the language of Gujarati spoken?
11. Which name means City of Virtue?
12. In which city can you visit the Qutb Shahi tombs?
13. What is Calcutta called now?
14. Where would you find the *Hawa Mahal* or "Palace of Winds"?
15. In which city do some people celebrate "Karaga"?
16. Which state is a popular tourist destination, famous for its beaches?
17. Which city served as the first capital of India under the British Raj?
18. Which city is the current capital of India?
19. Which Indian state has the largest domesticated elephant population?
20. Which place is known as Orange City?
21. Which place is known as Pink City?
22. Which place is known as the Golden City?
23. In which state would you find the Orange, Pink and Golden cities?
24. Which city has previously hosted the Commonwealth Youth Games?
25. Which city does Madras curry ultimately get its name from?
26. Which state is in the Himalayan mountains?
27. Which city has the highest population?
28. Where did *Bhangra* dancing originate?
29. The Laxminarayan Temple was inaugurated by Mahatma Gandhi in 1939. Which city is it in?
30. Which place name means "Five Rivers"?

Answers at the end of this section

12 ENGLISH AND INDIAN WORDS

Look at the word pairs below. See if you can guess (or work out) which of the words in each pair has its roots in an Indian language, and which one doesn't.

thug... or hooligan ?

bangle... or bracelet ?

rob... or loot ?

bed... or cot ?

cottage... or bungalow ?

jungle... or forest ?

rice... or oats ?

scarf... or shawl ?

Answers at the end of this section

19 INDIAN COOKING

CHAPATIS

Chapatis are a type of flatbread made with wholemeal flour. You might have heard them referred to as “*roti*”, which is a term used for any unleavened flatbread. *Chapati* refers specifically to flatbread made with wholemeal flour and cooked using a frying pan or similar utensil.

Flatbreads are a great accompaniment to curries and other main dishes. They do require a bit of preparation, but only a handful of ingredients are needed. Use as much water as you need, adding it gradually to the flour and kneading as you go, to ensure you get the right consistency of dough.

- water as required
- salt to taste
- wholemeal flour two cups (about 270 grams)
- oil (vegetable or sunflower) two tablespoons

To make *chapatis* just follow these simple steps:

1. **Mix** flour and water and **knead** them together to make a **dough**, adding salt to taste. Mix in the **oil**, and once the dough is nice and **soft**, set it aside for ten minutes.
2. **Roll** the dough into little balls and **flatten** them out into circles about 16 centimetres in diameter, **coating** them in flour to stop them sticking.
3. **Heat** your *chapatis* one by one in a pan on a medium heat, turning them over once raised bumps start to appear on the surface. When they are nearly done you can **press the edges** gently with a kitchen towel or dishcloth so they will **puff up** more readily.

For more detailed instructions for making chapatis, with pictures for every step, check out this useful guide on *About Food*:

<<http://indianfood.about.com/od/breadrecipes/ig/How-to-Make-Chapatis/>>



SAG ALOO (POTATOES WITH SPINACH)

This is a super easy, very nutritious dish to make – and it tastes delicious!

You will need:

- | | |
|-----------------------|---------------|
| ▪ potatoes | 500 grams |
| ▪ spinach | 250 grams |
| ▪ onion | 1 |
| ▪ garlic | 2 cloves |
| ▪ ginger | 1 tablespoon |
| ▪ chilli | 1 |
| ▪ turmeric | ½ teaspoon |
| ▪ black mustard seeds | ½ teaspoon |
| ▪ cumin seeds | ½ teaspoon |
| ▪ sunflower oil | 2 tablespoons |



Preparation:

- **Chop up** the **onion**, **potatoes** and **ginger**. The **onion** should be very **finely chopped**, and the **potatoes** cut into two-centimetre **cubes**.
- **Slice** the **garlic** and **chilli**. (For the chilli, you'll first need to **remove the seeds**.)

Cooking:

1. **Boil** the potatoes for a few minutes, drain and set aside.
2. Heat up the **oil** in a pan.
3. Add the **onion**, **garlic** and **ginger** and fry them together for **three minutes**.
4. Now add the **potatoes** with the **chilli** and all the **spices**. **Stir** it all in and keep cooking and stirring it for **five minutes**.
5. Once the potatoes have **softened** and are ready to eat, add the **spinach**.
6. When the spinach has wilted, your **sag aloo** will be ready to eat!

NARIYAL BURFI

Burfi are a type of sweet confectionary. There are many varieties – for example, you can make them with walnuts, carrot, chocolate and pistachio amongst other things. They get their name from a Persian word meaning “snow”, so we have chosen Nariyal Burfi which is made with coconut!

You'll need the following:

- | | |
|----------------------------|----------------------|
| ▪ desiccated coconut | 225 grams |
| ▪ sweetened condensed milk | 1.5 tins (397 grams) |
| ▪ flaked almonds | 70 grams |
| ▪ ground cardamom | 1 tablespoon |

Method

1. **Grease** a 23cm tin.
2. Get the **coconut** and **condensed milk** and **stir them together** in a large microwaveable container.
3. Put the mixture in the **microwave** for **7 minutes** on the highest setting. Pause it every 30 seconds to give the mixture a good **stir**.
4. Once this is hot and bubbling, it's time to **stir in** the **almonds** and **cardamom**.
5. When you've done that, **pour** this into the tin and **smooth** the top with a spatula.
6. Leave it to chill for an hour in the refrigerator. Then, **cut it into 1-inch squares** with a greased knife.



A selection of different Burfis

RAS MALAI

The name Ras Malai or Rosh Malai comes from two Hindi words meaning “juice” and “cream”. It is a sweet milk-based dessert with flavoured doughballs, garnished with pistachios and almonds.

Here’s what you’ll need to make this delicious, rich dessert:

- | | |
|--------------------------|-----------------|
| ▪ milk | 750 millilitres |
| ▪ milk powder | 80 grams |
| ▪ caster sugar | 150 grams |
| ▪ baking powder | 1 teaspoon |
| ▪ rose water | 1 teaspoon |
| ▪ egg white | 1 |
| ▪ chopped pistachio nuts | a handful |
| ▪ chopped almonds | 1 tablespoon |
| ▪ saffron | just a pinch |
| ▪ yellow food colouring | just a drop |
| ▪ cardamom powder | just a pinch |



Method

1. **Boil** the milk in a pan and put it on a low heat.
2. Add the **sugar** to the milk.
3. **Mix together** the baking powder and milk powder in a small bowl.
4. Add the **egg white** and knead the mixture to make a smooth dough.
5. Make **cherry-sized balls** out of the dough.
6. Cook the balls in the milk until they **double in size** and they are **soft** in the middle.
7. Add the **rose water, cardamom powder** and **yellow food colouring** to the milk, and keep cooking until the milk becomes thick.
8. **Garnish** with pistachios, almonds and saffron. Let them cool before you serve them.

BESAN LADOO

You might have had *kofta* before (a type of meatballs). You can think of Besan Ladoo as a **sweet alternative to kofta**. They are eaten during festivals and are particularly popular in **Maharashtra**.

Amongst other things, you will need to find besan and ghee for this dish. **Besan** is also called **gram flour**, and is made from ground chickpeas. **Ghee** is a type of **clarified butter** – you can look up what this means if you want!

You will need to find the following ingredients for this dish:

- | | |
|--------------------------|-----------------|
| ▪ ghee | 180 millilitres |
| ▪ besan (chickpea flour) | 185 grams |
| ▪ ground almonds | 3 tablespoons |
| ▪ caster sugar | 100 grams |
| ▪ ground cardamom | ½ teaspoon |



Method:

1. Mix the ghee and besan together and heat the mixture in a wok over a low heat.
2. Keep stirring the mixture until the chickpea flour is toasted and the mixture smells appetising! The mixture should not be lumpy or powdery.
3. Allow the mixture to cool slightly until it is no longer hot but still warm.
4. Mix in the ground almonds, ground cardamom and caster sugar.
5. Shape the mixture into round balls about the size of walnuts. The mixture should still be warm at this point.
6. Allow the *besan ladoos* to cool completely.

Once the *besan ladoos* have cooled, they will be ready to eat, but they are best if you leave them to sit for a couple of hours in an airtight container.

20 FOOD BLOG – SAMPLE BLOG POST

Vegetarianism, Religion and Politics in India

Vegetarianism is more widespread in India than in any other country in the world, with between a quarter and a third of the population eating no meat and many more eating it infrequently. As a result, most places have a selection of vegetarian and non-vegetarian restaurants.

Vegetarianism originated in India and ancient Greece, and has since spread around the world. Its most tenacious roots are in ancient Indian philosophy and the idea of nonviolence or *ahimsa*. Nowadays, many Indians continue to make vegetarian choices for cultural and religious reasons.

In some parts of the world, vegetarianism is a personal choice made for a variety of reasons – dislike of meat, concern for animal welfare or for the nutritional and health benefits. In India it can be a much bigger issue. A country with a strong tradition of vegetarianism, demand for meat is now rising among the growing middle class. However, the current Prime Minister of India, Narendra Modi, has heavily criticised India’s growing meat industry, accusing his predecessors in the Indian National Congress (INC)-led government of leading a “pink revolution”, claiming they “are hellbent on ruining the animal wealth of the nation”.

As the leader of India’s Hindu-Nationalist party (the Bharatiya Janata Party or BJP), Modi’s stance is unlikely to sit well with Indian Muslims, who tend to be among the meat-eaters in India. Tensions surrounding the issue of meat eating are religious as much as they are political. For example Muslim vendors of eggs, chicken and other meat products have found their jobs under threat when the attempts of Jain vegetarian activists to impose vegetarian zones in Gujarat gained political supported from BJP members.

20 FOOD BLOG - SOME RESOURCES

The politics of vegetarianism in India:

- <http://www.openthemagazine.com/article/living/off-my-table-you-damn-carnivore>
- <http://thedisorderofthings.com/2014/12/11/the-politics-of-modis-vegetarianism/>
- <http://www.thenews.com.pk/Todays-News-1-242214-Narendra-Modi-says-animal-slaughter-will-ruin-nation>

Poverty, Hunger and Food Production

- <http://www.nytimes.com/2012/06/08/business/global/a-failed-food-system-in-india-prompts-an-intense-review.html?pagewanted=all&r=0>
- <http://thediplomat.com/2014/08/indias-dangerous-food-subsidies/>
- <http://www.treehugger.com/sustainable-agriculture/5-ways-improve-global-food-security.html>
- http://www.huffingtonpost.com/2012/05/15/india-child-hunger_n_1517098.html

McDonald's in India

- <http://www.npr.org/2012/09/23/161551336/mcdonalds-in-india-would-you-like-paneer-on-that>
- <http://finance.yahoo.com/news/mcdonalds-beef-india-meatless-menu-220612075--finance.html>
- <http://www.bloomberg.com/bw/stories/2007-01-24/mcdonalds-is-loving-it-in-asiabusinessweek-business-news-stock-market-and-financial-advice>

History of Chicken Tikka Masala

- <http://fooddetectivesdiary.blogspot.com/2011/02/brief-history-of-chicken-tikka-masala.html>
- <http://roadsandkingdoms.com/2014/who-owns-chicken-tikka-masala/>
- <http://www.someplaceinbetween.com/files/chicken-tikka-masala.php>
- <http://www.wstudies.pitt.edu/blogs/jac284/chicken-tikka-masala-true-british-national-dish>

There will of course be other amazing Indian women, but these are among the most famous and successful.

Astronaut and Space Shuttle Specialist

Kalpana Chawla

Man Booker Prize-winning Author

Arundhati Roy

Olympian track and field athlete

P.T. Usha

Olympian boxer

Mary Kom

First female Lt. General of Indian Armed Forces

Punita Arora

First woman president of UN General Assembly

Vijayalaxmi Pandit

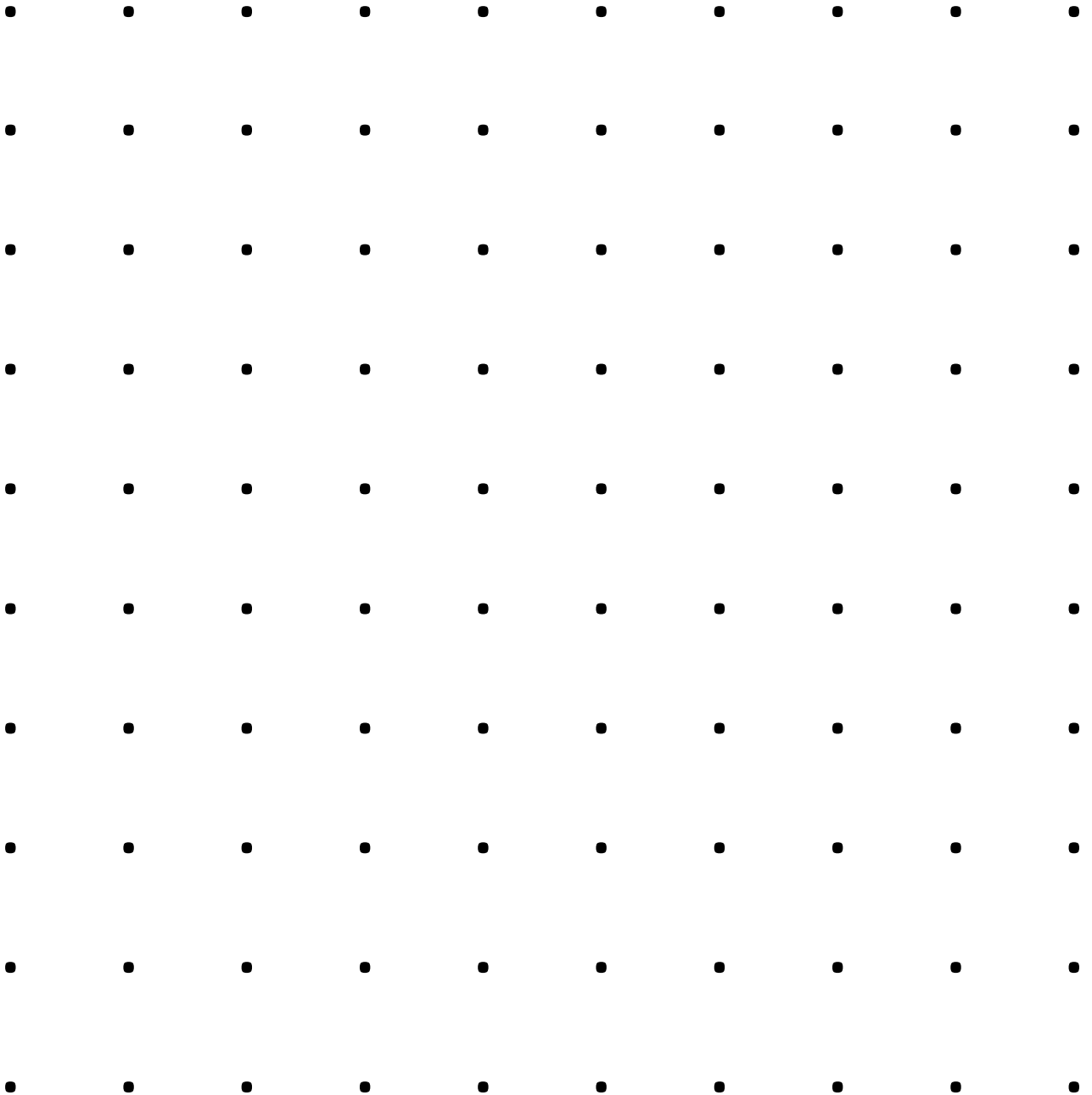
First woman Prime Minister

Indira Ghandi

Bollywood Actress

Vidya Balan

36 RANGOLI SHAPES



37 SHISHA DESIGNS

To do shisha you will need:

- some **coloured fabric**
- a small round **mirror**
- a **needle and thread**
- some **glue**

Method:

1. Stick the mirror to fabric and draw round it, about 2mm away.
2. Chain stitch along the outline that you have just drawn.
3. Work a button hole stitch all round the inside of the chain, working into each stitch of the chain
4. You can work as many layers of button hole stitch in towards the centre of the mirror as you like.
5. When you have completed your final circle, take the needle under the stitch to the outside edge of the circle. Pull it through to the back of the fabric and fasten the thread off.

You can find video tutorials online if you get stuck.

(e.g. [http://www.youtube.com/watch?v=7xu\]po-O9zo](http://www.youtube.com/watch?v=7xu]po-O9zo))

38 PRAYER FLAGS

Here are some pictures of bunting to give you an idea:



Red, white and blue bunting



Coloured bunting



Pink Bunting

To make bunting you will first need to buy **coloured fabric** and a long **cord**. See if you can find local **Fairtrade cotton** to use for your bunting, or go to www.fairtradefabric.co.uk

- Cut the fabric into triangles. You could neaten the edges (or not!)
- To attach them to the cord: **fold over** the top half inch
- Either **stitch** or **paste** them in to place

If you want to make prayer flags, you can use a similar method – but first you will need to find the answer to these questions:

- What **five colours** are used in Tibetan prayer flags?
- What do the different colours **symbolise**?
- How are the flags decorated? What **pictures** and **texts** are used?

39 FUNDRAISING IDEAS

- **Cake sale**
- Try and organise a **dress down day** for school
- **Do some jobs** at home for pocket money
- **Donate your pocket money**
- **Sponsored silence** (or sponsored read/ sponsored walk/ sponsored live-without-your-mobile-for-a-week etc.)
- **Concert**
- **India disco** or **India party** (entry fee)
- **Selling sweets** in your group
- Design an **app**
- **Jewellery** (make your own to sell)
- **Treasure map**
- **Raffle** (see if you can get people/businesses to donate prizes)
- **Quiz night** (you could use Activity 3 “Indian Places Quiz” for this)
- **Soup supper**
- **Wristbands** (order online, sell in school)
- **Beetle drive** (in the community)
- **Sleepover**
- **Car boot sale**

- **Fairground activities** (Guess number of sweets in the jar, name the teddy bear, lucky dip etc)
- **Bingo**
- **Auction of Promises** (agree to walk the dog/ do hairdressing/ gardening/ painting and decorating for the highest bidder)
- **Coffee and Crafts** (prepare some communal arts and crafts activities for the community and some refreshments – maybe bake some cookies)
- **Party in the Park** (hold an event in your local park, with members of the local community or local churches providing different family activities like face painting, a toy and book sale, a tombola or an obstacle course. You could also invite local musicians and dance groups to perform, and sell refreshments.)

ANSWERS TO ACTIVITIES 3 AND 12

The words thug, bangle, loot, cot, bungalow, jungle, rice and shawl all originate from either Hindi, Urdu or Sanskrit

- Answers:**
1. Cities: New Delhi, Calcutta, Chennai, Hyderabad, Nagpur, Bombay, Pune, Bangalore, Udaipur, Jaipur, Jaisalmer
States: Gujarat, Goa, Odisha, Rajasthan, West Bengal, Assam, Sikkim, Kerala, Punjab
 2. Mumbai
 3. Bengal or West Bengal (Bengal Tiger)
 4. Assam
 5. Gujarat
 6. Goa
 7. Odisha
 8. Calcutta
 9. Udaipur
 10. Gujarat
 11. Pune
 12. Hyderabad
 13. Kolkata
 14. Jaipur
 15. Bangalore
 16. Goa
 17. Calcutta
 18. New Delhi
 19. Kerala
 20. Nagpur
 21. Jaipur
 22. Jaisalmer
 23. Rajasthan
 24. Pune
 25. Chennai
 26. Sikkim
 27. Mumbai
 28. Punjab
 29. New Delhi
 30. Punjab

Appendix

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