

CLASS 2 PROJECT- CULTURAL POTPOURRI

In the current ongoing pandemic situation, we are trying to make every effort to ensure that learning should not be disrupted.

"Our commitment is to protect the health of our community and keep our little ones engaged with productive work".

"More hands make for lighter work."

"Two heads are better than one."

"The more the merrier."

These adages speak to the potential, that group activities are more productive, creative, and motivated.

Keeping this in mind, we have planned engaging and art integrated group activities for our young minds. Group projects will help students develop skills specific to collaborative efforts, allowing students to...

- Tackle more complex problems than they could do on their own
- Delegate roles and responsibilities
- Share diverse perspectives
- Pool knowledge and skills

Project- Cultural Potpourri

Activities

1. Festivals – The Sound of Sikkim Fest
2. Dance forms – Masquerade Ball of Sikkim
3. Handicrafts – Traditional Folding Fans
4. Tourism – The Gateway to Sikkim
5. Costumes – Creating Thy Couture
6. Cuisine - स्वादिष्ट पेय (लस्सी)



LEARNING OBJECTIVES

Activity 1- The Sound of Sikkim Fest (Talk Show)

1. Students will gather immense understanding about the festivals and culture of Sikkim and will be able to assimilate the similarities and differences between the festivals of both states.
2. Students will learn to communicate effectively and demonstrate the ability to effectively apply oral presentation techniques in various communication settings.
3. Students will be able to develop interpersonal communication in collaborative work.

Activity 2- Creating Thy Couture (Making Stick Puppet)

1. Students will understand as to how the diversity in India is unique.
2. Students will learn to use their imagination for multidisciplinary creativity. They will acquire a theoretical, historical, conceptual and critical understanding through presenting a ramp walk using their stick puppets.
3. Students will enhance their oratory skills through the presentation of their work and learn to communicate their thoughts and feelings effectively.

Activity 3 – Traditional Folding Fan

1. Students will learn about traditional handicrafts of Sikkim and various artistic designs peculiar to the state.
2. Students will learn to make traditional folding fans.
3. Students will learn to value and appreciate artefacts and images across cultures and times.
4. Students will be able to present their creative expressions related to the craft.

Activity 4 - The Gateway to Sikkim (Brochure Making)

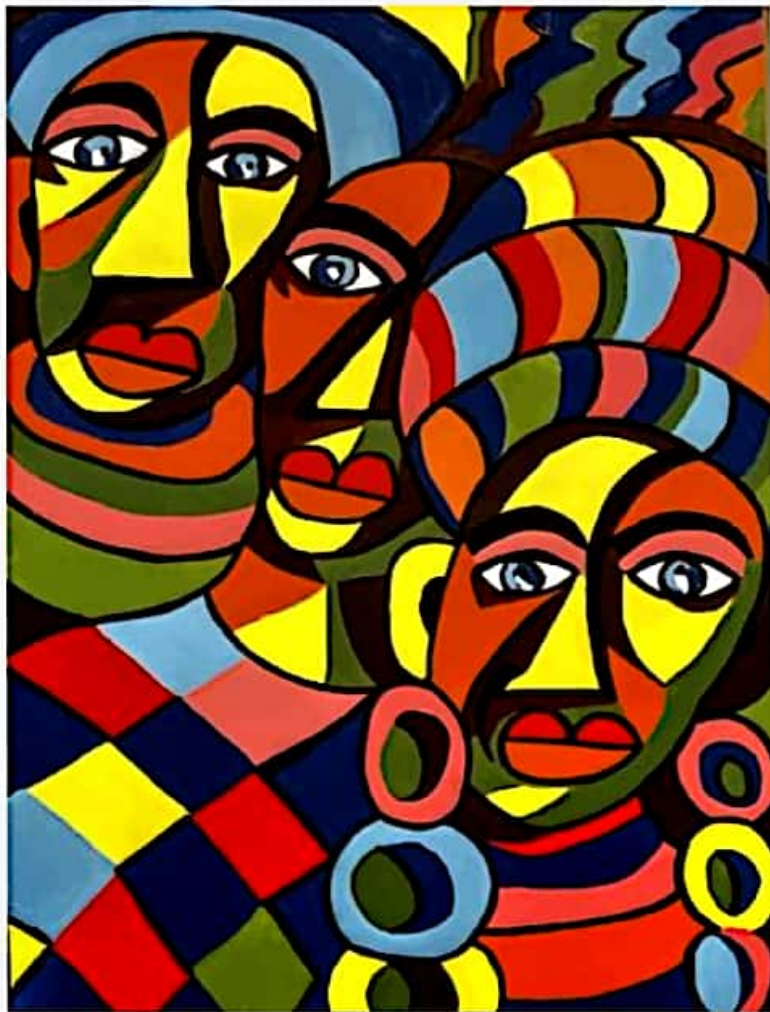
1. Students will learn the meaning and use of brochure while travelling. They will experience Virtual visit to awe-inspiring beauty of Sikkim.
2. Students will gather information about chains of lofty mountains, dense forests, and patches of alpine meadows.

Activity 5 – Masquerade Ball of Sikkim (Dance Forms)

1. Students will appreciate and value the art and culture of Sikkim.
2. Students will be able to gather information about the history and relevance of various folk dances of Sikkim.
3. Students will be able to visualize and present the dance form of Sikkim aesthetically using self-made masks.

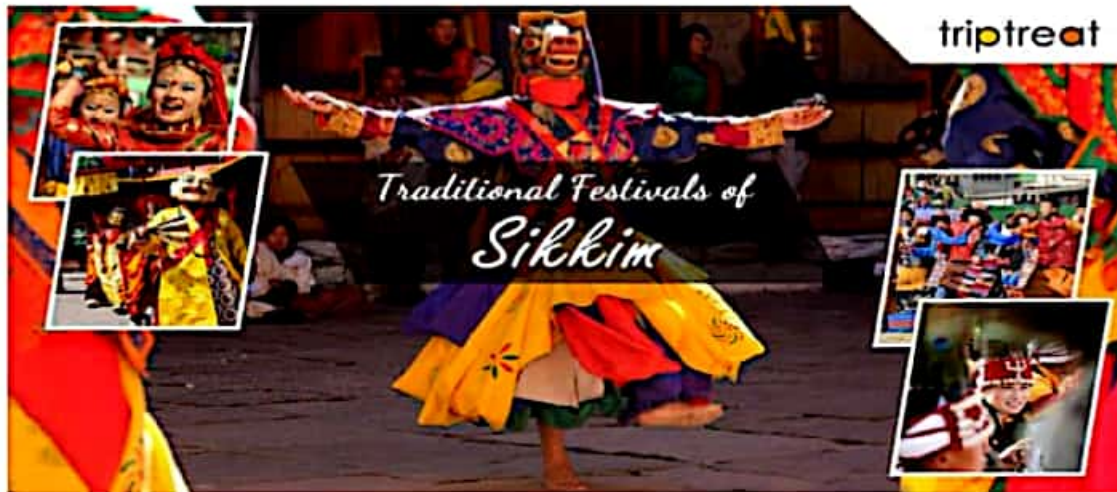
स्वादिष्ट पेय (लस्सी)

1. बच्चों का रचनात्मक व भावनात्मक विकास होगा।
2. बच्चे भारत के अन्य राज्यों की संस्कृति के बारे में जानेंगे।
3. बच्चे सिक्किम राज्यों के विभिन्न पकवानों का स्वाद से परिचित होंगे।
4. भारत देश की अनेकता में एकता के भाव से परिचित होंगे।



Festivals

Festivals in Sikkim are a story that never fails to attract attention and admiration. During the festive time, Sikkim is colorful with its decorations and dances, as it maintains the organic and clean feel that the world has come to associate with this paradise.



1. *Losoong or the Sonam Losar*-It is the Farmer's New Year is like the Baisakhi festival of the North where farmers celebrates their bountiful harvest where the lama dances keeping in tradition of the expulsion of the evil spirit and to welcome the new spirit via the New Year.

2. *International Flower Festival*-This festival is held in Gangtok every year in the month of May is another example of Sikkim's respect for nature. Orchids, gladioli, ferns, herbs, roses, cacti, creepers, you name it they have it on display. The colorful display and the intoxicating fragrance of so many flowers mingling will definitely soothe your soul.

ACTIVITY – SOUND OF SIKKIM FEST

TALK SHOW



It's always entertaining and informative when students try to explore about the festivals of other places .And adding to the fun would be the talk show on it. A group talk show on the topic of Sikkim's above mentioned festivals have to be conducted through which the children will develop their oratory, thinking and linguistic skills.

Sikkim has been able to celebrate its rich cultural heritage and traditions homogeneously. The grandeur of Sikkim lies in its extremely warm-hearted populace which is so diverse yet so intricately connected. The clothing of Sikkim shows this diversity and exemplifies social and cultural lives of the main resident communities – the Lepchas and Bhutias. Let us have a look at the traditional dresses worn by the major constitutional tribes of Bhutia and Lepcha

Activity-Creating Thy Couture

Making Stick Puppets

BHUTIA TRIBE

The main costume donned by Bhutias is the Bakhu or Kho. Worn by men and women alike, Bakhu is a loose cloak-like garb which is tied at the neck and tightened around the waist by a belt made of silk or cotton. Men wear a jacket called Kushen along with a long kurta, trousers and cap.

Material:

Following items may be utilized: newspapers, magazines, silk/cotton cloth pieces, wool, coloured paper, glue, kulfi/ice cream sticks, water colours



LEPCHA TRIBE

The Thokro-Dum costume consists of a white pyjama stretching up to the calves. Yenthatse, a Lepcha shirt and Shambo, an embroidered cap are paired with it. A multicoloured, hand-woven cloth called the Dumpra is pinned at one shoulder and held in place by a waistban. These hats are normally made from fine canes from bamboos, straws and leaves.

The traditional attire of Lepcha women involves a sari-like garment known as Dumvu. It is an ankle-length outfit, silky and smooth. Underneath, a loose-fitting blouse is worn known as Tago. A belt called the Nvamrek is worn

STEPS:

- The templates of the costume is being provided for all the parts.
- Create a mannequin using kulfi /ice cream/any other sticks .
- Choose your colour and material to design the costume using the given templates.
- Once you design your costume, paint or decorate it.(using more than one material)
- Put the material together on the mannequin .
- Ramp walk with your stick puppet and explain the dress chosen and design.

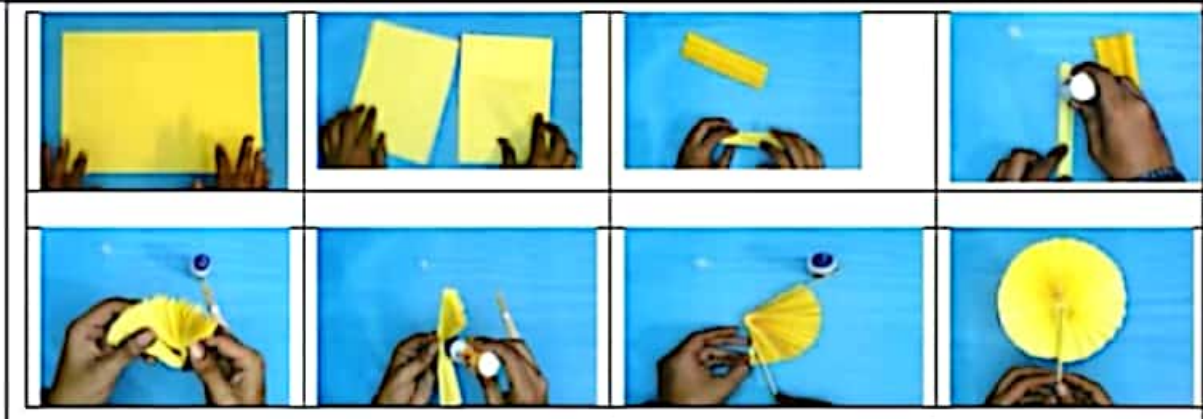
Handicrafts

Handicrafts play a very important role in representing the culture and traditions of any country or region.

Handloom weaving, thanka painting, wooden mask making, wood curving and folding fans are traditional handicrafts of Sikkim. Traditional art of Sikkim includes pictures of local god and goddesses, dragons, symmetric designs and floral patterns.

Activity - Traditional folding fans

- ❖ Watch the tutorial video <https://youtu.be/0bXcblhghY>
- ❖ Take one A4 size sheet and divide it into two equal parts.
- ❖ Make traditional art forms of Sikkim like floral patterns and symmetric designs.
- ❖ Fold both the sheets back and forth of equal width to make fan.
- ❖ Paste ends of both the sheets using Fevicol. Fold the final sheet into half and paste the ends.
- ❖ Paste ice cream sticks on the two ends of the fan. The folding fan is ready.





Sikkim tourism- Small but Beautiful

A fairytale land indeed, Sikkim is adorned with glistening high altitude lakes, rolling green mountains, pretty rhododendron groves, azure rivers, milky waterfalls and vivid monasteries. The west-most Northeastern state of Sikkim is evidently an abode of beauty. Not to forget, the state is famous for its incredible view of the third highest mountain in the world, Mount Kanchenjunga.

ACTIVITY-The Gateway to Sikkim

Brochure Making

Let's plan a never before like **Sikkim virtual tour** by making a **Brochure** for visiting handpicked scintillating places like Gangtok, Lachung, Nathu la Pass through Google map. Let's face it, travelling is an irreplaceable experience, and while stay at home orders means we can't go exploring just yet, we can bring Sikkim to our homes in the meantime.

Students will make eye catching Brochures reflecting the uniqueness of these unsurpassed destinations that never fails to thrill.

Steps to create a Brochure-

- 1) Create a standard brochure (tri-fold brochure) on A4 size sheet. On one side of the paper, you'll have the inside flap, the back cover, and the front cover, from left to right.
- 2) Make the first panel of your brochure the title page and provide a brief outline about Sikkim along with beautiful pictures.
- 3) Use each remaining interior panel to discuss the surrealness of Gangtok, Lachung and Nathu la Pass.
- 4) Give a short summary on the back page of your brochure.

What catches the eyes in Sikkim the most is the rich culture this Northeast state is endowed with.

Sikkim – Dance Forms



"The World is like a Mask dancing. If you want to see it well, you do not stand in one place."

– Chinua Achebe



The different folk dances of Sikkim are believed to portray a huge part of their culture. They present their own dance forms dressed in their own traditional attires which makes it more interesting.

Kagyed Dance is held before Losoong, the New Year and the dance usually symbolizes the destruction of the evil forces before the advent of the New Year. This day usually falls in the month of December. During this time, the monks usually perform Chham or masked dance to please the almighty powers.



Chu Faat Dance

Lepcha community dedicates this dance to the peak of Mount Kanchenjunga along with its companion peaks. These peaks are believed to contain minerals, medicine, salt and food grains. So their power is celebrated in the form of dance.

Singhi Chaam Dance-

Bhutia community being herdsmen have a strong affinity towards animals. The Singhi Chaam dance is performed in order to show respect towards the mythical snow lion which is only found in the Trans Himalayan region.



Activity- Masquerade Ball of Sikkim

Now it's your turn to dive into folk music and dance of Sikkim.

1. Prepare a vibrant and colourful mask as depicted in the picture. You may use the outline of any one mask given below.



2. Wear the mask and try to dress up as a majestic monk using old colourful dupattas as indicated in the picture.
3. Now try to match your steps with the spectacular warrior dance- **Kagyed Chham** as shown in the link below.

<https://www.youtube.com/watch?v=i6LNYuxAp2s>



सिक्किम भोजन (क्वीज़ीन)

सुंदर नज़ारों के साथ-साथ सिक्किम अपने खानपान के लिए भी बहुत मशहूर है। सिक्किम के क्वीज़ीन में तीन रंगों का मिश्रण मिलता है- नेपाल, तिब्बत और सिक्किम, इसलिए यहां के स्वाद सब को बेहद पसंद आते हैं।

दाल- भात तरकारी: यह सिक्किम में उबले चावलों, सब्जी तरकारी और चटनी के साथ परोसा जाता है।



थुक्पा: यह एक तरह का सूप है जो नूडल्स, सब्जी और मांस को मिलाकर बनाया जाता है।



मोमोज़: सिक्किम और मोमोज़ एक-दूसरे के बिना अधूरे हैं। यहां के मोमोज़ सबसे ज्यादा स्वादिष्ट माने जाते हैं।



गुंदरूक और सिंकी सूप: ये सिक्किम के दो प्रसिद्ध सूप हैं। गुंदरूक, पालक और सरसों के साग से जबकि सिंकी मूली जड़ नल से बनाया जाता है।



सेल रोटी: जलेबी आकार की मीठी रोटी जो कि चावलों को पीसकर बनाई जाती है, यहां काफी लोकप्रिय है।



क्रियाकलाप

आज के क्रियाकलाप में हम ठंडी, मीठी लस्सी की विधि जो कि सिक्किम के साथ-साथ दूसरे राज्यों में भी लोकप्रिय है के बारे में जानेंगे और उसे बनाएंगे।

विधि: एक बर्तन में दो कप दही, आधा कप चीनी, पीसी हुई इलायची और बर्फ के टुकड़ों को डालकर अच्छी तरह मिलाएं। मिलाने के बाद गिलास में परस्ते समय उस पर बारीक कटे हुए बादाम और पिस्ता के टुकड़ों को डालें और चाहे तो केसर भी डाल सकते हैं। गर्मी के मौसम में इसका पूरा आनंद लें।

स्वादिष्ट लस्सी

