

My City  
My Heritage My  
Lucknow



# Explorers Book

Activity Book  
for Children



Lucknow, the capital of Uttar Pradesh, is the city of the Nawabs of Awadh whose **indelible** stamp marks the city's landscape, language, kitchens, and performance traditions. Its handover to the British in 1856 contributes to the city's complex inheritance, with colonial-era promenades, clock towers, and schools remaining important down to the day.

From world-renowned kebabs to myriad embroidery traditions, imambaras to churches, and *kathak* to *qawwali*, Lucknow's cultural wealth is inexhaustible! This activity sheet will try to capture some of it through interesting quizzes, puzzles, and illustrations. Think of these less as a test of your knowledge, but more as a tour of the city from a distance. And whether you're a talented chef, nerdy linguist, or budding performer, Lucknow—and the book—has something for everyone!

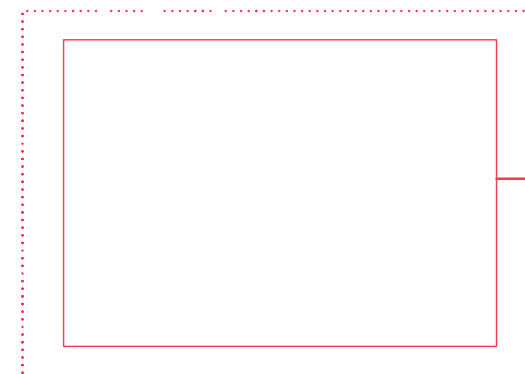


#### Discover More:

Learn about Lucknow with curated articles, numerous recommendations with the **MCMH My Lucknow Booklet** and **2 heritage trails** on [www.sahapedia.org/my-city-my-heritage/celebrating-lucknow](http://www.sahapedia.org/my-city-my-heritage/celebrating-lucknow)



\* **indelible** | in·deh·luh·bl  
Something that can't be erased. Hint: have you seen that people who vote often have a line of ink on one finger nail? It's called indelible ink!



#### Size:

A3 (29.7 cm x 24 cm)

This document  
(25cm x 35.3 cm)

#### Title:

My City My Heritage My Lucknow:  
Explorers' Book

#### Publisher:

Sahapedia

#### Supported by:

InterGlobe Foundation (IGF)

#### Copyright:

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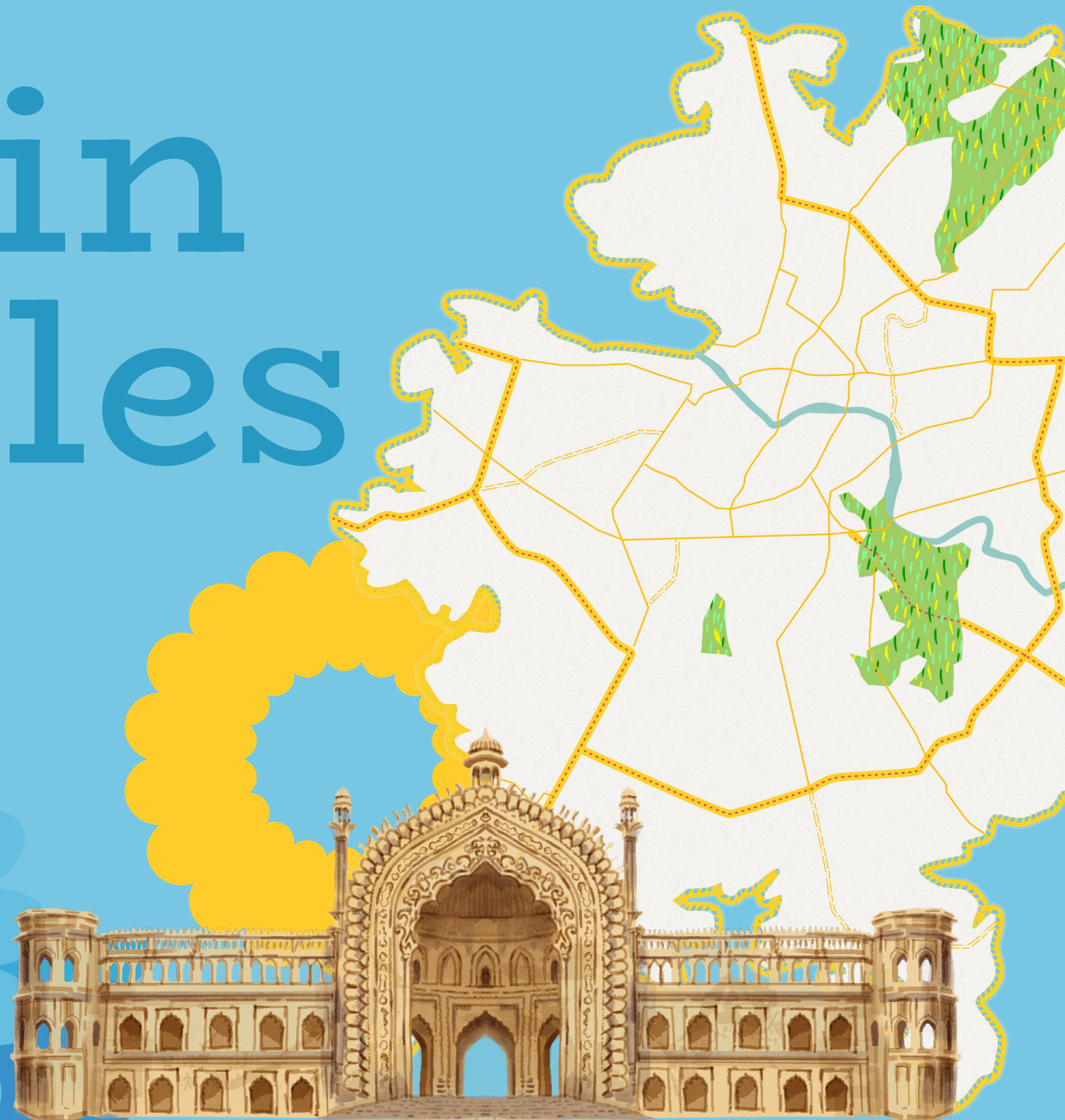
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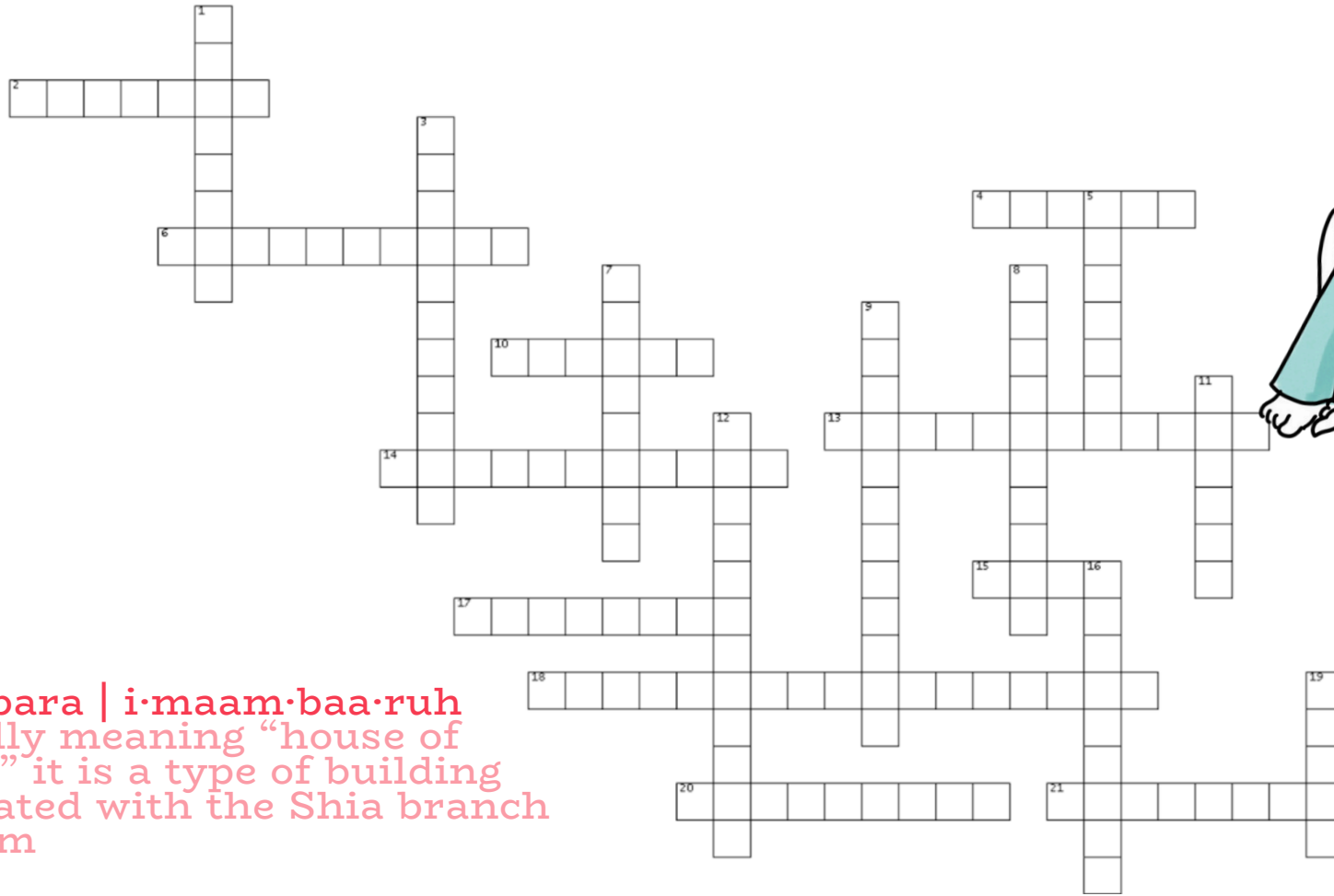
# City in Puzzles

Whether in its syncretic festivals, intricate *chikankari*, or aromatic street-food, the entire city of Lucknow is a breathing heritage landmark. Here's a quiz that tries to take you through the many alleys and bylanes of Lucknow.

The questions range from easy to somewhat tricky. But don't sweat it even if you don't get something right! The point is to showcase and imbibe as much information as you can.



# CROSSWORD



\* **Imambara** | i·maam·baa·ruh  
Literally meaning “house of Imam,” it is a type of building associated with the Shia branch of Islam

Let's see how much you know about Lucknow!

## ACROSS

2. A courtly etiquette that means refined speech, dressing, and mannerism. (7)
4. A cooling courtyard feature often found in traditional Lucknowi havelis. (6)
6. A belt of Lucknow known for palatial homes and Anglo-Indian architecture. (10)
10. A popular form of semi-classical singing, associated with the courtesan culture of Lucknow. (6)
13. The last Nawab of Awadh, known for his love for the arts and gardens. (5, 3, 4)

14. A traditional afternoon meal served in silver plates in royal kitchens. (11)
15. Royal court language of Awadh, known for its poetry and etiquette. (4)
17. A place where courtly poets gathered to recite verses in rhythm. (8)
18. Famed for her role as a courtesan and revolutionary in the 1857 Rebellion. (6, 6, 5)
20. The traditional musical instrument used in *mehfils* and courtesan performances. (9)
21. A flavoured drink made from roasted raw mangoes during summer. (3, 5)

## DOWN

1. Flaky bread baked in clay ovens, served with kebabs and stews. (8)
3. A deep-fried vegetarian cutlet made with soya or *kala chana*, an alternative to kebabs. (6, 5)
5. Popular snack made of mashed boiled lentils and spices, fried into small flat discs. (7)
7. The technique of slow cooking used in making biryani or kebabs. (3, 5)
8. Intricately hand-embroidered designs from Lucknow, often seen on white muslin. (6)

9. The grand **Imambara** built during a famine, with a famous labyrinth inside. (4, 8)
11. This classical dance form flourished in the royal courts of Awadh. (6)
12. A poetic tradition where people gather to share verses, stories, and satire. (4, 8)
16. The *tawaif* who became a legend for her poetry, dance, and resistance against colonial forces. (5, 4)
19. A Persian-derived word used to greet someone with respect and elegance. (5)



# Scramble

Lucknow is famous for its beautiful crafts and arts. Can you unscramble these words to discover what makes Lucknow so special? Use the hints to help you!

## 1. KICRAHINKA

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Hint: A delicate form of white-on-white embroidery, often done on fine muslin cloth.

## 2. OZDRIZA

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Hint: A heavy and intricate embroidery using metallic threads, often gold or silver, used on royal garments.

## 3. UKSAMIH

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Hint: A type of embroidery using metallic threads to create tiny dots or patterns, making fabric shimmer.

## 4. APTHICATA

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Hint: A colorful patchwork craft made by sewing together small pieces of fabric in geometric patterns.

## 5. ARYIELHE

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Hint: A type of tie-dye technique that creates wavy patterns, often seen on colorful fabrics.

## 6. ADKAMANI

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Hint: A type of embroidery that uses flattened metallic wire to create patterns on fabric, similar to *Mukaish*.

## 7. ATKHAK

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Hint: A classical Indian dance form that flourished in Lucknow, known for its graceful movements and storytelling.

## 8. RUMHISAA

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Hint: A gathering where poets recite their works, a traditional part of Lucknow's literary culture.

## 9. ARZBAA

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Hint: A term for traditional markets known for selling handicrafts and local goods.

## 10. ITTIM RITTA

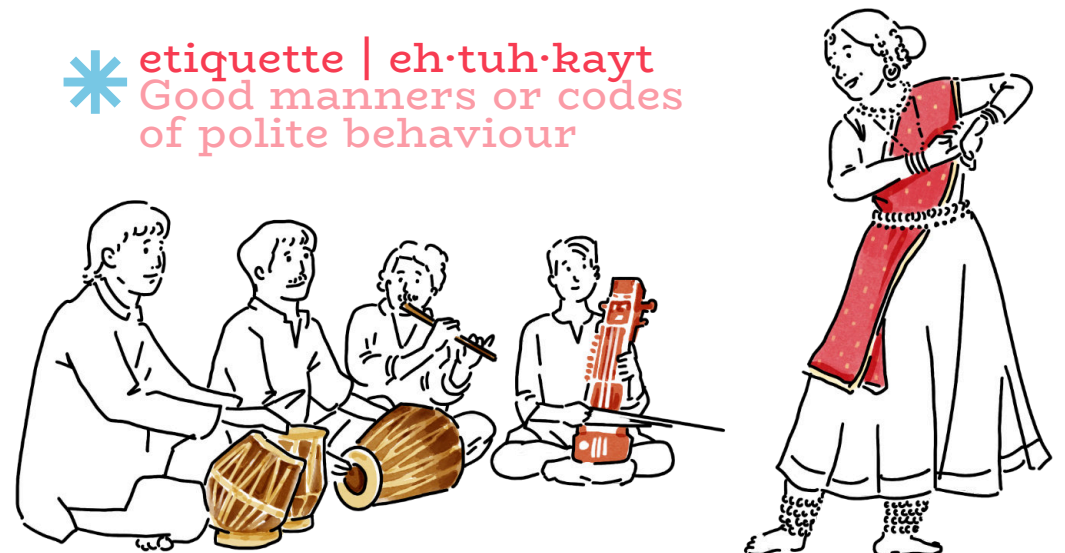

Hint: A unique perfume made from the earth of the region, known for its earthy and natural fragrance.

## 11. OLADWHA

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Hint: A rich and refined style of culture and **etiquette** that Lucknow is famous for.

✱ **etiquette** | eh·tuh·kayt  
Good manners or codes  
of polite behaviour



# Heritage Quiz

## Easy

- What role did Lucknow play in the development of Hindustani classical music during the 18th and 19th centuries?
  - Promoted Dhrupad only
  - Declined due to British presence
  - Became a centre for thumri and ghazal traditions
  - Replaced Varanasi as the main musical hub
- What is 'Rekhti', a literary form associated with Lucknow's poetry scene in the 18th–19th century?
  - A type of romantic prose
  - A poetic form using women's voices and idioms
  - A musical performance in thumri style
  - A dance-based Urdu narrative
- Which important social reformist and writer from Lucknow is known as the 'Father of modern Hindi literature'?
  - Bharatendu Harishchandra
  - Mahadevi Verma
  - Harivansh Rai Bachchan
  - Bhartendu Joshi
- What was the original purpose of the Safed Baradari, a prominent white-marble structure in Lucknow?
  - Court of Law
  - Banquet Hall
  - Royal Tomb
  - Mourning House (Imambara)

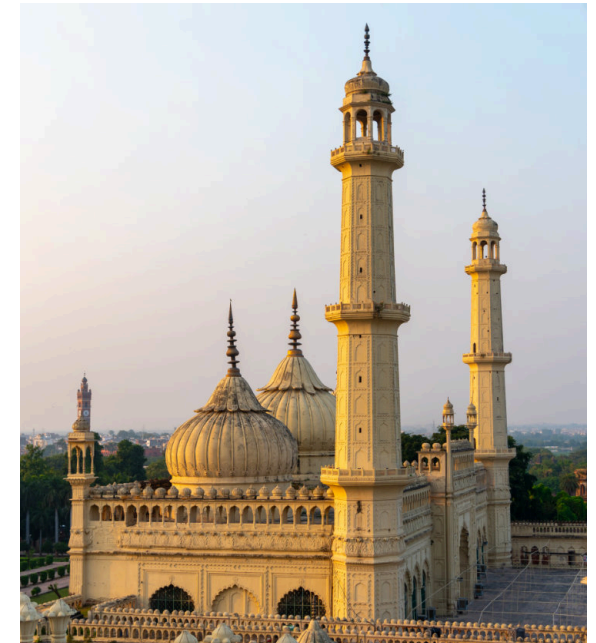


24—Bara-duree of Kaiser Bagh.

- Wajid Ali Shah, the last Nawab of Awadh, was exiled by the British, but he made a significant contribution to Indian performing arts. Which of the following was not a legacy of his artistic patronage?
  - Development of Kathak as a court dance
  - Creation of new ragas and musical compositions
  - Founding the Bharatendu Natya Akademi
  - Popularizing theatrical forms like Rahas
- The craft of 'chikan' embroidery is closely associated with Lucknow. Though it has Mughal origins, what helped it flourish particularly under the Nawabs?
  - Industrial revolution in Lucknow
  - Nawabi preference for white cotton muslin and delicate clothing
  - Import of European lace traditions
  - Training of prisoners in embroidery work
- Why is the year 1775 important in the history of Lucknow?
  - It marks the completion of the British Residency.
  - It marks the construction of the Gomti Barrage.
  - It is the year of India's first industrial mill.
  - It was when the capital of Awadh was shifted from Faizabad to Lucknow.
- The Rumi Darwaza in Lucknow is an impressive gateway built in Awadhi style. What is it often compared to?
  - Red Fort
  - Eiffel Tower
  - A gateway in Istanbul
  - The Gateway of India

## Intermediate

- What is 'mitti ittar' associated with?
  - Kakori
  - Kannauj
  - Malihabad
  - Farrukhabad
- Which *qasbah* of Awadh is known for its world-famous Dussehri mangoes and literary heritage, being the home of Josh Malihabadi?
  - Kotwara
  - Mahmudabad
  - Malihabad
  - Khairabad
- The Bara Imambara in Lucknow is renowned for its central hall, which is among the largest arched constructions without support beams. What was the deeper purpose of building such a structure under Nawab Asaf-ud-Daula's rule in the late 18th century?
  - To commemorate a military victory
  - As a famine relief project to generate employment
  - As a school for religious education
  - To showcase Persian architectural styles
- Bharatendu Harishchandra, often called the father of modern Hindi literature, was born in Lucknow. What was his key contribution to Indian theatre and writing?
  - He translated Persian plays into Hindi.
  - He wrote historical novels promoting the Nawabs.
  - He introduced social reform and nationalism in theatre.
  - He wrote stories about Mughal kings.





# Heritage Quiz

13. Which poetic form flourished in Lucknow as a way for women to express their emotions and daily experiences, often passed down orally through generations?
  - a. *Mathnawi*
  - b. *Qasida*
  - c. *Baint*
  - d. *Rekhti*
14. The Lucknow Gharana of Kathak is one of the most refined schools of classical dance. What distinguishes it from other Kathak gharanas?
  - a. It includes Bharatnatyam elements.
  - b. It focuses on martial art moves and acrobatics.
  - c. It emphasizes expressive gestures (abhinaya), storytelling, and delicate footwork.
  - d. It is only performed during Sufi festivals.
15. The foundation of the Lucknow Zoo (originally the Prince of Wales Zoological Gardens) was laid during colonial rule. What broader cultural purpose did such a zoo serve in the 20th century?
  - a. To replace old hunting grounds of the Nawabs
  - b. To offer locals access to world cultures and education in nature conservation
  - c. As a place of worship for animal deities
  - d. To breed tigers for sport
16. What does the evolution of Awadhi cuisine, from simple charred meat to elaborate dishes, reveal about the cultural priorities of



Lucknow's rulers?

- a. Their focus on military strength and strategic alliances.
- b. Their emphasis on refined living and artistic expression, even in culinary arts.
- c. Their interest in religious reforms and theological debates.
- d. Their preference for simple, practical living.

## Difficult

17. Which embroidery craft uses flattened wire to create silver and gold dots arranged in patterns?
  - a. Chikankari
  - b. Zardozi
  - c. Mukaish/Kamdani
  - d. Chatapati
18. Analyze the evolution of Lucknow's urban planning from the Mughal era to the Nawabi period, focusing on the shift in architectural priorities and their impact on the city's social fabric.
  - a. There was no significant shift; both eras prioritized military fortifications.
  - b. The Mughals emphasized administrative centers, while the Nawabs focused on creating a city of cultural grandeur and social spaces.
  - c. The Nawabs prioritized industrial development over cultural spaces.
  - d. Both eras focused solely on religious architecture.
19. How did the 'kothas' (courtesan houses) of Lucknow function beyond their perceived role as centers of entertainment, and what does their portrayal in films like 'Umrao Jaan' reveal about the city's social complexities?
  - a. They were hubs of refined arts and intellectual discourse, reflecting the complex social dynamics of the era.
  - b. They were solely places of exploitation and had no cultural significance.
  - c. They were primarily centers of political intrigue and **espionage**.
  - d. They were isolated from the city's cultural life.



20. What is 'Chatapati' craft known for?

- a. Intricate metalwork.
- b. Geometric patterns created with fabric pieces.
- c. Traditional pottery designs.
- d. Hand-carved wooden furniture.

✱ **espionage** |  
 eh·spee·uh·naaj  
 A synonym for spying,  
 especially in the context  
 of collecting political  
 intelligence

# Heritage on a Plate



Lucknow's culture of hospitality and refinement, known as *tehzeeb*, is beautifully reflected in its food. From royal kitchens to bustling bazaars, each dish tells a story of Nawabi indulgence, Mughal influence, and local ingenuity. Whether it's the delicately spiced biryanis, melt-in-the-mouth *kebabs*, or fragrant desserts, Lucknow's food brings history alive on a plate.

In this activity, let's explore two iconic dishes—*Kesar Phirni* and *Shaami Kebab*—and take a journey into our own kitchens to document a family recipe with the help of our grandparents or elders!

The cooking steps of the following recipes are mixed up! Can you put the steps in the right order?





## Kesar Phirni

This slow-cooked dessert made from ground rice and milk is traditionally served in mitti kulhads (earthen bowls). Fragrant with saffron and cardamom, it's a staple at Lucknowi celebrations and is often made during festivals like Eid and Diwali.

### Ingredients:

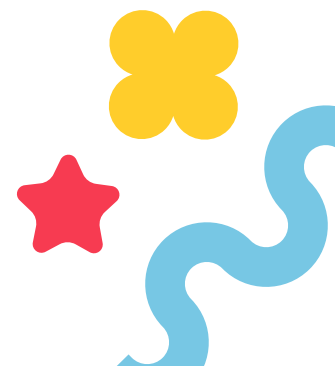
1. Full-fat milk – 1 litre
2. Basmati rice – 1/4 cup
3. Sugar – 1/2 cup
4. Saffron – a pinch
5. Cardamom powder – 1/2 tsp
6. Almonds – 8-10 (blanched and chopped)
7. Pistachios – 8-10 (chopped)
8. Rose water – 1 tsp (optional)

### Scrambled Recipe Steps:

- ☐ Stir continuously till the rice cooks and the mixture thickens.
- ☐ Boil the remaining milk in a heavy-bottomed pan and add the ground rice, stirring constantly.
- ☐ Pour into small earthen pots or bowls. Cool and refrigerate before serving.
- ☐ Soak saffron in a tablespoon of warm milk. Keep it aside.
- ☐ Add rose water, almonds, and pistachios. Simmer for a few minutes.
- ☐ Add sugar, saffron milk, and cardamom powder. Stir well.
- ☐ Wash and soak basmati rice for 30 minutes. Drain and grind coarsely with a spoon of milk.

### Correct Order:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_





## Shaami Kebab

Shaami Kebab is a popular evening snack in Lucknow, served with green chutney and lemon wedges. While traditionally made with minced meat and chana dal, a vegetarian version using soya granules or black chana is equally loved in many homes. These kebabs are soft inside, crispy outside, and full of Lucknow's flavourful spice heritage.

### Ingredients:

1. Soya granules or boiled black chana – 1 cup
2. Chana dal – ½ cup
3. Ginger – 1 inch piece
4. Garlic – 4–5 cloves
5. Green chillies – 2
6. Garam masala – 1 tsp
7. Salt – to taste
8. Bread crumbs – ½ cup
9. Fresh coriander leaves – 2 tbsp, chopped
10. Fresh mint leaves – 1 tbsp, chopped
11. Oil – 2 tbsp for shallow frying

### Scrambled Recipe Steps:

- ☐ Add the mashed dal mixture, chopped herbs, salt, garam masala, and bread crumbs to a bowl and mix well. Shape into small patties.
- ☐ Boil chana dal until soft. Soak soya granules in hot water for 10 minutes or boil black chana until tender.
- ☐ Heat a pan and shallow fry the kebabs on both sides until golden brown.
- ☐ Grind the boiled dal, soaked soya or chana, ginger, garlic, and green chillies into a coarse mixture (do not add water).
- ☐ Cool the boiled ingredients before grinding.

### Correct Order:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_





## Document a Traditional Family Recipe!

Talk to your grandparents, parents, or elders in your family and learn about a traditional dish they love to cook. Ask them these questions and write down their answers!

Name of the dish:

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Any variation or alternative names:

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Who usually makes this dish in your family?

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Where did they learn the recipe from?

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What ingredients are needed? (Write down all the ingredients they tell you with their precise quantity)

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Write down the step-by-step method of making this dish?  
(Recipe cards where children can write step-by-step methods)

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Write down any cooking tips and tricks that are passed down in the family?

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Is there a special story or memory attached to this dish in your family?

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Has this recipe changed over time? If yes, how?

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What makes this dish special to your family?

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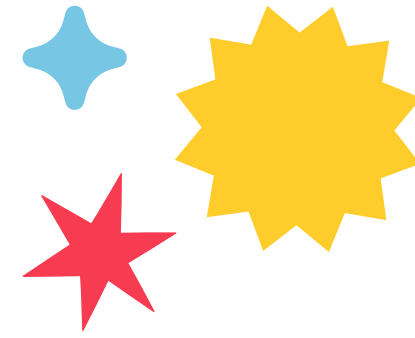
Would you like to make this dish yourself one day? Why or why not?

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### Share with Your Friends!

After writing down the recipe, bring it to class and share it with your friends.



**Draw the final dish here, or paste a picture.**



### 1. Rumi Darwaza

The Rumi Darwaza, also known as the Turkish Gate, is a massive gateway built in 1784 by Nawab Asaf-ud-Daula. It is inspired by a similar gateway in Constantinople (modern-day Istanbul). It stands over 60 feet tall and is a beautiful example of Awadhi architecture. Notice the intricate carvings and the large arch. Colour the stone and the decorations, and imagine the royal processions that once passed through this gate.



### 2. Chattar Manzil

Chattar Manzil, meaning 'Umbrella Palace,' is a palace complex built along the banks of the Gomti River. It's known for its distinctive dome-shaped roofs and its mix of European and Mughal architectural styles. The palace has a rich history, having been used as a royal residence and a stronghold during the 1857 Revolt. Colour the palace, the domes, and the river, and imagine the Nawabs who lived here.



### 3. Kathak Performance

Did you know Lucknow is one of the homes of the elegant dance form Kathak? In this scene, dancers twirl in traditional costumes, wearing ankle bells and graceful expressions. You can colour their flowing lehengas, sparkling jewellery, and a stage lit with soft lanterns. Maybe even draw an audience clapping along!

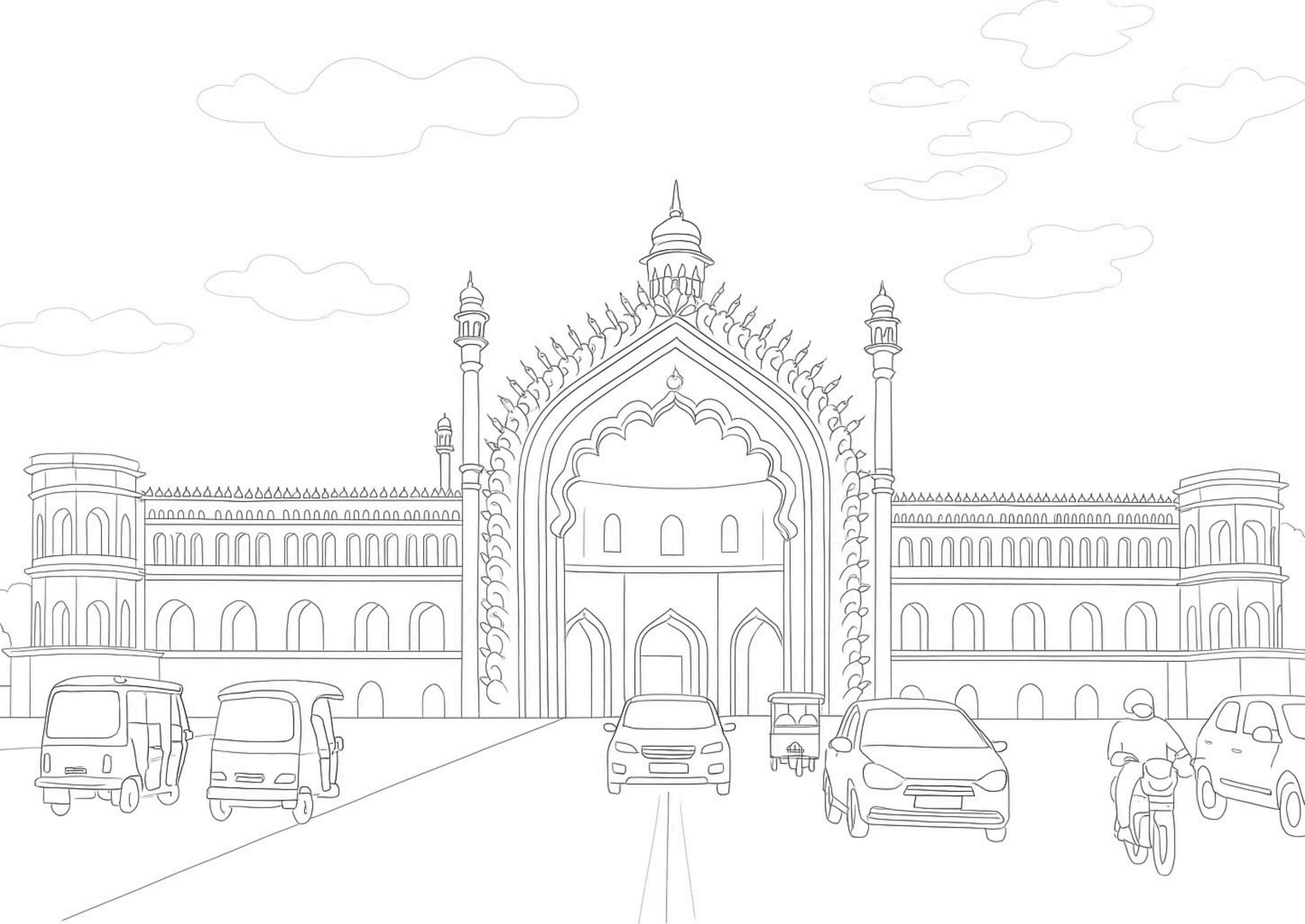


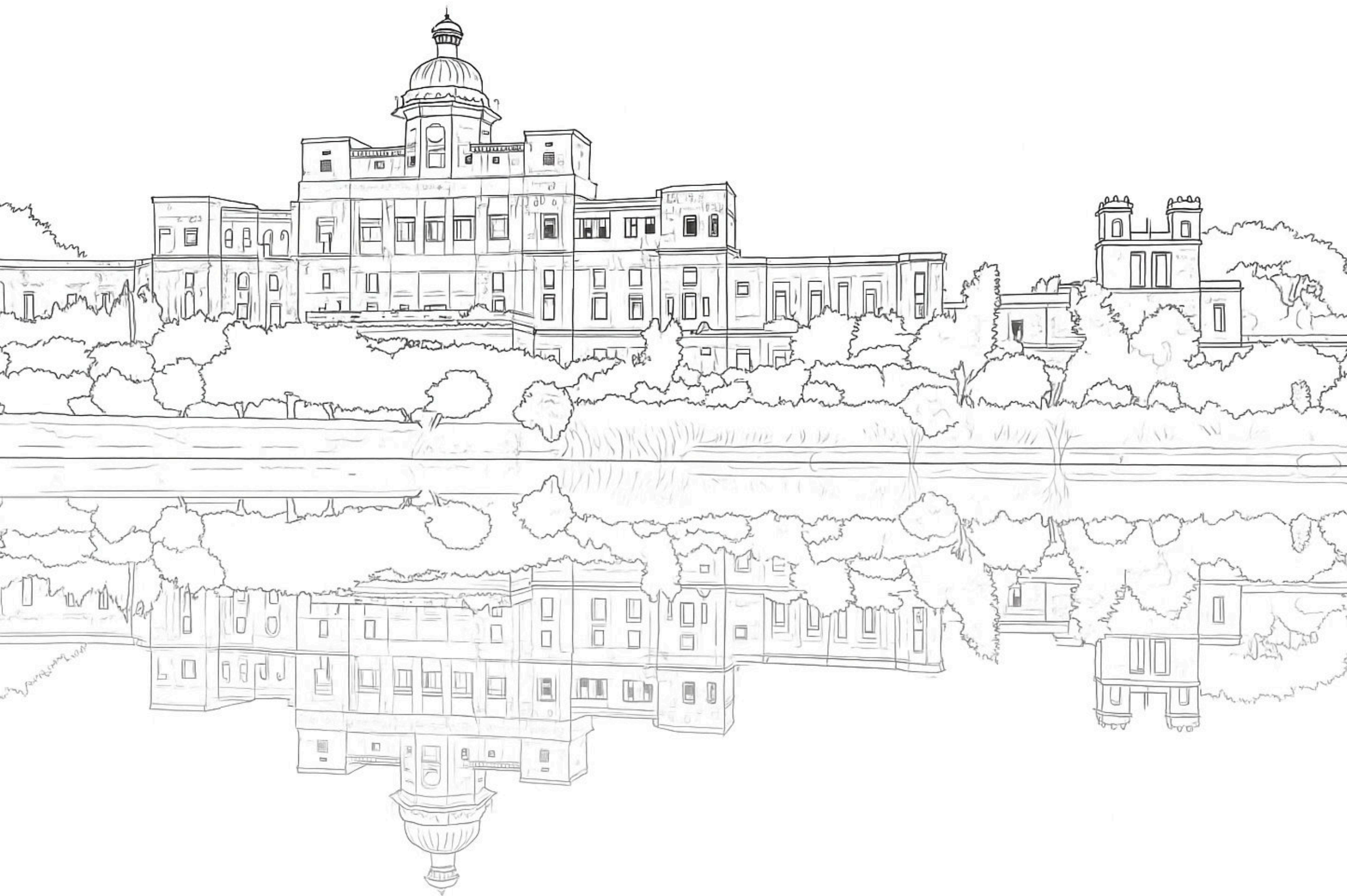
### 4. Tomb of Saadat Ali Khan II

The Tomb of Saadat Ali Khan, located in the Qaiser Bagh area of Lucknow, is a significant historical monument commemorating the fifth Nawab of Awadh, who ruled from 1798 to 1814. Constructed by his son, Nawab Ghazi-ud-Din Haider, the mausoleum exemplifies Indo-Islamic architecture, featuring a central dome, arched doorways, and intricate stucco work on its façade.

# Colour the Landscape

















# Answers

## A. CROSSWORD

### Across

2. TEHZEEB: A courtly etiquette that means refined speech, dressing, and mannerism.
4. AANGAN: A cooling courtyard feature often found in traditional Lucknowi havelis.
6. QAISARBAGH: A belt of Lucknow known for palatial homes and Anglo-Indian architecture.
10. THUMRI: A popular form of semi-classical singing, associated with the courtesan culture of Lucknow.
13. WAJID ALI SHAH: The last Nawab of Awadh, known for his love for the arts and gardens.
14. DASTARKHWAN: A traditional afternoon meal served on silver plates in royal kitchens.
15. URDU: Royal court language of Awadh, known for its poetry and etiquette.
17. MUSHAIRA: A place where courtly poets gathered to recite verses in rhythm.
18. BEGHUM HAZRAT MAHAL: Famed for her role as a courtesan and revolutionary in the 1857 Rebellion.
20. HARMONIUM: The traditional musical instrument used in mehfil and courtesan performances.
21. AAM PANNA: A flavoured drink made from roasted raw mangoes during summer.

### Down

11. SHEERMAL: Flaky bread baked in clay ovens, served with kebabs and stews.
3. SHAAMI KEBAB: A deep-fried vegetarian cutlet made with soya or kala chana, an alternative to kebabs.
5. GALOUTI: Popular snack made of mashed boiled lentils and spices, fried into small flat discs.
7. DUM PUKHT: The technique of slow cooking used in making biryani or kebabs.

8. CHIKANKARI: Intricately hand-embroidered designs from Lucknow, often seen on white muslin.
9. BARA IMAMBARA: The grand Imambara built during a famine, with a famous labyrinth inside.
11. KATHAK: This classical dance form flourished in the royal courts of Awadh.
12. KAVI SAMMELAN: A poetic tradition where people gather to share verses, stories, and satire.
16. UMRAO JAAN: Thetawaif who became a legend for her poetry, dance, and resistance against colonial forces.
19. ADAAB: A Persian-derived word used to greet someone with respect and elegance.

## B. SCRAMBLE

- a. CHIKANKARI
- b. ZARDOZI
- c. MUKAISH
- d. CHATAPATI
- e. LEHERIYA
- f. KAMADANI
- g. KATHAK
- h. MUSHAIRA
- i. BAZAAR
- j. MITTI ITTAR
- k. AWADHOLA

## C. HERITAGE QUIZ

1. c) Became a centre for thumri and ghazal traditions
2. b) A poetic form using women's voices and idioms
3. a) Bharatendu Harishchandra
4. d) Mourning House (Imambara)
5. c) Founding the Bharatendu Natya Akademi
6. b) Nawabi preference for white cotton muslin and delicate clothing
7. d) It was when the capital of Awadh was shifted from Faizabad to Lucknow.
8. c) A gateway in Istanbul.

9. b) Kannauj
10. c) Malihabad
11. b) As a famine relief project to generate employment
12. c) He introduced social reform and nationalism in theatre
13. d) Rekhti
14. c) It emphasizes expressive gestures (abhinaya), storytelling, and delicate footwork.
15. b) To offer locals access to world cultures and education in nature conservation
16. b) Their emphasis on refined living and artistic expression, even in culinary arts.
17. c) Mukaish/Kamdani
18. b) The Mughals emphasized administrative centers, while the Nawabs focused on creating a city of cultural grandeur and social spaces.
19. a) They were hubs of refined arts and intellectual discourse, reflecting the complex social dynamics of the era.
20. b) Geometric patterns created with fabric pieces.

## D. HERITAGE ON A PLATE

### Kesar Phirni

1. Soak saffron in a tablespoon of warm milk. Keep it aside.
2. Wash and soak basmati rice for 30 minutes. Drain and grind coarsely with a spoon of milk.
3. Boil the remaining milk in a heavy-bottomed pan and add the ground rice, stirring constantly.
4. Stir continuously till the rice cooks and the mixture thickens.
5. Add sugar, saffron milk, and cardamom powder. Stir well.
6. Add rose water, almonds, and pistachios. Simmer for a few minutes.
7. Pour into small earthen pots or bowls. Cool and refrigerate before serving.

### Shaami Kebab

1. Boil chana dal until soft. Soak soya granules in hot water for 10 minutes or boil black chana till tender.
2. Cool the boiled ingredients before grinding.
3. Grind the boiled dal, soaked soya or chana, ginger, garlic, and green chillies into a coarse mixture (do not add water).
4. Add the mashed dal mixture, chopped herbs, salt, garam masala, and bread crumbs to a bowl and mix well. Shape into small patties.
5. Heat a pan and shallow fry the kebabs on both sides until golden brown.





# સર્વિસ

