

GIRLGUIDING LEATHERHEAD DIVISION

# CHENNAI CHALLENGE

FOR THE BATEMANS TRUST

## Introduction

When my aunt, Suzanne Kuyser, (a trustee of The Batemans Trust) told me about the plans to build a new school and boarding home for disadvantaged children in Chennai, I realised there was an opportunity to develop a series of activities that would help the Rainbows, Brownies and Guides explore Indian Culture whilst thinking about those less fortunate than themselves.

By creating the Chennai Challenge and developing the associated Badge, Girlguiding Leatherhead Division are fundraising for The Batemans Trust to help them build their school.

**This challenge is designed to be run in whatever way works for you. It was originally run as a Division Day for Fetcham Rainbows and Brownies and as evening of activities for my own a Guide Unit.**

**In our new virtual world many, if not all, of the activities can be used in virtual meetings or this pack can be sent out for girls to complete on their own. It can be completed over a number of weeks or as one fun-packed evening.**

**Or you can just make a donation and earn your badge that way!**

Thanks to Leatherhead Division and Surrey East County who have supported me to put this together- particularly to Charity Nicholls for all her work getting the challenge out on Facebook and Wendy Amer who originally believed this could be made to work

Clare Coker, 1<sup>st</sup> Effingham Guides

The Badge design features the architect's plan for the new school in Chennai  
By buying our badge you really will have helped to build a school





# WHO ARE THE BATEMANS TRUST?

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The Bateman's Trust is a successful UK charity working with a partner in India (The Satkaarya Trust) to deliver education, secure accommodation and welfare to disadvantaged children in Chennai India.

Since 1998, they have supported dozens of children from the most deprived backgrounds through their Open School, hostels and continued support of children at local schools

After years of planning and fundraising the Batemans Trust has bought a piece of land to develop their own primary school and boarding home in Chennai.

## What we do

We support the most disadvantaged children and young people in Chennai. By providing safe accommodation, food, healthcare, education and vocational training, we give these children the power to change their lives and the lives of the people around them. Once employed they are able to support their families and end the cycle of poverty for future generations. Without this care, these children and their families will continue to live a life of hardship with few prospects and little hope.

## Who we help

Education is the key to breaking the cycle of poverty for children, their families and communities. It is also the foundation of positive social change.

Bateman's has specifically identified girls, especially in rural areas, mobile workers' children and those with special educational needs as target groups we can help. For all these groups education, training, safe accommodation and welfare are vital to protect these groups and help them achieve their potential

<https://www.batemans.org.uk/>

<https://www.facebook.com/BatemansTr>



**THE BATEMANS TRUST**  
Supporting disadvantaged children in South India





# BATEMAN'S VIDEO

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**Watch the First 3 mins 45 seconds of the  
Bateman's Trust Webinar Summary  
<https://www.youtube.com/watch?>**



GirlGuiding Leatherhead with GirlGuiding Surrey East

<https://www.youtube.com/watch?v=hDPcXdnf4S8>

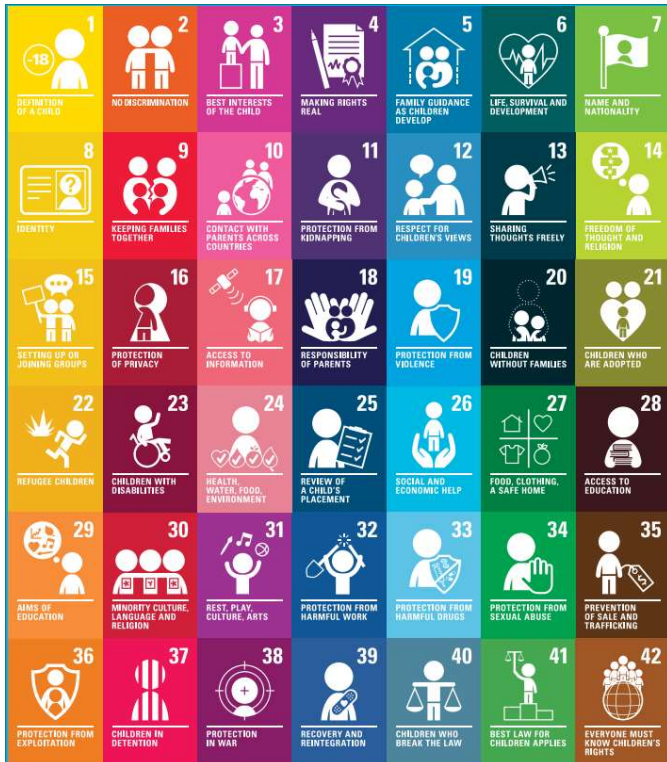
GirlGuiding Leatherhead with GirlGuiding Surrey East

# THE RIGHTS OF A CHILD

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Every Child has rights, whatever their ethnicity gender, religion, language, abilities or any other status

The UN convention has 54 items which cover all aspects of a child's life, including the right to an education



## DISCUSSION:

1. Do you agree with the rights
2. Decide on your Top 3
3. Would you introduce any more?

Discuss with your unit, family, friends, patrol or six

“The Batemans Trust works in close partnership with The Satkaarya Trust in Chennai, South India, to transform the lives of children and young people from disadvantaged backgrounds. After purchasing our own piece of land, we are now raising funds to build a new school and community training centre.”

ANNE DESIR,  
CHAIR OF BATEMANS TRUSTEES

## DISCUSSION:

How important is school to you?

We have all experienced what it's like to not be able to go to school this year

How did that make you feel?

What did you miss the most?

What do you get from school apart from an education?



This project will give children in Chennai access to an education and a safe space to develop and grow



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## Get Active

Try these activities to get active and get moving

- Bollywood Dancing
- Yoga

The children and young people in Chennai put on a dance performance for Diwali!



# YOGA

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Yoga originated from India, and is now popular round the world as keeps people healthy and mobile.

Check our our Youtube channel for a routine

TREE I



LOCUST



BOAT



WARRIOR I



SEATED  
FORWARD BEND



COBRA



<https://www.youtube.com/watch?v=390JILHKsd0>



# BOLLYWOOD DANCING

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Try out some classics Bollywood moves.  
Then either make up some of your own,  
or try putting together a routine.  
Youtube is a great source of inspiration.

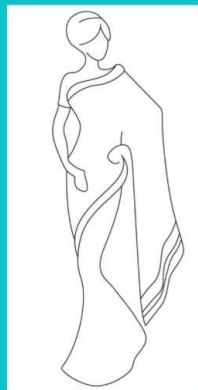


Bollywood dance is the dance-form used in the Indian films. It is a mixture of numerous styles. These styles include belly-dancing, kathak, Indian folk, Western popular, modern and jazz.  
Often hand gestures are used to tell a story.



A Sari is a garment worn by woman in India. It is typically wrapped around the waist with one end draped over the shoulder.

The Sari is widely regarded as a symbol of grace.



Design yourself  
a Sari

Design a sari or try to make one for yourself

Try to make  
your own Sari  
from items  
in the house -  
sheets, fabric  
etc





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# CHENNAI CHALLENGE

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## Get Cooking

These Pakoras are delicious and really easy to make

Get to know your spices before you get started then try them with some delicious Chai Tea



# PAKORAS



To make enough for 1 each for 8 people  
1 cup or equivalent of gram flour  
Half a teaspoon bicarbonate of soda  
Teaspoon each of Turmeric, Cumin, Chilli, Coriander  
Salt to taste  
Lemon juice (half a lemon)  
Water  
Chopped onion and other chopped veg of choice  
(pepper, carrot etc)  
Vegetable oil to fry in about 1inch/1.5inch  
(parental supervision required for hot frying)

1. Mix flour and spices and add enough water and juice to make a gloop that hangs on spoon for a moment before dropping back into a bowl
2. Stir in chopped veg – can be anything but main ingredient is chopped onion (ratio of batter to veg is a matter of personal preference)
3. Place a spoonful of the mix in hot oil
4. Once you see the top fluffing up a bit and it feels more solid turn it over. Better more cooked than undercooked. The high heated oil will seal the outside of the Pakora, after that reduce to a gentler heat

Delicious with Mango Chutney



Rainbows Making Pakoras

Just for us....

The Bateman's Trust  
have put together a  
pictorial recipe to help  
you further





## Let's make pakoras

Sometimes known as bhajis, pakoras are a very quick and easy snack to make for your family and friends.

To maintain a safe and social distance we photographed our friend Glynis preparing the pakoras outdoors and cooking them on her barbeque.

Glynis always has the ingredients in her kitchen ready for when friends drop by. She will quickly cook up a batch and serve them with Mango chutney – delicious!



### Start with the batter.....

1. Mix flour and spices and add enough of the water and juice to make a gloop that hangs on spoon for a moment before dropping back into bowl



For a smoother batter first sieve the flour

You add the water to make the batter, but it is the lemon juice you add which will create little bubbles as it reacts with the bicarbonate of soda. This gives you a lighter batter.





# THE BATEMANS TRUST



## Let's make pakoras ....then add the onions and veg.

Chop the onion to  
create half rings



Add the onions to the batter



You can add other vegetables  
but make sure you chop  
them finely, as here where  
we chopped up some pepper  
and carrot

2. Stir in chopped onion -  
can be anything but  
main ingredient is  
chopped onion

(ratio of batter to veg  
is a matter of personal  
preference)



## Let's make pakoras

now we cook them

2. Place a spoonful of the mix in hot oil
3. Once you see the top fluffing up a bit and it feels more solid turn it over, better more cooked than undercooked.
4. The high heated oil will seal the outside of the Pakora, after that reduce to a gentler heat



Put spoonfuls into sizzling fat.  
They can be large or small spoonfuls.  
Watch the bubbles pop up!



Cook on each side until a dark  
golden brown in colour.



**Enjoy with some delicious mango chutney!**



# CHAI - TEA

Chai is the Hindi word for 'Tea' and is very popular in India. It is usually a black tea mixed with strong spices, like cinnamon, cardamom, cloves, ginger and black peppercorns. The spiced tea mixture is typically brewed strong with milk and sweetened with sugar or honey.



## SPICES

Different curries are made with different spices, often blended together.

Some of the most common are;

- Aniseed
- Cinnamon
- Mustard
- Nutmeg
- Cloves
- Coriander



Can you figure out what they would be used for or if you recognise them from anywhere?

### Spice things Up!

- Collect different spices together and have a blind fold smelling test
- Experiment with spices in your cooking

Try perfecting your perfect cup of tea

## ACTIVITIES

- Taste Test Different Teas
- Make a Chai Tea
- Trying to make a pot of tea using loose leaf Tea



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## Get Crafty

Have a go at some Traditional Indian Designs:

- Rangoli/Kolam
- Henna

Use Paper Craft to make Peacocks or Elephants

Try your hand at Mirror Art to draw the Taj Mahal  
or relax and with some mindful colouring



Rangoli is an artform, originating in the Indian Subcontinent, in which patterns are created on the floor or the ground using materials such as coloured rice, coloured sand, quartz powder or flower petals. It's usually made during Diwali or other Hindu festivals in the Indian subcontinent



The children in the care of the Batemans/Satkaarya Trust love the Pongal celebrations and festivities, and always create lots of Rangoli artworks which are sometimes called Kolam artworks.



The children created a Kolam artwork using chalk to decorate the gateway of the land on where their new school will be built

## ACTIVITY

**Make your own Kolam/Rangoli**

**Draw or paint the the patterns**

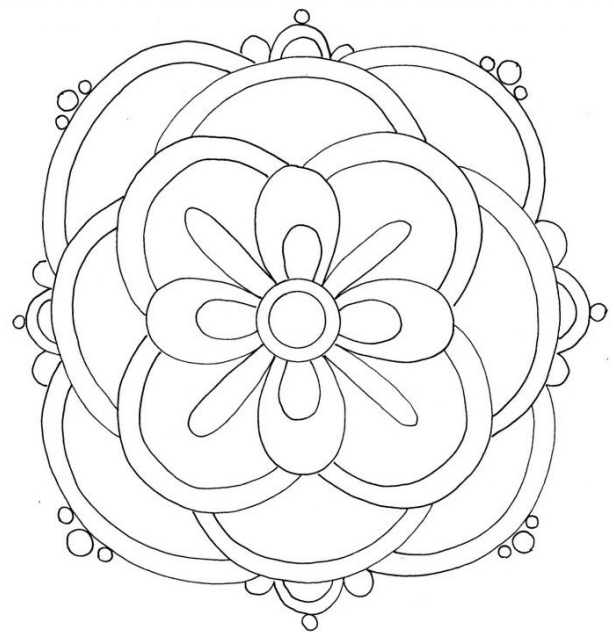
**Colour the templates**

**Use chalk on the pavement**

**Rice, beans, pulses**

**Beads**

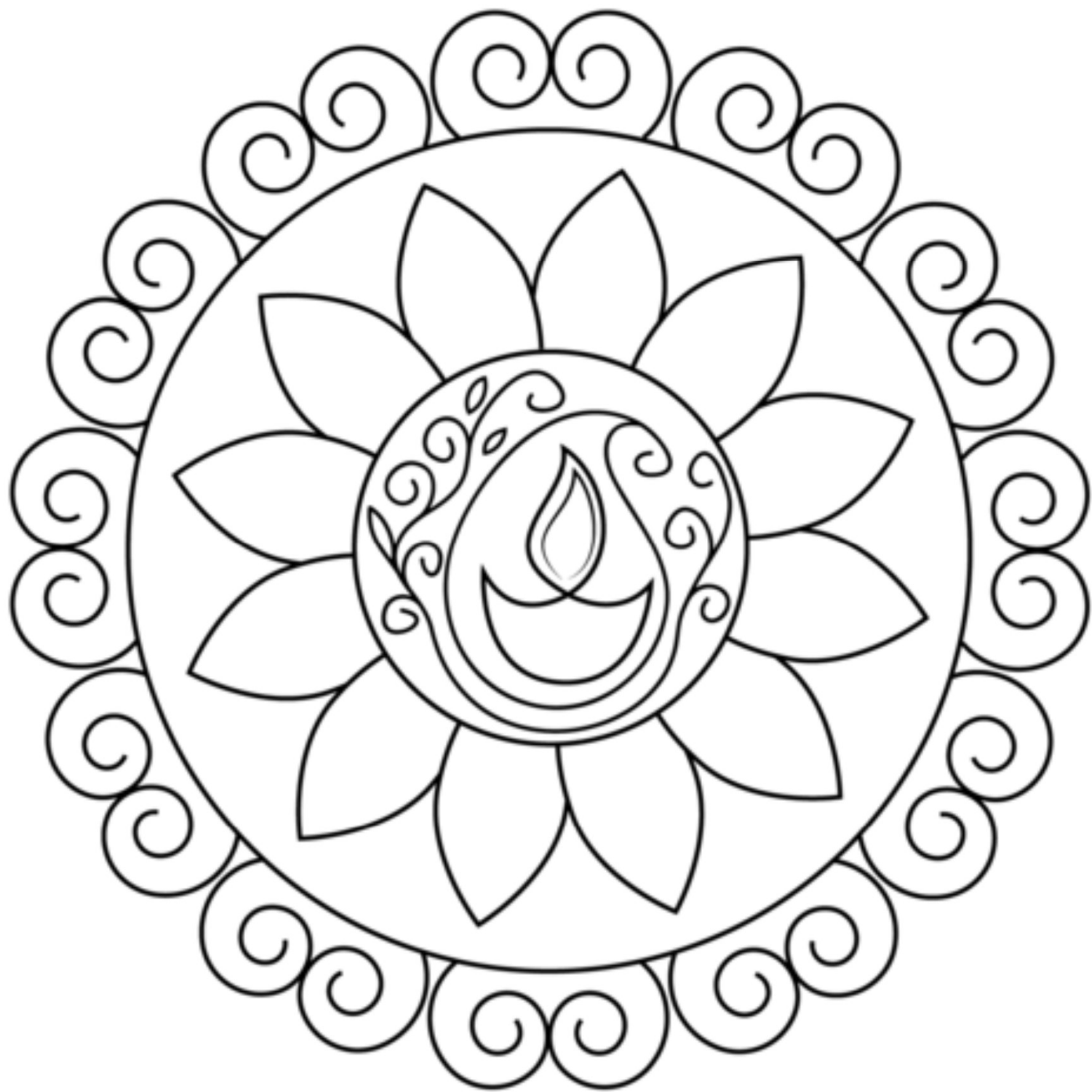
**Make sure you use plenty of colour**



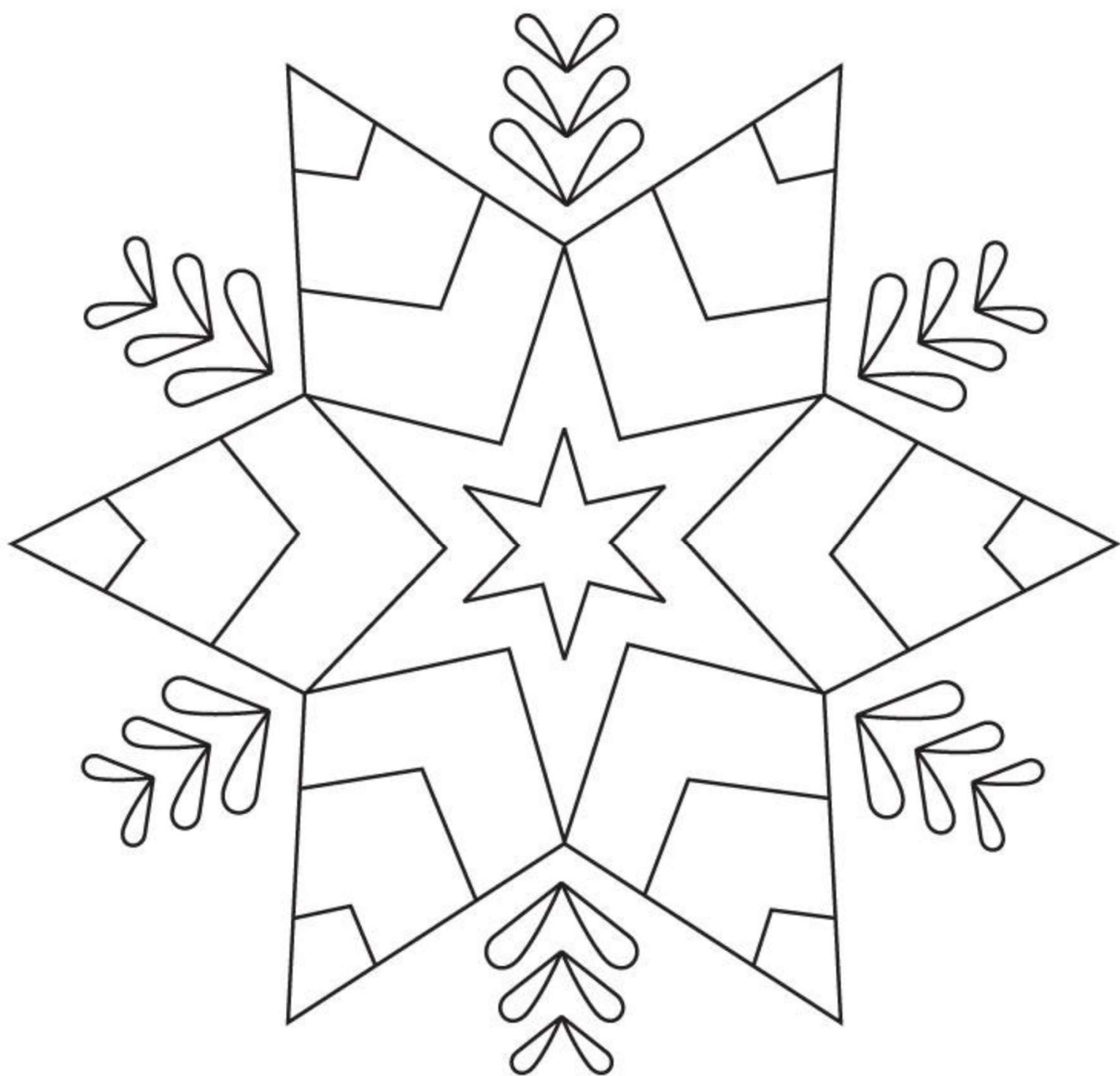
Templates are provided on the following pages for inspiration, but you can make up your own designs too

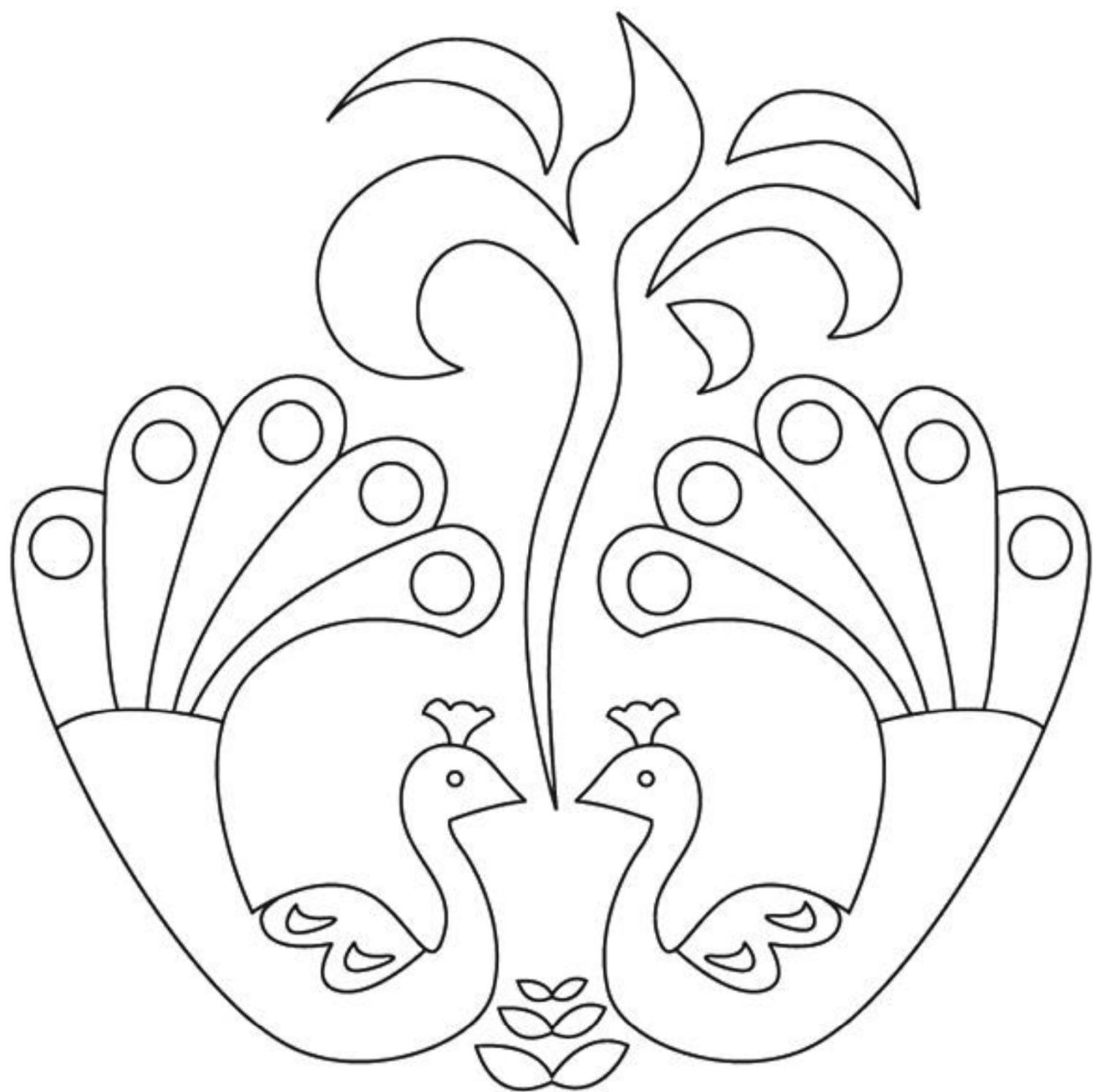
# RANGOLI

CHENNAI CHALLENGE 2020













**ACTIVITY:**  
**Make a Peacock**  
**using fan-folding**  
**techniques**



The Peacock is  
the National  
Bird of India



**ACTIVITY:**  
**Make your own**  
**elephant!**



The Great Indian Elephant is the biggest and tallest herbivore wild animal in India. With strong emotional ties rooted in Hinduism, Asian Elephants and a huge significance in traditional Indian Culture

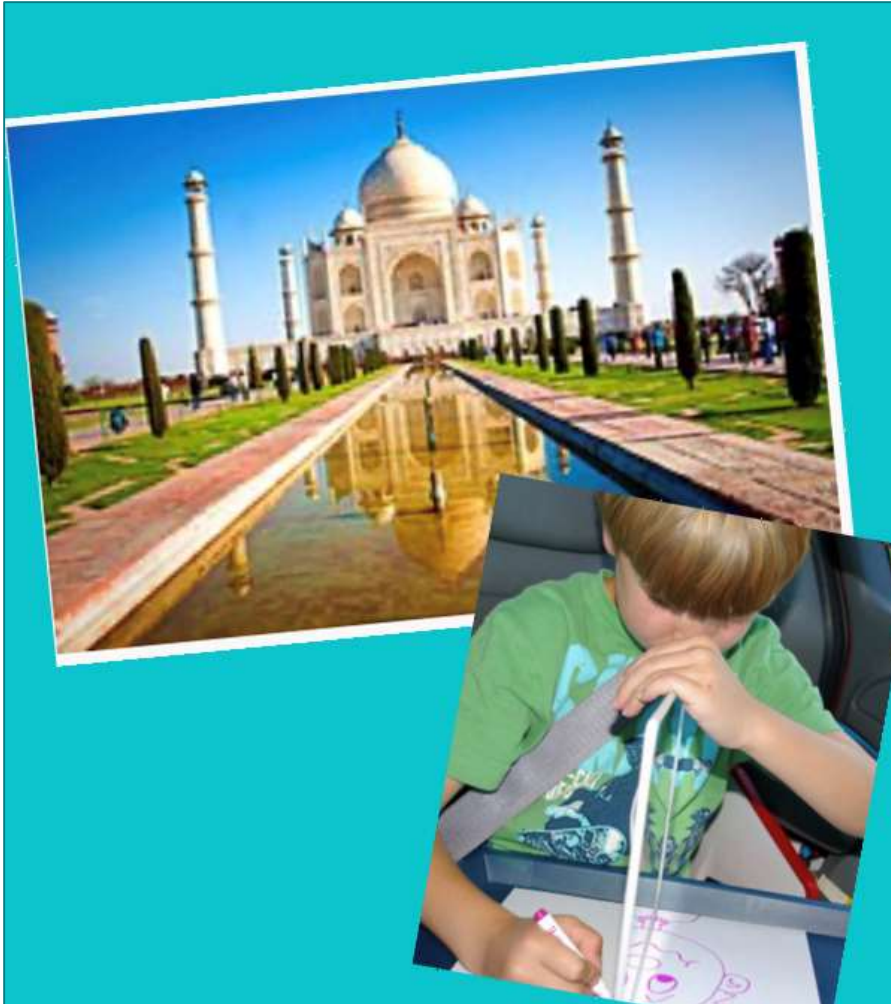
INDIAN ANIMALS

CHENNAI CHALLENGE 202

# TAJ MAHAL

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The Taj Mahal is an ivory-white marble mausoleum on the southern bank of the river Yamuna in the Indian Capital of Agra. It was commissioned in 1632 but the Mughal Emperor Shah to house the tomb of his favourite wife



Templates are provided on the following page for help and inspiration, but you can draw freehand or use other craft techniques of medium too.

## ACTIVITY:

Have a go at drawing the Taj Mahal

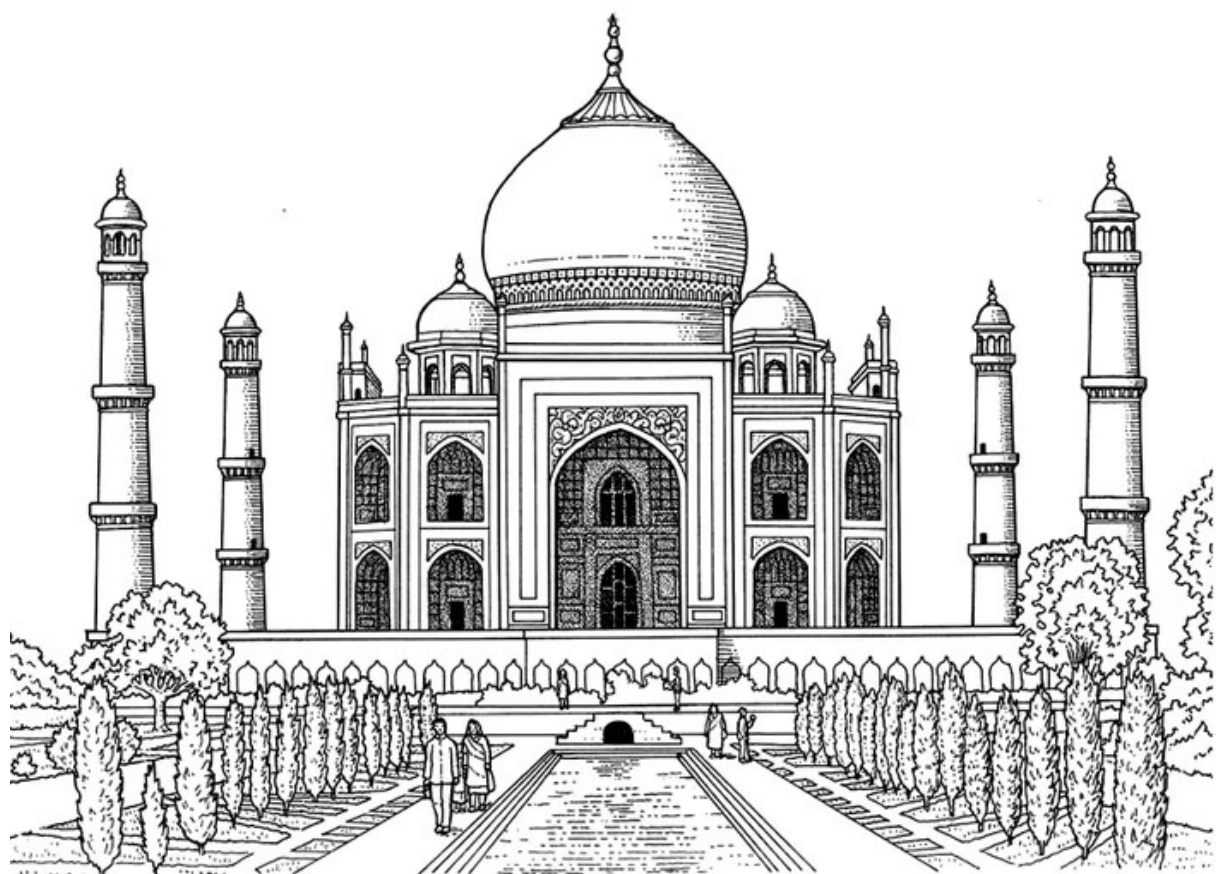
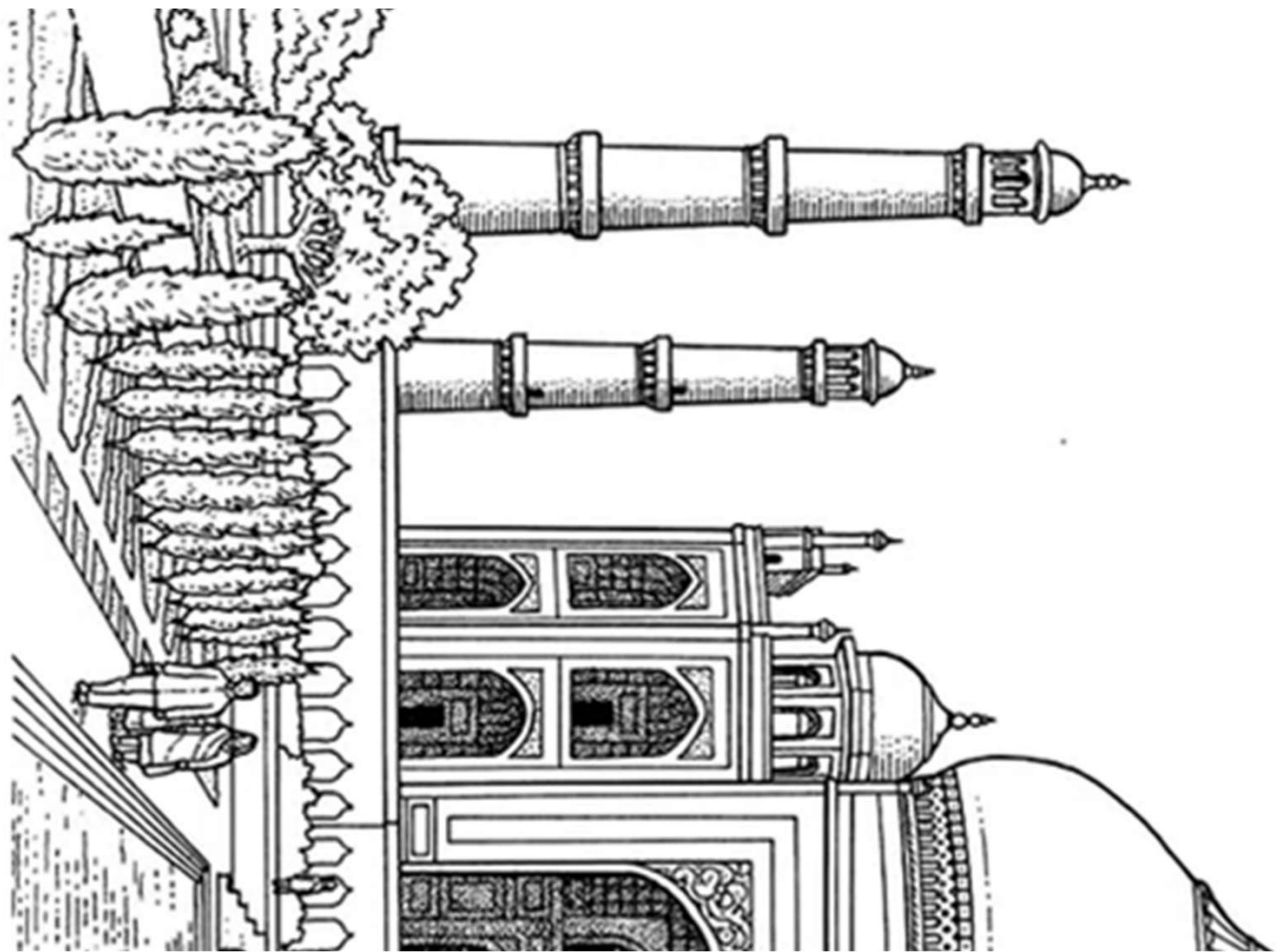
Or simply colour it in – colouring is a great activity for relaxation meditation and mindfulness; the perfect escape when you want to turn your brain off and live in the now.

It's symmetrical so you could use a mirror for a different sort of Challenge

How to:

Place the mirror on the line with the mirror side facing the image. This is where the “trick” happens. Look down the mirror and the image will magically appear on the clean side of the paper. Simply trace the reflection onto the paper.

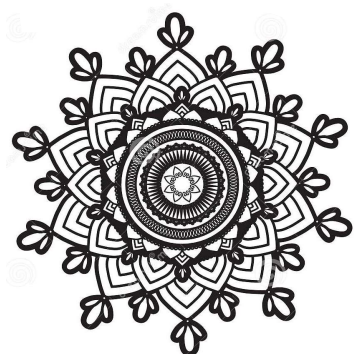




Mehndi, otherwise known as henna is a paste associated with positive spirits and good luck. Indian Wedding tradition calls for a Mehndi ceremony to be held the night before the wedding as a way of wishing the bride good health and prosperity as she makes her journey into marriage

**ACTIVITY:**

Design your own henna design or even give it a go on your hand using face paint/makeup







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## Badge Order Form

We hope you enjoyed our Chennai inspired challenges

By buying a badge you are helping The Batemans Trust build a school for disadvantaged children in Chennai

100% of the money we raise goes towards the school.

Send orders into: [fox1steffingham@btinternet.com](mailto:fox1steffingham@btinternet.com)

### Badge cost - £1.50 each

Name	
Unit Name <i>(if applicable)</i>	
Postage Address	
Email address or phone number <i>(in case we need to contact you for any reason)</i>	
Number of badges required	
Payment amount	£

Please make payments using our Chennai Challenge Just Giving page using your unit name as reference

<https://www.justgiving.com/fundraising/GG-LeatherheadDivision-ChennaiChallenge>

Please also use this link if your unit would like to fundraise for us and let us know in the comments what you got up to.

