



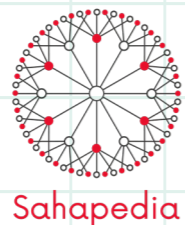
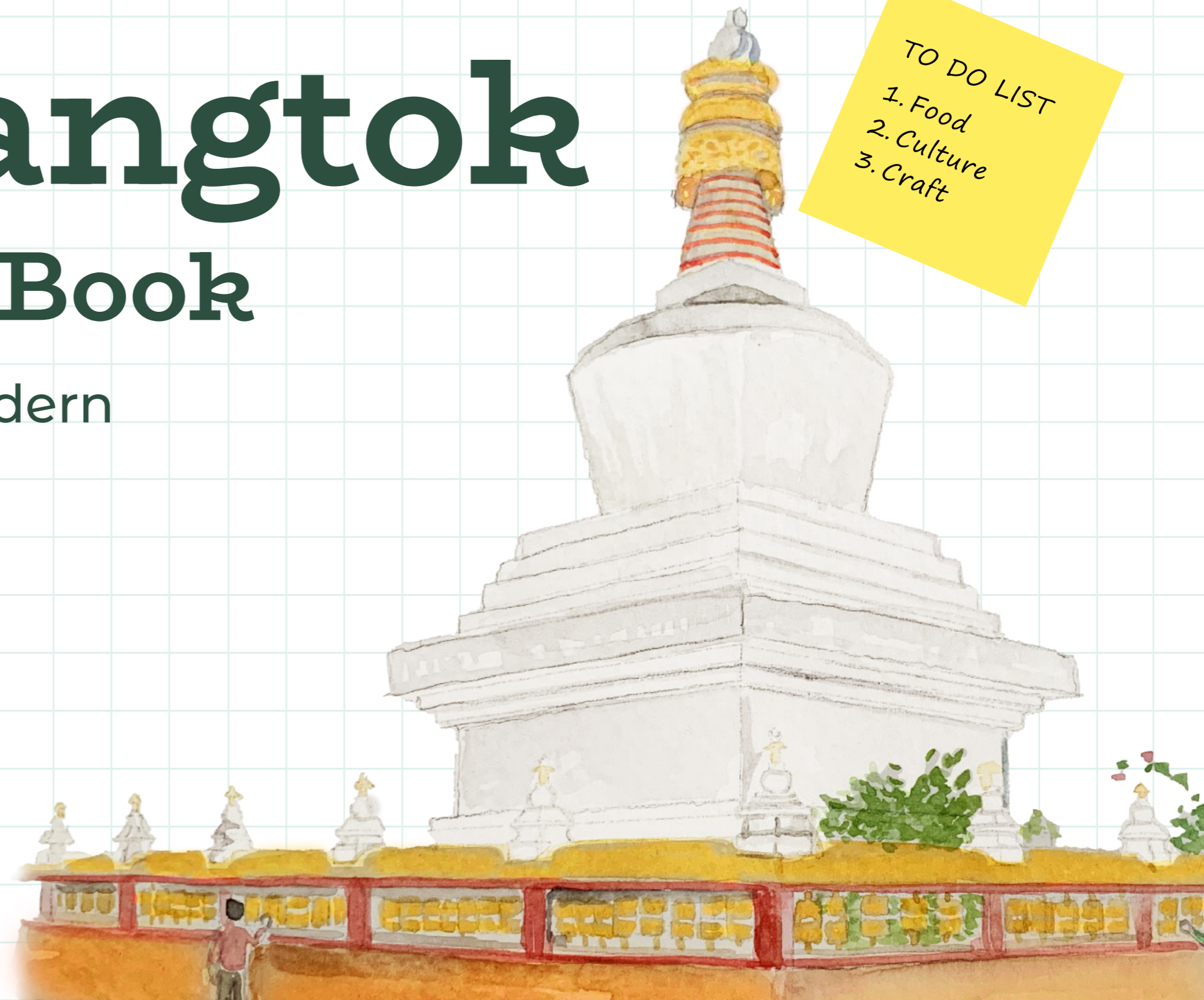
My City
My Heritage

My Gangtok

Explorers' Book

Activity Book for Children

TO DO LIST
1. Food
2. Culture
3. Craft



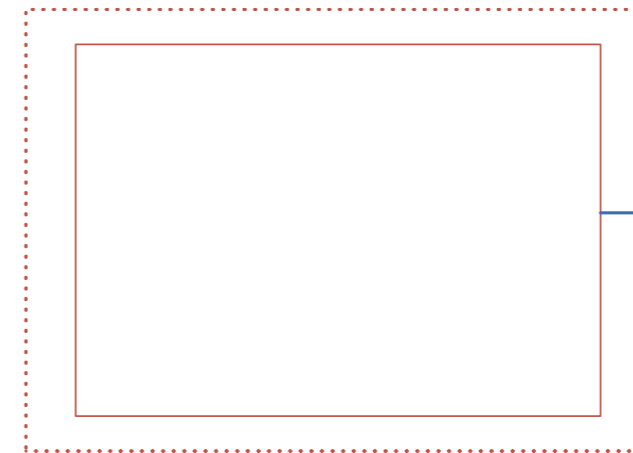
The capital city of Sikkim, Gangtok is shaped by its hilly geography and surrounded by mountains, vibrant monasteries, historic trade routes, folklores, and rich cultural traditions. The cultural and trading hub of Sikkim, it is perched along ancient trade paths that once connected regions across the Himalayas — including Tibet, Bhutan, and Nepal to the rest of the Indian subcontinent — the city is a unique blend of its indigenous traditions, larger trans-Himalayan cultural exchanges and a vibrant mix of ethnic communities that have shaped the history of Sikkim. From the old palace, thangka paintings and handwoven textiles to wood carving and metalwork, Gangtok is an archive of faith, nature, and community.

This activity book invites you to explore the landscapes and culture of the city and the state through engaging quizzes, puzzles, and illustrations. Think of these less as a test of knowledge, and more as a journey through Sikkim from afar. Whether you're a nature lover, culture enthusiast, or curious explorer, Gangtok — and this book — has something for everyone.



Discover More:

Learn about Gangtok with curated articles and numerous recommendations with the MCMH My Gangtok Booklet and 2 heritage trails on <https://www.sahapedia.org/my-city-my-heritage/celebrating-gangtok>



Size:

A3 (29.7 cm x 24 cm)

This document (25cm x 35.3 cm)

Title:
My City My Heritage My Gangtok:
Explorers' Book

Design and Illustrations:
Kaustav Purkayastha and
Jisha Unnikrishnan

Publisher:
Sahapedia

We welcome suggestions and corrections for future editions.

Supported by:
InterGlobe Foundation

Contact:
Sahapedia

Copyright:
©Sahapedia and InterGlobe
Foundation, 2026
All rights reserved.

Website:
www.sahapedia.org

Contributors:
Abhibyanjana R Thatal

Email:
contact@sahapedia.org

Photos:
Abhishek Anil
Wikimedia Commons

City in Puzzles

If you love taking up a challenge, this section is meant for you! There's more than one way to go about this exercise — see how much you already know about the city, figure out other answers by solving anagrams. And there's no real benchmark for doing well. Any score is a good score, as long as you're learning!

Tip: To make the exercise more collaborative, make students do these in groups of two or three. A conversation is bound to make things more interesting and fun.



Crossword

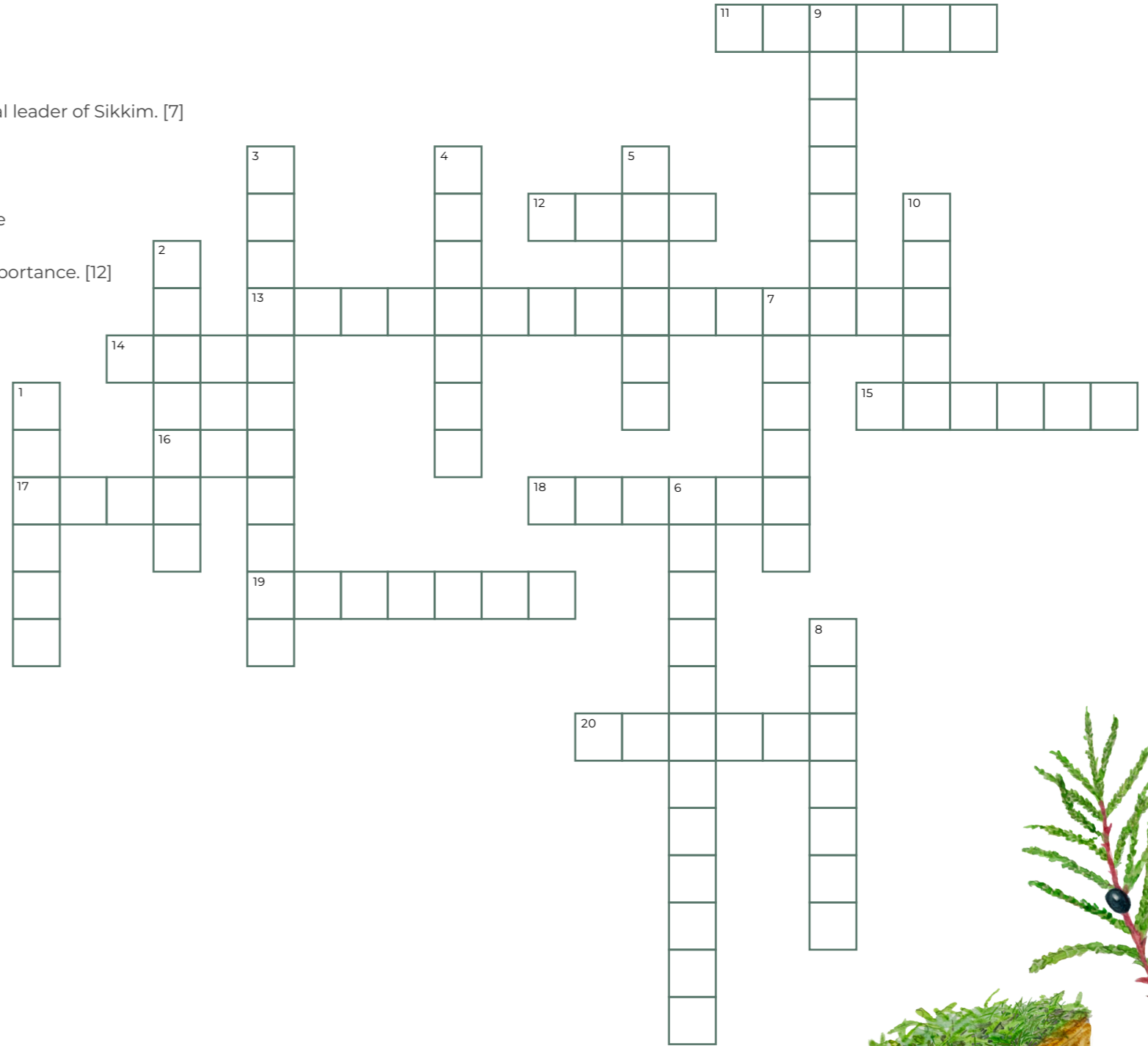
Follow the clues to crack this crossword about Sikkim and Gangtok!

DOWN

1. This super-spicy Sikkim chilli can make your eyes water—but it's also famous and significant enough to get a GI tag! [6]
2. This special title was given to Sikkim's ruler who was considered the spiritual and political leader of Sikkim. [7]
3. A palace in Gangtok where the kings lived alongside a shrine—imagine monks, prayer flags, and masked dance celebrations! [11]
4. A river that meets the Teesta—and in folklore, it's even called Teesta's 'beloved'. [7]
5. A protected land near Khangchendzonga where the Mutanchi Rongkup (Lepcha) people keep their traditions alive. [6]
6. A lake believed to grant wishes—now also a Ramsar Site for its beauty and ecological importance. [12]
7. Sikkim is home to over 500 different varieties of this colourful Himalayan flower family which is also the state flower. [6]
8. A traditional silk scroll painting that tells stories of Buddhism and also used for meditation—like a picture story made by monks. [7]
9. A round, mound-shaped Buddhist structure that reminds people of the Buddha's presence. [7]
10. A Lepcha handloom style with bright, geometric designs—almost like wearing a woven puzzle! [5]

ACROSS

11. It is believed that the guardian deities Khangchendzonga and Yabdean reside in this famous monastery of Gangtok. Because of this, many people find their wishes come true here. This monastery also once made Gangtok a popular Buddhist pilgrimage place. [6]
12. A four-letter title once used for Sikkim's feudal lords — there is a road named after this title in Gangtok! [4]
13. This is the name of the Guardian deity of Sikkim, a mountain range and the third highest peak in the world! [15]
14. This was one of the main products that was traded in the 'Old Silk Route' going through Kalimpong/Sikkim to Tibet. [4]
15. This fast growing 'tree' is used in everyday crafts in Sikkim, from building bridges, making houses to weaving hats. [6]
16. This animal found in high altitude is also part of the race at the Drukpa Tshechi in Lashar Valley. [3]
17. A local word for a spiritual teacher who lives in a monastery and follows Buddhism. You will hear this word often in monasteries in the region [4]
18. A local name for shaman or faith healer in Sikkim. [6]
19. A popular pass used in the 'old silk route' connecting Gangtok and parts of Kalimpong to the lower Chumbi valley. [7]
20. The largest river of the state, also referred to as the 'lifeline of Sikkim'. [6]



Heritage on a Plate



Gangtok's culinary heritage tells the story of the intimate relationship of the place with its environment and its diverse culture. The city's food reflects the practices of preservation, mixing of cultures and traditions, producing a warm and heartfelt food culture.

In this activity, we will explore a popular snack — Shya-Phaley and a savoury tea — Po Cha and also take a step 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?



Shya-Phaley

This tasty snack is a meat-filled pastry served hot with a spicy sauce or soup. **Shya** means meat in Tibetan and **Phaleb** or **Phaley** means bread. It is deep fried and stuffed with meat and vegetables and a popular local snack in Gangtok.

Ingredients:

- All purpose-flour
- Chopped Onions
- Ground Meat or vegetable of choice
- Minced Ginger and Garlic
- Salt
- 1 tbs Soy sauce
- 2 tbs Cooking oil

Scrambled Recipe Order:

- Add the meat filling into the rolled dough and tightly wrap them.
- Heat some cooking oil in the pan.
- Add cold water and knead the flour into a soft dough, cover it and keep it aside for an hour.
- Remove the meat mixture off the heat and add some soy sauce and mix.
- Add minced meat, garlic, ginger, onion and salt and cook for some time.
- Using a rolling pin, roll the soft dough into round shapes.
- Heat oil and deep fry the Shya-Phaley.

Correct Order:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



Po Cha

This savoury tea of Tibetan origin is an unexpected flavour for most tea lovers and a must have when one is at colder and higher altitudes.

Ingredients:

- 2 cups of water
- Tea Leaves
- Salt
- Unsalted Butter
- Milk

Scrambled Recipe Order:

- Add a quarter teaspoon of salt or according to taste.
- Churn it for three minutes.
- Pour mixture of tea with butter and churn / you can also use a blender.
- Add a cup of milk.
- Add a tablespoon of tea leaves to boiling water.
- Turn off the heat.
- Strain the tea leaves.
- Bring the water to a boil.

Correct Order:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Trivia

Gangtok's history is interwoven with the larger history of Sikkim. From the early Rong (Lepcha) and Limboo settlements and the rise of the Namgyal monarchy in the 17th century, through periods of British political control, to its eventual integration into the Indian Union, each phase has shaped the city we see today. Monasteries on ridges, royal palaces, roads connecting to old trade routes and a rich harmonious relationship with nature are part of what makes Gangtok special.

Here's a quiz that offers a glimpse into Gangtok and Sikkim's rich historical heritage. The questions range from easy to moderately challenging, so don't worry if you don't know all the answers. The idea is to explore, learn, and appreciate the many stories that have shaped this Himalayan capital.



Heritage Quiz

Easy

1. What is the Highest Mountain Peak in Sikkim?
 - a. Mount Pandim
 - b. Mount Kabru
 - c. Mount Khangchendzonga
 - d. Mount Siniolchu
2. What is the name of the first capital of Sikkim?
 - a. Rabdentse
 - b. Yuksom
 - c. Soreng
 - d. Gangtok
3. Who was the first British Political officer in Gangtok?
 - a. Curzon Younghusband
 - b. John Claude White
 - c. Basil Gould
 - d. James Rennell
4. What is the largest river in Sikkim?
 - a. Teesta
 - b. Rangeet
 - c. Lachung River
 - d. Rani Khola
5. What type of UNESCO Heritage site is the Khangchendzonga Biosphere Reserve?
 - a. Natural
 - b. Cultural
 - c. Social
 - d. Mixed
6. Which dynasty brought Sikkim together as a united kingdom?
 - a. Namgyal Dynasty
 - b. Ahom Dynasty
 - c. Qing Dynasty
 - d. Gorkha Dynasty
7. Which mountain pass near Gangtok connects India to Tibet?
 - a. Jelep La Pass
 - b. Cho La
 - c. Nathu La Pass
 - d. Dongkha La
8. Which main pedestrian-only market is famous for being clean?
 - a. MG Marg
 - b. New Market
 - c. Tharo Line
 - d. Tibet Road

Intermediate

9. What main product was traded through the Kalimpong-Lhasa silk trade route through Jelep-La?
 - a. Salt
 - b. Tea
 - c. Silk
 - d. Wool



10. Which research institute in Gangtok was established with help from the last Chogyal of Sikkim?
 - a. Sikkim University
 - b. Tribal Research Institute Sikkim
 - c. Namgyal Institute of Tibetology
 - d. Himalayan Research Centre

11. In Gangtok, Pang Lhabso is mainly held at which monastery?
 - a. Enchey Gompa
 - b. Do Drul Chorten
 - c. Tsuklakhang
 - d. Phodong Gompa
12. What year did Gangtok become the capital of Sikkim?
 - a. 1975
 - b. 1947
 - c. 1604
 - d. 1894
13. This is one of the most important monasteries in the Himalayas and serves as the seat of Kagyu Sect.
 - a. Ranka Monastery
 - b. Enchey Gompa
 - c. Rumtek Monastery
 - d. Pemayangtse Monastery
14. In which year was Darjeeling leased to the British by Sikkim?
 - a. 1825
 - b. 1845
 - c. 1855
 - d. 1835
15. Which of the following musical instruments from Sikkim got the GI tag recently?
 - a. Maadal
 - b. Damphu
 - c. Tungbuk
 - d. Singing bowl
16. What is the name of the carpet made from goat or sheep's wool primarily by the Gurung community?
 - a. Panja Dhurrie
 - b. Rari
 - c. Baluchari
 - d. Coir Mat

Difficult

17. What is the name of the place where the historical ceremony of blood-brotherhood was held?
 - a. Norbugang
 - b. Kabi-Lungchok
 - c. Yuksom
 - d. Rhenock



Heritage Quiz

18. What British mission into Tibet between 1903-1904 led to the Treaty of Lhasa?
 - a. Lhasa Expedition
 - b. Younghusband Expedition
 - c. Curzon Expedition
 - d. Titulia Expedition

19. A popular festival held by locals at Lashar valley with Yak Race.
 - a. Drukpa Tshechi
 - b. Saga Dawa
 - c. Pang Lhabsol
 - d. Tendong Lho Rum Faat

20. What traditional masked dance is performed at festivals like Pang Lhabsol?
 - a. Durdag Chaam
 - b. Pangtoed Chaam
 - c. Lok Chaam
 - d. Shawa Chaam

21. What is the name of the long metal trumpet used in Buddhist ritual music in Sikkim?
 - a. Damaru
 - b. Damphu
 - c. Dungchen
 - d. Damyen

22. The prayer flags are commonly referred to as?
 - a. Khadak
 - b. Lungta
 - c. Riwosangze
 - d. Tungna

23. Traditional handmade paper used for religious texts in Sikkim is primarily made from the bark of which plant?
 - a. Mulberry
 - b. Teak
 - c. Bamboo
 - d. Daphne

24. Enchey Gumpa of Gangtok is part of which Buddhist sect in Sikkim?
 - a. Kagyo
 - b. Gelug
 - c. Nyingma
 - d. Sakya



Gangtok's Craft Quest!

Part 1: Match the Craft!

Look at the pictures of the crafts and match them with their names and descriptions. Draw a line from the picture to the correct name and description.

- This item is usually square or slightly rectangular and is made to be used while sitting on the floor. It is commonly made from locally available wood and crafted by hand. It is decorated with carvings and paint, showing dragons, phoenixes and geometric patterns or floral designs. People traditionally use it to serve food, tea, or snacks, and also for social gatherings.
- In this textile heritage of Sikkim, women are the primary artisans. They feature clean geometric patterns, composed of linear stripes, narrow bands, and small repetitive motifs; these minimal designs often symbolize elements of nature and Rong/Lepcha spiritual beliefs
- A traditional form of sacred art found in Sikkim and other Himalayan regions. It is a hand-painted scroll, usually made on cotton or silk, that depicts Buddhist deities, mandalas, saints, and religious stories. It is painted using natural mineral and vegetable colors and is used for meditation, teaching, and worship in monasteries and homes. It reflects strong Tibetan Buddhist influence and requires great skill, patience, and discipline.

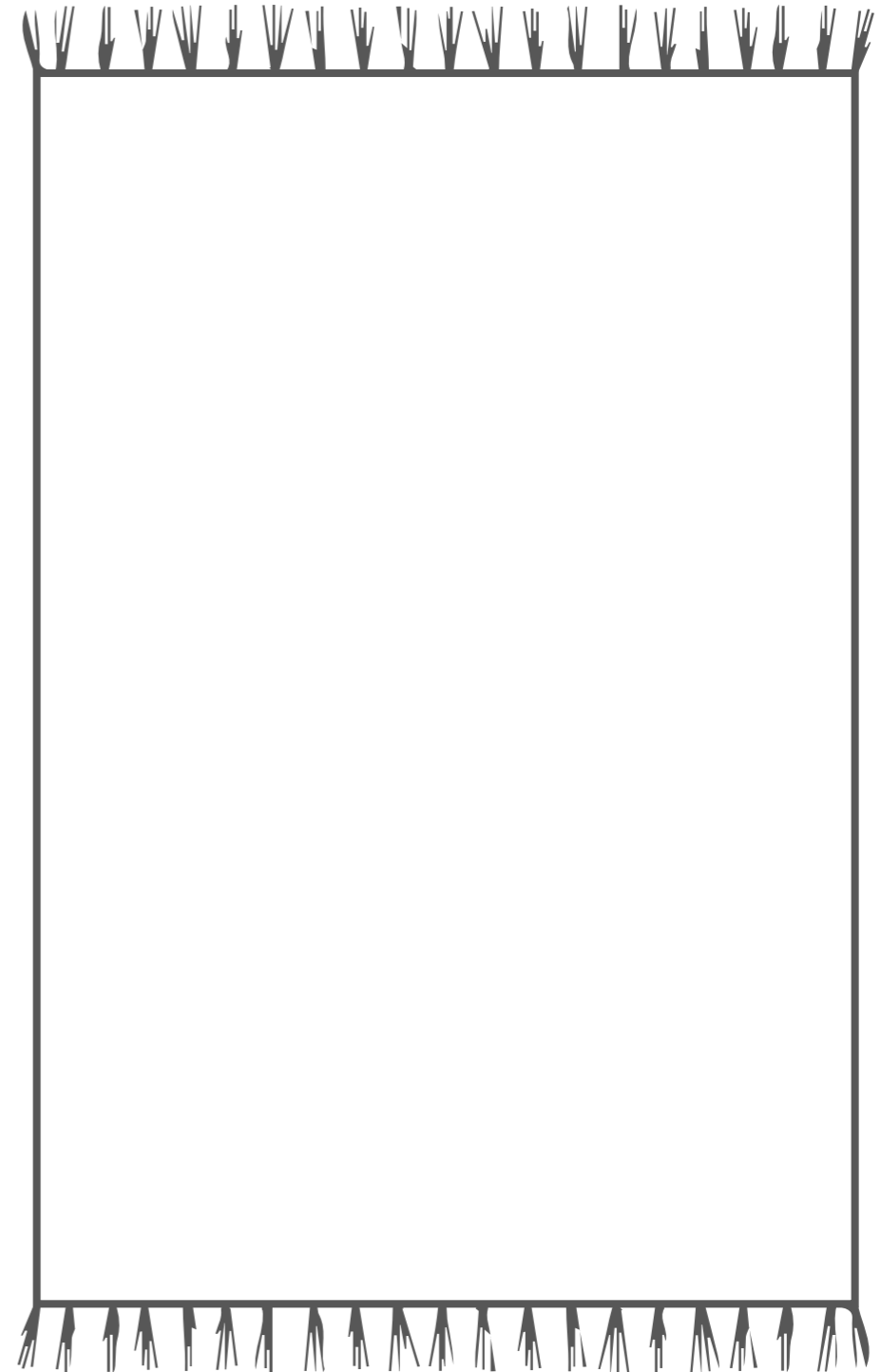
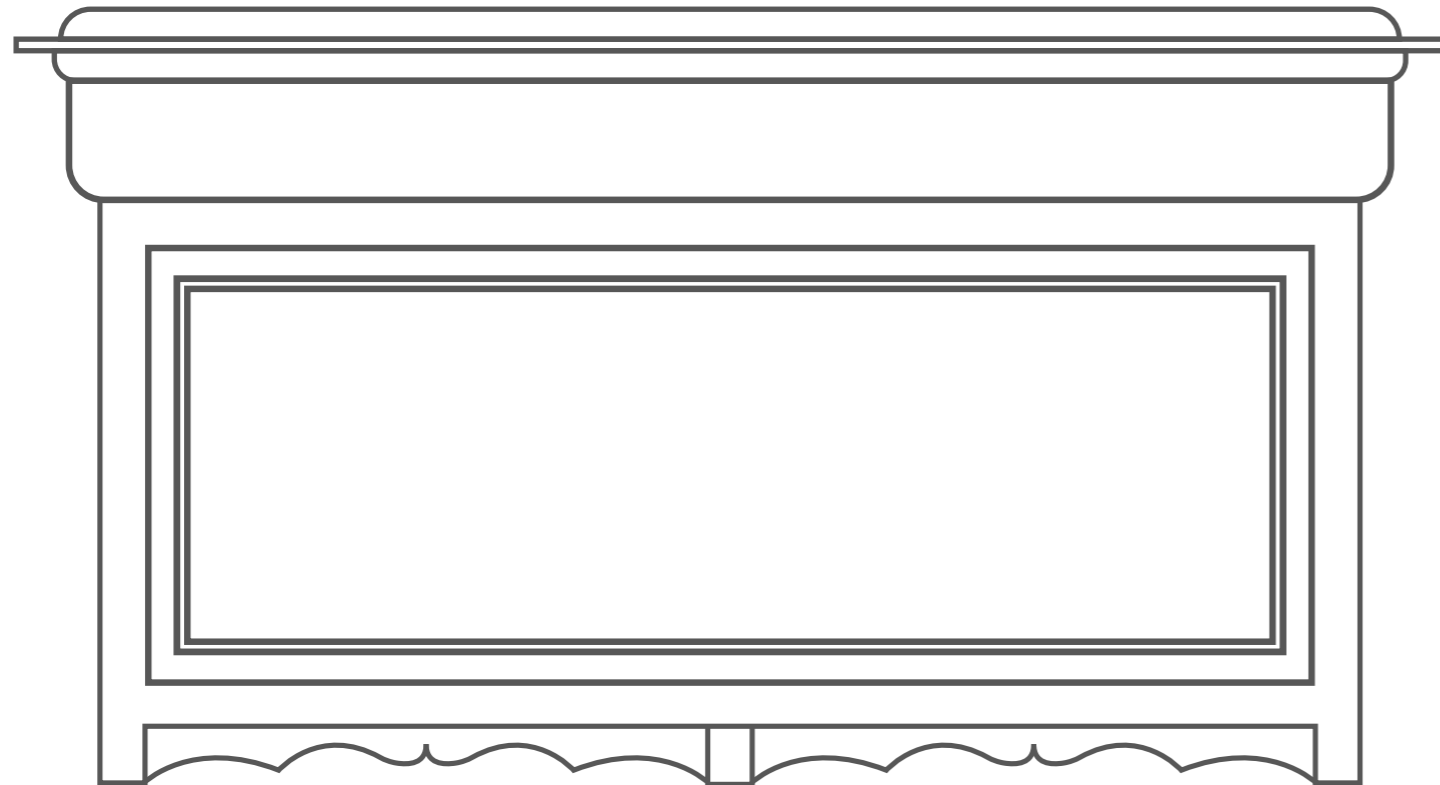


Part 2: Design Your Own!

Now it's your turn to be an artist! Draw your own designs on the table (for wood-carving) and the carpet. You can use colors and patterns that you like!

Tips:

- **Choktse Table Wood-Carving:** Think about motifs and shapes that you want to feature on this table—flowers, animals, or geometric shapes for your design.
- **Carpet design:** Try drawing flowers, paisleys, or other delicate patterns.
- Many Sikkimese crafts are known to be bright and intricate with repetitions of certain motifs like dragons, birds, phoenixes, flowers and auspicious symbols such as *ashtamangala* or even your own creations.
- These crafts are made by skilled artisans, primarily women in their home units who have learned these techniques for generations.



Answers

CROSSWORDS

DOWN

1. DALLEY: This super-spicy Sikkim chilli can make your eyes water—but it's also famous and significant enough to get a GI tag! [6]
2. CHOGYAL: This special title was given to Sikkim's ruler who was considered the spiritual and political leader of Sikkim. [7]
3. TSUKLAKHANG: A palace in Gangtok where the kings lived alongside a shrine—imagine monks, prayer flags, and masked dance celebrations! [11]
4. RANGEET: A river that meets the Teesta—and in folklore, it's even called Teesta's 'beloved'. [7]
5. DZONGU: A protected land near Khangchendzonga where the Mutanchi Rongkup (Lepcha) people keep their traditions alive. [6]
6. KHECHEOPALRI: A lake believed to grant wishes—now also a Ramsar Site for its beauty and ecological importance. [12]
7. ORCHID: Sikkim is home to over 500 different varieties of this colourful Himalayan flower family which is also the state flower. [6]
8. THANGKA: A traditional silk scroll painting that tells stories of Buddhism and also used for meditation—like a picture story made by monks. [7]
9. CHORTEN: A round, mound-shaped Buddhist structure that reminds people of the Buddha's presence. [7]
10. THARA: A Lepcha handloom style with bright, geometric designs—almost like wearing a woven puzzle! [5]

ACROSS

11. ENCHEY: It is believed that the guardian deities Khangchendzonga and Yabdean reside in this famous monastery of Gangtok. Because of this, many people find their wishes come true here. This monastery also once madegtok a popular Buddhist pilgrimage place. [6]
12. KAZI: A four-letter title once used for Sikkim's feudal lords — there is a road named after this title in Gangtok! [4]
13. KHANGCHENDZONGA: This is the name of the Guardian deity of Sikkim, a mountain range and the third highest peak in the world! [15]
14. WOOL: This was one of the main products that was traded in the 'Old Silk Route' going through Kalimpong/Sikkim to Tibet. [4]
15. BAMBOO: This fast growing 'tree' is used in everyday crafts in Sikkim, from building bridges, making houses to weaving hats. [6]
16. YAK: This animal found in high altitude is also part of the race at the Drukpa Tsheszhi in Lashar Valley. [3]
17. LAMA: A local word for a spiritual teacher who lives in a monastery and follows Buddhism. You will hear this word often in monasteries in the region [4]
18. JHAKRI: A local name for shaman or faith healer in Sikkim. [6]
19. NATHULA: A popular pass used in the 'old silk route' connecting Gangtok and parts of Kalimpong to the lower Chumbi valley. [7]
20. TEESTA: The largest river of the state, also referred to as the 'lifeline of Sikkim'. [6]

SCRAMBLE

1. PANG LHABSOL
2. NAMGYAL
3. DENZONG HALL
4. LAL BAZAAR
5. WHITE-HALL
6. GOMPA
7. LYAMLYAMEY
8. PANGDEN
9. BANJHAKRI FALLS
10. CHOKTSE

HERITAGE QUIZ

1. C
2. B
3. B
4. A
5. D
6. A
7. C
8. A
9. D
10. C
11. C
12. D
13. C
14. D
15. C
16. B
17. C
18. B
19. A
20. B
21. C
22. B
23. D
24. C

HERITAGE ON A PLATE

Correct Order: Shya Phaley

1. Add cold water and knead the flour into a soft dough, cover it and keep it aside for an hour.
2. Heat some cooking oil in the pan
3. Add minced meat, garlic, ginger, onion and salt and cook for some time.
4. Remove the meat mixture off the heat and add some soy sauce and mix
5. Using a rolling pin, roll the soft dough into round shapes.
6. Add the meat filling into the rolled dough and tightly wrap them
7. Heat oil and deep fry the Shya-Phaley.

Correct Order: Po Cha

1. Bring the water to a boil.
2. Add a tablespoon of tea leaves to boiling water.
3. Add quarter a teaspoon of salt or according to taste.
4. Strain the tea leaves.
5. Add a cup of milk.
6. Turn off the heat.
7. Pour mixture of tea with butter and churn / you can also use a blender.
8. Churn it for three minutes.

MATCH CRAFT

Choktse Table

- This item is usually square or slightly rectangular and is made to be used while sitting on the floor. It is commonly made from locally available wood and crafted by hand. It is decorated with carvings and paint, showing dragons, phoenixes and geometric patterns or floral designs. People traditionally use it to serve food, tea, or snacks, and also for social gatherings.



Thara Weave

- In this textile heritage of Sikkim, women are the primary artisans. They feature clean geometric patterns, composed of linear stripes, narrow bands, and small repetitive motifs; these minimal designs often symbolize elements of nature and Rong/Lepcha spiritual beliefs



Thangka Painting

- A traditional form of sacred art found in Sikkim and other Himalayan regions. It is a hand-painted scroll, usually made on cotton or silk, that depicts Buddhist deities, mandalas, saints, and religious stories. It is painted using natural mineral and vegetable colors and is used for meditation, teaching, and worship in monasteries and homes. It reflects strong Tibetan Buddhist influence and requires great skill, patience, and discipline.



Stickers

