

# Summer Staycation



## INDIA

Famous  
people &  
places

Food  
&  
Spices

Wildlife  
&  
Nature

Words  
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You can find lots more activities to enjoy on your staycation at:  
Bath Mind's Wellbeing Activities

# INDIA

India, officially the Republic of India, is a country in South Asia. It is the second-most populous country, the seventh-largest country by area, and the most populous democracy in the world.

India is among the most religiously diverse countries in the world. Although India is a secular state, which means that no religion is valued over any other in the eyes of the government, Hinduism is by far the country's most practiced religion, with nearly 80% of the total country identifying as Hindus. This translates to over 1 billion people! Following Hinduism, Islam, Christianity, Sikhism and Buddhism are also popular. India is home to around 94% of the global population of Hindus. Having emerged around 3,500 years ago, Hinduism is thought to be one of the oldest religions in the world.

The River Ganges, flows 2,700 km from the Himalaya mountains to the Bay of Bengal in northern India and Bangladesh. Regarded as sacred by Hindus, the river is personified as the goddess Ganga in ancient texts and art.

The religious importance of the Ganges may exceed that of any other river in the world. It has been revered from the earliest times and today is regarded as the holiest of rivers by Hindus. Despite its importance, its length of 1,560 miles (2,510 km) is relatively short compared with the other great rivers of Asia or of the world.

Indian cuisine consists of a wide variety of regional and traditional cuisines. Across the continent, these cuisines vary substantially from each other, using locally available spices, herbs, vegetables, and fruit.

Bollywood, is the name coined by Bombay cinema for the Hindi language film industry based in Mumbai (formerly Bombay). The actors are highly revered, with Salman Khan, Ashay Kumar and Ranveer Singh regularly topping the list. Often about 3 hours long, Bollywood films are primarily musicals with catchy song-and-dance routines. There are many other film industries in India for other languages such as Telugu, Tamil, Punjabi, Kannada, Marathi and Malayalam, however, Bollywood is best-known as Hindi is the most spoken language in larger cities. Bollywood releases over 1,000 films a year.

Why not watch a Bollywood film; try the rom-com, Dilwale Dulhania Le Jayenge (1995) which is, by all accounts, iconic!





# Festivals

Virtually every temple in every town or village across India has its own festival. The biggest and most spectacular include Puri's Rath Yatra, Hemis festival in Ladakh, Pushkar's camel fair , Kullu's Dussehra, Madurai's three annual festivals and the Kumbh Mela, held in turn at Allahabad, Haridwar, Nasik and Ujjain. Most festivals are religious in origin, and usually involve people getting together and celebrating.

## Holi

Holi, often referred to as the "Festival of Colours"; the ancient Hindu festival is a celebration of spring, victory of good over evil and spreading happiness and love. People celebrate by throwing coloured powder . The powder is usually made of corn starch mixed with food dye and celebrates the wonderful colours throughout India.



Holi is in March

## Diwali

Diwali is the Hindu "Festival of Lights". It is celebrated by millions across the world. It is the festival of new beginnings; the triumph of good over evil and light over darkness. It's traditional to say "wishing you a Diwali that brings happiness, prosperity and joy to you and all your family". Houses are decorated with candles and colourful lights and people share gifts and recite prayers.



Diwali is in November

## Kumbh Mela

Kumbh Mela is a major pilgrimage and Hindu festival. It is celebrated approximately every 12 years at one of four riverbank pilgrimage sites Allahabad, Haridwar, Nashik and Ujjain. Tens of millions gather to wash their sins away. The tradition dates back over a million years! It is said that drops of the elixir of immortality were spilt at these sites, giving pilgrims the chance to bathe in the waters when they attend Kumbh Mela.



Kumbh Mela is April-May every 12 years.

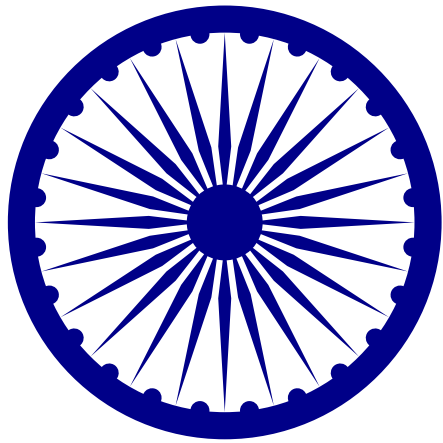




# India



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# Elephants



Elephants are a symbol of intellectual strength in India. They are sacred animals, considered the living incarnation of Ganesha, the elephant-headed deity.

The God of Gods, Indra, is believed to have a white elephant called Airavata as his vehicle.

Elephants are also a symbol of royalty - Maharajas and kings used to ride them during processions.

## Ganesha - The Elephant God

Ganesha is one of the most-worshipped deities in India. In the Ganapatya tradition of Hinduism, he is the supreme deity. He is often called Vinayaka and he is seen as the remover of obstacles. He is popular in Indian art, which often present him in different forms, including having 5 heads.



Colour in!





# Cows

In Hinduism, cows are sacred.

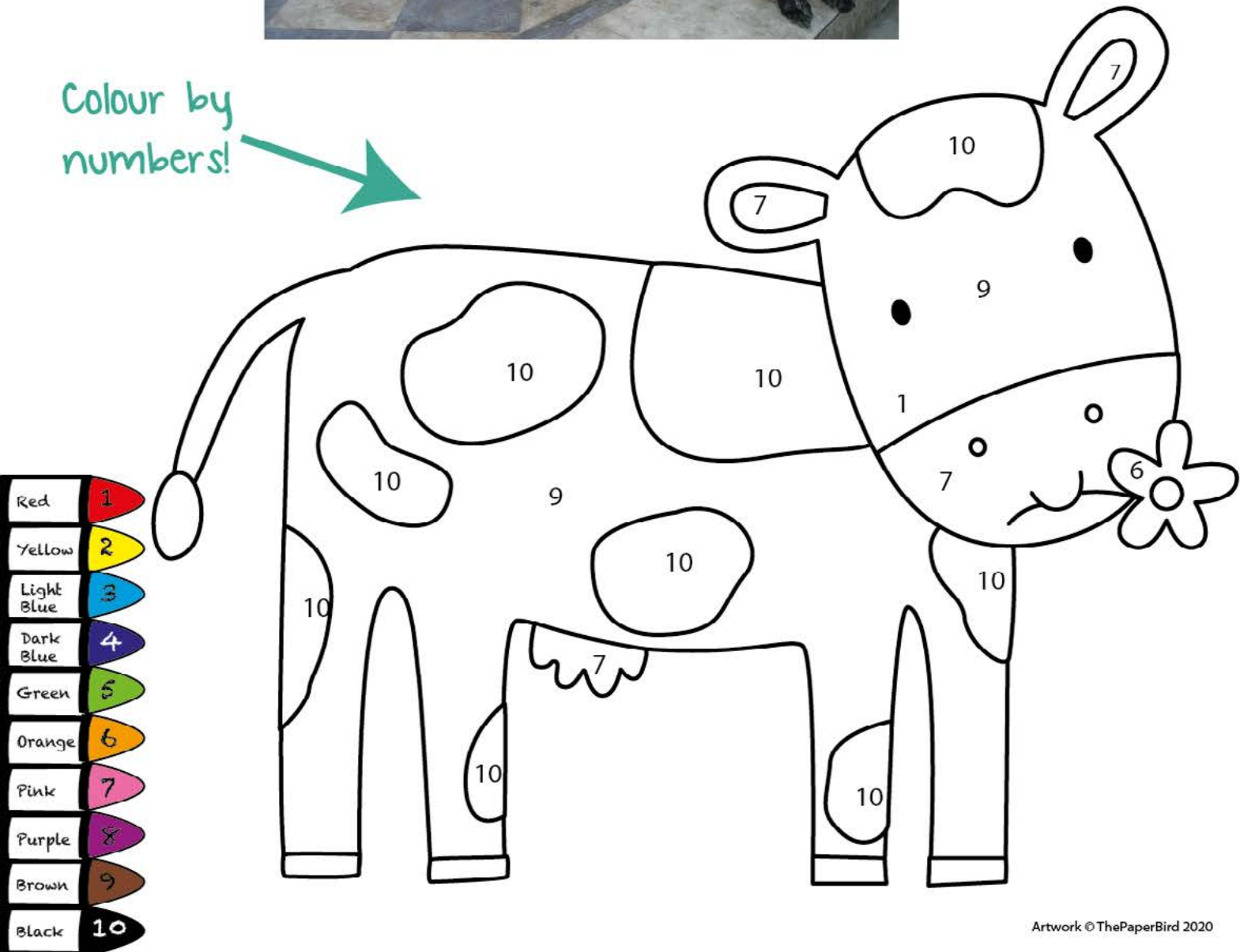
As vegetarians, Hindus consider the cow a sacred symbol of life.

In ancient Hindu texts, the cow appears as Kamdhenu, which fulfills all desires.

Millions of cows roam freely on India's roads.



Colour by numbers!



# Animals

India is home to a large variety of animals. It is a biodiversity hotspot with various ecosystems ranging from the Himalayas in the north to the rain-forests in the south, the deserts of the west to the mangroves of the east.

Indian wild forest and national parks are home to many species of wild animals, birds and reptiles.



**Asian Elephant**

**Greater Flamingo**

**Bengal Tiger**

**Macaque Monkey**

**King Cobra**

**Indian Peacock**

**Snow Leopard**

**Red Panda**



# Animal Memory Game



Cut out the pictures below.

First place them under the right name on the Animals page.

Then take the Animals page away and see if you can remember their names.





# Colour

India is famous for its colours, which are vibrant and often symbolic.

In ancient India, dyes made from flowers, woods, berries and even insects, were used to colour fabrics. Indigo (blue) was the most popular, produced from the plant *Indigofera tinctoria*, the leaves were fermented and the residue drained and dried into 'indigo cakes'.

The city of Jodhpur is known as the Blue City.



The city of Jaipur is known as the Pink City.



Red is the colour associated with the goddess Durga. Brides usually wear red, and it is the symbol of fertility and prosperity, bringing positive energy.

Black represents anger and darkness, and is often used to ward off evil.

White is never worn at celebrations as it reflects the light away. It is worn at funerals.

Orange is a symbol of religion and belief. It is a sacred colour.

Green reflects happiness, and is a symbol of nature, harvests and new beginnings.

Blue is associated with Lord Krishna, representing riches and virtue. It also represents a sense of community.

Yellow is a colour of honour, it is sacred, representing masculine power and wisdom.

Purple is associated with reincarnation, due to the skin colour of Lord Krishna, an incarnation of Lord Vishnu.



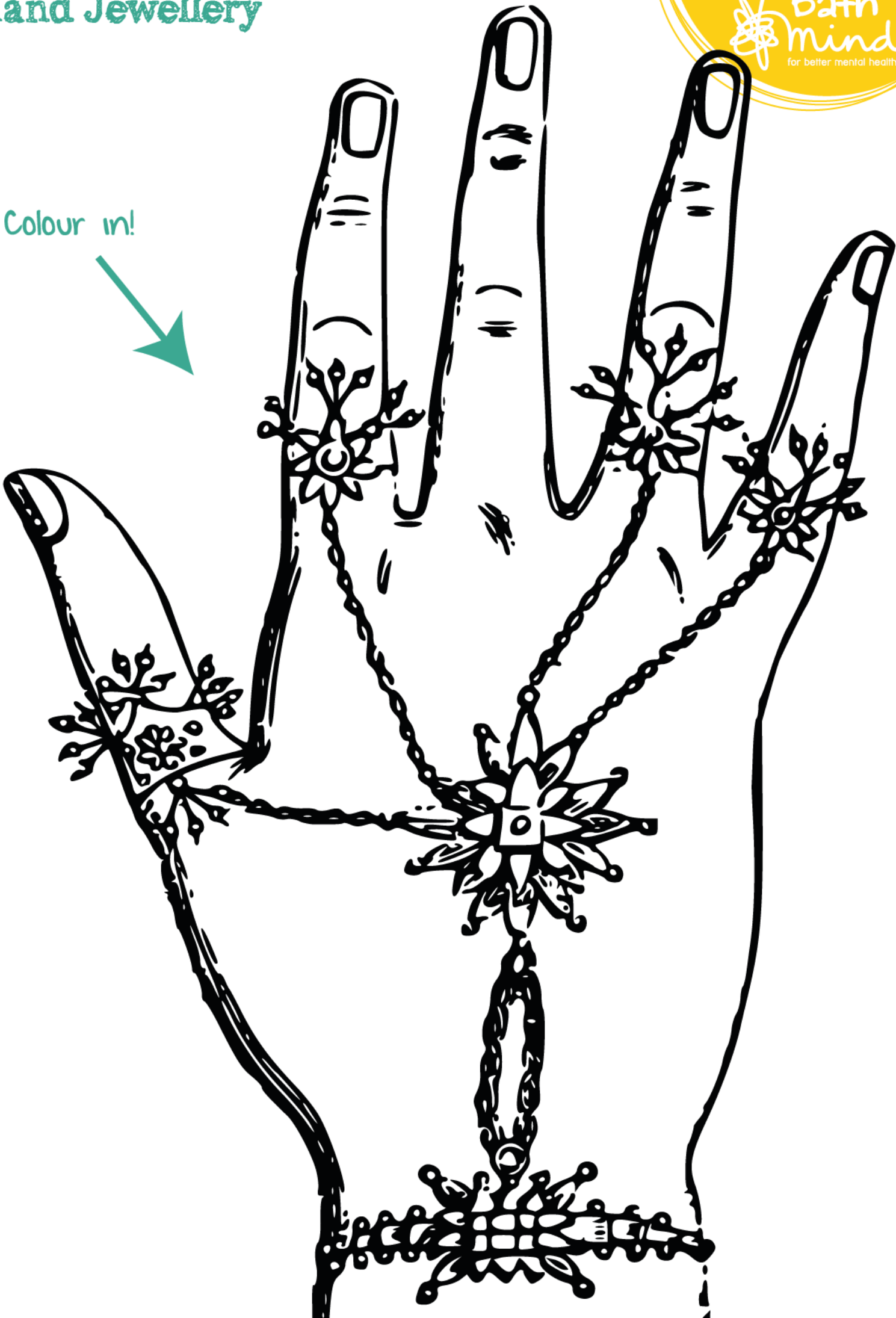
Draw a line  
to match the  
colour to the  
description





# Hand Jewellery

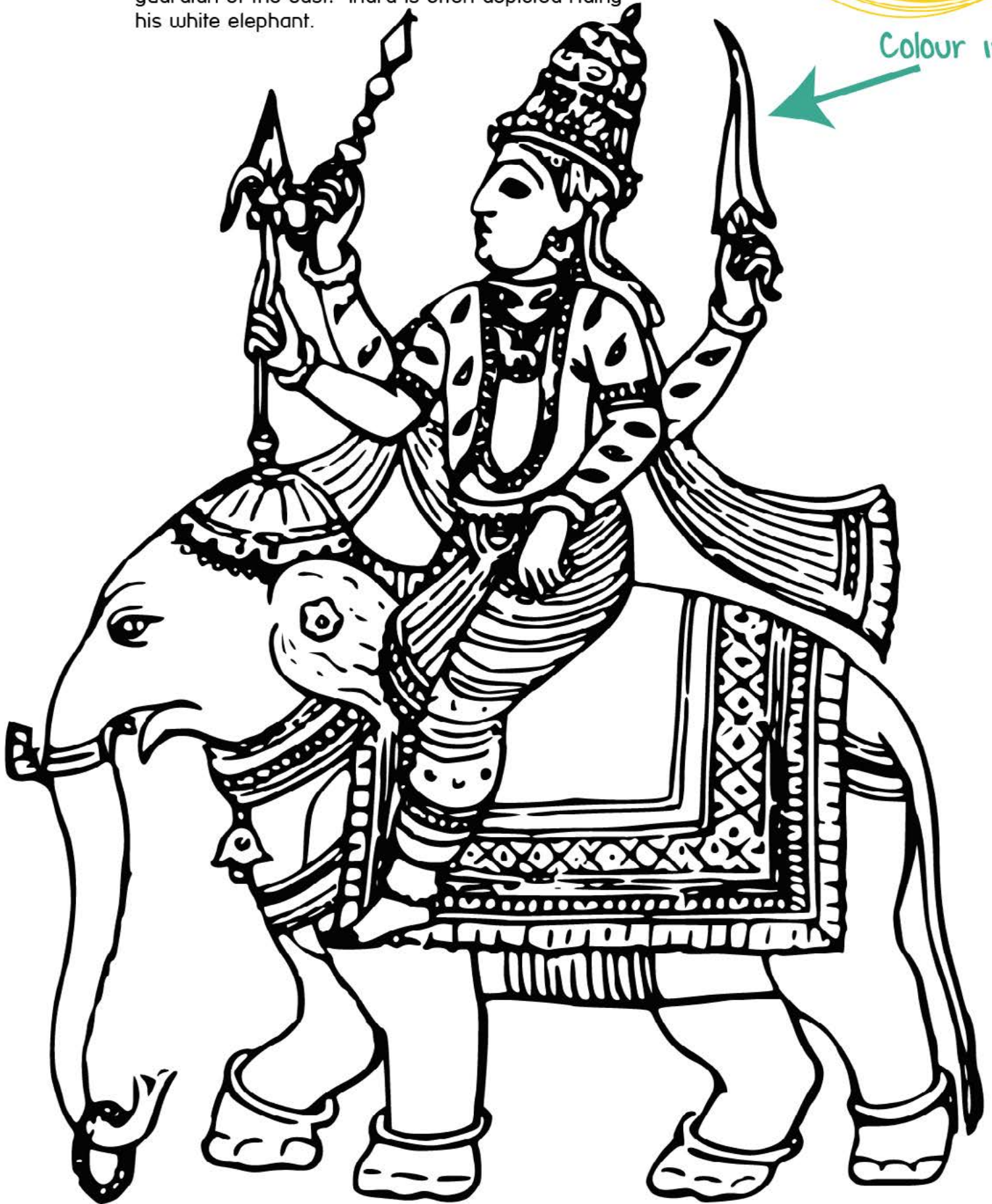
Colour in!



# Indra

In Hindu mythology, Indra was the king of the gods. In later Hinduism, Indra is god of rain, heavens and guardian of the east. Indra is often depicted riding his white elephant.

Colour in!





# INDIA

## Traditional Dress



A saree (or sari) is a traditional dress of India; why not try to make your own. You can use a sheet, which you could decorate with sparkly things. Saree are very long - anything from around 4 metres to 9 metres long and from 60cm wide. Adjust the size of your saree depending on your height/size.

### HOW TO DRAPE A SAREE



You can find more detailed information sarees here:-  
<https://g3fashion.com/blog/fashion/9-different-saree-drape-styles-for-occasions/>



Saris are often made of opulent fabrics, usually in typical bright colours.

Other forms of traditional dress are long shirts / tunics and trousers.

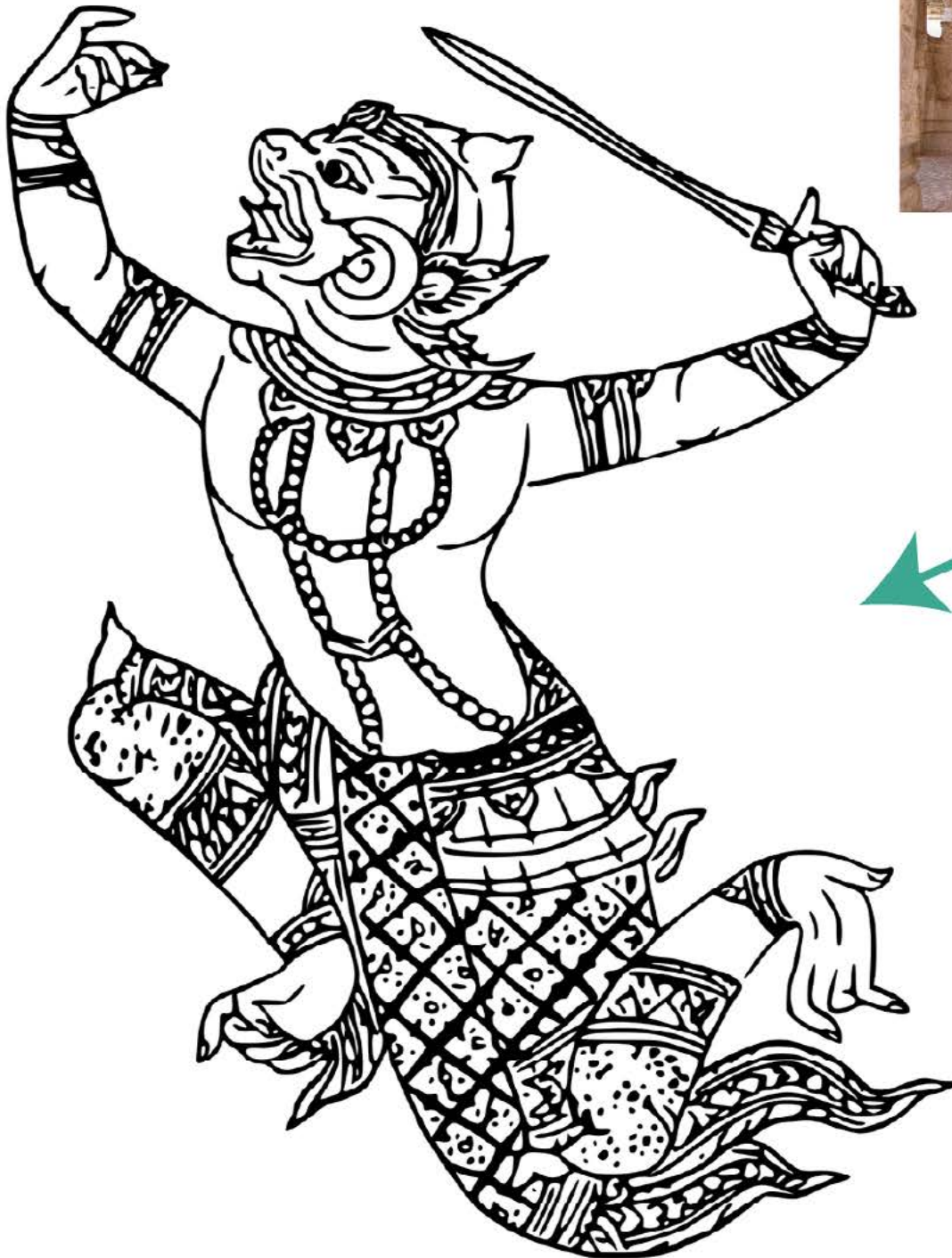


# Monkeys!

The Monkey God - known as Hanuman or Anjanam, is one of the most respected deities. He is part-human and part-monkey, symbolising wisdom, bravery and devotion. He is known for his daring feats, strength and loyalty.

Monkeys are a protected species, and it is estimated that there are over 50 million monkeys in India, where cities are connected by forests leading to monkeys being found in many of the cities. As a result of people feeding them, their numbers in cities are increasing and they are very much welcomed in Hindu temples.

In the wild, monkeys live in evergreen areas in the West, to north eastern states and dry forests in central India.



Hanuman

Colour in!







# Quiz Questions

1. What is the main religion of India?
2. India shares its longest land border with which country?
3. In Indian culture, what is a bindi?
4. Which city has the highest number of billionaires and millionaires among all cities in India?
5. Which animal in Hinduism is regarded as a symbol of ahimsa (non-violence), mother goddess and bringer of wealth and good fortune?
6. Outside India, Hindi is an official language in which South Pacific Ocean country?
7. Shah Rukh Khan is often referred to in the media as the 'king of' where?
8. By what name is the 'festival of lights' known?
9. Which plain-woven textile made from unbleached and often not fully processed cotton is named after a city in southwestern India?
10. Name the most widely spoken of the 22 scheduled languages of India?
11. Which type of bird is *Pavo cristatus*, the national bird of India?
12. Approximately what % of India's population is vegetarian? a. 5-10% / b. 15-20% / c. 30-40%
13. What common every-day practise across the globe was created in India? (We'll give you a hint; it was derived from the Sanskrit word champu).
14. What popular children's board game originated from India?
15. How many countries does the Himalayan mountain range span across? (Clue: one of them is India).

1. Which city is known as the Blue City?
2. What colour do brides often wear?
3. What is the name of the Elephant God?
4. Which Indian musician was friends with George Harrison of the Beatles?
5. What is Mehndi?
6. What is the name of the highest mountain in the Himalayas?
7. What is Indra known as?
8. How long ago did Yoga start in India?
9. Which city is known as the Pink City?
10. What is the god Hanuman known as?
11. What is Holi?
12. In what city is the Taj Mahal?
13. What give Indian food its unique flavours?
14. What is the capital of India?
15. What is the name of the Albanian nun who moved to Calcutta to take care of the poor?



# Quiz Answers

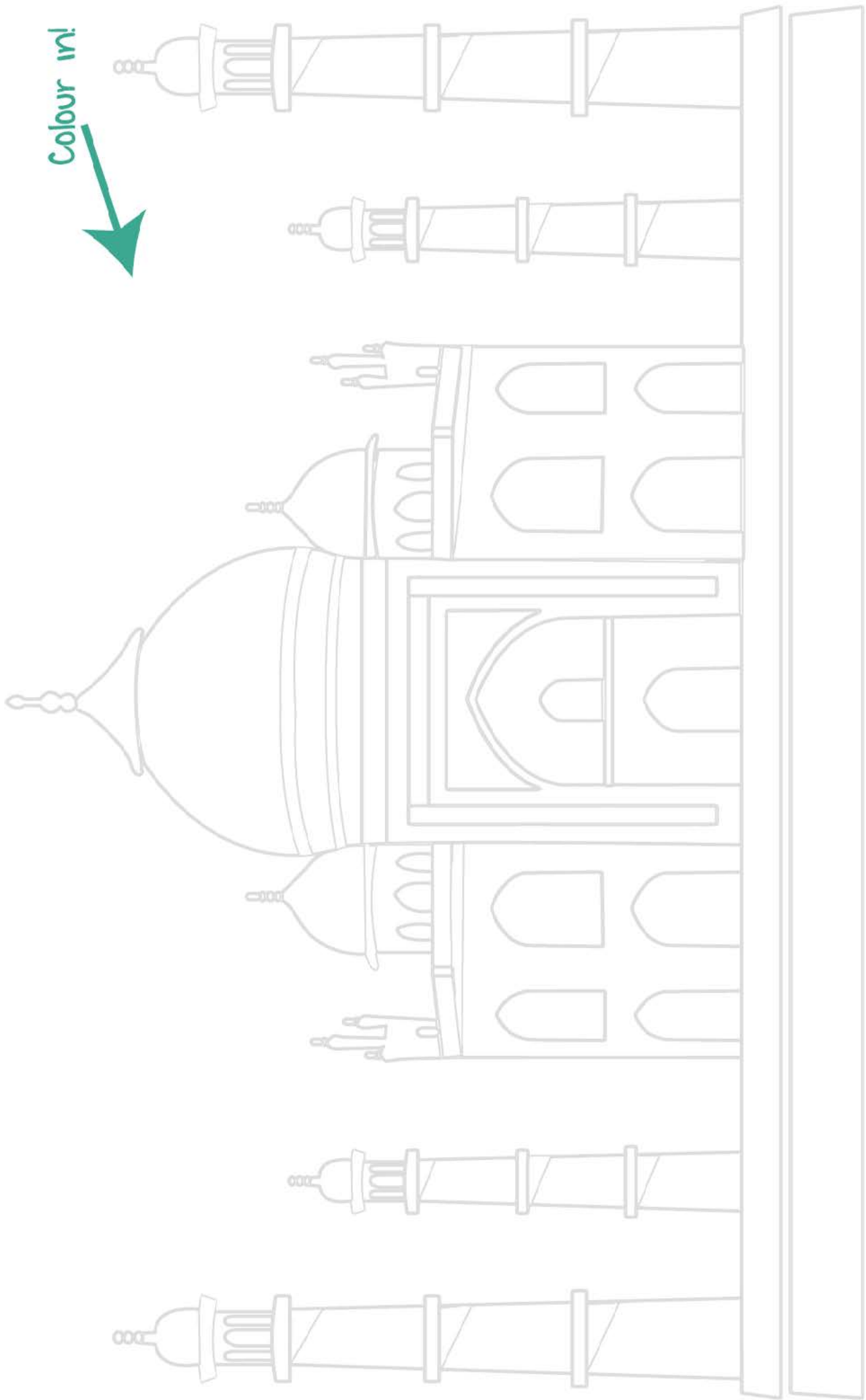
1. Hinduism
2. Bangladesh
3. A red dot worn on the centre of the forehead (commonly worn by Hindu and Jain women)
4. Mumbai
5. The cow
6. Fiji
7. The King of Bollywood
8. Diwali
9. Calico
10. Hindi
11. Peacock
12. 30-40%
13. Shampoo!
14. Snakes and ladders
15. 5 (India, Bhutan, China, Nepal, Pakistan)

1. Jodphur
2. Red
3. Ganesha
4. Ravi Shankar
5. Henna body art
6. Everest
7. King of the Gods
8. 5000 years
9. Jaipur
10. The Monkey God
11. Festival of Colours
12. Agra
13. Spices
14. New Delhi
15. Mother Teresa



# The Taj Mahal

Colour in!



# The Taj Mahal

Taj Mahal is an immense mausoleum of white marble, built in Agra between 1631 and 1648, by order of the Mughal emperor Shah Jahan, in memory of his favourite wife. The Taj Mahal is the jewel of Muslim art in India and considered to be the greatest architectural achievement in the whole range of Indo-Islamic architecture.



Take a virtual tour of the  
Taj Mahal here....

[www.taj-mahal.net/newtaj/](http://www.taj-mahal.net/newtaj/)





# Mehndi - Henna

Mehndi is a form of body art originating in ancient India.

Decorative designs are created using a paste created from the powdered dry leaves of the henna plant.

The night before an Indian wedding, a Mehndi ceremony is held to wish the bride good health and prosperity.

Mehndi/henna is a paste which is associated with positive spirits and good luck.



Henna paste usually comes in a little paper tube.

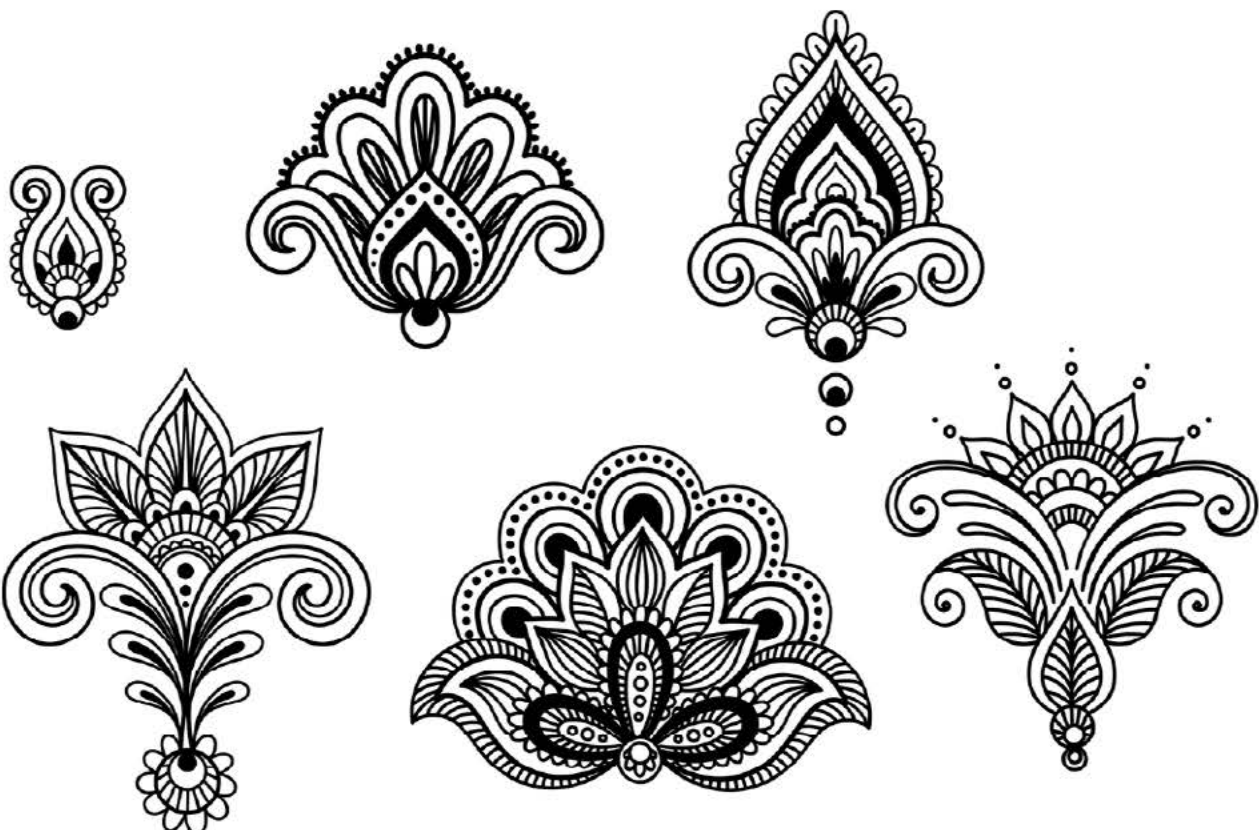
It needs a very steady hand to be applied!

Designs are usually complex and ornate.



The end result lasts for a few days, depending on the strength of the henna.

Here are some typical henna designs.



# Music and Dance

India's classical music includes Hindustani, Bhartiya and Carnatic. It began as an integral part of socio-religious life and has a rich history. Types of music vary across the continent, with folk, popular music and most recently 'rock' music - which is strongly influenced by western music.

Indian musicians learn to play raga (patterns of notes) by imitating and memorising. There are many traditional instruments which, combined with raga, give Indian music its unique sound.

Bhangra was originally a type of folk dance music from Punjab - it was started by farmers celebrating the harvest. It now fuses Western pop music with Hindi film music and folk music from the Punjabi region. Now it's used in most major celebrations in Punjab when people dance to the rhythm of the drum.

Bhangra is an energetic dance style with continuous rhythmic body movements. It's used in Bollywood dance, along with belly-dancing, Indian folk dancing, western popular dance and modern jazz.



Traditional Indian instruments include

**Sitar**      **Mridangam**      **Tabla**      **Shehnai**  
**Santoor**      **Sarod**      **Flute**



# Music and Dance

Bath  
mind  
for better mental health

Music and dance can be beneficial for mental health and wellbeing.

Try some Indian dance styles, pop on some Indian music and relax as you recreate Indian dance at home.

## How to Learn Bollywood Dance

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

## Basic Bollywood Steps

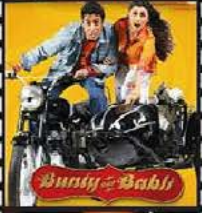
<https://www.youtube.com/watch?v=SsGtNa3Oo3Y>

## Bollywood Dance Workout

<https://www.youtube.com/watch?v=KUmKKPcf71Q>

Why not organise a virtual Bollywood dance with a friend !

We would love to see how you get on with your Bollywood dancing - please do share your photos or videos with us on social media!





# Spices!

India, known as the home of spices, boasts a long history of trading with the ancient civilisations of Rome and China. Today, Indian spices are the most sought-after globally, given their exquisite aroma, texture, taste and medicinal value. Traditionally, spices in India have been grown in small land holdings, with organic farming gaining prominence in recent times.

India is the world's largest producer, consumer and exporter of spices.

Across the country, diverse regions specialise in their own variety of spices ranging from pepper, cardamom, coriander and cumin to ginger, garlic, turmeric and chili, and several in between.

One of the essentials of an Indian kitchen is the “masala dabba”- a traditional spice box. It typically consists of small cups (usually five or seven) containing spices that are used in daily cooking. Whether it's a soupy south Indian Rasam, a snack time Gujarati Dhokla, a sumptuous dessert in the Bengali Mishti Doi or the traditional tea in the Kashmiri Kahwa, spices are widely used in all parts of the country, across various courses in a meal, vegetarian or otherwise.

Khari Baoli is Asia's largest wholesale spice market dating all the way back to the 16th century, the market sells spices, nuts and dried fruits from northern India and across the border in Afghanistan.



Can you spot the Cinamon sticks  
and Turmeric spice powder in this picture?



## Vegetable Samosas

For the Samosa Dough

2 cups plain flour

3/4 teaspoon salt

1/4 cup sunflower oil (or ghee)

Mix everything together.

Add water gradually to make the mixture into a dough.

Cover and leave for 30 minutes.

For the filling

Prepare: 450g potatoes (washed and boiled - not too soft)

Heat 1 tbsp sunflower oil in a pan

Add 1/2 teaspoon cumin seeds, followed by 1 tbsp minced ginger and 1 chopped green chilli.

Soften for 1 minute.

Add 1/2 teaspoon each of:

red chilli powder - garam masala - cumin powder - salt

Saute for 30 seconds, then add 50g frozen peas.

Saute for 2 minutes.

Add the pre-cooked potatoes.

Mix over heat for 3 minutes.

Remove from heat, add a handful of chopped coriander leaves and a teaspoon of lemon juice.

Leave to cool.

Return to your dough and separate it into 5 balls.

Roll each ball into an oval shape, and cut each oval in half.

Fold each half into a "cone" shape and seal the edges with water.

Add some of your filling to each cone.

Seal the top of each cone with water.

Pinch to make sure they are properly sealed.

To cook, heat a pan of oil or use a deep-fryer, to a medium temperature.

As the crust starts to firm, increase the heat a little.

Gently fry until golden.

Delicious with mango chutney!



Recipe adapted from [www.indianhealthyrecipes.com](http://www.indianhealthyrecipes.com) where you can find lots more great Indian food recipes.

## Pakora

Pakora are also called pikora, pakoda, pakodi, fakkura, bhajiya, bhajji, bhaji or ponako!

It is a fried snack, popular across India, often sold by street vendors.

You could serve them as a starter, with a raita and chutneys, or as a lunch with a fresh salad.

Recipe serves 4

1 cauliflower

150g gram flour (chickpea flour)

Half teaspoon baking powder

2 teaspoons ground cumin

2 teaspoons ground coriander

Half teaspoon ground turmeric

Pinch cayenne pepper

Half teaspoon salt

Mix all the dry ingredients together

Add 175ml cold water

Whisk together to make a smooth batter (like double cream).

Cut cauliflower into small florets and add to batter.

Coat thoroughly.

Fry in pre-heated sunflower oil for about 3 minutes, turning occasionally.





## Chutney

Chutney is a spicy or savoury condiment originating in India. It's made from fruits, vegetables and/or herbs and spices. The flavours in chutney balance or highlight flavours in the accompanying food. Chutneys are served with many Indian meals, including breakfast Dosa and snacks. They also taste great with sandwiches and other foods. Many Indian families have their own versions of chutneys, so why not experiment and adapt this recipe to make your own.

## Tomato Chutney

Dry fry 1 Tablespoon chana dal and 1/2 teaspoon cumin seeds until golden. Allow to cool. Add 1 tbsp oil to pan, fry 4-6 red chillis until crisp. Set aside. Add 1 (chopped) red onion and 2 (chopped) garlic cloves. Fry for 3-5 minutes. Add 3 large chopped tomatoes, 1/2 teaspoon salt, large pinch of turmeric. Fry until soft. Allow to cool.

Blend the red chillis and the dal/cumin mix until they are a fine powder.

Add to the tomato mix and blend all together.

There are many variations to this recipe, you can add ginger instead of garlic if you prefer.

## Raita

Many Indian foods have a lot of chilli, making them hot! The coolness of raita is great to balance the heat and spice.

Recipe serves 4

1 cup natural yoghurt  
1/2 cup finely chopped cucumber  
1 tablespoon finely chopped red or green onion  
2 teaspoons lemon juice  
2 tablespoons finely chopped mint

Simply mix all the ingredients together.

## Aromatic Fish and Cashew Nut Curry

Recipe serves 4

1 onion, chopped  
Thumb-sized piece of ginger, peeled and roughly chopped  
4 garlic cloves, peeled  
2 green chillis, seeds removed  
Small bunch coriander, roughly chopped  
1 tablespoon butter  
1 tablespoon sunflower oil  
2 tablespoons garam marsala  
150g unsalted cashew nuts  
1 tin tomatoes  
400ml fish or vegetable stock  
400g white fish cut into chunks (or prawns)  
150ml pot natural yoghurt  
50ml double cream

Put the onion, ginger, garlic and coriander stalks into a blender and mix to a paste.  
Heat the oil and butter in a saucepan and add the paste. Stir fry for 5 minutes to soften.  
Add the garam marsala and cook for a further 2 minutes.  
Add the tinned tomatoes and stock, bring to the boil and simmer, covered, for 40 minutes.  
Add the fish (or prawns) and cook for a further 2-3 minutes.  
Add the yoghurt and cream - stir well.  
Add chopped coriander and cashew nuts before serving.

Dairy Free?

Use 2 tablespoons of sunflower oil and leave out the butter.  
Replace the yoghurt and cream with coconut milk.

Nut Free?

You can leave out the cashew nuts, this is perfectly tasty without them.



## Mango Fool with Cardamom Shortbread

Recipe serves 4

### Mango Fool

300g mango flesh (fresh, frozen or tinned and drained)

1.5 tablespoons lemon or lime juice

150g natural yoghurt

200g double cream

75g caster sugar

Blend or mash the mango.

Mix the puree with the yoghurt and lemon/lime juice.

Whisk the cream and sugar together until it stands in soft peaks.

Fold into the mango and yoghurt mix.

Spoon into small serving dishes and chill for at least an hour.

### Cardamom Shortbread

Preheat oven to 170c / Gas 3

200g soft butter

100g icing sugar

100g cornflour

200g plain flour

Half teaspoon ground cardamom

Knead all the ingredients together.

Roll into a sausage and cut out biscuits about 1cm thick.

Place on a non-stick baking tray (or line with baking parchment)

Bake for 20-30 minutes, or until golden brown.

# YOGA

The practice of yoga was started in Northern India over 5,000 years ago. Yoga was originally for spiritual and meditative use, rather than any form of physical workout. Traditional Indian yoga is based around the practice of living a tranquil life, following the Yoga Sutras of Patanjali - asanas, pranayama, dharana, dhyana, yamas, niyamas, pratyahara and samadhi.

Yoga helps your mental health and wellbeing. It reduces stress and muscle tension, sharpens attention and concentration and calms the nervous system.

## The Breath

The breath is an important part of yoga, which yogi masters have said 'will lead to the discovery of our life force'. We often overlook our breathing, but taking time to focus on our breath can be deeply relaxing and is highly effective in reducing anxiety and stress.

### Try this simple breathing exercise - "Three Part Breathing"

Sit comfortably and upright - either in a chair or on the floor.  
Place one hand on your upper chest, and the other on your belly button.  
Slowly inhale and focus on breathing into your upper chest, then abdomen, as you complete the inhalation, let your belly puff out like a balloon.  
When you breathe out, release the air in the same way - from belly to abdomen to chest.

Try to focus on your breath, visualise the air going in and out of your lungs.  
Repeat a few times throughout the day if you can.

## Yoga for Health

There are many different types of yoga, and the study of yoga can be lifelong for many. There are lots of local classes

You can find more information and some basic yoga to practise here:

[www.nhs.uk/live-well/exercise/guide-to-yoga/](http://www.nhs.uk/live-well/exercise/guide-to-yoga/)





# Mandalas

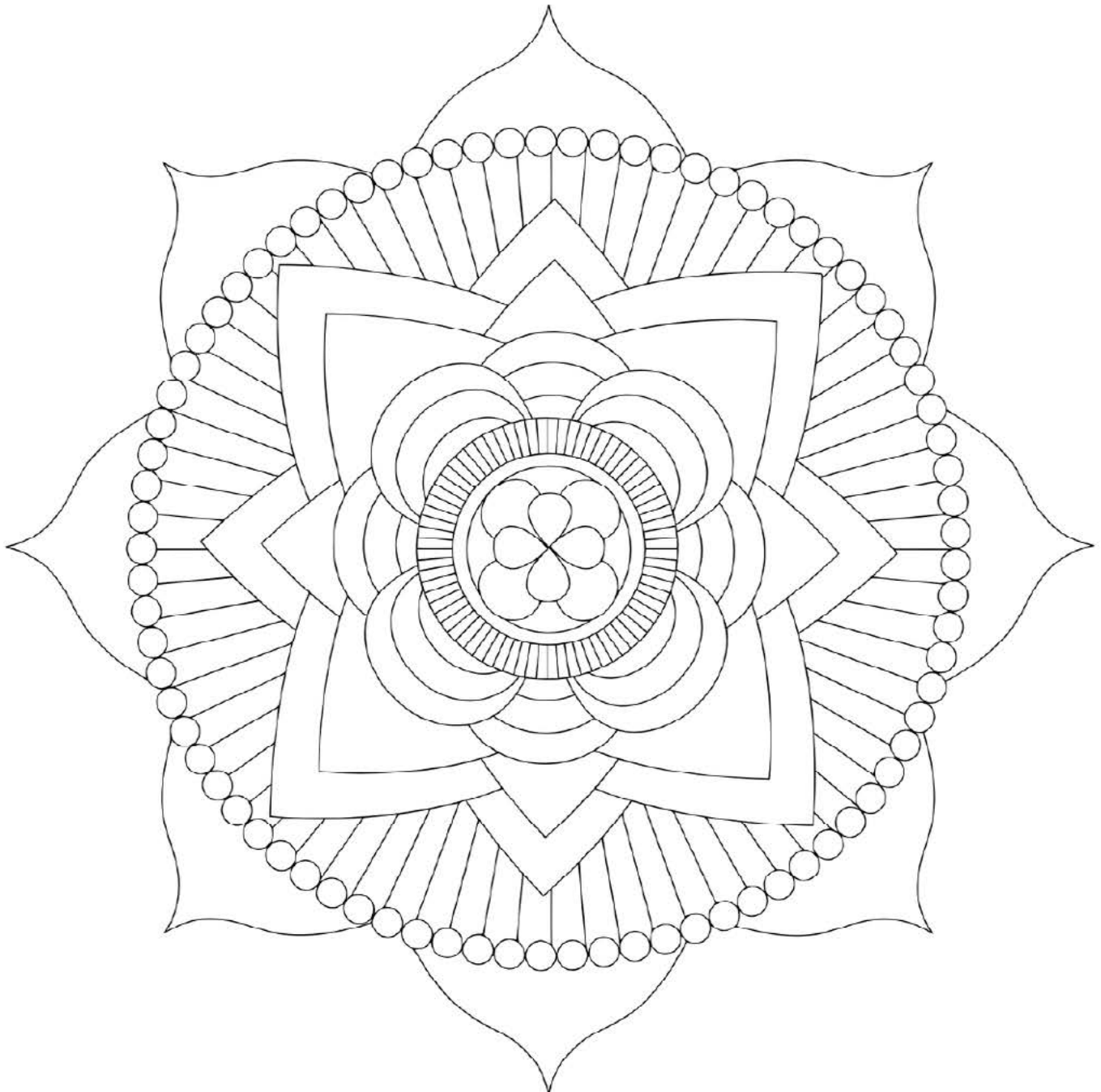
The word 'mandala' is Sanskrit for 'circle' or 'discoid object' - it's originally a geometric design from Hindu and Buddhist cultures.

Its purpose is to help transform ordinary minds into enlightened ones, and assist with healing.

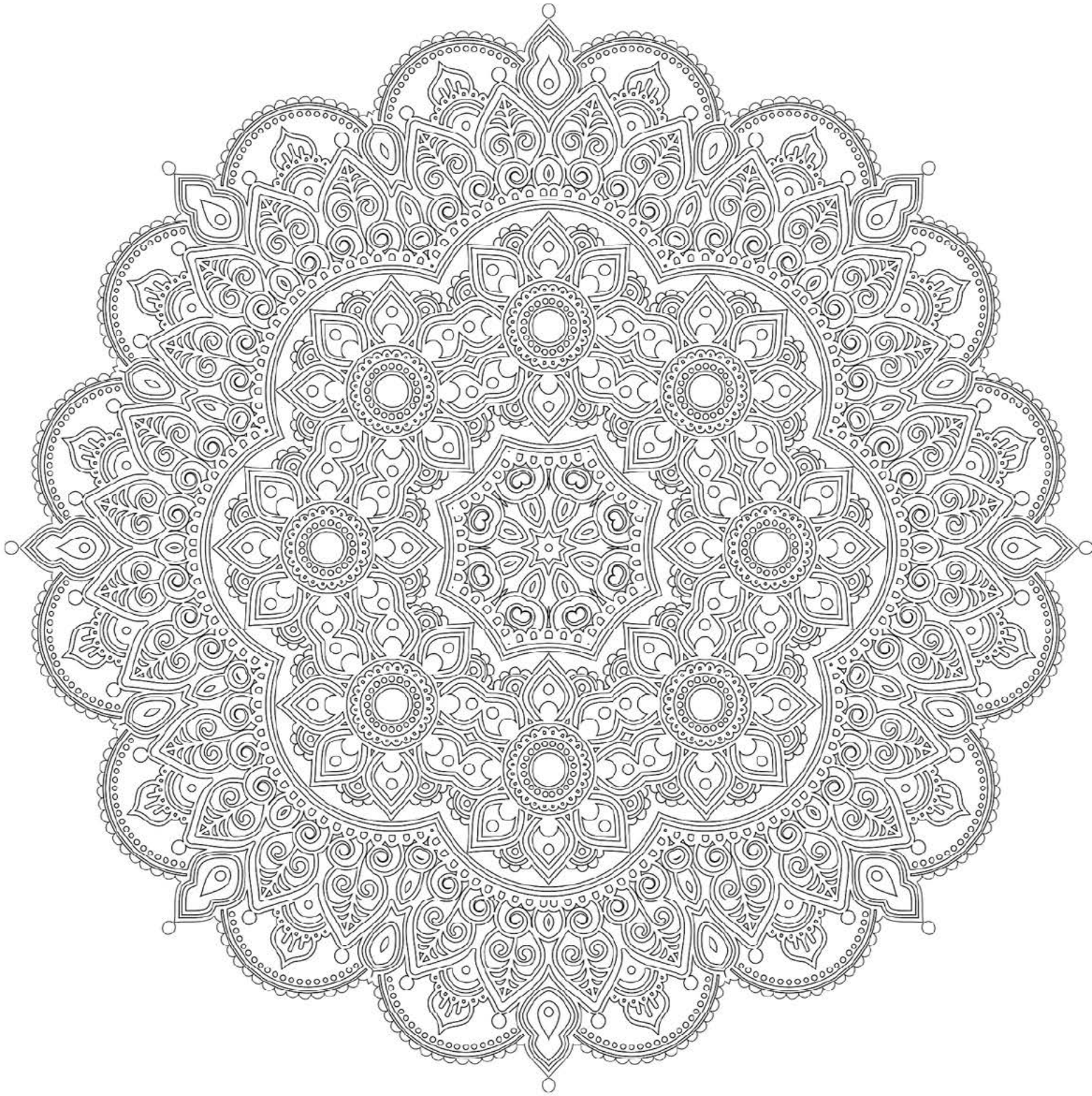
## Mindful Colouring for Relaxation

Whilst you may choose to draw your own mandalas, the mindful colouring of mandalas can be very relaxing.

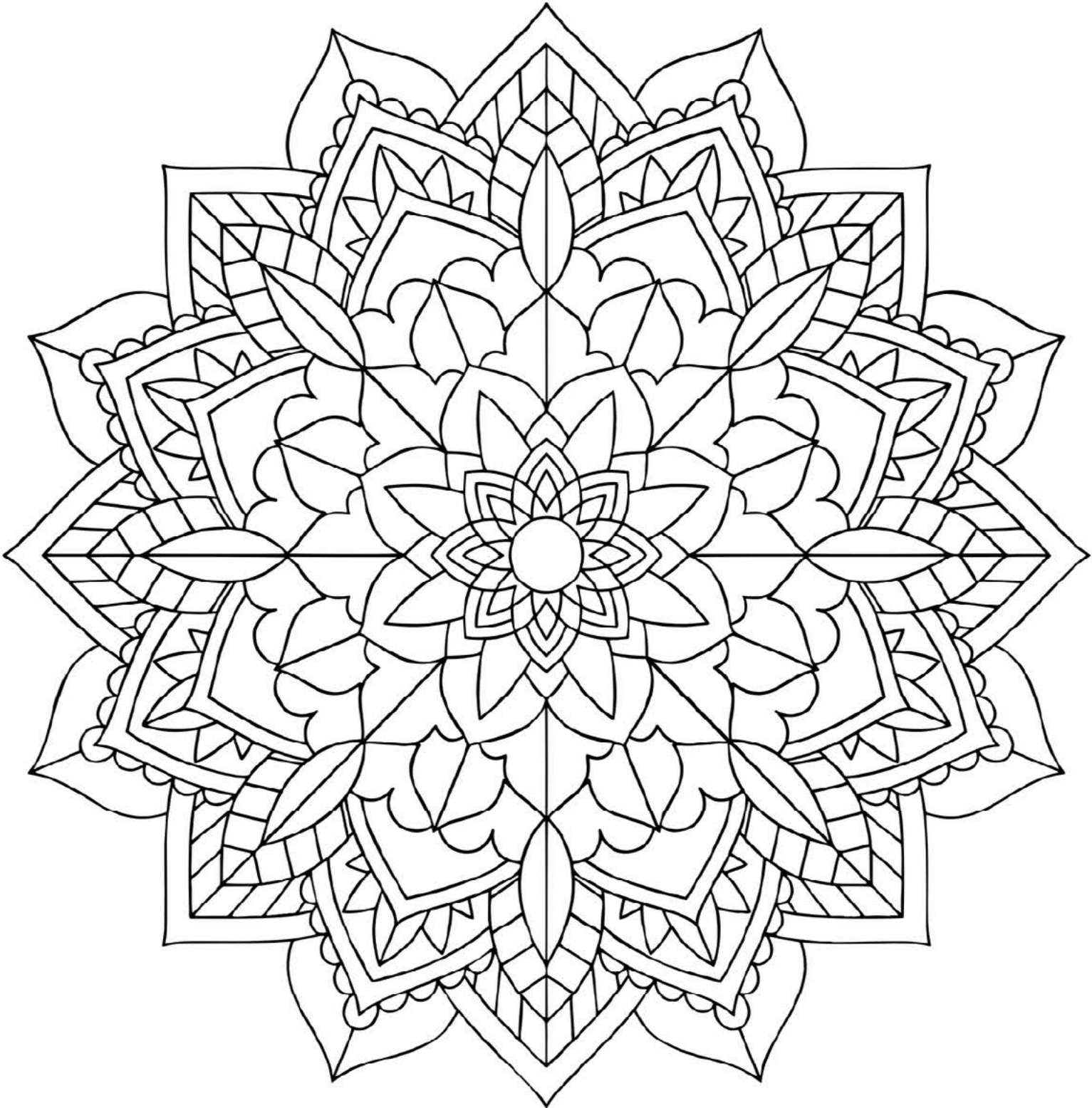
Choose colours which you feel an affinity with, take some time out and focus on your colouring, remaining in the present. If your mind wanders, that's fine, just bring it back to the present moment when you can.

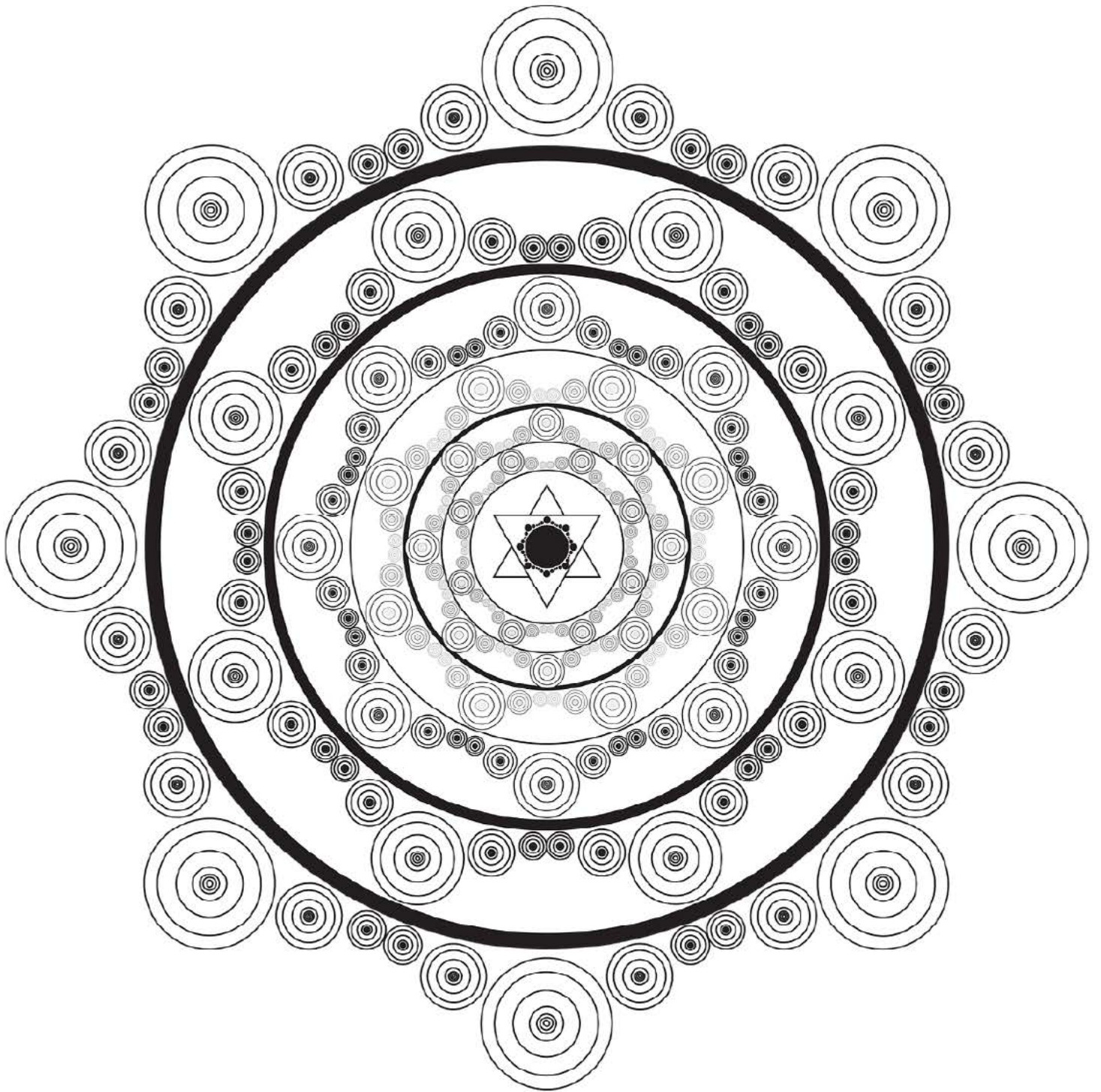
















# Stigma Education Journal



INDIA

# Staycation Journal

Day:

What did you do today?

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What Hindi phrase did you learn today?

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What Indian food did you try today?

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What mindful colouring did you try today?

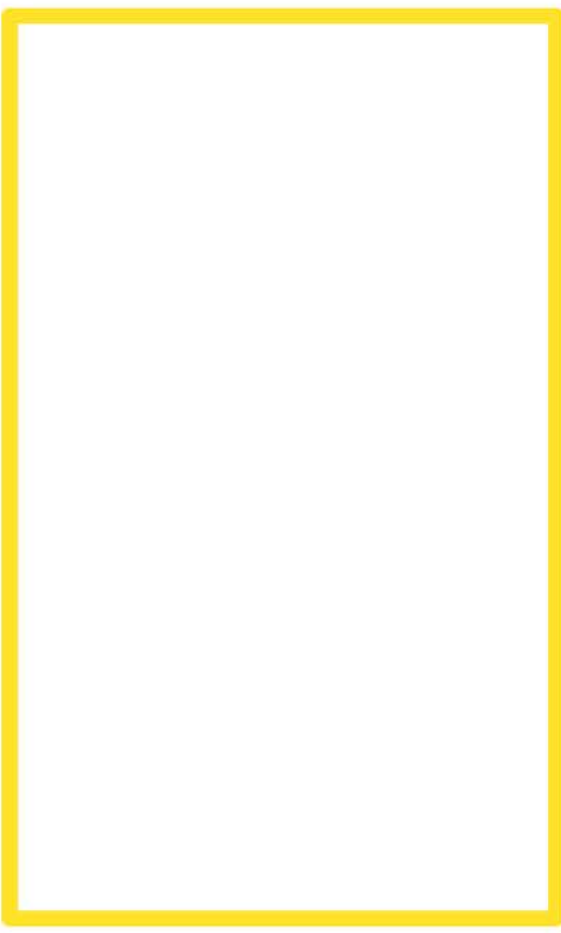
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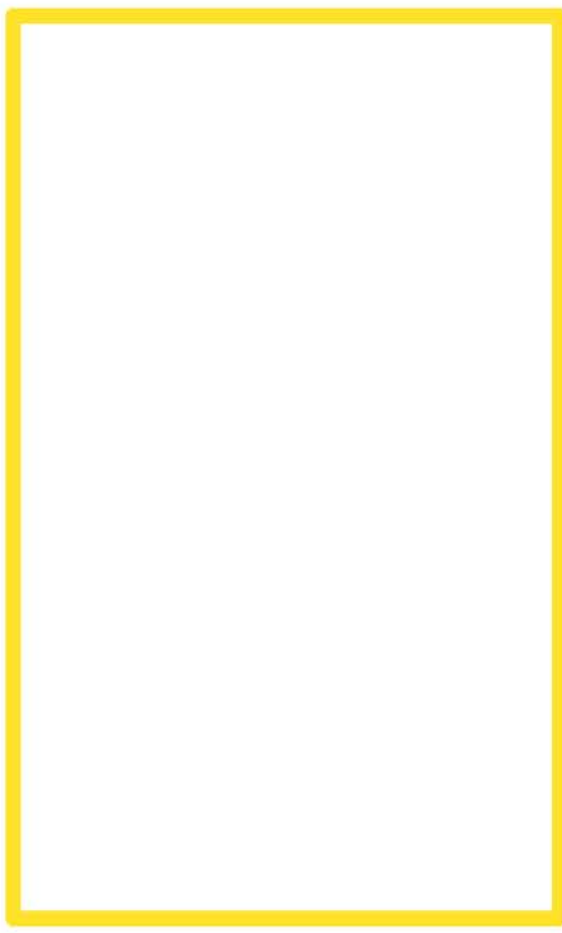
# Picture of the Day

Draw a picture, stick in photographs or cut out pictures from magazines



# Mindful doodle of the day...

Think about your India staycation and doodle something mindfully.





# Staycation Journal

Day:

What did you do today?

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What Hindi phrase did you learn today?

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What Indian food did you try today?

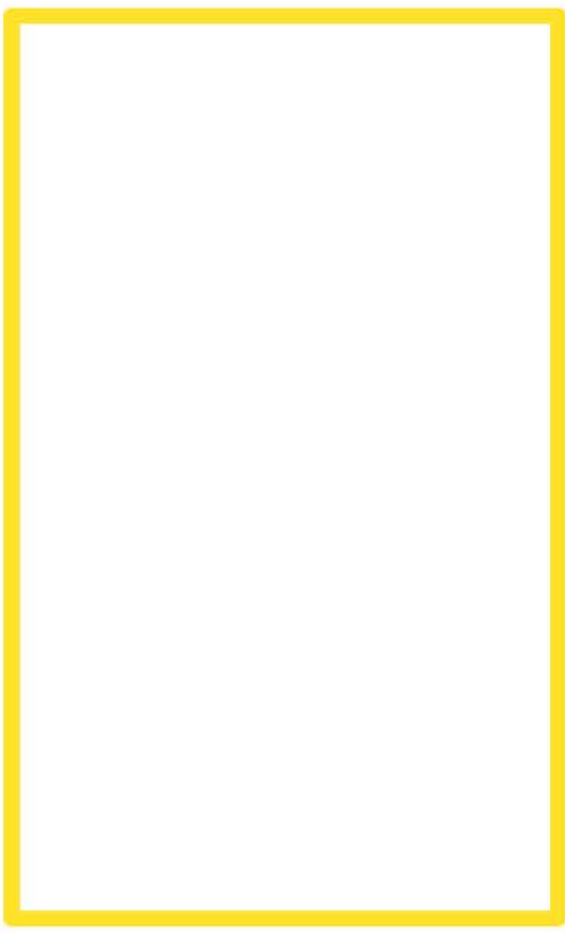
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What mindful colouring did you try today?

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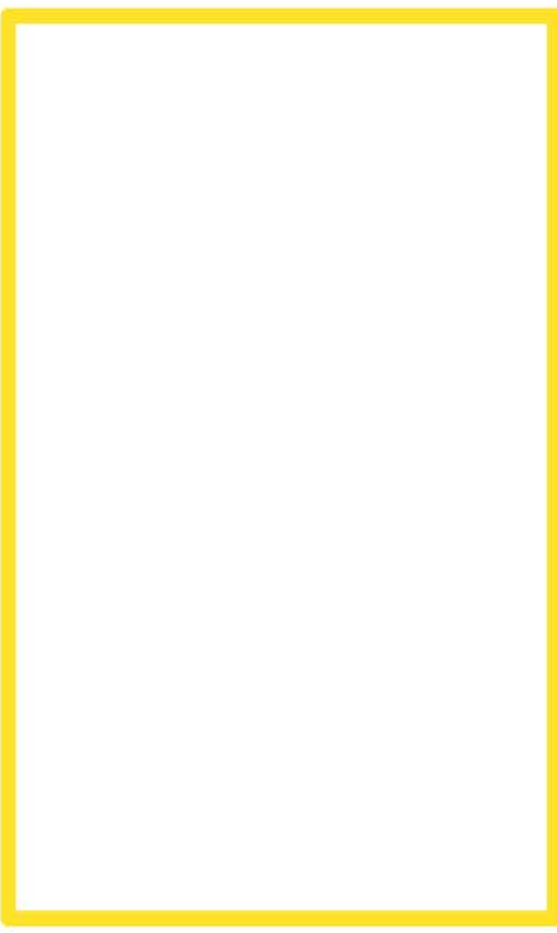
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# Staycation Journal

Day:

What did you do today?

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What Hindi phrase did you learn today?

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What Indian food did you try today?

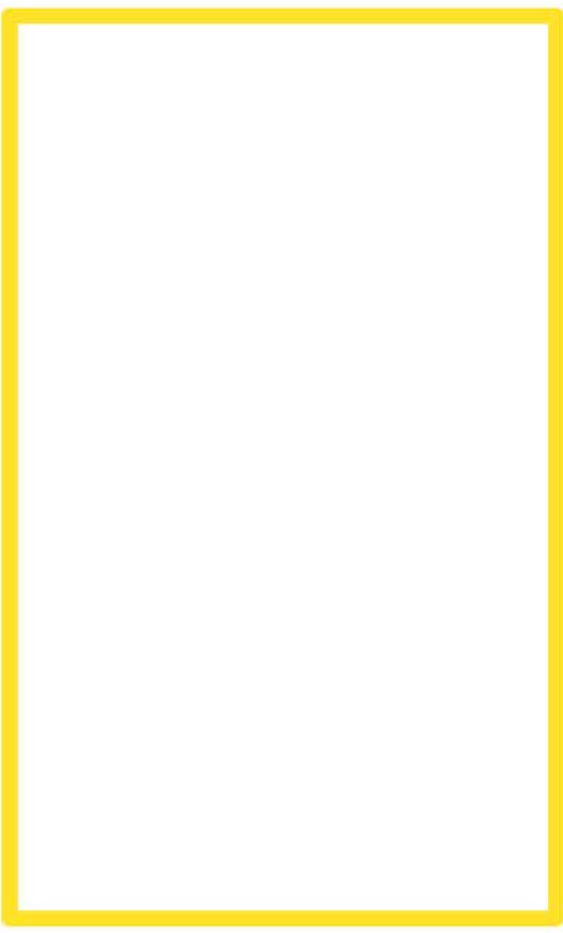
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What mindful colouring did you try today?

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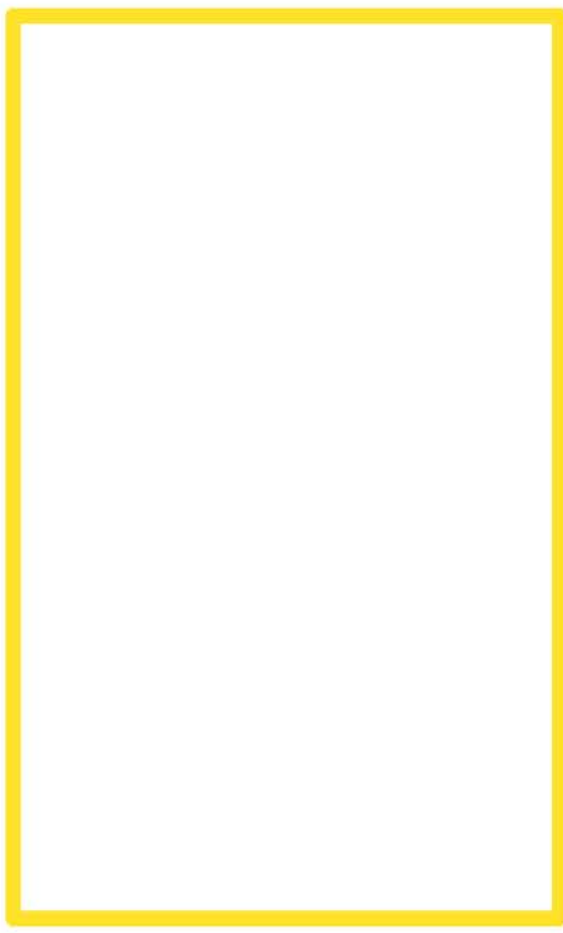
# Picture of the Day

Draw a picture, stick in photographs or cut out pictures from magazines



# Mindful doodle of the day...

Think about your India staycation and doodle something mindfully.





# Staycation Journal

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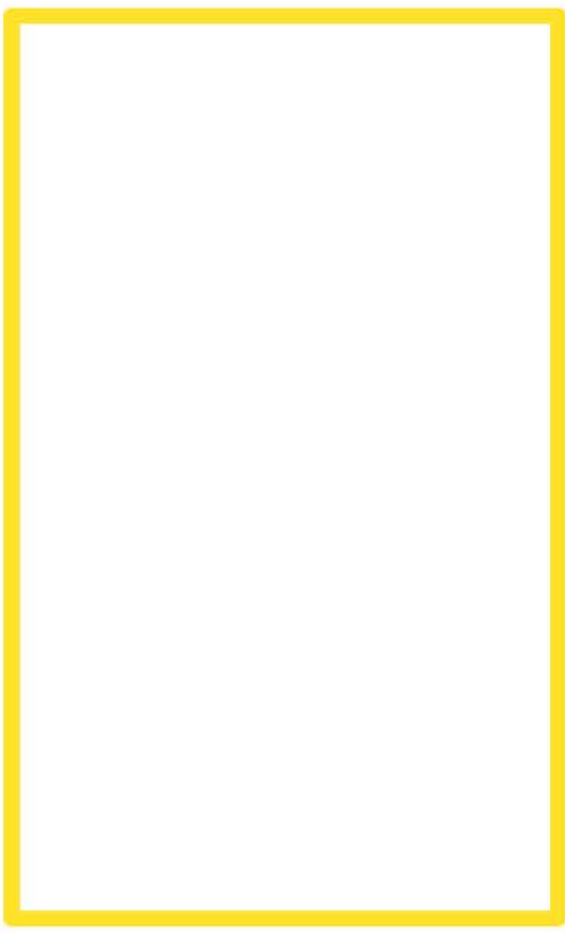
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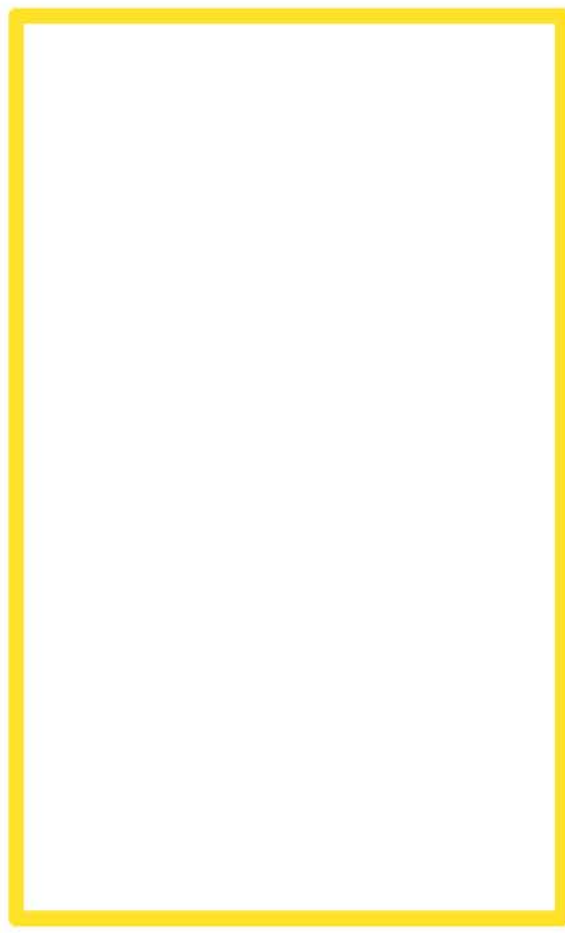
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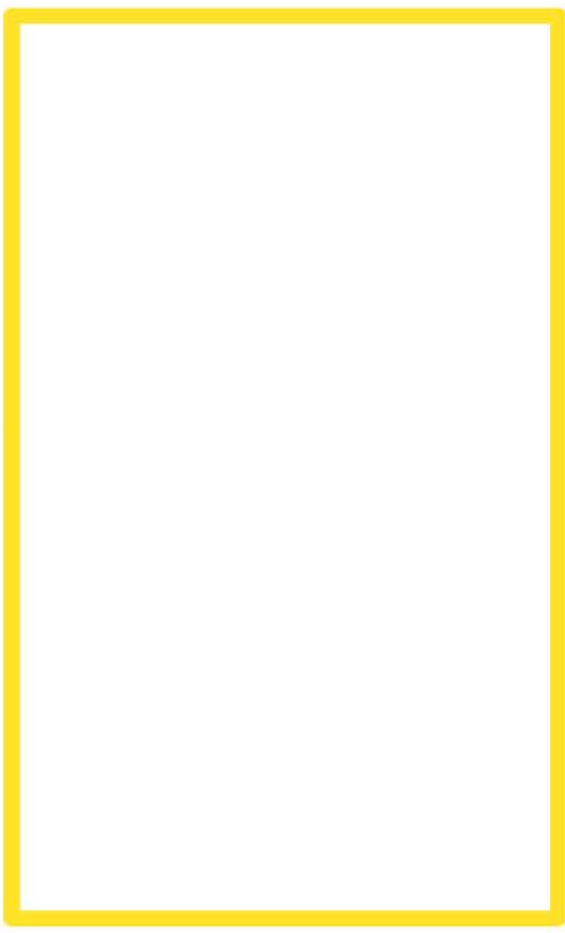
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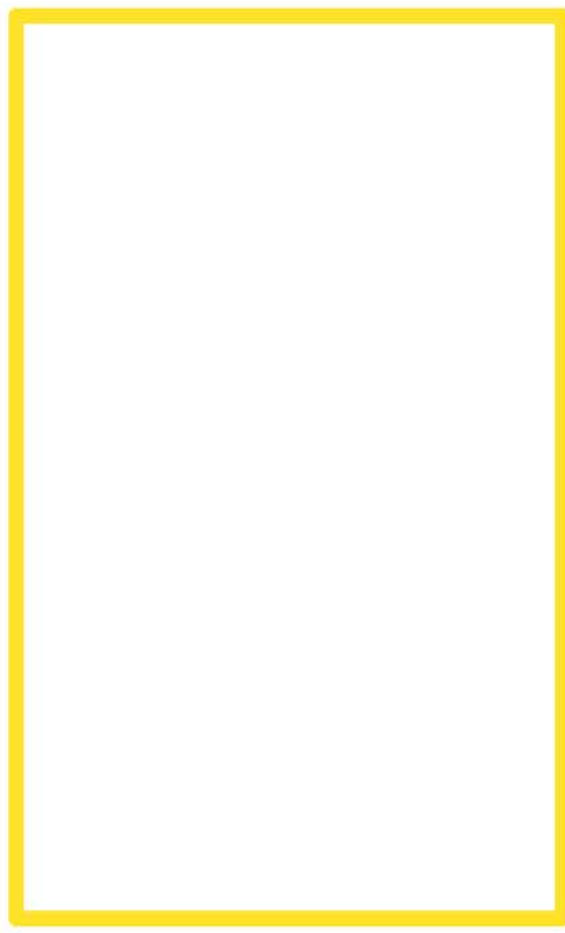
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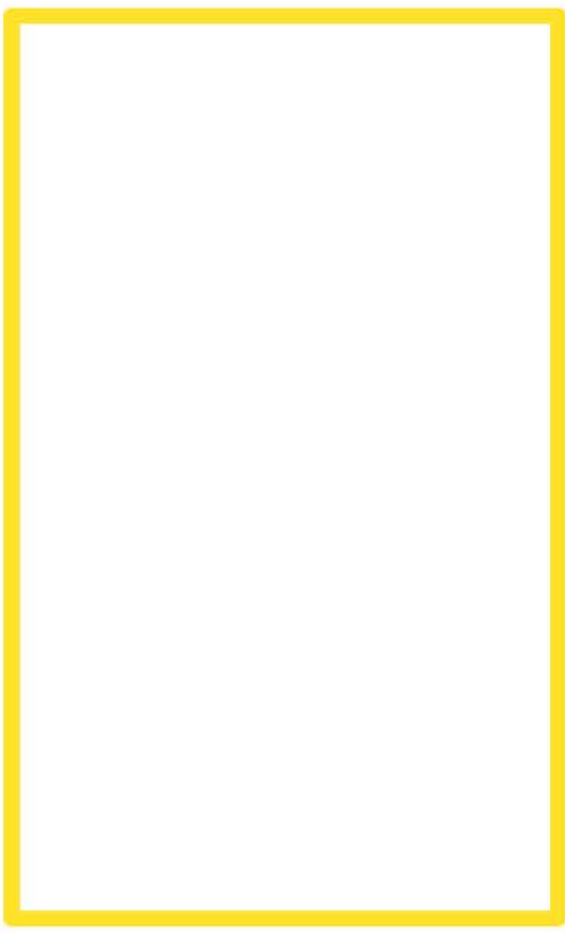
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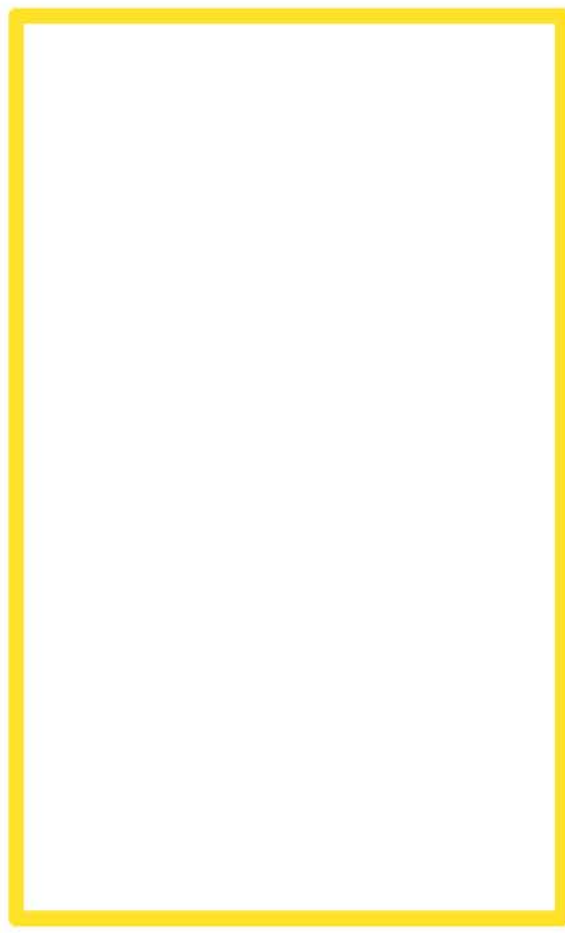
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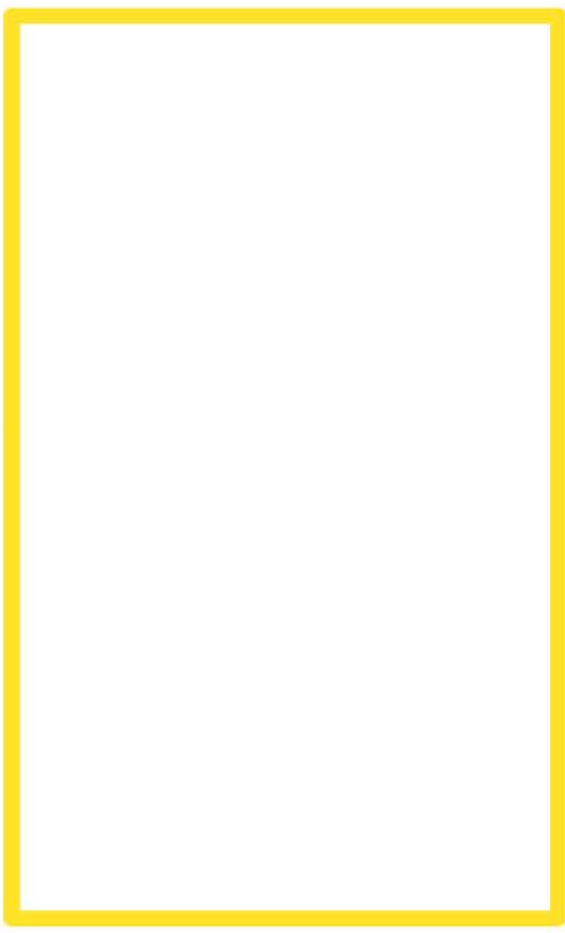
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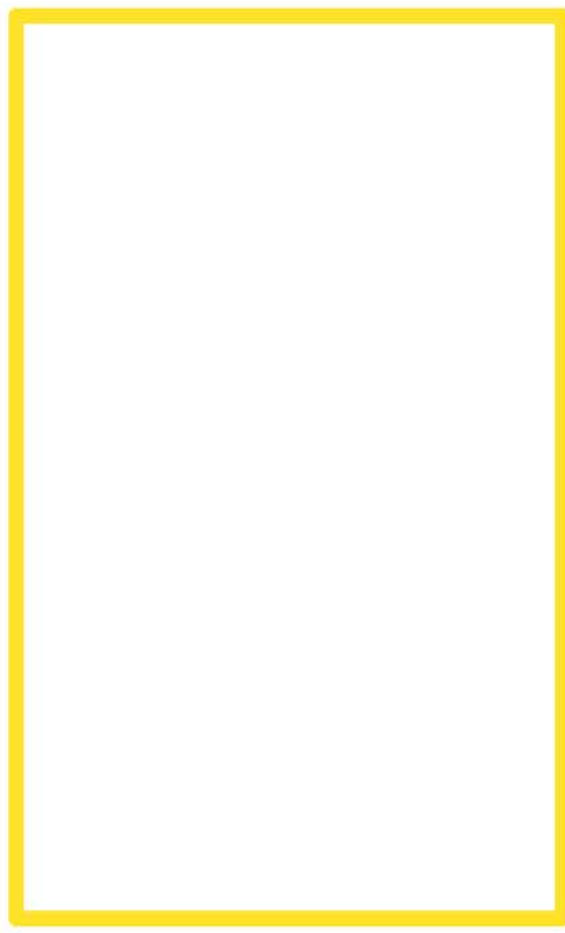
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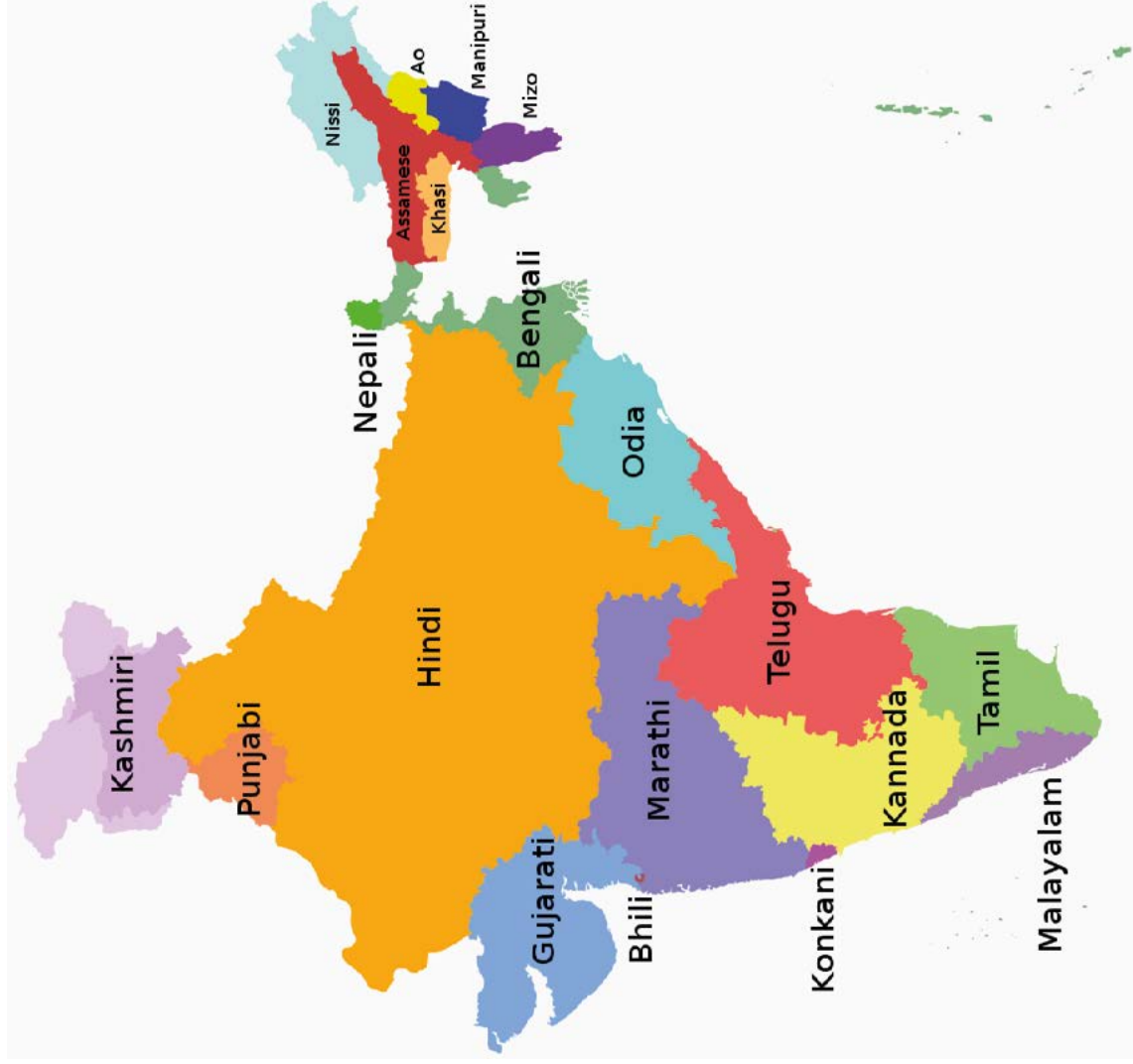
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# Major Languages in India



By Filpro - Own work, based on the 'Report of the Commissioner for linguistic minorities',  
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for better mental health

**INDIA**



**LANGUAGES  
OF  
INDIA**



# Languages in India

Hindi is the most popular language in India, but certainly not the only language spoken. India has around 122 major languages and 1599 other languages.

## Hindi Phrases

These have been spelt to allow for English pronunciation.  
You can see the Devanagari script on the write.

Hi	Namastey	नमस्ते
Good morning	Suprabhaat	सुप्रभात
Welcome	Aapka swaagat hai	आपका स्वागत है।
How are you?	Aap kaisey hain?	आप कैसे है ?
I'm fine thanks	Mein theek hoon, shukriya	मैं ठीक हूँ ।
See you later	Phir milen-gay!	अलवदि।
Goodbye	Alvida	अलवदि।
My name is...	Meraa naam.... hai	मेरा नाम..... है ।

The Devanagari alphabet is written from left to right.

A line runs along the top of the letters, linking them together.

This script has been used since the 19th century, for many Indian languages.

Other major languages spoken in India are:

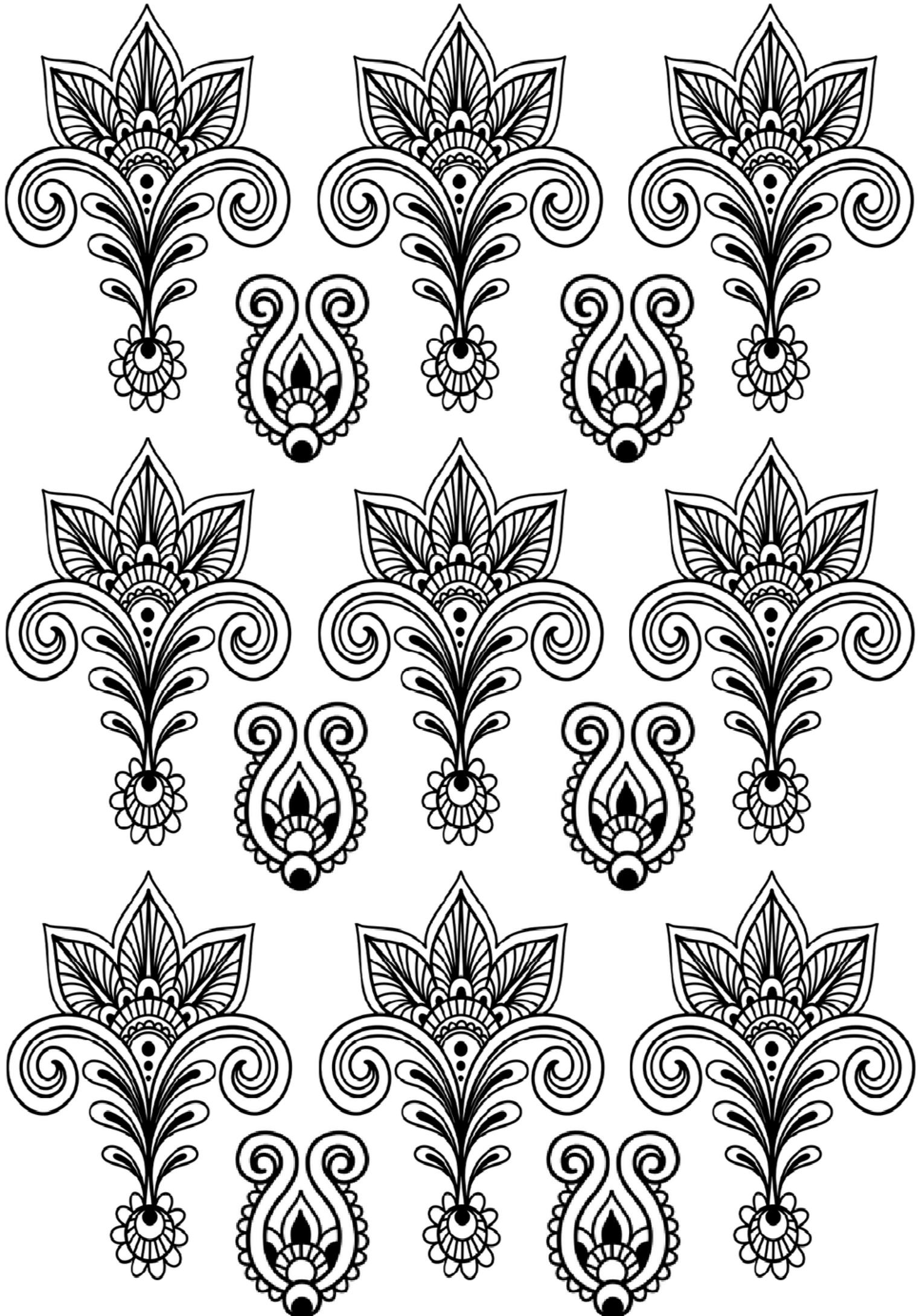
Kashmiri	Telugu
Punjabi	Nepali
Gujarati	Bengali
Bhili	Odia
Marathi	Kasi
Konkani	Assamese
Kannada	Nissi
Tamil	Ao
Malayalam	Manipuri
	Mizo

To write in Hindi, you need to know the letters of the alphabet.  
You can learn them here:-

[http://www.linguanaut.com/hindi\\_alphabet.htm](http://www.linguanaut.com/hindi_alphabet.htm)











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