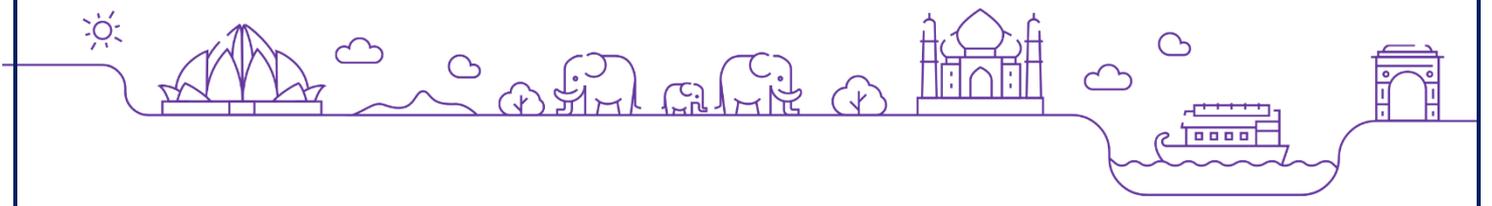




Girlguiding
Hertfordshire

Girlguiding Hertfordshire International trip to India 2025



Welcome to the Sangam 2025 challenge

In August 2025, 4 leaders and 16 girls (Rangers or young leaders) from Hertfordshire county will travel to India, where they will complete a Brave Space II project centred around leadership and community action. It won't all be hard work and the group will have cultural events and traditional experiences too, travelling to Delhi, Agra and an elephant conservation and rescue centre.

Completing this challenge and purchasing the unique challenge badge will help the group reach their fundraising target.

Use the challenge to plan a friendship event, celebrate Diwali, experience different cultures or even host a fully immersive residential.

Your support is greatly appreciated.

Pam, Paula, Casey, Liz, Anabelle, Bela, Caitlin, Cerys, Charlotte, Emma, Elodie, Ellie-Anna, Immy, Leila, Lottie, Lucy, Rebecca, Sofia, Sophie, Tess

Team Sangam 2025



How to complete the challenge

This challenge has 4 main sections, plus a puzzle and resources section at the back.

	Complete 1 activity from each of the 4 sections.
	Complete 1 activity from each of the 4 sections, plus 2 more of your own choice.
	Complete 2 activities from each of the 4 sections.
	Complete 2 activities from each of the 4 sections plus 2 more of your own choice.

The activities within this pack are split into the following 4 sections:



People
and
friendship



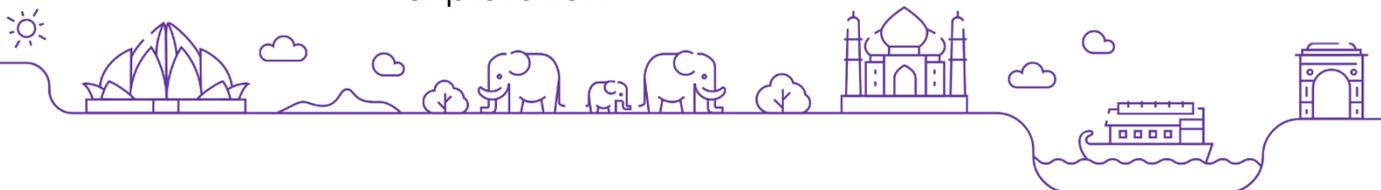
Environment
and
exploration



Festivals
and
culture



Cuisine





People and friendship

In India, friendship is considered extremely important, often viewed as a sacred bond deeply rooted in culture, with many people placing a high value on loyalty, support and shared experiences with friends. It is seen as a key pillar of social life and a source of comfort and guidance throughout life.

1. The promise and law

Learn the Indian guide promise and law and compare them with the UK equivalent – see additional resources at the back of the pack. What is different to the UK promise and law? Which do you prefer?

Did you know? Sangam, meaning “coming together” in Sanskrit, was founded with the intent to unite Girlguiding members and Girl Scouts from around the world. Since 1966, the World Centre in Pune, India, has been a place to grow, connect and form international friendships.

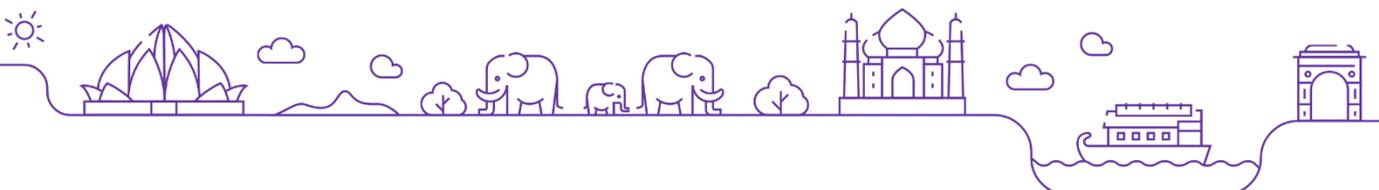


2. Random act of kindness

Make a cup of kindness and give to someone to show that you care. This could be a neighbour, teacher, family member or friend. Inside the cup could be the ingredients for their favourite hot drink, a snack or even some flowers.

3. Make links with a unit abroad

Why not contact a Girlguiding unit in India to see what they get up to? You could send them pictures and some examples of the badges you have earned this term.



4. The World Flag

Every part of the World Flag has an important symbolic meaning. Learn what they all are and discuss why they are all important in world guiding. Do you think some are more important than others? Should anything else be added to the World Flag?

The World Flag

1. Blue and golden background

- The sun shining down on all the children of the world.

2. Vein

- Compass needle pointing the way

3. 2 stars

- Guides' law and promise

4. Flame

- Eternal love of humanity

5. 3 trefoil leaves

- 3-fold promise

6. Flowing border

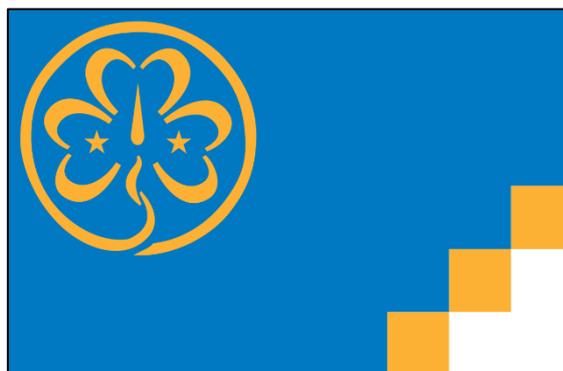
- Worldwide and growing movement

7. 3 orange squares

- Represent our 3-fold promise

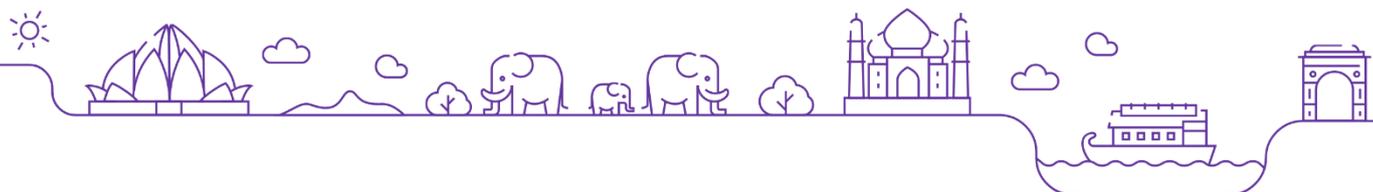
8. White blaze in the corner

- World-wide peace which all within Girlguiding work for



5. WAGGGS wordsearch

Complete the WAGGGS wordsearch – see additional resources at the back of the pack.



6. World badge beetle drive game



This version of the world badge was introduced in 1991 with each element having a special meaning, as shown in The World Flag on the previous page.

A beetle drive is a dice rolling game that can be adapted to many parts of the programme. However, this version is played in groups with the aim of constructing the world badge. Each group has a die and pieces of The World Badge. Full instructions on how to play can be found in the additional resources section at the back of the pack.

7. Traditional team building games

Play some traditional team building games within your unit to show what an excellent team you are. Guides could complete the UMA "My fabulous friend".

Did you know? Hockey is regarded as the national sport of India because it is one of the oldest sports. The Indian Hockey Federation approved it in 1925 and, in the first international hockey tour to New Zealand, India won 18/21 games. The government now aims to promote all sports.

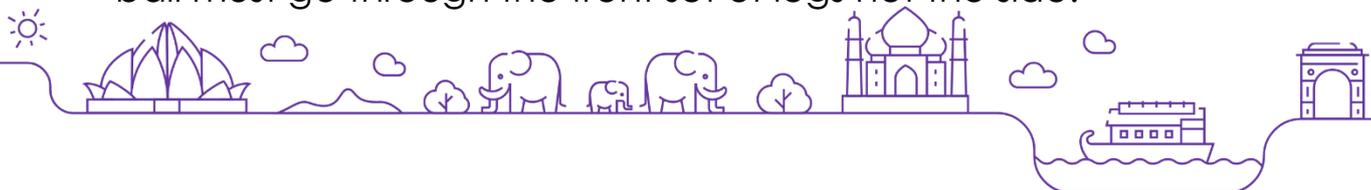
8. Newspaper hockey

Newspaper hockey is a fun modified hockey game which can be played anywhere!

Team: 4 players

Resources: rolled-up newspapers, soft ball, chair to mark the goals.

Place 1 chair at each end of the hall as goals. Create 2 teams, number the players and decide the direction they are shooting in. Place the sticks on the chairs, call out a number. They run to the chairs, grab the hockey sticks and try to score. To score, the ball must go through the front set of legs not the side.



9. Snakes and Ladders

Snakes and Ladders was invented in ancient India in the 13th century. Originally called Moksha Patam, it was used to teach children about morality. The game helped children to understand the effects of good deeds as opposed to bad deeds. The ladders represent the values of kindness, faith, and humility, while the snakes are the bad omen. The moral of the game is that a person can gain salvation through good deeds, whereas evil ones would lead to rebirth in lower forms of life.



Play a game of Snakes and Ladders or even create your own version to play as a unit.

Learn the Sangam Song

The symbol of one,
The Sangam is our pride,
Where love and affection,
Don't change like the tide.

Regardless of colour,
Religion or creed,
To spread benevolence,
We're sowing the seed.

Guides of all nations,
Together we stand,
In good will and friendship,
Unite our band.

To help the weak and aged,
We make ourselves strong,
To gain inspiration,
We always sing this song.

SANGAM OH SANGAM!
Symbol of oneness.

10. Friendship bracelets

Make a friendship bracelet to swap with a member of your unit or another unit at a district event. You could use wool, thread, loom bands or beads to spread the spirit of friendship and kindness.

11. Bottle bangles

Reduce, reuse, recycle. Use an empty plastic drinks bottle to create beautiful bangles. These can be painted, wrapped in ribbon or thread or even decorated with stick-on jewels. Find some ideas in the resources section of the pack.





Environment and exploration

India's environment is diverse, with many ecosystems, including forests, deserts and grasslands. However, the country faces many environmental challenges, including climate change, deforestation and pollution.

Many explorers have visited India, including Amelia Earhart who was the first person to fly from the Red Sea to India.

1. Safety pin Indian flag

Safety pins are a great way of creating a badge of a flag. You could create the flag of India, or flags of all countries with World Centres. These would be great swaps for Thinking Day!

You will need:

- Coil-less safety pins – 2 ¼ inches
- 4mm round beads
- Safety pins – size 2
- Pliers (optional)

Full instructions are in the resources section.

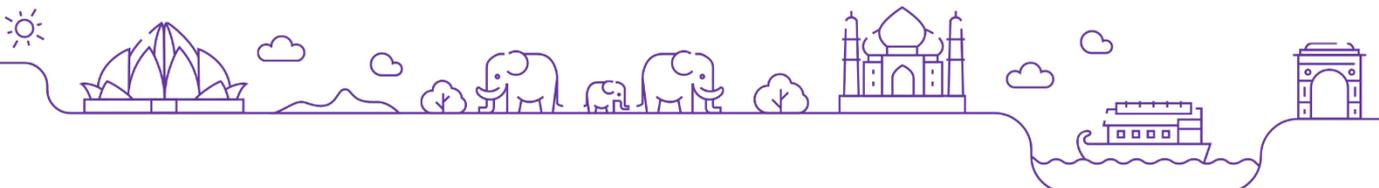


Image: FlagpinsbyAnnette on Etsy

2. Play 4 corners

4 corners is a game played in many countries. It can be used as an icebreaker, movement break or to introduce new things.

Name the 4 corners of the room. These are usually on a theme so, for India, you could use animals that are found there: elephant, tiger, rhino and bison.



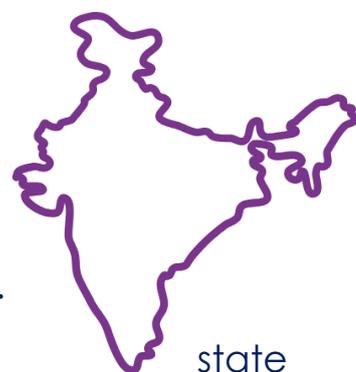
Children should move around the room and when told to (this could be by playing music and stopping it) they should run to a corner of their choice.

Once the children are settled in their corners, call out the name of 1 of those corners. Whoever is standing in that corner is out and should move to the side of the room.

Continue this until only 1 person remains; they are the winner.

3. Team map relay

Leaders have a map of India with states named while girls have a blank map. 1 team member at a time goes to study the map and then returns to her team to write the name of the state on their blank map of India.

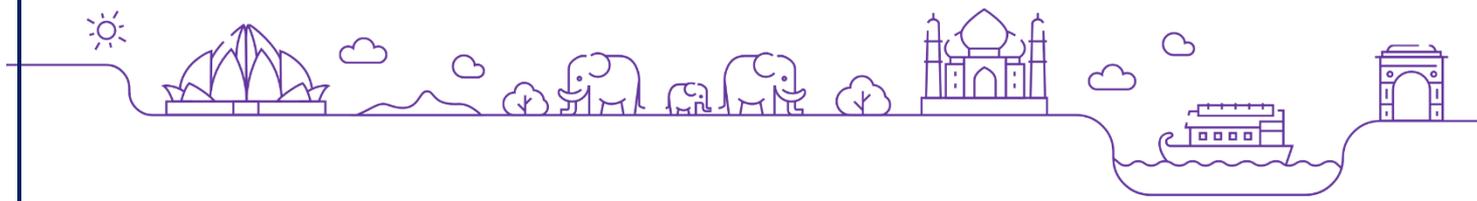
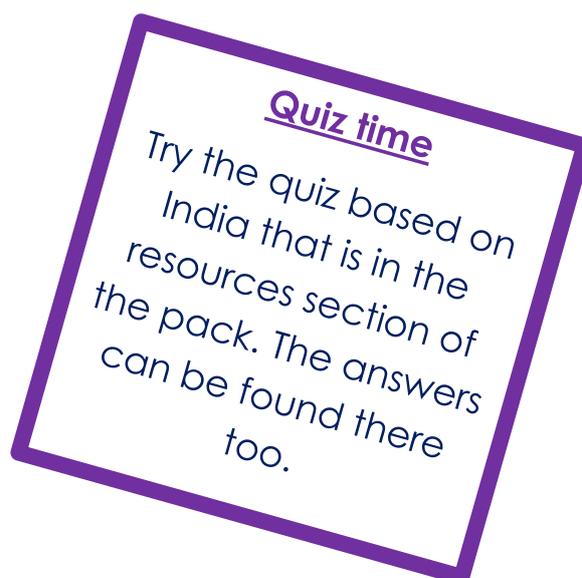


Make this easier by providing girls with a list of names.

Make it harder by giving the girls the outline of India only, so they must draw the state boundaries on themselves.

4. Animal adventure

India is 1 of the recognised mega-diverse countries of the world, with nearly 7-8% of the recorded species of the world living there. Visit a zoo or wildlife park to see how many Indian animals you can find.



5. Water diary



India is facing a severe water crisis due to a combination of factors including climate change, population growth and poor infrastructure.

Keep a water diary to keep a record of all the ways you use water e.g. drinking, washing, cooking, going swimming etc. Sort your results in order of how important they are for survival. If you had to sacrifice something to save water what would it be?

6. Sponsored or group walk

It is 4,534 miles from Hertford – our county town – to Sangam in Pune, India. Walk 4.5 miles as an individual or unit. That is 1/1000th of the way to Sangam.

7. Wide Game (4 part)

This game is planned for 4 groups, with 4 bases.

Base 1: Wikipedia Bio

Each group will be given short anonymous Wikipedia biographies and a list of names. They will have to match the biography to the person. The mix of biographies should include girls within the unit, leaders and some famous people from India.

Base 2: Packing for Sangam

Each group will be given a list of items that they have packed for their trip to Sangam. However, when they arrive at the airport, they find their bag is over the weight allowance and, as a group, they need to decide which items they will leave behind and why.



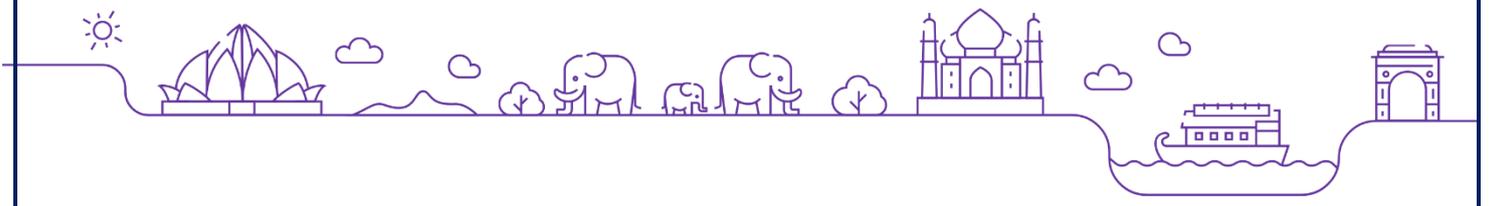
Base 3: Famous Indian landmarks

Each group will be given an envelope with a famous Indian landmark written in code inside (Taj Mahal, Gateway of India, Lotus Temple, Hawa Mahal). Once they have decoded the landmark correctly, they will be given a photograph of the landmark. They will then make the landmark out of any materials they can find. They should be given paper, scissors, Sellotape and pens. They can also use any other materials that they can find in the area they are in.

Base 4: Plan a sightseeing trip from Sangam

Each group will be given a map of India. They need to plan a 10-day trip starting and finishing at Sangam.

Use the map to plot the route and name the places that will be visited along the way, giving information about each stop.





Festivals and culture

1. Create your own rangoli

Rangoli is a traditional Indian art form that involves creating colourful patterns on the floor. The word "rangoli" comes

from the Sanskrit word "rangavalli", which

means "rows of colours". Rangoli is often made with chalk, coloured rice, powdered limestone, dry rice flour, coloured sand or flower petals. The

designs are made using the thumb and forefinger and are typically used as symbols with religious purposes. They are usually made during Diwali or other Hindu festivals. They are drawn to welcome guests and different gods and goddesses to bring joy into homes.

We used rice, lentils, split peas and grains to create our rangoli. There are some templates at the end of the pack that you could use, or you could be inspired by our own creations.

For the younger girls, there are some rangoli patterns to colour at the end of this pack. You could also use tissue paper to create a collage of these designs.



2. Bollywood dance workshop

Host your own Bollywood dance workshop with your unit. You could invite a local dance teacher to your unit to deliver the session or use some of the video tutorials online.

Please bear in mind that there may be an additional cost for transport dependent on your location.

3. Mehndi henna designs

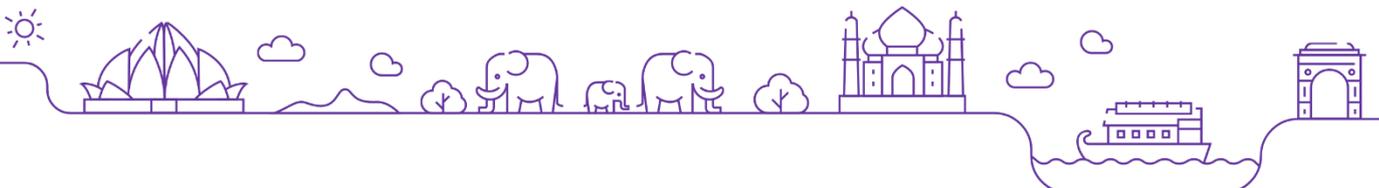
Mehendi is a form of body art worn by women generally on the hands, arms, and feet. Mehendi is most popular in its countries of origin, which is believed to date back to prehistoric times, in India, Pakistan, Bangladesh, African countries, and several countries in the Middle East. In the past several years, mehendi has been popularised in the western world and became widely known as "henna tattoos". Mehendi can be worn by women for religious events like weddings, rituals, or for any celebratory event.



Image source: <https://www.theodysseyonline.com/favorite-mehendi-henna-tattoo-designs>

These designs can be recreated using liquid eyeliner, icing pens, or mehndi pens. For younger girls, there are colouring pages at the back of this pack.

Please consider allergies within your group before using any products on skin.



4. How to tie a sari

The following steps for tying a sari come from

<https://mandalaweddings.com/how-to-tie-a-sari-a-step-by-step-guide/>. We had great success following them.

How to tie a Sari

- 

1. Start by holding the sari from one edge around the back of your body so that it reaches the floor.
- 

2. Tucking its upper end into the petticoat, at a position that is a little bit to the right of the navel. Make sure that the lower end of the sari should be touching the floor, and that the whole length of the sari comes on the left-hand side.
- 

3. Next, wrap the sari around yourself once, ending in the front on your right side.
- 

4. Make about five to seven pleats, each about 5 inches long, starting at the tucked-in end. Gather the pleats together, ensuring that the lower edge of the pleats is even and just off the ground.
- 

5. The pleats should fall straight and evenly. A safety pin may be used to stop the pleats from scattering.
- 

6. Neatly tuck the pleats into the petticoat at the waist, slightly to the left of the navel, in such a manner that they open to your left.
- 

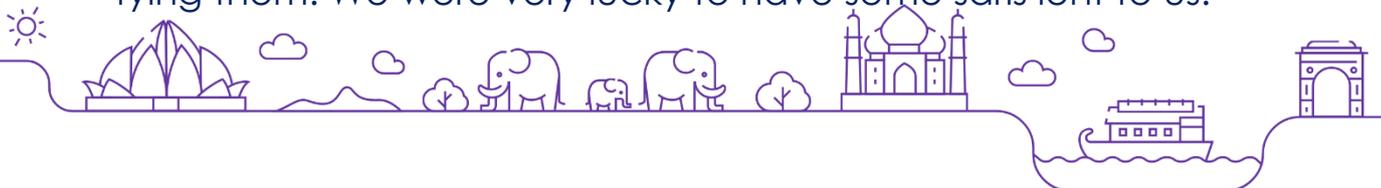
7. Drape the remaining fabric around yourself once more, left to right. Bring it around your hips to the front, holding the top edge of the sari.
- 

8. Slightly raise the remaining portion of the sari on your back, bringing it up under the right arm and over the left shoulder so that the end of it falls to about the level of your knees.
- 

9. The end portion draped from the left shoulder is called the pallav or the pallu. It can be prevented from slipping by fastening it at the shoulder to the blouse with a small safety pin.

 mandalaweddings.com  thejaijais.com

If you have an Indian family within your unit, they may be happy to lend you some saris or come and help the girls with tying them. We were very lucky to have some saris lent to us.



5. The story of Rama and Sita

Read the story of Rama and Sita found in the resource section of the pack.

You could play a game of Ladders, using the key character names for each pair of players.

Younger members could decorate face masks of Rama and Sita found in the resource section.

Storytelling silhouettes (UMA)

Rama and Sita

Guides could complete their storytelling silhouettes UMA to retell the story of Rama and Sita.

You will need:

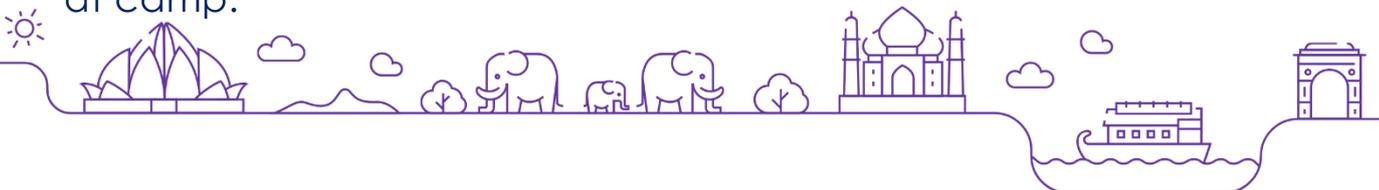
- Black card
- Masking tape
- Pens
- Scissors
- Paper fasteners
- Chopsticks
- Sheet
- Torch

6. Batik

Batik tie-dye is a colourful and fascinating craft that has been around for centuries. This method of dyeing cloth uses wax to create intricate patterns and designs. The wax resists the dye, leaving certain parts of the fabric untouched and forming beautiful patterns. Batik tie-dye is known for its vibrant colours and unique designs.

The origins of batik tie-dye can be traced back to ancient times in countries like Indonesia and India. It was originally used to decorate clothing and other textiles.

Have a go at creating your own batik tie-dye designs. This could be built into any part of the programme, or even be an activity at camp.



7. Diyas

Lots of people across the world celebrate Diwali, which is known as the festival of lights. Traditionally made from clay or mud, diyas are an oil lamp that are considered to bring good fortune. They come in all shapes, from tear drops to flowers.

Using air dry clay, make your own diya. Remember that they should be quite small and are usually decorated in natural colours – browns and reds. However, you could paint yours in very bright colours.



8. Flower garland

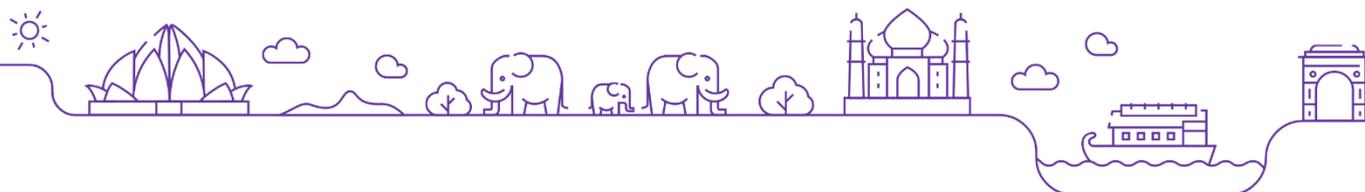
You will need:

- Different coloured crepe paper or tissue paper cut into flower shapes with holes in the middle.
- String or thick thread.
- Small dry pasta tubes.

Method:

1. Cut the string to an appropriate length depending on the child and tie a large knot in the end.
2. At the end of the string, thread a piece of dried pasta followed by several cut out flowers.
3. Add another tube of pasta and repeat the process until the garland is finished.
4. Don't forget to tie the 2 ends together at the end to complete your garland.

Strike a light (UMA)
Complete 15 minutes of survival skills while learning to strike a match safely. You could use your new skill to light your diya.





Cuisine

Indian sweets play a significant part in Indian cuisine. The sweets and desserts are known as "Mithai". Many are fried, made with sugar, milk or condensed milk, and flavoured with almonds, pistachios or spiced with cardamom.

1. Chocolate peda with condensed milk

Ingredients:

- 2tbsp butter
- 400g can of condensed milk
- 100g dried milk powder
- 2tbsp cocoa powder
- 2-3 drops vanilla extract
- Pinch of salt
- Whole almonds for decoration

Equipment:

- Non-stick saucepan
- Tin opener
- Wooden spoon
- Tablespoon
- Baking powder
- Bowl and plate



Method:

1. Melt the butter gently in the non-stick pan.
2. Add the condensed milk, milk powder, cocoa powder, vanilla extract and salt.
3. Keeping heat low, mix together the ingredients with a wooden spoon.
4. Keep stirring until the mixture becomes smooth and starts to thicken. Do not stop mixing as the mixture may burn.
5. After about 10 minutes of stirring, the mixture should be thick and start to leave the sides of the pan, be very thick and stick to the spoon.
6. Transfer to a bowl or tin to cool.
7. When cool, wet your hands, take a small amount of the mixture and roll into balls.
8. Flatten into discs and place an almond on top for decoration.
9. Place in the fridge for 30 minutes to firm.



2. Barfi

Ingredients:

- 250g dried milk powder
- 100g caster sugar
- 300ml double cream
- Chopped pistachio nuts or dried fruit (optional)

Equipment:

- Microwave
- Microwaveable bowl
- Weighing scales
- Measuring jug
- Square tin
- Tablespoon
- Spatula
- Knife
- Baking parchment
- Chopping board
- Sharp Knife



Method:

1. Line the baking tin with baking parchment.
2. Place the milk powder, sugar and cream into a microwaveable bowl and mix well with a spoon.
3. Place in the microwave on high for one minute. Remove and stir until well combined.
4. Repeat the process until you have a mixture that is the consistency of thick custard.
5. Add any chopped nuts or dried fruit and mix again.
6. Pour the mixture into a tin lined with baking parchment. Spread out the mixture.
7. Put in the fridge to set.
8. When set cut into small squares.

3. Tasty testing (skills builder – stage 3)

Brownies and Guides could complete their tasty testing skills builder but with an Indian twist. Taste different fruits, sweets and snacks from India. Is the quality the same from major supermarkets, compared to independent stores? Don't forget to check the dietary requirements of all young members first!



4. Coconut laddoo

Ingredients (Makes approx. 20-24 pieces):

- 80g desiccated coconut
- Half a can of condensed milk (200g)
- 2 tbsp chopped nuts e.g. pistachios
- Extra thick desiccated coconut for rolling.

Equipment:

- Weighing scales
- Chopping board
- Plate
- Can opener
- Sharp knife
- Bowl
- Non-stick frying pan
- Tablespoon and wooden spoon
- Baking paper



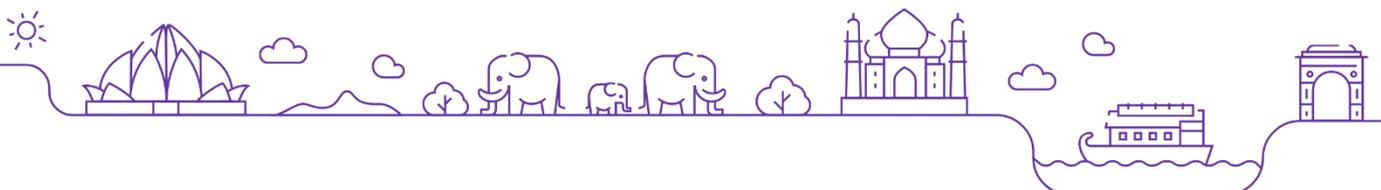
Method:

1. Add the desiccated coconut to the frying pan and heat until lightly toasted. Keep the pan moving so it does not burn. A slight brown colour should develop.
2. Stir in the condensed milk (and nuts if using) and stir over a low heat until the mixture becomes stiff like biscuit dough.
3. Transfer the mixture to a bowl to cool until it can be handled safely.
4. Wet your hands to prevent the mixture from sticking. Take small pieces of the mixture and roll into balls.
5. Place the extra desiccated coconut onto baking paper on a plate and roll the balls until coated.
6. Chill before serving.

5. Ready Steady Indian Cook

Take part in cooking challenge around Indian cuisine. Girls could make a side dish, main meal, or dessert, working independently or as part of a team.

Extra challenge: leader could provide girls with limited ingredients to encourage creativity.



6. Easy mango shrikand

Ingredients:

- 850g tin of mango pulp
- 500g Greek yoghurt
- 600ml double cream
- 2 tbsp milk
- ¼ tsp saffron (optional)

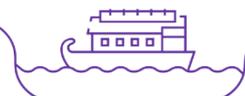
Equipment:

- Tin opener
- Measuring jug
- Electric whisk
- 2 large bowls
- Spatula
- Tablespoons and teaspoon
- Small cup
- Microwave



Method:

1. Place 2 tbsp of milk into a small cup and add ¼ tsp of saffron.
2. Heat the milk mixture in the microwave. Repeat if not warm.
3. Leave the mixture to infuse for five minutes, then remove the saffron strands from the milk and discard.
4. Open the mango pulp and pour into a large bowl.
5. In another bowl, whisk the double cream until very thick. Take care not to over-whip as the mixture may curdle.
6. Add the Greek yoghurt and saffron milk to the mango mixture and lightly beat until combined.
7. Fold in the whipped cream until the mixture is smooth.
8. Pour into serving dishes and chill until ready to serve.



7. Roti – buttery Indian flatbread

Recipe courtesy of: <https://thefoodcharlatan.com/roti-buttery-indian-flatbread/>

Ingredients:

- 2 level cups bread flour, or all-purpose flour
- 1 tsp salt
- 2 tbsp butter, melted
- 2/3 cup warm water
- 1/4 cup butter, for frying, or more as necessary

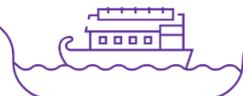
Equipment:

- Rolling pin
- Mixing bowl
- Frying pan



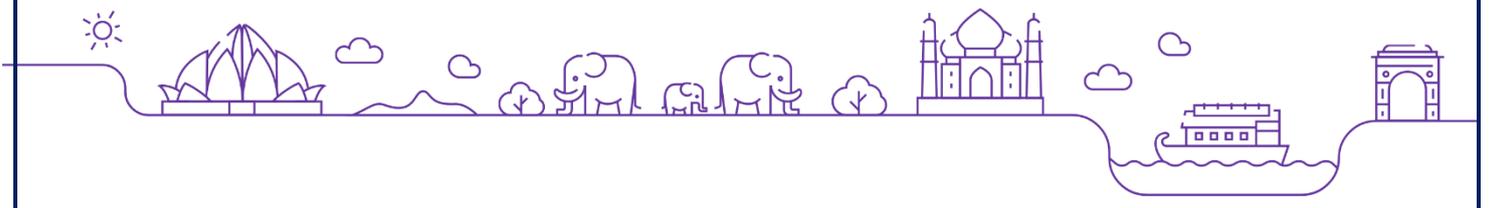
Method:

1. **Make the dough.** Whisk together 2 cups bread flour and 1 tsp salt.
2. Add 2 tbsp melted butter and mix it in with the fork until the flour is crumbly.
3. Add 2/3 cup warm water. Mix it together with the fork until the dough pulls together. Turn the dough out onto a lightly floured surface.
4. Knead until smooth and elastic. Scrape down any dough that sticks to the side.
5. **Rest the dough.** Shape the dough into a ball. Cover with a tea towel and let rest for 20-45 minutes. The longer you rest the dough, the softer and more pliable your roti will be, and the easier it will be to roll out. It will not rise at all.
6. **Roll out the dough.** Lightly dust a surface with flour. Divide dough into six equal parts. Use your fingers to pinch each piece into a smooth ball.
7. Take one ball and pat it into a disk with your fingers. Use a rolling pin to roll the dough into a rough circle about 8-9 inches across. It should be rolled out very thin.
8. **Cook the roti.** Set the large frying pan over a medium heat. Add a tsp of butter to the pan and swirl to coat the bottom.
9. Transfer the very thin sheet of roti dough to the pan, wait about 6-7 seconds before flipping the roti over. Cook for 30-50 seconds, adjusting the heat as necessary so that it does not burn.
10. Light brown spots appear on the side that is cooking when it is done. The top should have a few bubbles. Flip the roti back to the original side (using more butter if necessary) just until the brown spots appear.





Resources



The promise and the law

India Guide law

1. A Guide is trustworthy.
2. A Guide is loyal.
3. A Guide is a friend to all and a sister to every other Guide.
4. A Guide is courteous.
5. A Guide is a friend to animals and loves nature.
6. A Guide is disciplined and helps protect public property.
7. A Guide is courageous.
8. A Guide is thrifty.
9. A Guide is pure in thought, word and deed.

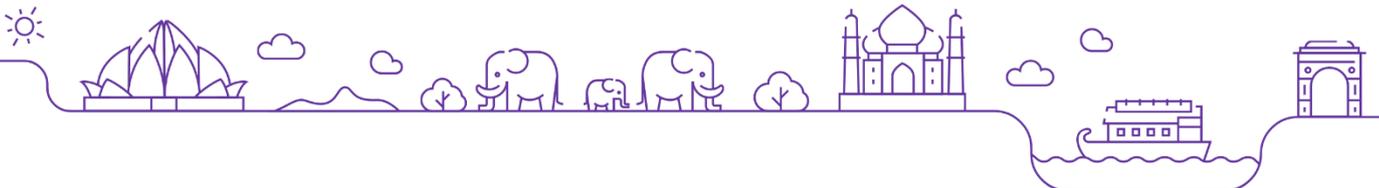
The Indian promise
On my honour, I promise that I will do my best: To do my duty to God and my country, to help other people and to obey the Guide law.

The UK promise

I promise that I will do my best to be true to myself and develop my beliefs, to serve the King and my community, to help other people and to keep the Guide law.

UK Guide law

1. A Guide is honest, reliable and can be trusted.
2. A Guide is helpful and uses her time and abilities wisely.
3. A Guide faces challenges and learns from her experiences.
4. A Guide is a good friend and sister to all Guides.
5. A Guide is polite and considerate.
6. A Guide respects all living things and takes care of the world around her.



World Badge Beetle Drive

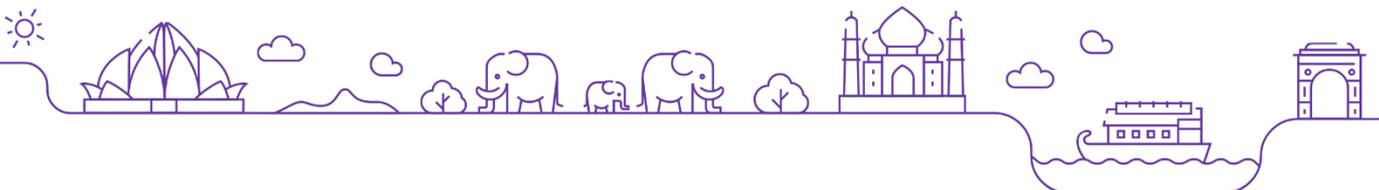
This version of the beetle game is played in patrols with each patrol having a dice and pieces of the world badge. The patrol leader starts by rolling the dice. If she rolls a 6, she places the blue circle in the middle of the group. Then she passes the dice to the next member of the patrol. The dice is passed around members of the patrol until a 6 has been rolled. After that, any time a new number is rolled that is assigned to a piece not placed yet, that piece is then added to the badge.

You must roll a 6 to start.

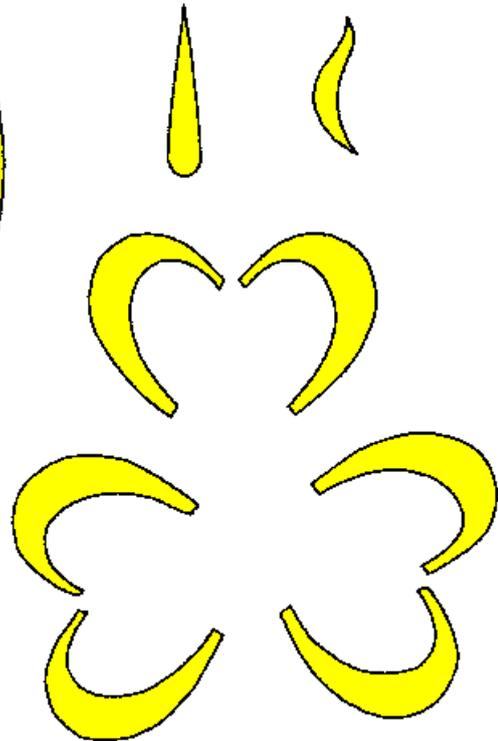
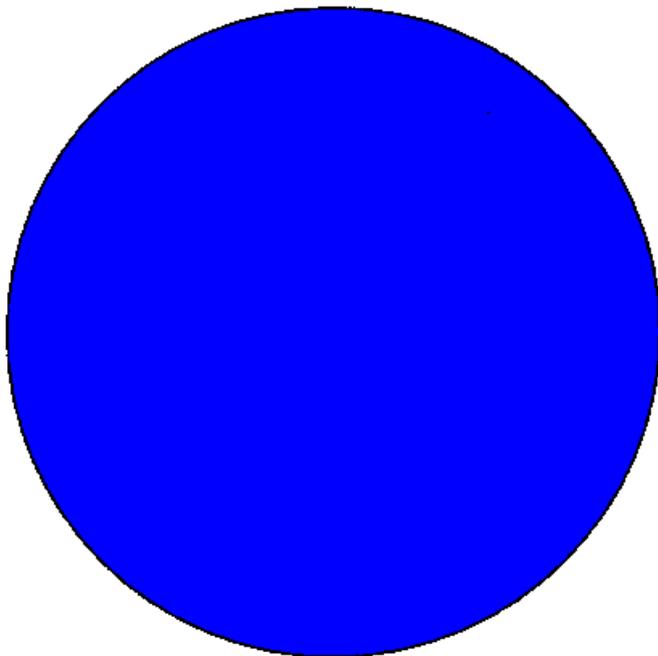
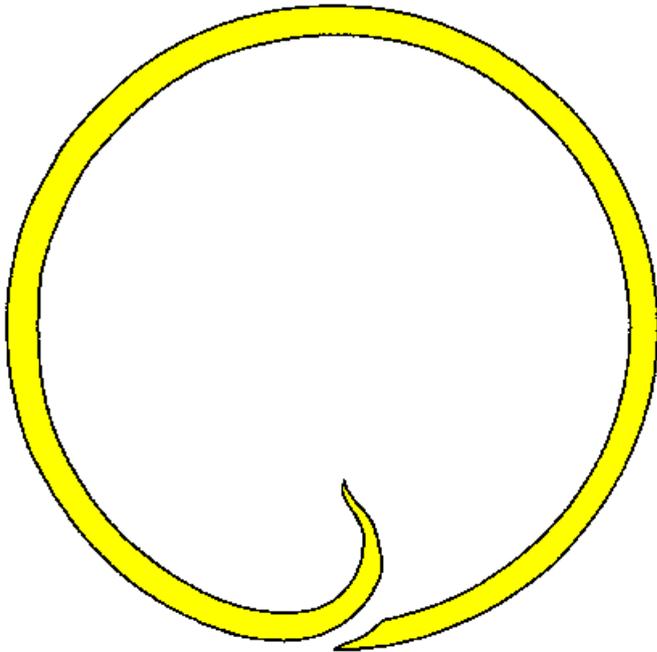
6. Place the circle that represents the blue sky.
5. Place the yellow circle that represents the sun.
4. Place the flame that represents the love of humanity.
3. Place 1 of the trefoil leaves.
2. Place 1 of the 2 stars that represent the promise and the law.
1. Place the compass needle that points the way.

The first patrol to finish should shout out "WAGGGS".

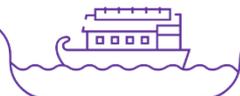
This could be extended further to act as a relay race with girls running to the opposite end of the meeting place to collect the piece needed.



World Badge Beetle - Template



Source: <https://girlguideadventures.wordpress.com/tag/world-badge/>



Bottle bangles

Equipment

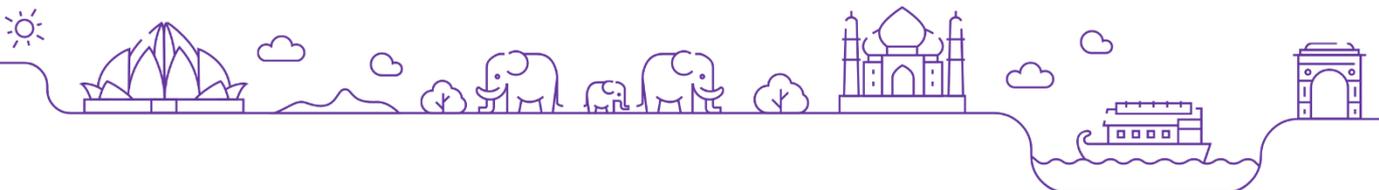
Plastic bottle
Ruler
Pens/paints
Scissors
Sequins or gems
Glue gun
Thread/wool
PVA glue



Steps

1. Carefully measure the width of your bangle on a plastic bottle.
2. Using a craft knife or scissors, cut the strip from the plastic bottle.
3. Cut the ring of plastic bottle so that you can adjust the width to suit your wrist.
4. Using a glue gun, adjust the width of your bangle and stick.
5. If wrapping thread around your bangle, apply PVA glue to the inside and wrap the thread or wool tightly around it. There should be no gaps between the threads.
6. Add more glue as you go and extra to ensure the ends don't come unstuck.
7. Add gems or sequins as you wish using PVA glue. You may want to use tweezers to help.

Alternatively, you could paint or colour the rings of your bottle. Take care to avoid the sharp edges of the cut plastic!



Safety pin Indian flag

You will need:

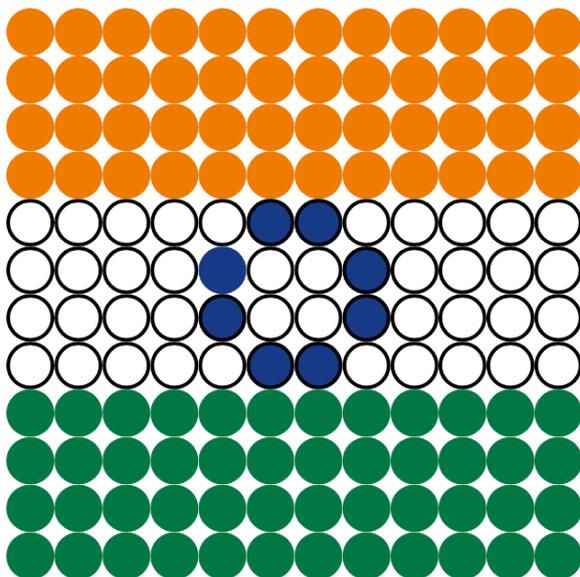
- Safety pins (13 per person)
- Round beads (48 orange, 48 green, 8 blue and 40 white per person)
- Pliers (optional)

Method

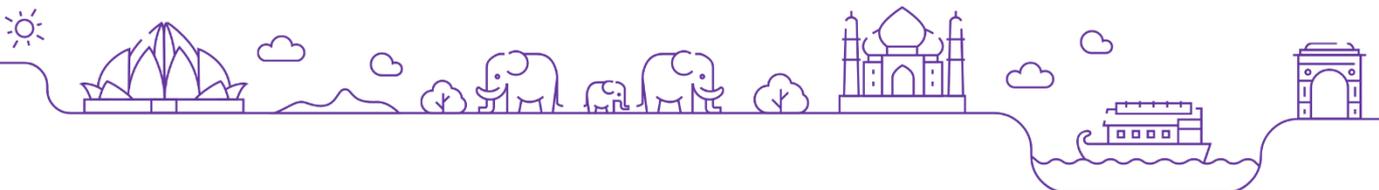
1. Select the correct sized safety pins.
2. Open your safety pin and carefully thread the beads as shown.
3. An adult should use a pair of pliers to open the loop on the final safety pin.
4. Open the large top pin and thread the loops of the pins onto it, taking them round to the opposite side of the pin.
5. Make sure you keep them in the right order.
6. Close the safety pin and use the pliers to close the loop.



Image: FlagpinsbyAnnette on Etsy



This template shows the bead pattern for each of the 12 safety pins.



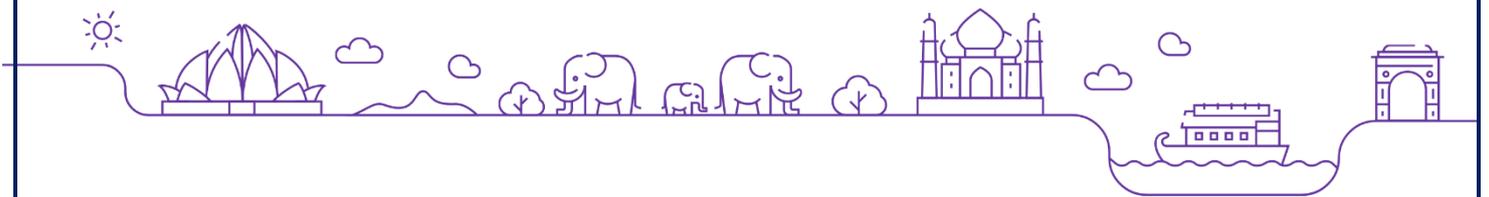
WAGGS Wordsearch

There are 16 words hiding in the grid below. How many can you find?

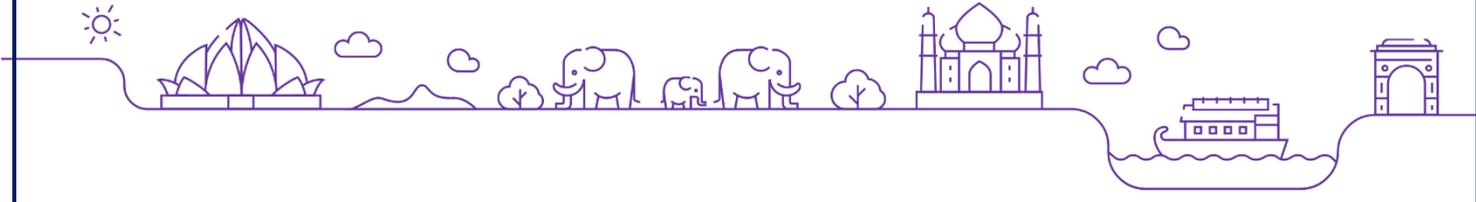
I	N	D	Y	T	I	N	U	M	M	O	C	L	S
I	N	T	E	R	N	A	T	I	O	N	A	L	W
O	U	R	C	H	A	L	E	T	A	I	D	E	I
U	F	A	I	P	A	U	S	S	P	N	N	V	T
R	U	D	M	E	N	G	L	A	N	D	B	A	Z
C	N	V	E	O	N	R	T	G	R	I	L	R	E
A	P	A	X	L	O	D	G	E	E	A	E	T	R
B	E	E	I	F	O	O	S	A	N	G	A	M	L
A	R	N	C	D	A	T	C	H	U	L	D	T	A
N	U	T	O	K	U	S	A	F	I	R	I	U	N
A	F	R	I	C	A	N	A	V	I	P	G	R	D
A	T	V	O	L	U	N	T	E	E	R	I	E	O

Friendship
Kusafiri
Our Chalet
Switzerland
Mexico
England
Lead
Travel

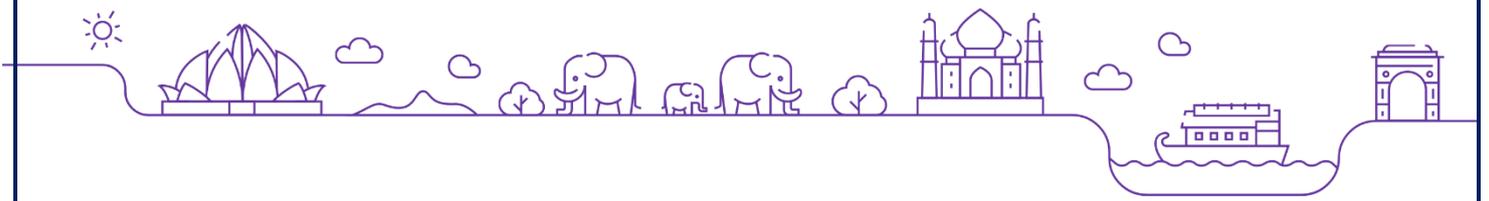
Sangam
Pax Lodge
Our Cabana
India
Africa
Volunteer
International
Community



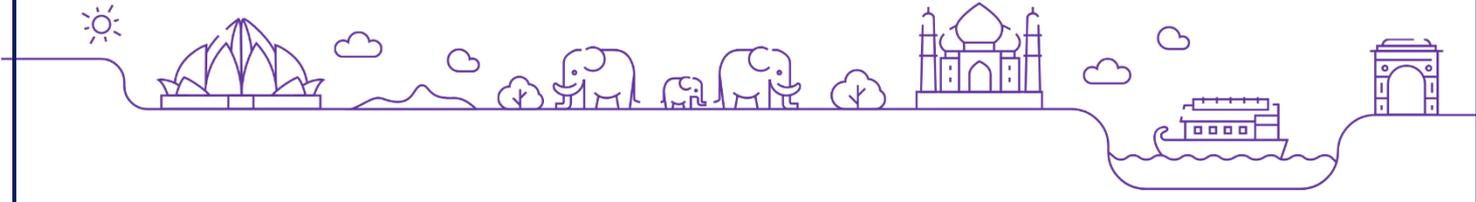
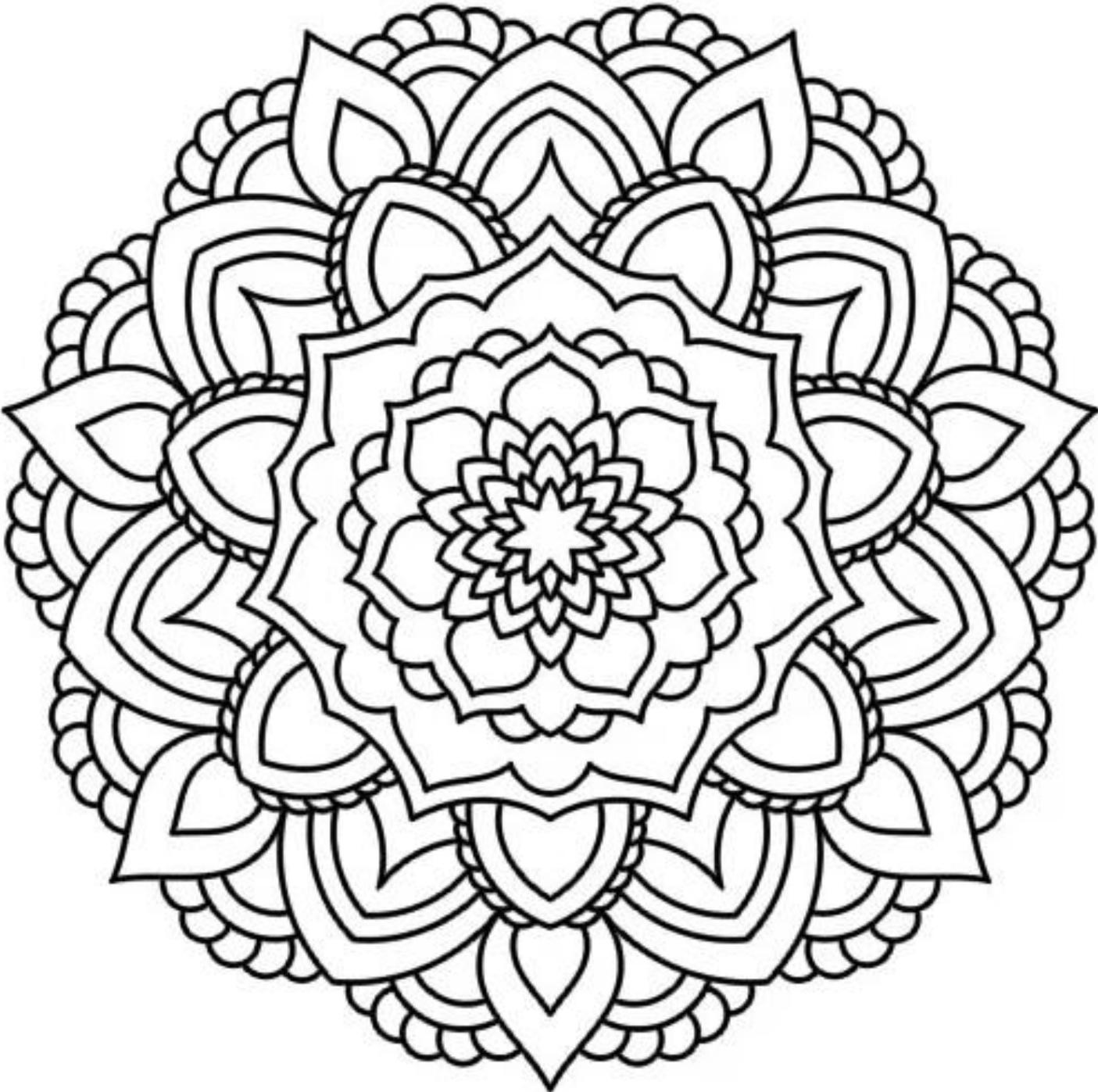
Rangoli pattern colouring



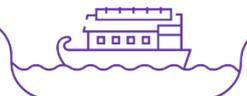
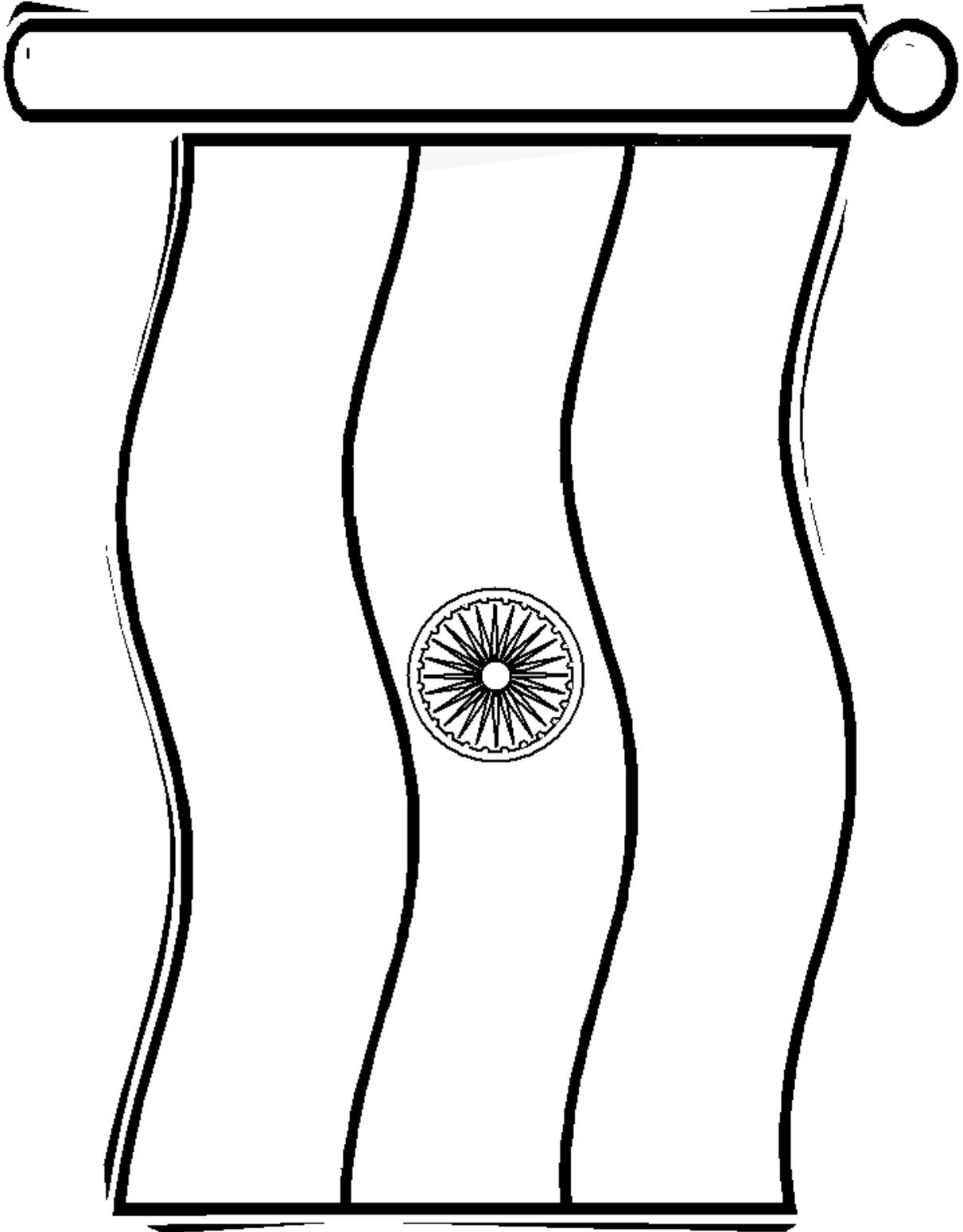
Rangoli pattern colouring



Rangoli pattern colouring

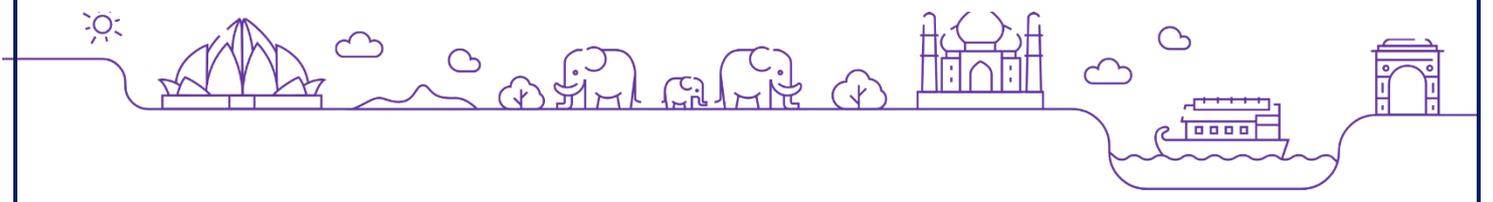


Indian flag colouring

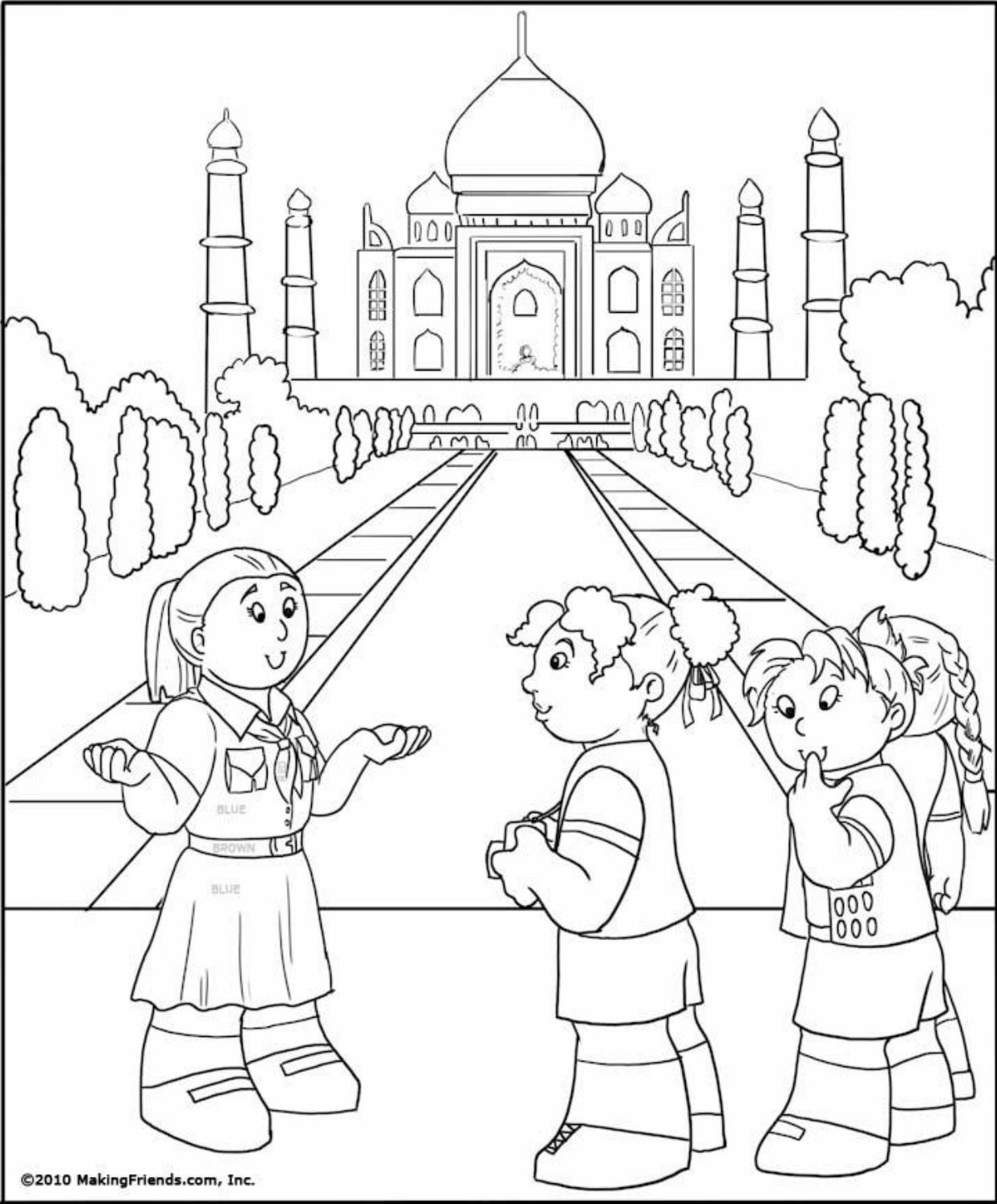


Mehndi colouring page

Source: intheplayroom.co.uk

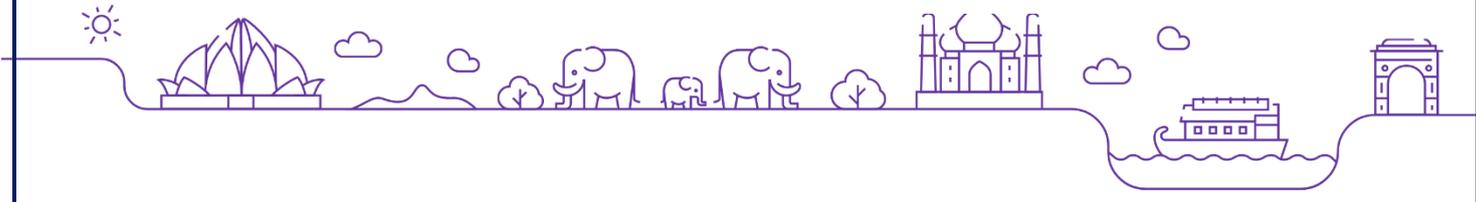


Thinking Day colouring – India



©2010 MakingFriends.com, Inc.

Our Girlguiding friends from India showed us a beautiful building called the Taj Mahal. It took 20 years to build.



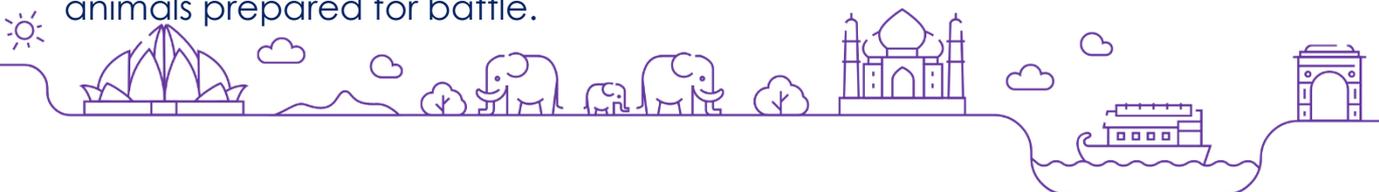
The story of Rama and Sita

Once long ago in the kingdom of Ayodhya there was a great prince called Rama, who had a beautiful wife named Sita. His father, King Dashratha, was tricked by 1 of his wives into banishing Rama and Sita away from their home to live in the forest for 14 years, so that her son could be the next king.

They lived a simple life together for many years with Rama's brother, Lakshman, in the forest, but one day an evil demon called Ravana appeared! He had 10 terrible heads and 20 arms and was determined to kidnap Sita. To carry out his wicked plan, he used his magic powers to make a beautiful golden deer appear in the forest. When Sita saw the deer, she asked Rama to catch it for her. He agreed but told Sita to stay inside a magic circle that he drew on the ground to keep her safe. When he saw she was alone, Ravana disguised himself as an old man in need of food. Sita gathered some fruit from inside their hut to give to the old man, but as soon as she stepped out of the circle, Ravana grabbed her and swept her away in his magic chariot pulled by winged demons. Although she was very frightened, Sita managed to drop small pieces of her jewellery over the side of the chariot to leave a trail behind her.

When Rama discovered what had happened to Sita he was devastated and began a frantic search for her with Lakshman until they reached the land of Hanuman the monkey king. Hanuman was brave and clever and could fly like a bird. He agreed to help Rama and flew across the sea to the island of Lanka where he spotted Sita imprisoned in Ravana's palace. He whispered to her that he had come from Rama to help rescue her and she gave him a pearl from her hair to take back to Rama. As he was escaping, he was caught by demons who set fire to his tail.

Rama and Hanuman and his mighty army of apes and bears and other animals prepared for battle.

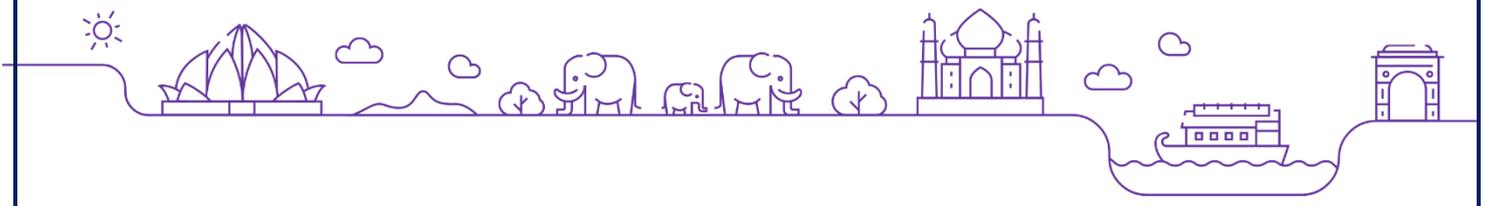




First, they had to build a bridge out of rocks and sand to get to the island. When it was complete, they raced across. The battle was long and terrible. Finally, Rama fired his bow, that was a gift from the gods and hit Ravana who fell to the ground.

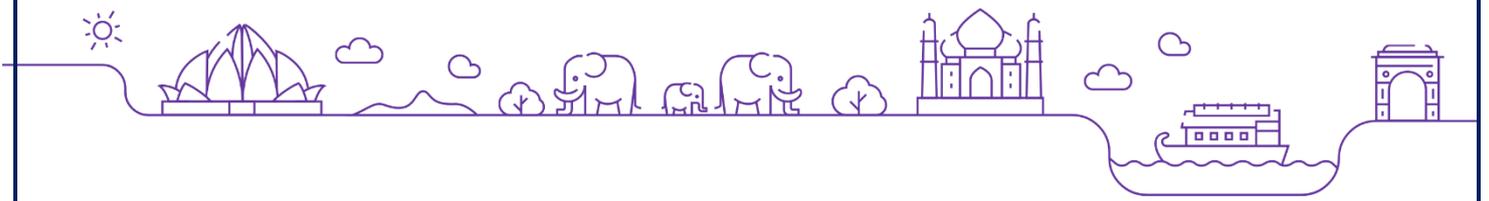
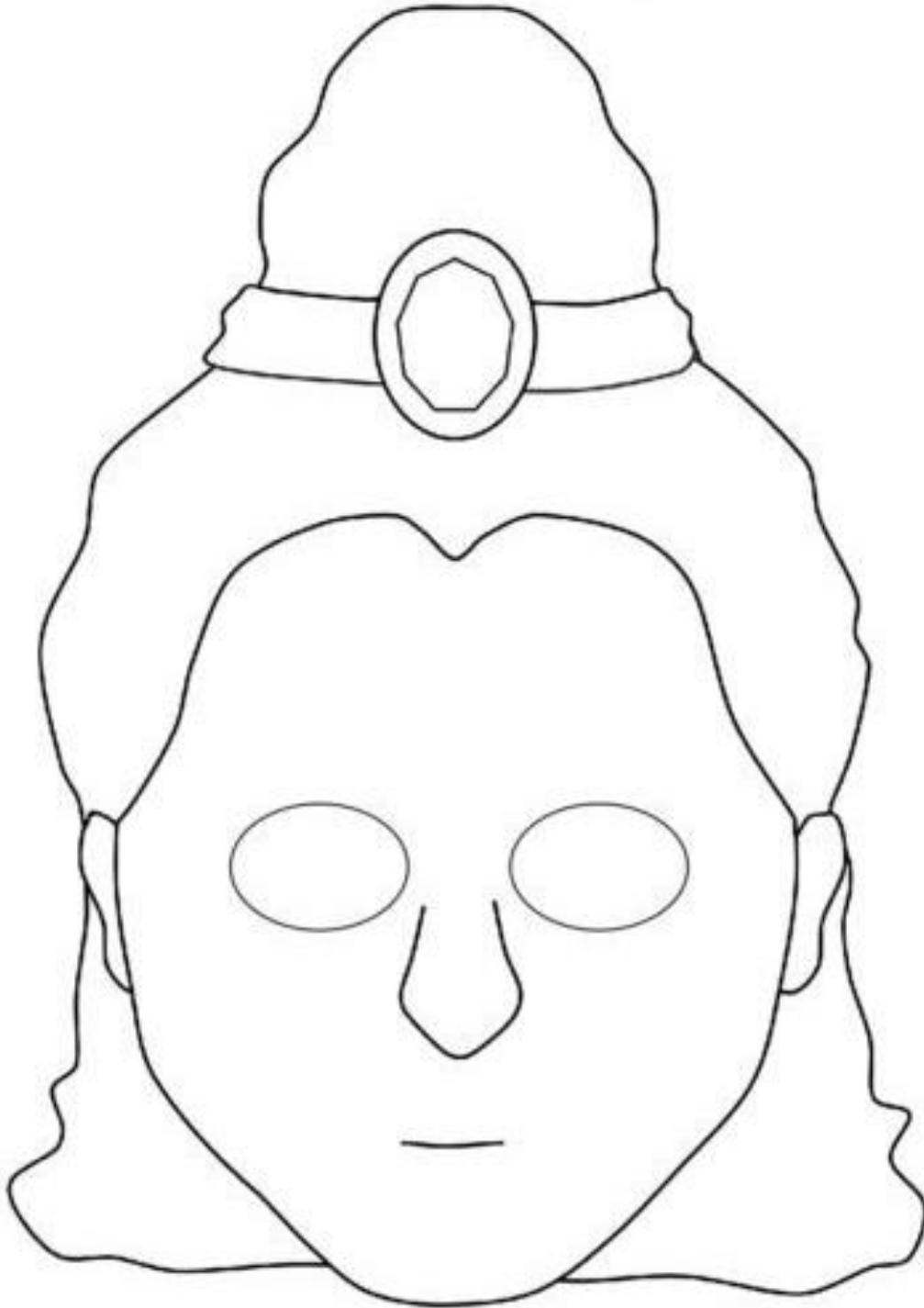
There was great rejoicing and Rama and Sita could finally return home, and Rama could be crowned king. To celebrate their homecoming, people cleaned and decorated their houses and lit small lamps to guide them on their way. That is why, to this day, people light lamps every year at the festival of Diwali.

Source: India Education Pack – British Council



Rama mask

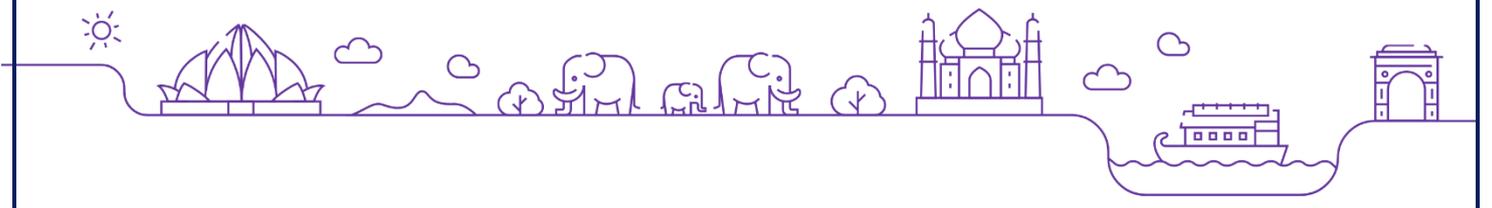
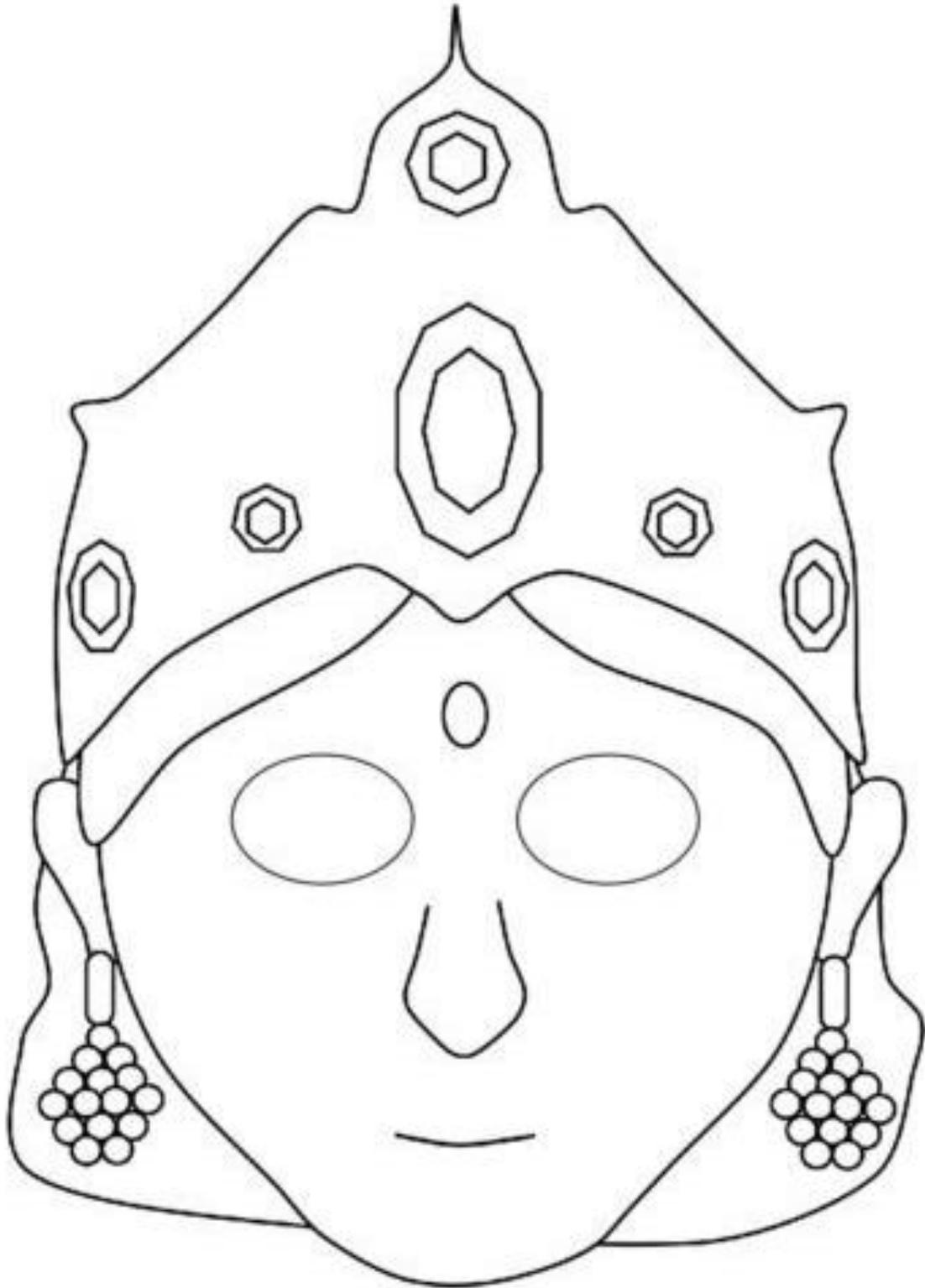
Source: sparklebox.co.uk





Sita mask

Source: sparklebox.co.uk



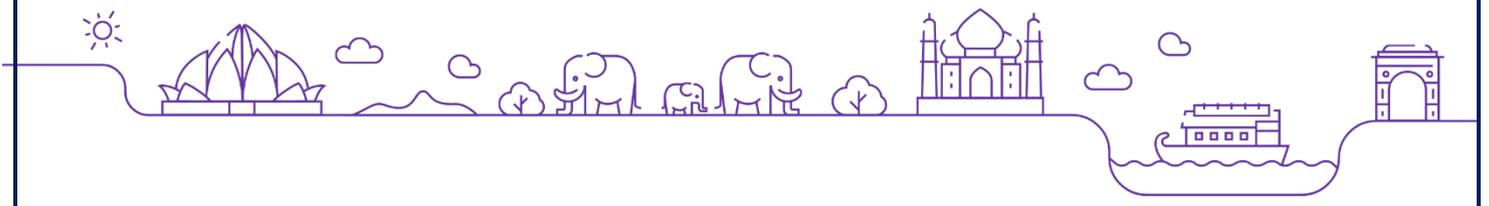
Quiz

1. What is the capital city of India?
2. Which river is considered the holiest in India?
3. Who is known as the "Father of the Nation" in India?
4. Which festival is known as the "Festival of Lights"?
5. What is the national animal of India?
6. What is the official language of India?
7. Which Indian monument is known as the symbol of love and is 1 of the 7 wonders of the world?
8. Which sport is most popular in India?
9. What is the currency of India?
10. What is the national flower of India?
11. Which Indian festival involves playing with colours and is celebrated in spring?
12. Which Indian state is famous for its tea gardens and is the largest tea producer in India?
13. What is the traditional Indian dress for women called?
14. What is the traditional Indian art form of hand-painting intricate designs on hands and feet called?
15. What is the traditional Indian sweet made from milk solids and sugar, often served during festivals?
16. Which Indian festival involves decorating homes with colourful rangoli patterns?
17. What is the traditional Indian flatbread called, often served with curry?
18. What is the traditional Indian drink made from yogurt and spices called?
19. What is the traditional Indian dish made from rice and lentils, often served for breakfast?
20. What is the traditional Indian headgear worn by men in Rajasthan called?



Quiz – answers

1. New Delhi
2. Ganges
3. Mahatma Gandhi
4. Diwali
5. Tiger
6. Hindi
7. Taj Mahal
8. Cricket
9. Rupee
10. Lotus
11. Holi
12. Assam
13. Sari
14. Mehndi
15. Barfi
16. Diwali
17. Naan
18. Lassi
19. Idli
20. Turban



Map of India with states marked

Source: [education.com/map-of-india-states-and-capitals](https://www.education.com/map-of-india-states-and-capitals)

INDIA

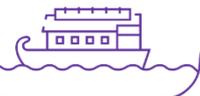
STATES AND UNION TERRITORIES



INDIAN OCEAN



Blank map of India



Branding approval



Branding Matters <BrandingMatters@girlguiding.org.uk>



To: Liz

Fri 10/01/2025 11:26

Hello Liz,

Many thanks for your email and for sharing your revised badge design for Girlguiding Hertfordshire, Sangam

I can confirm the design meets our refreshed branding requirements. We can offer approval to produce the badge in Masterbrand (White Trefoil on Girlguiding dark blue Pantone® 2766 C background).

Good luck with the trips. It's a very impactful design!

Kind Regards

Ruth

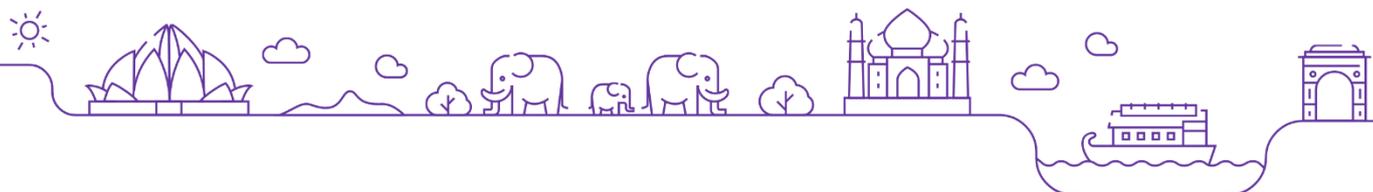
Online badge orders

Thank you for showing an interest in this challenge badge pack and helping us in our fundraising efforts for our international trip to India.

Please complete the online badge order form here:

<https://forms.office.com/e/Rc6QcS4NLI> or return the paper order form by post.

Please note that orders will only be dispatched once payment has been received and/or cheques cleared.





Badge order form
Sangam 2025 challenge badge

Badges are 75mm in diameter.

Contact name	
Unit	
Telephone number	
E-mail address	
Postal address	
Postcode	

Number of badges	
@ £1.50 each	
P&P 1-12 - £1.00 13-30 - £1.70 31+ - £3.40	
Total	

Payments should be made by bank transfer to:

Girlguiding Hertfordshire
Account number: 00013524
Sort code: 40 52 40

Please add your unit name/Sangam as the reference

If you would like to discuss other payment options please
email

admin@girlguidinghertfordshire.org.uk

