

# LET'S TRAVEL TO INDIA



Welcome friends,

We hope this pack allows you to explore India without the need for a plane ticket!

Embark on this journey with your family, friends or neighbours and travel the world together, learning some of the unique things that make the country of India and its people so special.

Like any travel plans you make, you can pick and choose what you do! See the next page for some suggestions as to how you can use this resource. Just know you don't have to use everything in one go. We hope you enjoy your trip and have fun in the immersive experience!

## **Here are some suggestions for using this pack;**

1. Make family dinner time extra-special by working through this pack together.
2. Open your home to your neighbours and spend the night cooking, eating and learning together.
3. Host a virtual evening of travel for your friends.
4. Use one of the books recommended and create a virtual or real life book club, eating together and sharing reflections.
5. Use it as a way to meet new neighbours by 'travelling' the world together or possibly learning more about their culture.

# FUN FACTS ABOUT INDIA

1. The name 'India' is derived from the river Indus. It is a valley around which people settled in earlier times.
2. India is one of the largest democracies in the world.
3. India has the largest postal system in the world with more than 150,000 post offices - three times the size of China's.
4. India is the second largest English speaking country in the world.
5. London has more Indian restaurants than Mumbai or Delhi.
6. Bollywood is the largest movie industry in the world in terms of output, followed by Nollywood – the movie industry of Nigeria.
7. India is the 7th largest country in the world.



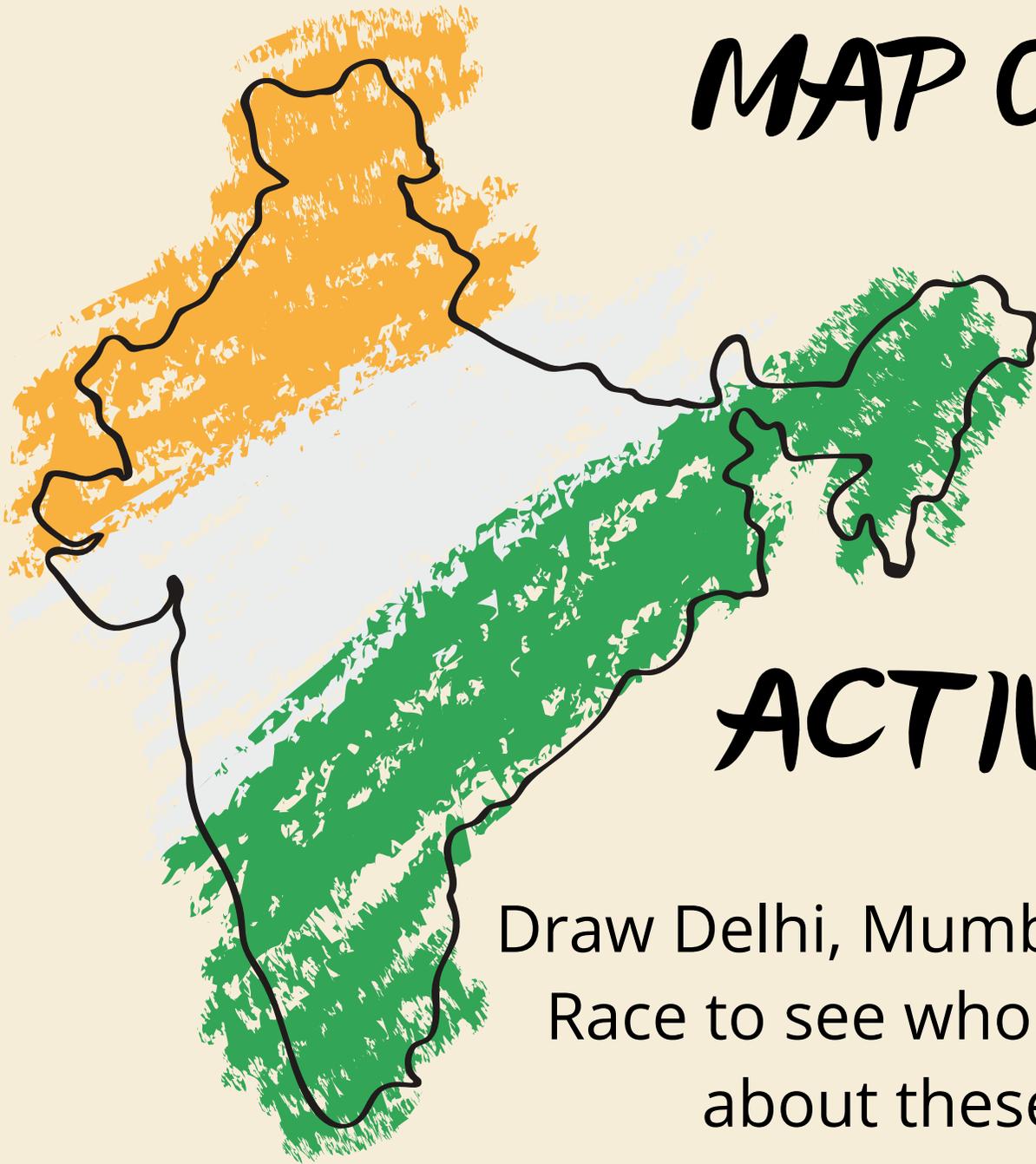
# THE INDIAN FLAG

CAN YOU DRAW  
THE INDIAN FLAG?



The national flag of India should always be made of a special silk called 'kahdi' (popularised by Mahatma Ghandi) and is made up of three horizontal stripes. The top stripe of orange (or saffron) represents courage, the bottom stripe of green represents prosperity and the white in the middle represents truth and peace. The navy blue wheel, or Ashoka Chakra, at the centre of the flag contains 24 spokes and is the Buddhist symbol for Dharma or righteousness.

# MAP OF INDIA



## ACTIVITY TIME!

Draw Delhi, Mumbai and Orisa on the map.  
Race to see who can find our three facts  
about these cities the fastest?

# MAP OF INDIA

Find and write down three facts about the following cities:

**1. Delhi:**

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**2. Mumbai:**

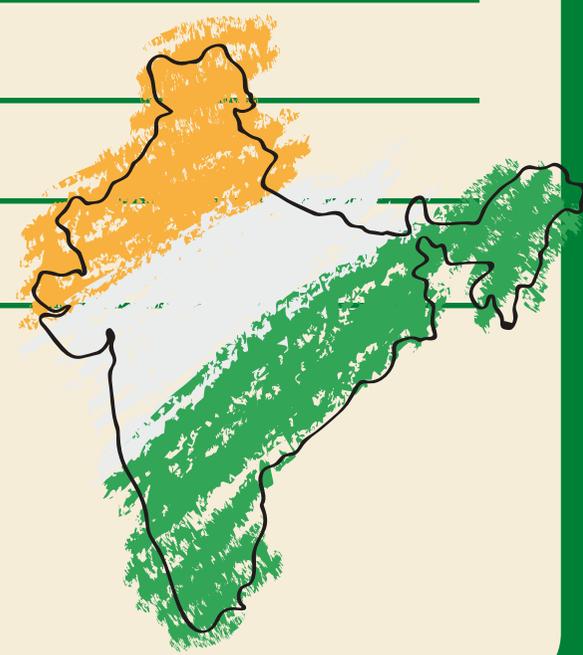
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**3. Orisa:**

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# INDIAN LIFE & COLOURS

## Challenge:

- Find out the main spices used in Indian cooking.
- What is Holi? When is it held? What does it celebrate?
- What is the traditional dress for a woman called?
- What is the traditional dress for a man called?

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# INDIAN ANIMALS

## Activity Time:

Play a game of Pictionary or charades using the Indian animals listed.



- Bengal Tiger
- One Horned Rhino
- Snow Leopard
- Indian Elephants
- Aitic Lion
- Chital
- Loth bear
- Asiatic Leopard
- Nilgai or Blue Peacock

# TRIVIA TIME

Answer the following questions and circle your answer before looking up each.

**How many states are there in India?**

14, 16, 25, 29

**When did India become a republic?**

1935, 1947, 1950, 1961

**Which is the national animal of India?**

Elephant  
Deer  
Cow  
Tiger

**Which was the first state to be formed on the basis of language?**

Andhra Pradesh  
Bombay  
Madhya Bharat  
Meghalaya

**Which is the national flower of India?**

Lotus  
Rose  
Marigold  
Sunflower



# INDIAN PHRASES

Namaste

Hi or Hello

Aap kaise hain?

How are you?

Main theek hoon.

I'm fine.

Shukriya

Thanks

Achha

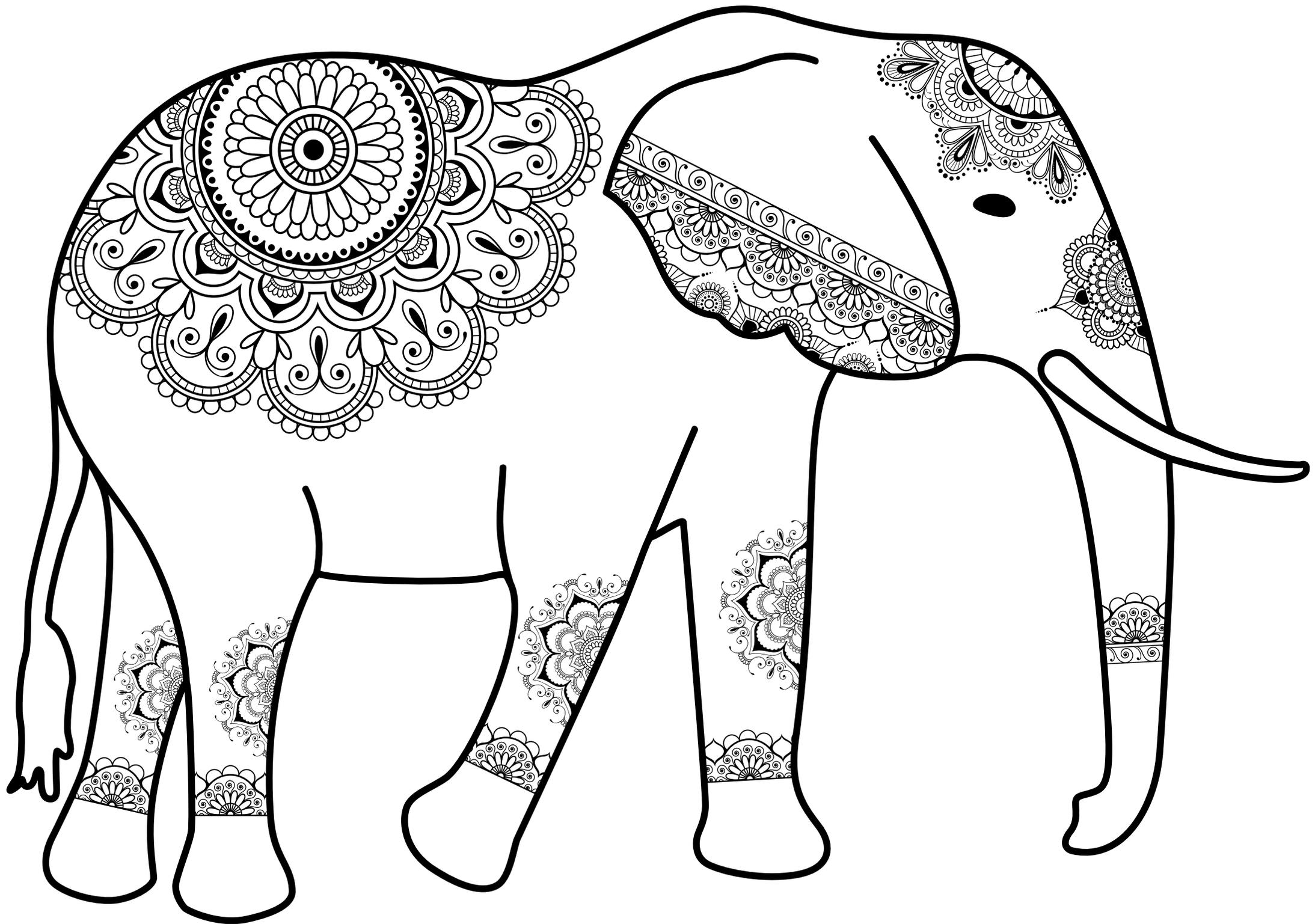
Good

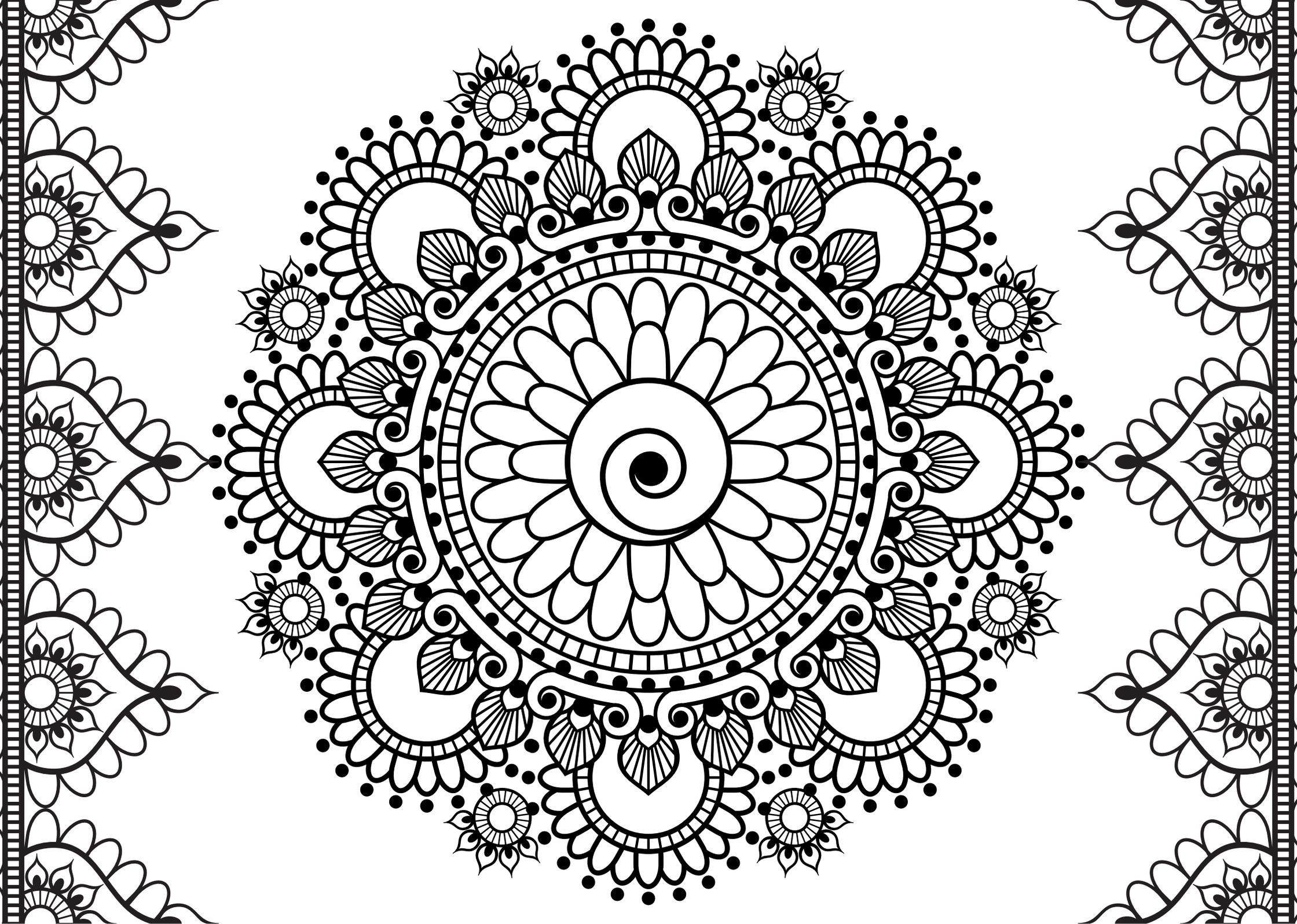
Kya haal-chaal hai?

How is life? or What's new?

Milte hain

See you later!





# LET'S EAT!

## Chicken Curry

### Ingredients

- 1.5 tbsp oil (vegetable)
- 2 garlic cloves minced
- 2 tsp ginger grated
- 1/2 onion, finely chopped
- 500g chicken thighs, sliced
- 2.5 tbsp curry powder
- 1.25 cups (270ml) coconut milk, full fat
- 1.5 cups (375ml) chicken stock
- 1/2 tsp salt
- 3/4 cup frozen peas
- 1/4 cup coriander leaves, chopped



## Method

1. Heat oil in a skillet over medium high heat.
2. Cook garlic, ginger and onion for 3 minutes until onion is translucent.
3. Add chicken and cook until it changes from pink to white.
4. Add curry powder and cook for 2 minutes.
5. Add coconut milk and chicken stock.
6. Stir, lower heat to medium and cook, simmering rapidly, for 10 minutes until sauce reduces and thickens.
7. Add peas and salt.
8. Cook for a further 2 minutes, then taste to see if it needs more salt.
9. Garnish with coriander.
10. Serve over rice, noodles or mashed potato!



# LET'S EAT!

## Mango Lassi

### Ingredients

- 1 cup plain yoghurt
- 1/2 cup milk
- 1 cup chopped very ripe mango, frozen
- chopped mango, canned mango pulp
- 4 tsp honey or sugar, adjust to taste
- Pinch ground cardamom (optional)
- Ice (optional)



# LET'S EAT!

## Method

1. Put mango, yoghurt, milk, sugar and cardamom into a blender and blend for 2 minutes.
2. If you want more of a milkshake consistency for a hot day, either blend in some ice as well or serve over ice cubes.
3. Sprinkle with a tiny pinch of ground cardamom to serve.
4. The lassi can be kept refrigerated for up to 24 hours.



# PRAY FOR INDIA

Here are some facts about India that you can use as a guide:

**Population:** 1 in 6 people on earth lives in India! India's population is continuing to grow and is anticipated to exceed China's population to become the world's most populated nation within the next 15 years. Pray for the complexities that come with a growing population.

**Children:** Almost half of India's population is made up of people under the age of 18. 1 in every 5 kids on earth is born in India. Pray for these kids that they might grow up with loving families, with access to education and work opportunities.

# PRAY FOR INDIA

**Social Injustice & Oppression:** India is a land of tremendous needs. Men, women, and children suffer from caste discrimination, female infanticide, bride burning, slavery, human trafficking, child labour, and religious prostitution, just to name a few. Pray for the injustices that many people suffer and the oppression that happens.

**Extreme Poverty:** Almost 75% of people in India live on less than \$2.50 a day. Families go hungry and suffer from malnutrition. And without an education, most have no hope for a brighter future. Pray for people who are struggling with poverty. Pray for the daily struggles that many people face as a result of the poverty they are in.

# PRAY FOR INDIA

**Searching:** India is the birthplace of some of the world's major religions including Hinduism, Buddhism and Sikhism. Known as a land of spirituality and philosophy, the people of India are searching for truth and are more open to the Gospel message today than ever before. Pray that people might find the truth of Jesus.

**Unreached:** India has almost 2,000 people groups who have not heard the gospel of Jesus. That's more than 400 million people! Pray for more missionaries in India who can share the good news of Jesus.

**Persecution:** India is among the top 25 countries where Christians experience persecution. Pray for the protection of God's people and for the elimination of religious persecution.

# BE A GOOD NEIGHBOUR

**Find ways to connect with your Indian neighbours.**

Here are some suggestions:

1. Find out what celebrations are important to your neighbours and mark it in your calendar to mention or help them celebrate.
2. Find out what religion they are and any food restrictions they may have so you can cook them something they can eat and will enjoy.
3. Research a social justice issue that India is facing and find a way you can support local organisations joining the fight against it.



# BOOKS AND MOVIES



## Books to read:

My Mother's Sari: Sandhya Rao

Life of Pi: Yann Martel

Night Train to Varanasi: Sean Doyle

Train to Pakistan: Khushwant Singh

A Fine Balance: Rohinton Mistry

## Movies to Watch:

Lion (PG-13)

My Name Is Khan (PG-13)

Hundred Foot Journey (PG)

The Best Exotic Marigold Hotel (PG-13)



