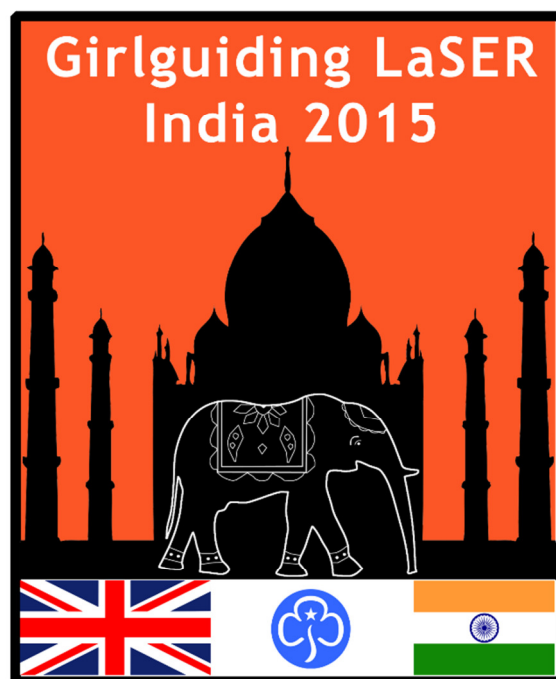


INDIA

Activity Pack



This Badge is suitable for all sections.

Rainbows and Brownies should complete 1 clause from each section and 2 of their choice from any section.

Guides and Senior Section should complete 2 clauses from each section and 2 of their choice from any section.

Templates and useful links are included in this Activity Booklet.

All monies raised will go towards funding the groups' trip to India and supporting the local village.

Contents Page

Introduction to the group and project	page 2
India and Bangalore information	page 3
Guiding in India	page 4
Traditions Activities	page 5
Salt dough recipe	page 6
Shalwar Kameez template	page 7
Arts and Crafts Activities	page 8
Elephant mask template	page 10
India Activities	page 11
Food Activities	page 12
Indian Recipes	page 13
Useful links	page 17
Order form	page 18

India Challenge Badge

Welcome to the India Challenge Badge. We are a group of 4 leaders and 13 Guides/Rangers/Young leaders (aged 13-17) from LaSER (London and South East Region). In August 2014 we will be travelling to India to volunteer for 2 weeks with a regeneration charity FSL (Field-service and Inter-cultural Learning) India, through the company Concordia. FSL is a youth organisation supported by Concordia. The aim of the project is to facilitate different projects within the local community. Whilst in the village the girls will eat with villagers and stay in basic accommodation provided by the local community (including sleeping on mattresses and eating in the traditional manner without utensils).

Each day we will work on a range of projects which will have been agreed by the community in consultation with FSL, such as carrying out English language activities with children, helping with a farming project, working with community leaders to support an environmental project (possibly helping to install a water supply to part of the village) or a health promotion activity. It may also include painting the school/classrooms with the support of a local artist.

The final week will be spent taking in the taking in the local culture and meeting with Indian Girl Guides.

This is obviously an exciting project for the entire group, and the girls have committed to prepare for the trip by undertaking training over three weekends between now and next summer as well as arranging various fundraising activities, to fundraise the £3000 cost per person.

The members of the group are very aware that our short time in India will not change the world, however we hope it will provide a different "camera angle" on life for the girls in our care, and as the girls come from across the whole of the south east creating a group identity and ensuring that all the girls fulfil their potential is going to be an exciting challenge.

India



India is the second largest country in Asia, after China. It shares land borders with Pakistan, China, Nepal, Bhutan, Burma and Bangladesh. India was once part of the British Empire and was known as the 'Jewel in the Crown'. It became independent in 1947 but remains part of the British Commonwealth. There are many different languages spoken in India, but the official languages are Hindi and English. India is developing rapidly but it still has huge problems with poverty. The capital city is New Delhi but the largest city is Mumbai. Other large cities include: Kolkata, Bangalore and Chennai.



Bangalore

Bangalore, also known as Bengaluru, is the fourth largest metropolitan area in India. It is located in Southern India on the Deccan Plateau and is the capital of the Southern Indian state of Karnataka. Bangalore is located at a height of over 900m (3,000 ft) above sea level, making it one of the highest major cities in India. Due to its high elevation it enjoys a more moderate climate throughout the year.

Bangalore is known as the 'Silicon Valley of India' because of its role as the nation's leading information technology (IT) exporter. The language that is mainly spoken in Bangalore is its native language of Kannada. Other languages such as Urdu, English, Tamil, Telugu, Malayalam and Hindi are also spoken in a few places.

Guiding in India



Girl Guiding in India started in 1909 and was a founding member of WAGGGS. They are called the Bharat Girl Guides.

Bulbul – ages 5-10

Bulbul Promise:

I promise to do my best,
to do my duty to God and my country,
to keep the Bulbul law and
to do a good turn every day

Bulbul Law:

- ❖ A Bulbul gives into the elders.
- ❖ A Bulbul is clean and courteous.

Guide – ages 10-17+

Ranger – ages 16-25

Guide and Ranger Promise:

On my honour I promise that I will do my best,
to do my duty to God and my country,
to help other people and
to obey the Guide law.

Guide and Ranger Law:

- ❖ A Guide is trustworthy.
- ❖ A Guide is loyal.
- ❖ A Guide is a friend to all and sister to every other Guide.
- ❖ A Guide is courteous.
- ❖ A Guide is a friend to animals and loves nature.
- ❖ A Guide is disciplined and helps protect public property.
- ❖ A guide is courageous.
- ❖ A Guide is thrifty.
- ❖ A Guide is pure in thought, word and deed.

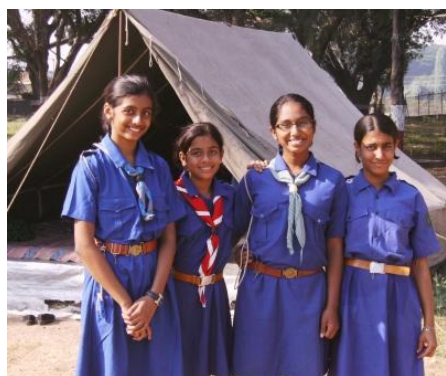


Photo taken from

http://www.worldthinkingday.org/en/activities10/national_uniform/view/1

All information on Indian Girl Guides is taken from <http://bsgindia.org/>



Traditions



- Make a Diva lamp out of clay or salt dough (recipe included in pack)

Diva lamps are oil lamps which are associated with Diwali, the Hindu festival of light which are places around the home. This is to commemorate the return of Rama and Sita from their 14 year exile. According to the ancient tale, oil lamps were lit to welcome them back home. The more lamps which are lit, the more likely it is that Lakshmi will be tempted to visit them, as the Hindus believe that she brings wealth with her when she visits.

- Make a Sari from bin bags or newspaper and have a fashion show.
- Listen to Bollywood music and learn/make up your own Bollywood dance.
- Learn to put on a sari.
- Design a Shalwar Kameez.

A shalwar kameez is a traditional outfit originating in Southern and Central India. It can be worn by both men and women and is made up of two garments.

- Take part in a yoga class
- Hold a tea tasting evening, where you can try different types of tea.

Here's an idea:

- Have a taste guessing game with different types of fruit tea. Which do you prefer?

- Learn some basic words in Hindi, you could use google translate to help.
- The Peacock is the national bird of India. Make a peacock.

Here's an idea:

- Make a paper plate peacock (see picture at the top left hand side of the page)
- Make a peacock body out of card and get every member of your unit to draw around their hand (twice if you are a small unit!) and use the hands to make the peacocks feathers (see picture at the top right hand side of the page).

Salt Dough Recipes

Air Dry Salt Dough Recipe:

Ingredients:

- 1 cup table salt
- 2 cups plain flour
- 1/2 -1 cup cold water

Directions:

In a large bowl mix salt and flour together with a spoon. Gradually add 1/2 cup water and continue to mix. Keep adding water until desired consistency. Once you can roll it into a ball, knead it on the table for a few minutes. You may need to add another drop or two of water. Don't make it too moist. When you have made your pieces, place them on waxed paper on a big piece of board or a table that you will not need for 48 hours. Turn the shapes over several times a day to help speed up the drying process. You will see it **is moister** in the centre of the shape. It takes anywhere from 30+ hours to completely dry depending on the size and thickness of the shape and the temperature of the room. Once they are completely dry use a fine sand paper to GENTLY get rid of any rough edges.

Oven Dry Salt Dough Recipe

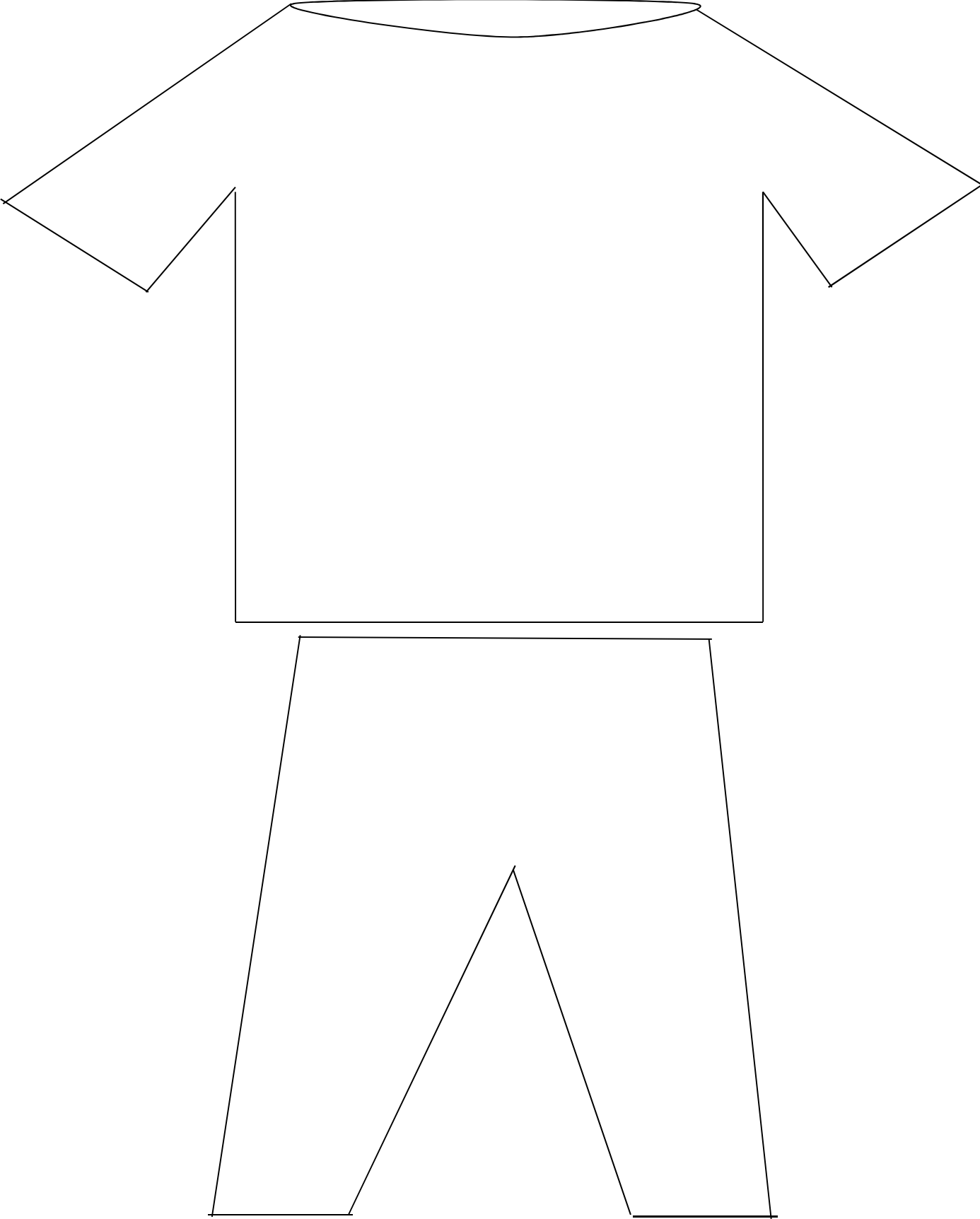
Ingredients:

- 1 cup salt
- 4 cups flour
- 1/2 -1 cup hot water (from tap)
- 2 teaspoons vegetable oil (optional)

Directions:

Mix the salt and flour together, then gradually add the water until the dough becomes elastic. (Some recipes call for 2 teaspoons of vegetable oil at this point.) If your mixture turns out too sticky, simply add more flour. If it turns out too crumbly, simply add more water. Knead the dough until it's a good consistency-then start making! Bake them at 200 degrees C / 325F. Baking times will vary depending on the size and thickness of the object, but make sure that all of it is hard. If the dough starts to darken before cooking is complete, cover with aluminium foil. Painted keepsakes will need to be sealed on all sides with clear varnish (you could use PVA glue) or polyurethane spray.

My Shalwar Kameez design





Arts and Crafts



➤ Design your own Henna pattern.

Here's an idea;

- Draw around your hand and then use felt tips/pencils to draw on your design
- Use eyeliner/face paint to draw on a friends hand (please check for allergies!)

➤ Make an elephant or tiger mask

Here's an idea;

- Use a paper plate, see pictures above
- Use the elephant template included below

➤ Make beaded necklaces or friendship bracelets.

➤ Make paper lanterns for Diwali.

How to:

- 1) Fold a decorated rectangular piece of paper in half length ways, making a long thin rectangle.
- 2) Use a ruler to draw a line (one rulers width) at the open edge.
- 3) Make a series of cuts (about a dozen or more) from the fold line to the pencil line.
- 4) Unfold the paper and glue/tape the short edges of the paper together.
- 5) Cut a strip of paper (a rulers width) and glue/tape this to one end of the lantern, this will be the handle.

➤ Find out about Rangoli patterns and design your own.

Rangoli is a folk art from India in which patterns are created on the floor in living rooms or courtyards using materials such as coloured rice, dry flour, coloured sand or petals and is usually made during Diwali.

Here's an idea:

- Create and colour your own pattern.
- Create a large rangoli floor pattern using coloured pasta
- Use Hamma beads to create your rangoli pattern.

➤ Make crayon/chalk or paint splatter firework pictures, as fireworks are often used to celebrate Diwali.

- Use Hamma beads to make the Indian flag, why not try using split peas and different colour rices/beans.
- Make Milk bottle elephants.

How to:

You will need:

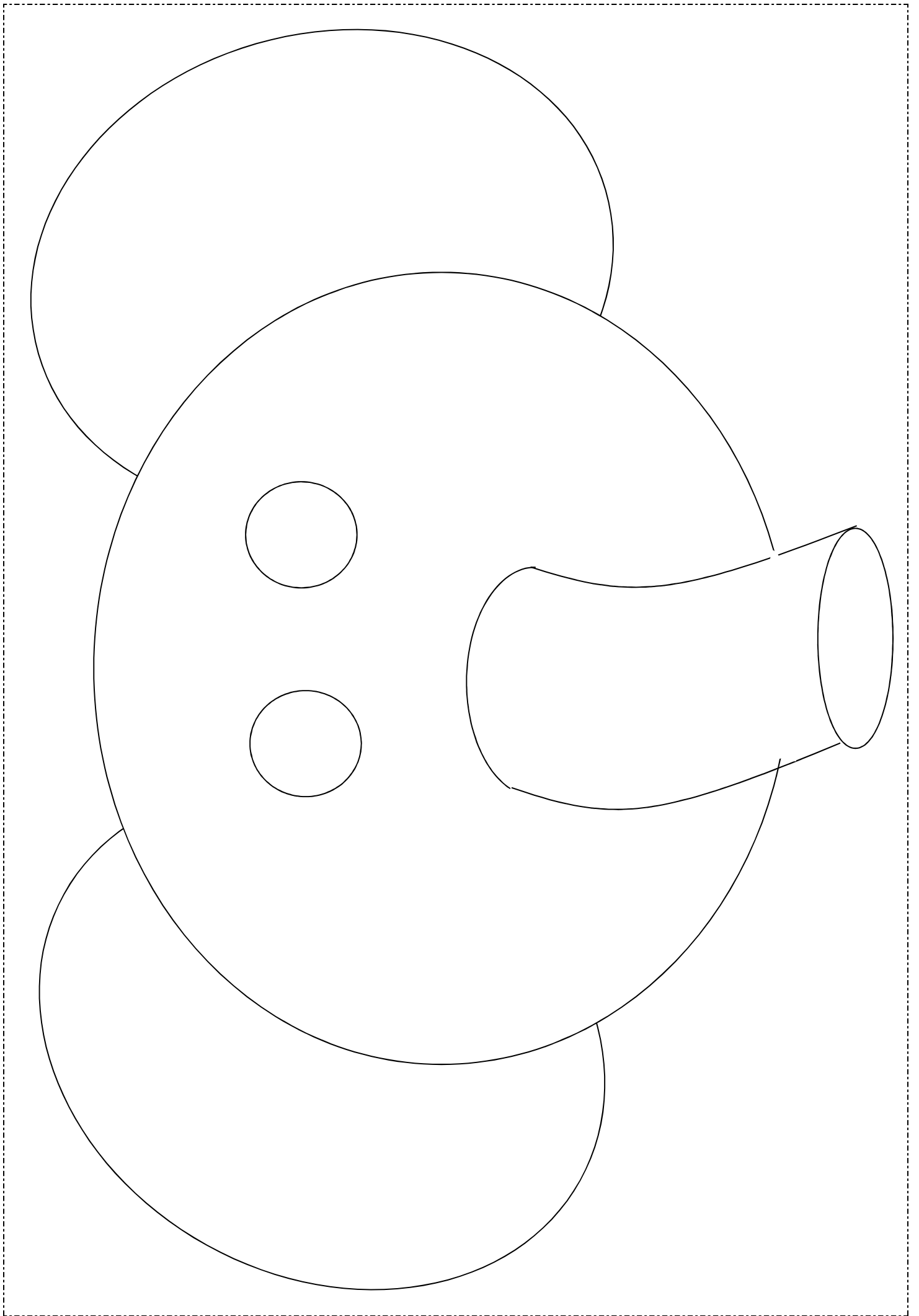
- 4 pint plastic milk bottle for an adult elephant
- 2 pint plastic milk bottle for a baby elephant
- Different coloured tissue paper pieces
- Bright coloured sequins/jewels
- Googly Eyes
- PVA Glue and spreaders
- Sharp scissors
- Coloured Card

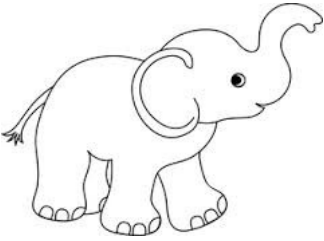
To make:

- 1) Cut a milk bottle in half widthways at the bottom of the handle to create the body. (see fig. 1)
- 2) Cut 2 semi-circles each side to create the legs. (see fig. 1)
- 3) Stick tissue paper pieces onto the elephant, making sure you cover all of the plastic.
- 4) Attach the googly eyes.
- 5) Cut out ear shapes from the card and attach to the head. (see fig. 2 for completed elephant)

Fig 1

Fig.2





India

🔗 Play pin the tail on the elephant.

🔗 Play Oru Kodam Thanni, a traditional game played mostly in villages by children in schools.

How to play:

- 1) 2 people make an arch and the rest of the group are in a circle running through the arch.
- 2) The girls in the circle will travel through the arch singing 'oru kudam thanni oothi ore poo poothadhaam' (translated as : After pouring one bucket of water, one flower flowered)
- 3) When 'poothadhaam' is sung the girls in the arch bring their arms down, trapping a girl.
- 4) The trapped girl takes the place of one of the girls making the arch, who then joins the circle.
- 5) The song is continued: 'rendu kudam oothi rendu poo poothadhaam' (translated as: After pouring the second bucket of water, one flower flowered and so on)

🔗 Play ladders but use the names of different Indian cities or animals.

🔗 There are many issues affecting people living in India such as poverty and lack of sanitation. Research these and how they affect people in India.

Here's an idea:

- Play the Christian Aid paper bag game, see links. The object of this game is to show how people work hard, but earn very little.
- Water Aid have produced a range of resources about global water issues, see links, some of which will be suitable for brownies (look at the primary school resources).


🔗 How many different words can you make out of the letters in 'Girlguides in India'?

Food

 Try poppadoms and Indian dips.


Here's an idea;


- Why not make your own raita or mango chutney? See recipes below


 Cook an indian dish, such as a curry


Here's an idea;

- Each six/patrol could make a different curry and you could have


 Indian sweets (barfi), see recipes

 Make naan bread or chapattis, see recipes

 Make onion bajis, see recipes

 Learn to fold a napkin into a lotus flower

- 1) Open the napkin and put it with the wrong side facing outwards on the table.
- 2) Fold one top corner after the other to the centre, repeating with all 4 corners to form a square.
- 3) Repeat the process folding all 4 corners into the centre again. Forming another square.
- 4) Turn the napkin over and fold all 4 corners into the centre, forming the final square.
- 5) Pull the 4 corners from the back to the centre.
- 6) No pull out the 4 corners, situated between the blossoms you have just created.

 Sample Indian fruits

Here's an idea;

- Why not make a fruit salad?
- Or you could make a fruit kebab.

Fruits that are grow in India include: apples, avocado, cape gooseberry, carambola/star fruit, guava, coconut, dates, dragon fruit, fig, granadilla, goji berry, jack fruit, kiwi, kumquat, langsat, lychee, mango, papaya, passion fruit, pineapple, pomegranate and water melon.

List taken from: <http://theindianvegan.blogspot.co.uk/2012/09/fruits-in-india-g-list.html>

 Make some Chai, see recipes

Coconut Barfi

150ml double cream

150g milk powder

120g caster sugar

75g desiccated coconut

1/2tsp cardamom powder

- 1) Put the cream in a saucepan and bring to the boil, lowering the heat when it gets hot. Add the sugar and cook on a low heat until it bubbles and forms a single thread consistency – this should take 8-10 minutes.
- 2) Add the milk powder and stir for a couple of minutes until it begins to leave the side of the pan.
- 3) Add the coconut and cardamom and cook for a couple of minutes. Turn out onto a greased plate/dish.
- 4) Allow to cool and set.
- 5) Cut into 1in squares.

Naan Bread

250g/9oz plain flour

2 tsp sugar

1/2 tsp salt

1/2 tsp baking powder

110-130ml/3½ - 4½ fl oz milk

2 tbsp vegetable oil

- 1) To make the dough, sift the sugar, flour, salt and baking powder into a bowl. In another bowl, mix the milk and vegetable oil.
- 2) Make a well in the centre of the flour mixture and pour in the liquid mixture. Slowly mix together the dough by working from the centre and incorporating the flour from the edges to make a smooth, soft dough. Knead well for 8-10 minutes, adding a little flour if the dough is too sticky.
- 3) Place the dough in an oiled bowl, cover with a damp tea towel and leave in a warm place for 10-15 minutes. Put the dough into 5 balls.
- 4) Preheat the grill to a medium temperature and place a heavy baking sheet on the upper shelf of the grill to heat.
- 5) Roll the dough balls out quite thinly. Place the naans onto the hot baking sheet and grill for 1-2 minutes, or until lightly browned. Brush with butter and serve hot.

Chapattis

450g/1 lb wholemeal plain flour

250ml/ 9 fl oz cold water

- 1) Set aside 200g/7 oz of flour and reserve for shaping the chapattis.
- 2) Place the remaining flour in a deep bowl. Fill another bowl with the cold water.
- 3) Add the water to the bowl of flour, a little at a time, kneading as you go, until you have a soft, elastic dough. The longer you knead the dough the softer the chapattis will be.
- 4) Sprinkle a little of the reserved flour onto a flat surface.
- 5) Divide the dough into 8 and shape each piece into a ball.
- 6) Flatten the balls slightly, then place on onto the floured surface.
- 7) Roll into a flat disc, approximately 15cm/6 inches in diameter, flouring the surface when needed.
- 8) Heat a griddle or shallow frying pan. Lay the chapatti on the griddle/pan and cook for about 20-30 seconds or until the surface is bubbling.
- 9) Turn it over with tongs and cook on the other side for 10-15 seconds. As soon as brown spots appear on the underside, the chapatti is done.
- 10) Repeat with the other balls of dough. Stack them up as they are cooked, placing a sheet of kitchen towel between each one to absorb any moisture.

Onion Bhaji

2 eggs

3 onions, sliced

120g/4oz plain flour

1 tsp ground coriander

1 tsp cumin seeds

3 tbsp vegetable oil

- 1) Beat the eggs in a bowl.
- 2) Add the onion rings and mix well.
- 3) Add the flour, ground cumin coriander and cumin seeds and stir well.
- 4) Heat the oil in a deep sided frying pan over a medium heat. When hot, add a large spoonful of the bhaji mixture and fry for 30-40 seconds, until golden brown.
- 5) Repeat with the remaining mixture, replenishing the oil if it runs low and allowing it to heat up again after a new addition.

Chai

4 whole cloves

2 cardamom pods

1 cinnamon stick, broken into pieces

3 cups of water

¼ tsp ground ginger

1/8 tsp fresh ground pepper

½ cup of milk

2 tbsp granulated sugar

2 tbsp black tea

- 1) Crush the cloves, cardamom pods and cinnamon.
- 2) Transfer the crushed spices to a small saucepan, add the water, ginger and pepper.
- 3) Remove the pan from the heat, cover and let steep for 5 minutes.
- 4) Add the milk and sugar to the pan and bring to the boil.
- 5) Remove from the heat and add the tea.
- 6) Cover and leave to steep for 3 minutes.
- 7) Stir the chai, then strain into a teapot/teacups.

Useful Links

Bharat Girl Scouts

<http://bsgindia.org/>

Indian recipes

<http://www.bbc.co.uk/food/>

Elephant crafts

<http://www.activityvillage.co.uk/elephant-crafts>

Tiger crafts

<http://www.activityvillage.co.uk/tiger-crafts>

More Diwali ideas

<http://www.activityvillage.co.uk/diwali/>

Rangoli patterns

<http://www.activityvillage.co.uk/rangoli>

Christian Aid Paper Bag Game

<http://learn.christianaid.org.uk/YouthLeaderResources/pbag.aspx>

Water Aid

<http://www.wateraid.org/uk/audience/schools>

Information about India

<http://www.incredibleindia.org/en/>

Badge Order Form

How did you hear about the badge?.....

Contact name:.....

Unit:.....

Rainbows / Brownies / Guides / Senior Section / Adult / Trefoil (please circle)

Contact Address:.....

.....

.....

.....

.....Postcode.....

Phone and/or email address:.....

(in case of query):

	No. of Badges	Cost
Cloth Badges - £1.50 each		£
Post and Packing (see right)	---	£
Total Cost	---	£

p&p charges:	
1 – 25 badges	£1.50
26 – 50 badges	£2.00
51 + badges	£2.50

Please send the form and cheque (payable to 'The Guide Association London and SE London') to:

Rachel Landragin
101 Linden Gardens
Enfield
Middlesex
EN1 4DY

Alternative if you wish to purchase 1-5 badges please send a SAE (and no additional postage) to the address above along with your cheque for the badges. Badges will be delivered as soon as possible. Any queries please email:
rachellandragin@hotmail.com

Thank you for your support, it is greatly appreciated!