



Sikkim

**EK BHARAT SHRESTH
BHARAT PROGRAMME**

Presented by Grade 1

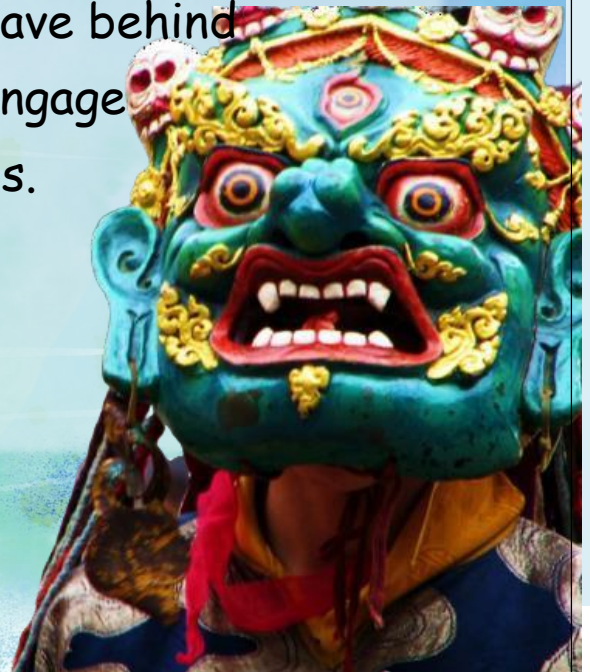
THEME: FESTIVALS




RATIONALE

Fairs and festivals are closely connected to human society from ancient times. Festivals have evolved as an integral part of the societal fabric of communities reflecting their cultural, social, historical, spiritual and domestic life. While some festivals are ingrained in the religious and spiritual milieu, many others have evolved as a mark of changing seasons, events which have historical or cultural significance, etc.

Festivals are marked by amplified social interactions, where people leave behind their regular activities and engage in festivities and celebrations.





This proposal attempts to capture important festivals of Sikkim prevalent among various communities. Following attributes have been considered while making the selection of activities:

- A clear connection has been made between the learning objective and culture of Sikkim.
- Activities have been planned in such a manner to bring students closer to the culture of Sikkim rather than just developing skills.
- Mythology behind the festival has been taken into consideration while planning the activities.
- Keeping in mind the pandemic we all are facing, materials required for the activity have been carefully chosen.

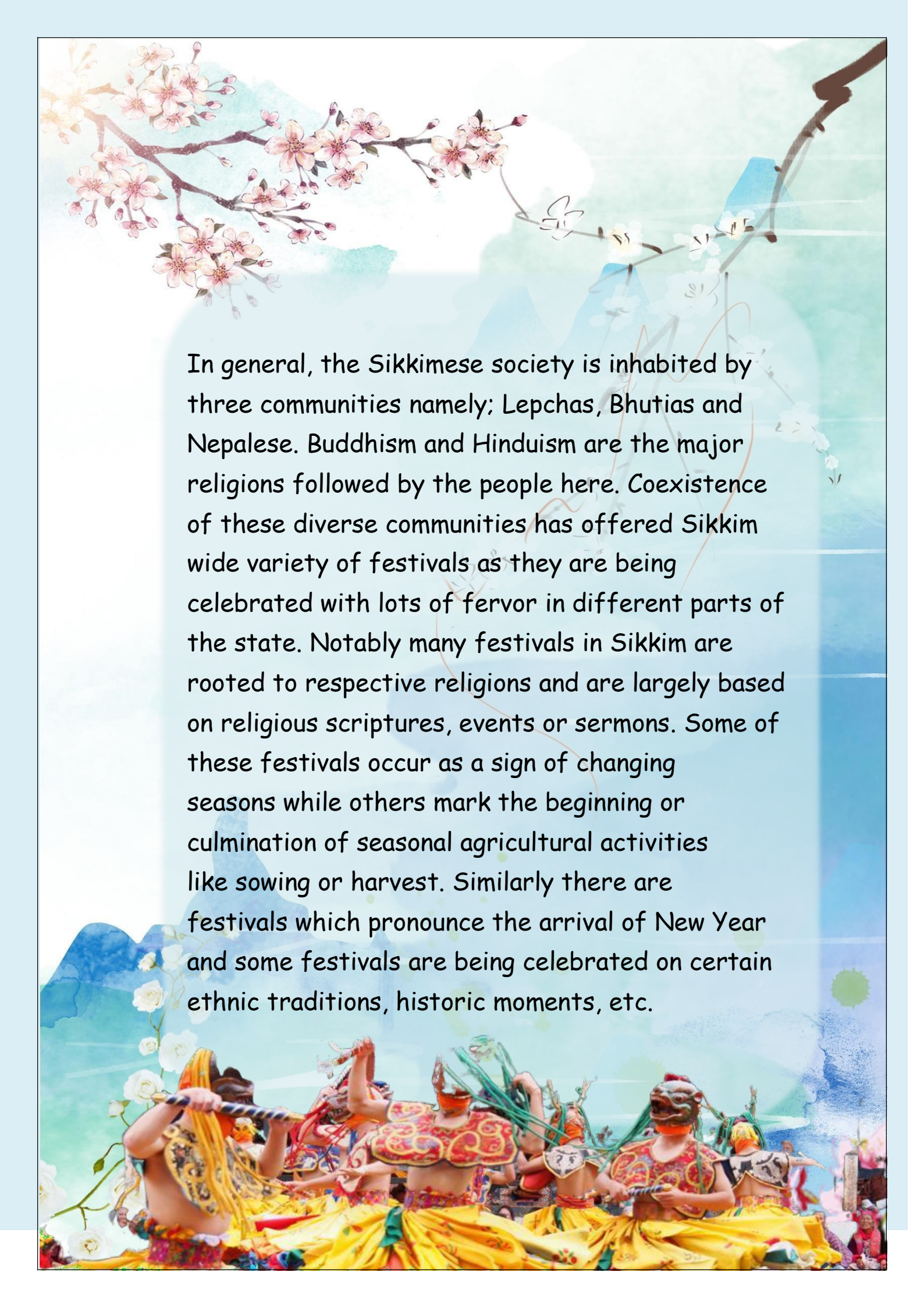




INTRODUCTION

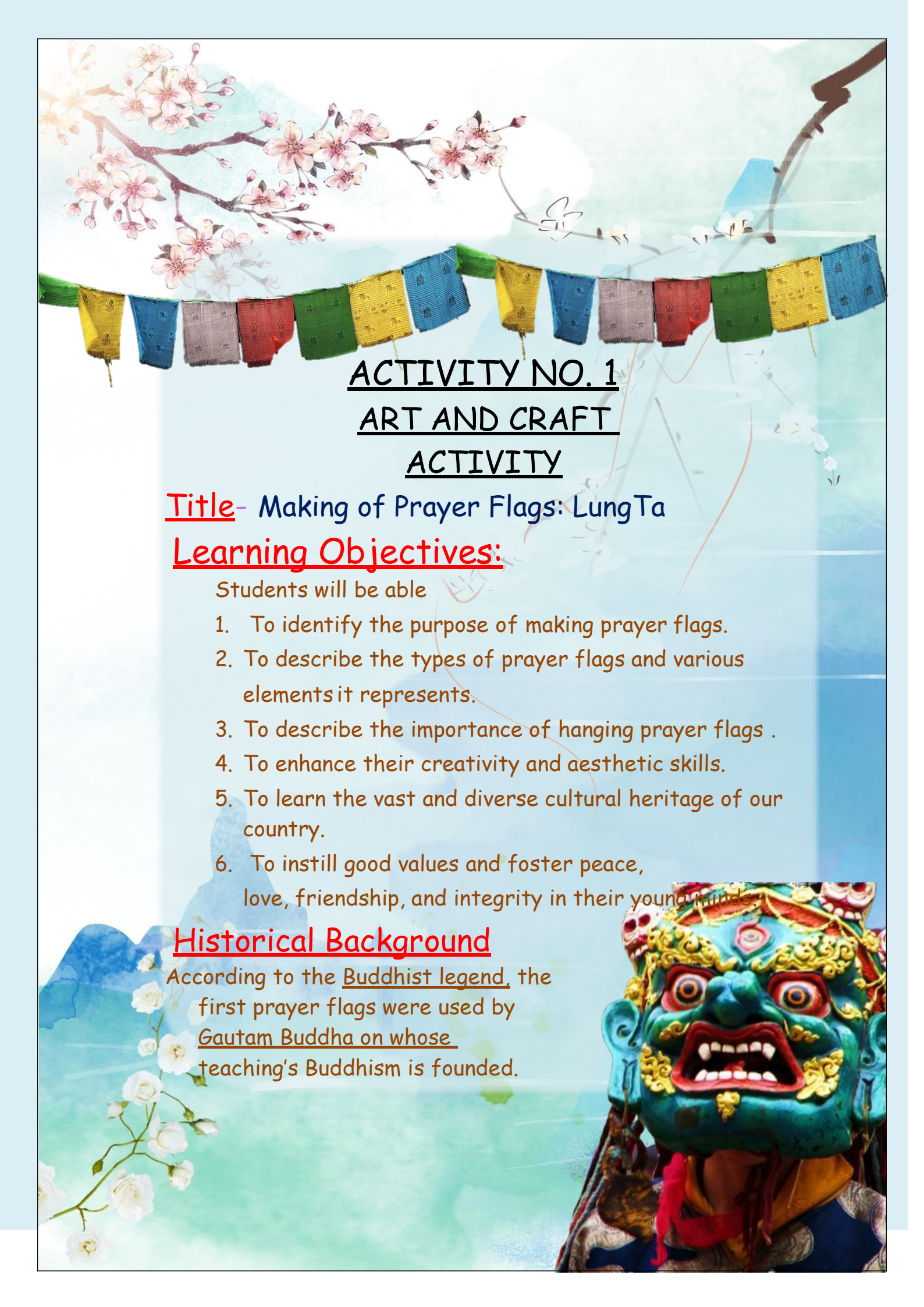
Festivals are integral to the cultural and social life of Sikkim. Festivals or Utsavas in Sikkim range from local events to state wide festivals which are declared as state holidays. Festivals are spread throughout the year; practically none of the months passes by in Sikkim without a festival. However a good number of festivals occur particularly during the spring and fall season as both these seasons roughly correspond to the end of the agricultural season. It is the availability of ample 'leisure time' and 'resources' that enable the communities to celebrate their festivals during this period with much fanfare. Sikkim is inhabited by multi-cultural communities and each of them has cultures, traditions and rituals which are specific and typical of them.





In general, the Sikkimese society is inhabited by three communities namely; Lepchas, Bhutias and Nepalese. Buddhism and Hinduism are the major religions followed by the people here. Coexistence of these diverse communities has offered Sikkim wide variety of festivals as they are being celebrated with lots of fervor in different parts of the state. Notably many festivals in Sikkim are rooted to respective religions and are largely based on religious scriptures, events or sermons. Some of these festivals occur as a sign of changing seasons while others mark the beginning or culmination of seasonal agricultural activities like sowing or harvest. Similarly there are festivals which pronounce the arrival of New Year and some festivals are being celebrated on certain ethnic traditions, historic moments, etc.





ACTIVITY NO. 1 ART AND CRAFT ACTIVITY

Title - Making of Prayer Flags: LungTa

Learning Objectives:

Students will be able

1. To identify the purpose of making prayer flags.
2. To describe the types of prayer flags and various elements it represents.
3. To describe the importance of hanging prayer flags .
4. To enhance their creativity and aesthetic skills.
5. To learn the vast and diverse cultural heritage of our country.
6. To instill good values and foster peace, love, friendship, and integrity in their young minds.

Historical Background

According to the Buddhist legend, the first prayer flags were used by Gautam Buddha on whose teaching's Buddhism is founded.



What are Prayer Flags?

Prayer flags are colorful rectangular pieces of cloth which are often found along trails and mountain peaks high in Himalayas. There are two types of flags named Dar Cho (vertical) and Lung Ta (horizontal).

The flags are found to be arranged in an order from left to right starting with blue, white, red, green, and yellow.

These flags represent sky, air, fire, water, and earth, respectively. They are silent blessings that spread by goodwill and compassion to all and bring happiness and prosperity to all touched by the wind.

When and where are Prayer Flags hung?

Prayer flags are

hung on the 3rd day of the Tibetan New Year, 'Losar'(festival) and on momentous occasions like marriage, eclipse, or full moon.

These flags are put high above the roof, so they flutter in the wind. It is said that they give positive spiritual vibrations. It is hoped that the prayers are carried by the wind. These flags should never be kept on the ground and is considered disrespectful. Getting a prayer flag as a gift is said to be a good omen.



Material Required

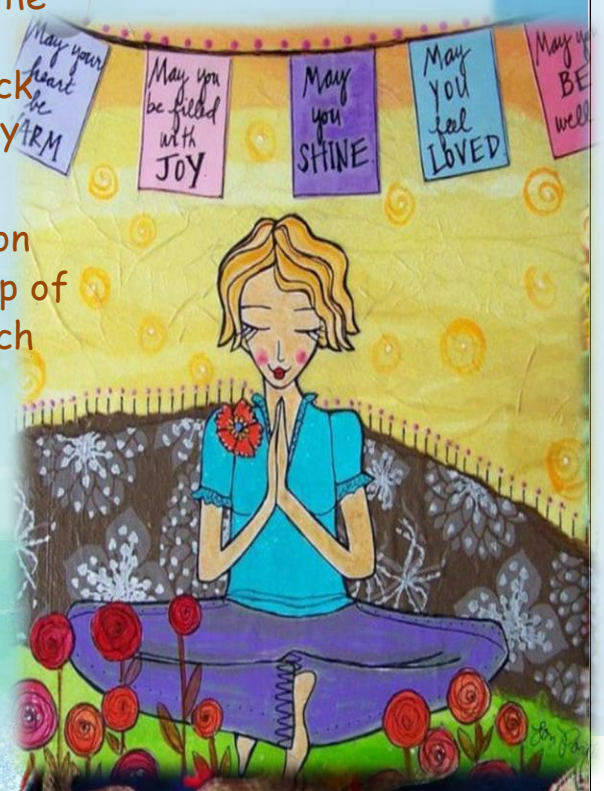
- 5 origami sheets (blue, white, red, green, yellow)
- A long thread or any colored ribbon (1.5 meter approx.)
- Small squared pieces of colored paper.
- Glue stick or fevicol.
- Markers, pencil, and scissors.

Methodology

1. Place the colored origami squares on the table in the given order. (blue, white, red, green, and yellow)
2. Fold the top side of the sheet.
3. Paste the small colored squares on the 3 sides of the square. Write the words instructed by the teacher in any style. (Peace, Love, Hope, Faith, Joy)
4. Place the ribbon or thread on the table. Apply glue to the folded underside of the sheet and stick them to the ribbon as guided by the teacher.

5. Let it dry and hang the string on the entrance door with the help of your parents so that it can catch breeze and spread positivity.

You can also chant the mantra "**Om Mani Padme Hum**" which has a very deep meaning to cure bad vibes and spread happiness.





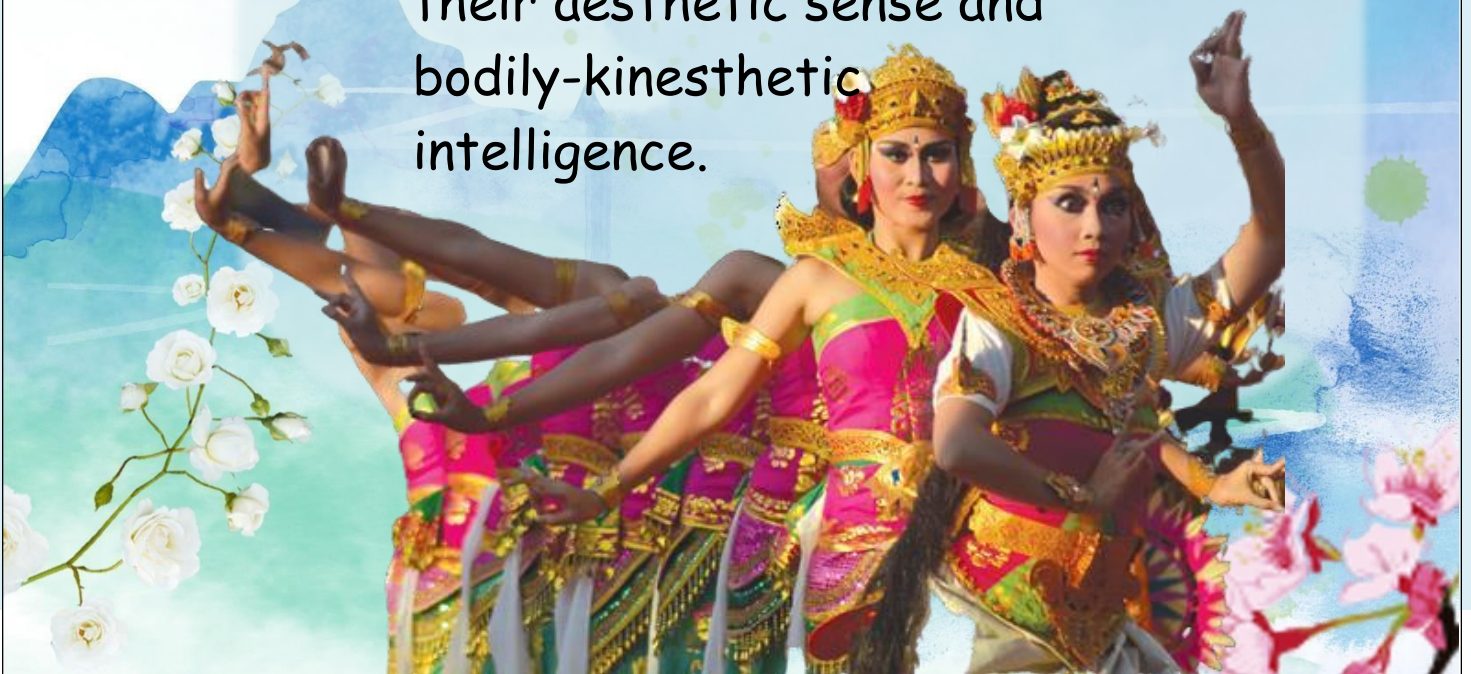
ACTIVITY NO. 2 DANCE ACTIVITY

Title- Maruni Dance

Festival- Tihar

Learning objective

- Students will know the history and origin of the different folk dances of Sikkim
- Students will learn the basic steps of Maruni folk dance.
- Students will develop their aesthetic sense and bodily-kinesthetic intelligence.





Historical Background

Maruni is a Nepali Dance of Eastern Nepal, Sikkim, Darjeeling, Assam, Bhutan and Myanmar . It is the most famous and oldest dance of Nepalese community residing in this region. Earlier, this festival was related to the festival of Tihar, which is the same as Diwali in North India. This festival also celebrates the return of Lord Rama to Ayodhya after 14 years of exile. With time, Maruni was performed even during many personal events, especially marriages.

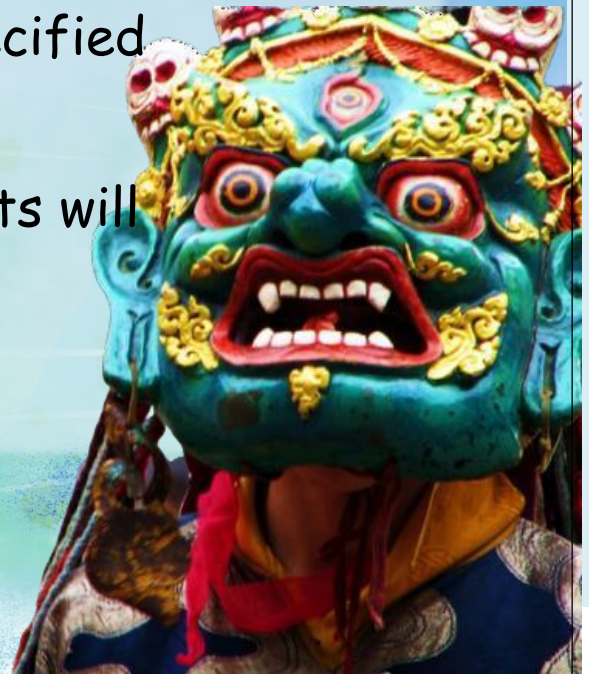
Maruni is performed by both men and women who dress themselves in colorful clothes, shining ornaments and nose rings.





Methodology

- Students will be oriented about the diverse culture of Sikkim with the help of a PowerPoint Presentation.
- Students will be introduced to the Maruni dance and learn the basic steps of the dance.
- They will also be familiarized with the costume of the specified dance form.
- At the end, students will present the dance.





ACTIVITY NO. 3 CRAFT ACTIVITY

Title- Making of different types of flowers

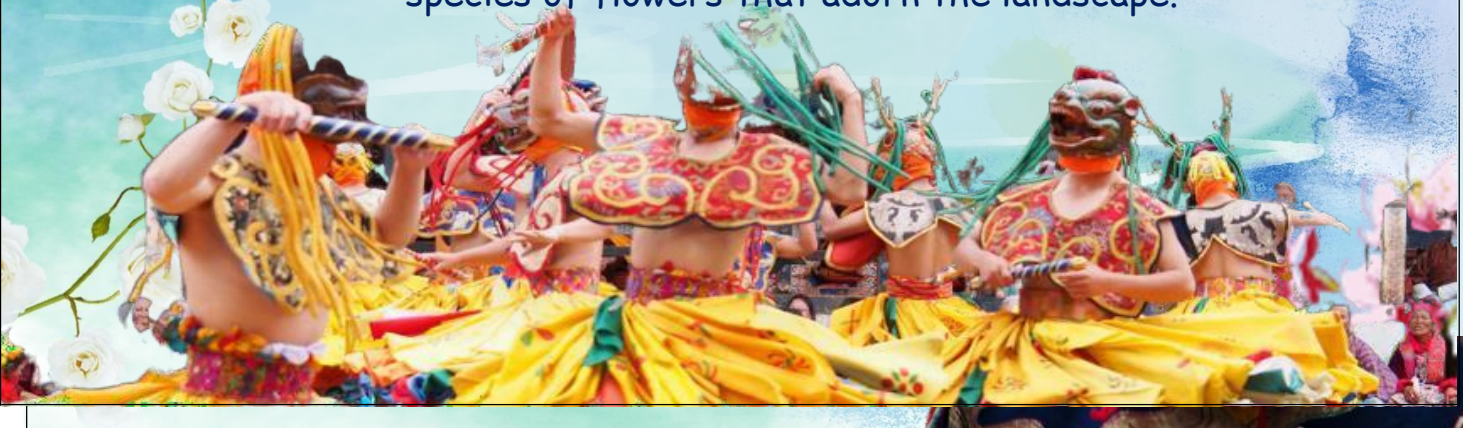
Learning Objectives:

Students will

1. Learn about different species of flowers.
2. Be able to explore state flower of Sikkim.
3. Enhance their knowledge on variety of flowers.
4. Enhance their creativity and aesthetic skills.
5. Learn the vast and diverse cultural heritage of our country.

Significance

The International Flower Festival in Sikkim offers the rare opportunity to treat the eyes to a rainbow of summer blossoms. The beautiful land of Sikkim in the far-flung corner of North East India is a kingdom of untarnished natural glory. The majestic slopes and lush green valleys of this state offer an explosion of colours, in the form of the innumerable species of flowers that adorn the landscape.

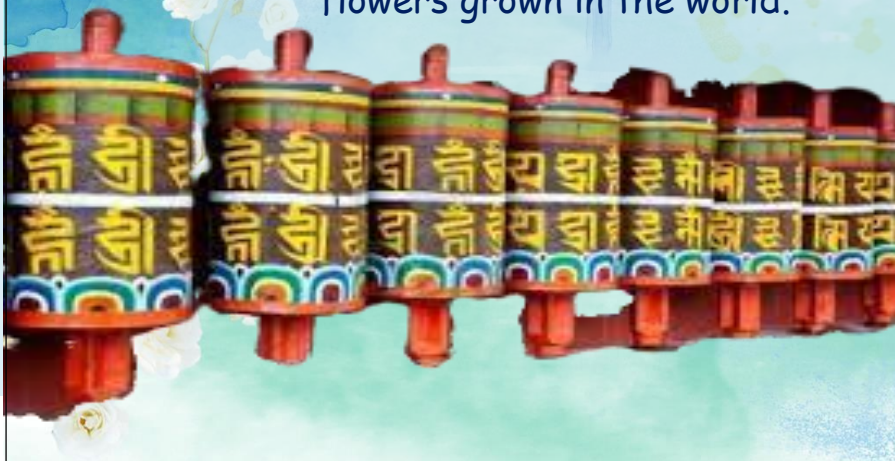




When and where is The International Festival of Flowers held ?

The International Flower Festival organized by the Tourism Department of Sikkim, is celebrated in May, from the first day of the month to the very last day. The exhibition of flowers takes place in the Flower Exhibition Centre or near the white Hall Complex in the capital city of the state, Gangtok.

1. **Variety of Flowers.** The flower festival displays more than 600 different kinds of orchids and around 50 different species of rhododendrons. It also showcases a multitude of trees, ferns, cacti, gladioli, and magnolias.
2. **Enhance Knowledge on Flowers.** Flower growers from all around the world like USA, Holland, Australia, New Zealand etc. participate in the festival and showcase the different varieties of flowers grown in the world.
3. **International Event.** Flower growers from all around the world like USA, Holland, Australia, New Zealand etc. participate in the festival and showcase the different varieties of flowers grown in the world.



Material Required

- origami sheets (blue, white, red, green, yellow)
- Kulfi sticks, green coloured tape
- Glue stick or fevicol.
- Markers, pencil, and scissors.



Methodology

- Students will be oriented about the diverse flora of Sikkim with the help of a PowerPoint Presentation.
- Students will be taught how to make paper flowers.
- Few youtube videos will be shared with students for reference.





ACTIVITY NO. 4 FASHION SHOW

Title- Fashion Show and making of scrapbook.

Learning Objectives:

Students will

1. Learn the importance of wearing traditional clothes on special occasions and festivals.
2. Gain knowledge about the traditional clothes of Sikkim.
3. Learn about the different type of fabrics.
4. Enhance their creativity and artistic skills.
5. Learn the vast and diverse cultural heritage of our country.

Historical Background

The traditional attire in Sikkim traces its historical emergence centuries aback when it was ruled by the dynasty of **Bhutia Namgyal**. It was during his era , that this Sikkim tradition attire was promoted and embraced by the elite classes of the **Sikkimese society**. The outfit bought status, class and position among the communities which kept them apart from the rest.



Sikkim Traditional Dresses

1. Bhutia Tribe- Bakhu/Kho

The main costume donned by Bhutia is Bakhu or Kho. Worn by men and women alike, Bakhu is very similar to the Tibetan Chuba, except that is sleeveless. It is a loose cloak-like garb which is tied at the neck and tightened around the waist by a belt made of silk and cotton.



2. Lepcha-Thokro-Dum and Dumvum

The Thokro-Dum is the primary outfit for the Lepcha community members. It consists of a white pyjama stretching upto the calves, almost resembling a karate player's outfit. Yenthatse, a Lepcha shirt and Shambo, an embroidered cap are paired with it. The traditional attire of Lepcha women involves a sari-like garment known as Dumvum. It is an ankle length outfit, silky and smooth binding comfort and culture together.



3. Nepalese- Shuruval and Pharia

The Nepalese men wear this Outfit. The churidar (bottom) is called shuruval and the pyjama (shirt) is known as Daura.

The traditional outfit of Nepalese women is known as Pharia.



Material Required

- 1 Scrapbook
- Photos of traditional attires.
- Glue stick or fevicol.
- Markers, pencil, and scissors.



Methodology

- Students will learn about the traditional clothes of Sikkim.
- Then, will prepare a scrapbook.
- Wherein they will paste the pictures of different outfits that Sikkimese (men and women) wear during different festivals.
- They will also write the names of all the outfits pasted.



ACTIVITY NO. 5

MUSIC ACTIVITY

Title- Singing to the beats of traditional folk song....

Learning Objectives:

Students will be able

1. To identify the purpose of traditional songs.
2. To describe the types of songs and various elements of it.
3. To describe the importance of folk song in festivals.
4. To enhance listening and speaking skills.
5. To learn the vast and diverse languages and culture of our country.
6. To give wings to the young minds.

Historical Background

The three ethnic communities Lepcha , Bhutia and Nepalis constitute the folk songs which are an ingrained part of Sikkim's culture . This music relate to the beauty of the natural surroundings , depicting the harvest season and are performed for good luck and prosperity.





Denjong Chha-Lu is one of the popular national songs of an older Sikkim , Beyul Demojong - a hidden land endowed not only with natural beauty but also with spiritual contentment.

Bhutia are devotedly Buddhist and the Denjong Chha Lu highlights the significance of the secret land of the plenty i.e. Sikkim. Sikkim is a center for western - style music in India , and has been since the rise of bands .

The music of Sikkimese people are accompanied by various instruments .It is also accentuated by traditional musical instruments .Phool Ko Aankha Ma is a soothing Buddhist song sung during many carnivals like SIKKIM WINTER CARNIVAL.



Methodology

- Children will be explained the meaning of Phool Ko Aankha Ma song.
- They will be encouraged to sing with the music.
- They will introduced to traditional musical instruments. For example Susira , Ghana , Vandya -
Instruments of Percussion.



ACTIVITY NO. 6

FOOD ACTIVITY

Title- Thukpa

Food of Sikkim - Explore Sikkim On A Plate

Learning Objectives:

Students will be able

- Students will be able to appreciate the cultural values of Sikkim.
- They will develop their culinary skills.
- Students will learn about different traditional food of Sikkim.

Historical Background

Sikkim is the pure amalgam of the colorful culture, rich heritage and lip-smacking food. The food of Sikkim is something that will amaze you with its simple yet relishing flavors. The food of Sikkim is a rich mixture of Nepalese, Tibetan and native Sikkimese food.

This blend of the three cultures is very soothing on the taste buds and leaves you craving as soon as you drop your plate. Maize is the staple food of Sikkim. The food of Sikkim is majorly non-vegetarian.

1. Momos



Traditional

2. Thukpa



3. Dal Bhaat



Of

4. Dhindo



Phagshapa



Sikkim



Sikkim Traditional Food

Sikkim food items are varied and made of a plethora of layers of flavours . The Sikkimese cuisine has major influences from Nepal and Tibet.

Some of the most famous and traditional dishes in sikkim are Momos , Thupka , Dal Bhat , Dhindo , Phagshapa etc.

Methodology

1. Students will be introduced to different Traditional food of Sikkim .
2. They will prepare a collage of famous Sikkim food.
3. Later , students will prepare a dish - Thupka with the help of their parents .
4. The Teacher will help the students with the recipe and methodology of cooking Thupka.

