



SAHM School Toolkit 2023

South
Asian
Heritage
Month

- ▶ See our toolkit from 2022 for more info
- ▶ [SAHM School Toolkit 2022 — South Asian Heritage Month](#)

SAHM School Toolkit 2023

TOOLKIT SAHM 2022 LAST EDITED: 26/02/23



**South
Asian
Heritage
Month**



A message from the South Asian Heritage Month Team

"Whether or not you are of South Asian heritage, we hope you will enjoy the learning in this toolkit. The month is about celebrating the contribution of South Asians to the UK, commemorating the important events in history (many of which still affect us today!) and educating people about how the relationship between Britain and South Asia has shaped the world we live in."

Don't forget, there will be lots of events taking place for South Asian Heritage month during the school holidays both face-to-face and so online, please get involved with your families, there will be something for everyone."

Jasvir Singh OBE & Dr Binita Kane



Stories to Tell

SAHM theme 2023

Celebrate Commemorate Educate

“It is a privilege to be able to produce another SAHM school toolkit.

This resource has been produced to help schools celebrate, commemorate and educate about South Asian Heritage Month 2023. This is SAHM’s 4th year and there is a particular focus on “Stories to Tell” which spans a wide range of topics.

I hope having a toolkit like this alleviates a lot of planning time for staff. Feel free to edit in your school logos, add in slides (especially if this is not your first time acknowledging SAHM at your school), and generally utilise this PPT to help you in assemblies/lesson/activity sessions.

Other school resources are available via the website. We hope you share with us examples of what you get up to this year, so that we can showcase engagement across the UK. Others could get inspired by what you get up to in your classroom/school.”

Rahima Khatun - Malik

SAHM was launched for the first time in 2020

This poem, written by Hussain Manawer and video produced by Anita Rani, was created for the launch.



[Watch on Youtube](#)

The launch video from SAHM 2021 would be more suitable for Primary School children to explain the concept of the month.



[Watch on Youtube](#)



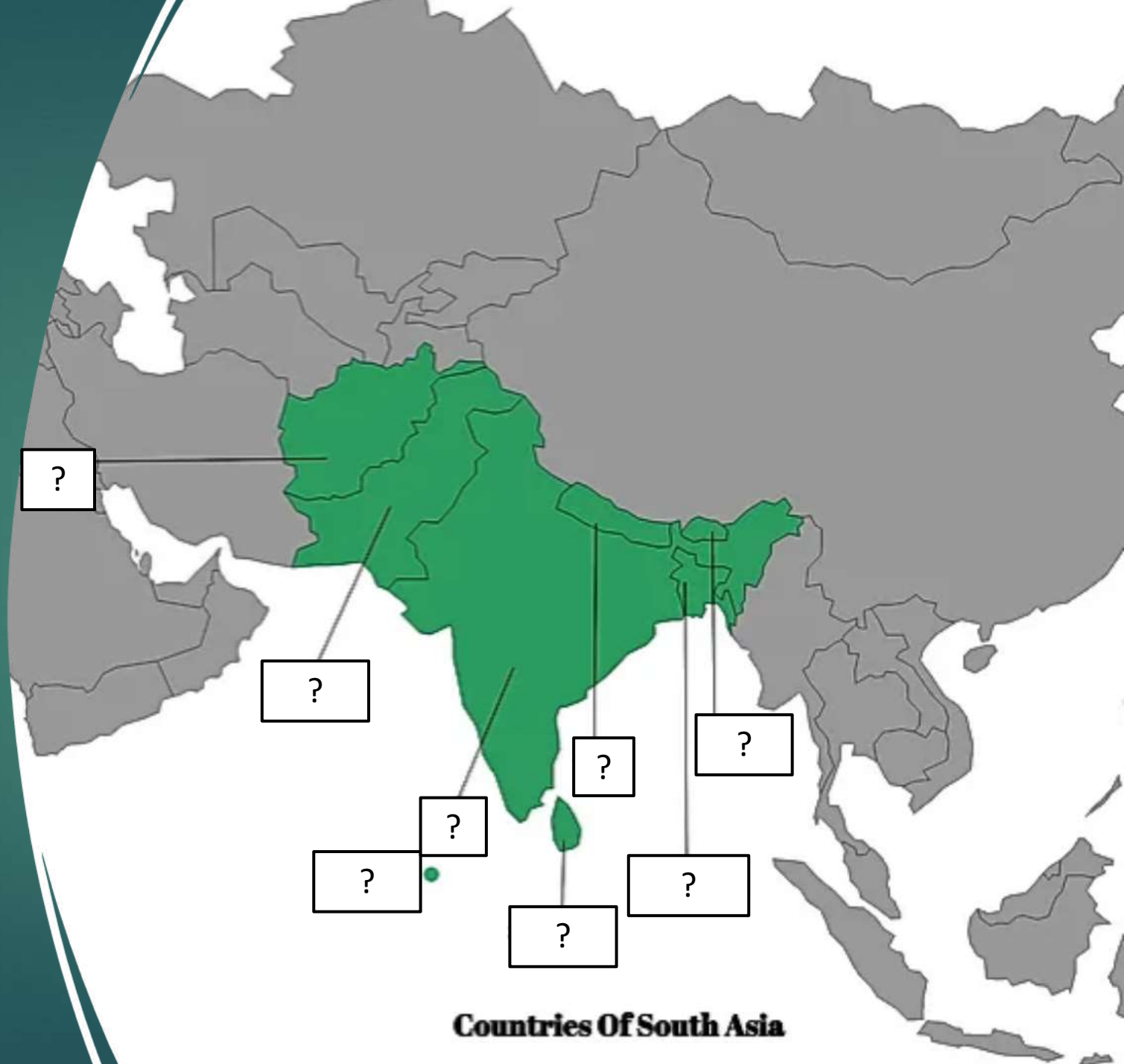
This year, South Asian Heritage Month will be celebrated for the third year, focusing on the theme of 'Stories to tell'.

This theme encompasses many different aspects of South Asian identity, not only in Britain, but other communities across the diaspora that were and continue to share their stories.

The stories can span from present day to pre-colonial India

Quiz: Which Countries make up South Asia?

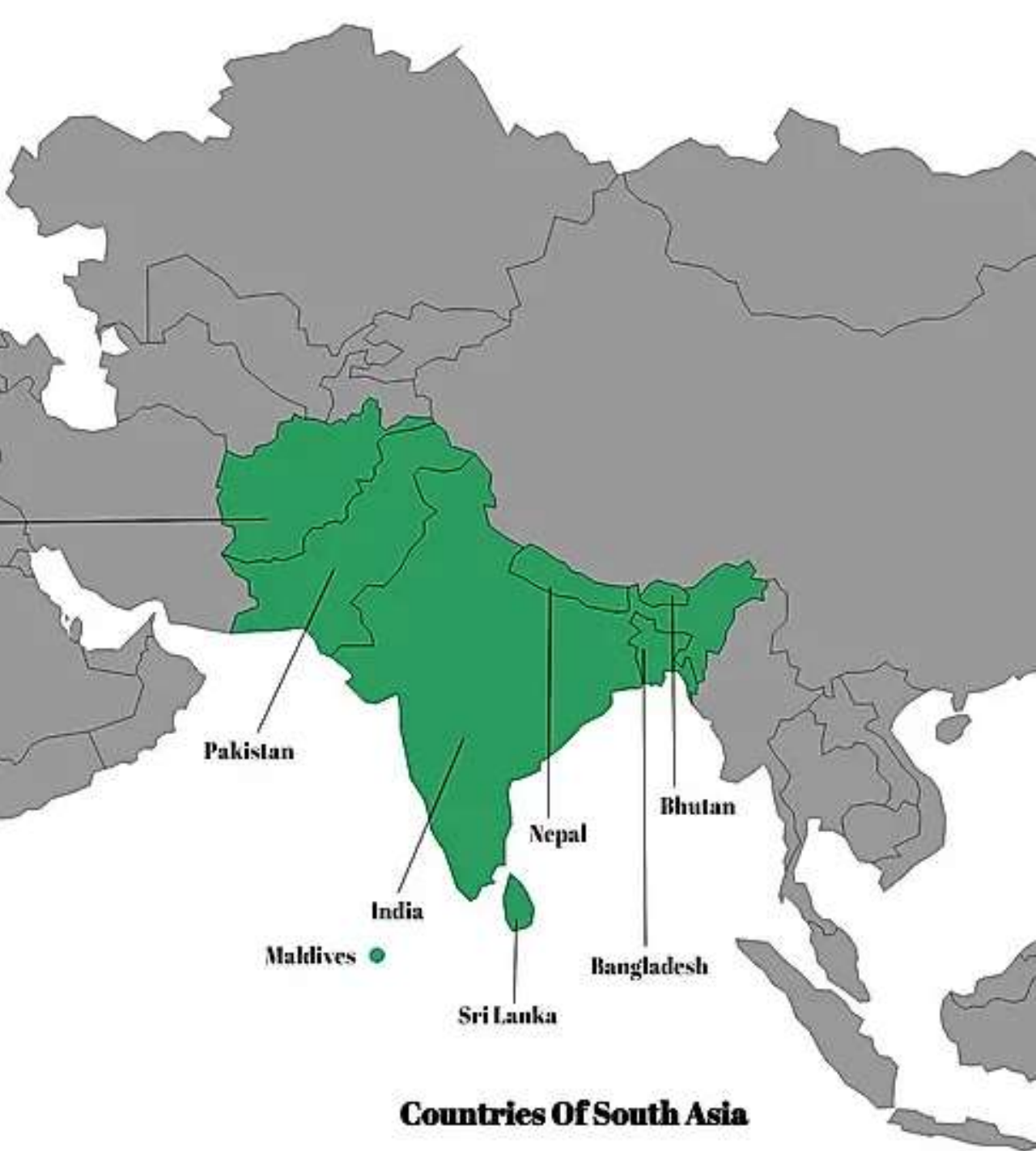
- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)



Countries Of South Asia

Quiz: Which Countries make up South Asia?

- ▶ 1) Afghanistan
- ▶ 2) Bangladesh
- ▶ 3) Bhutan
- ▶ 4) India
- ▶ 5) Nepal
- ▶ 6) The Maldives
- ▶ 7) Pakistan
- ▶ 8) Sri Lanka



Stories to Tell

SAHM theme 2023



**South
Asian
Heritage
Month**

Explore South Asian Heritage!

- ▶ The next pages have a variety of links and resources in a grid format. The boxes link with each country in South Asia and different faculty subjects within schools.
- ▶ This is just a starting point as we know there could be many more links included
- ▶ We'd love to see what you get up to, get in touch and show us via social media using the hashtags #SAHM2023 and #Storiestotell

Explore South Asian Heritage!

• 1) Afghanistan

Flags and national dish

[Sheerpira \(Afghani dessert\) Recipes — Afghan Culture Unveiled Afghan Kitchen Recipes](#)

• 2) Bangladesh

Flags and national dish

[Fish recipe by Nadir Imran \(@whatinthechef\) • Instagram photos and videos](#)
[Nadiya Hussain recipe: how to cook Bengali Chicken Korma for Mother's Day](#)

• 3) Bhutan

Flags and national dish
[Bhutanese Food: 25 Best Dishes To Eat When You're In Bhutan!](#)
[\(migrationology.com\)](#)

• 4) India

Flags and national dish
[Indian recipes - BBC Food](#)
[EXTREMELY DEEP Indian Street Food Tour of OLD DELHI! - YouTube](#)

Science

[Sir Jagadish Chandra Bose | Indian plant physiologist and physicist | Britannica](#)
[Science Superstars On The Asian Scientist 100 - Asian Scientist Magazine](#)

Female resistance fighters of Bangladesh

[Begum Rokeya](#)
[Brave Women Freedom Fighters of Bangladesh's 1971 Liberation War \(unb.com.bd\)](#)

• 5) Nepal

Flags and national dish
[Nepali Food Recipes: 10 Dishes to Cook for Beginners - Stunning Nepal](#)

• 6) The Maldives

Flags and national dish
[Maldivian Cuisine – Recipes to Try at Home - The Maldives Expert](#)
[15 Easy & Enjoyable Maldives Recipes To Try • Our Big Escape](#)

• 7) Pakistan

Flags and national dish
[Sheekh Kebab](#)
[Pakistani recipes - BBC Food](#)

8) Sri Lanka

Flags and national dish
[Sri Lankan dal with coconut and lime kale recipe - BBC Food](#)

Muslim Soldiers from South Asia (see text on dedicated slide)
[Royal British Legion — South Asian Heritage Month](#)

Sweet treats

[Sheerpira \(Afghani dessert\) Napolitaine](#)
[8 Most Popular South Asian Desserts which you have to try \(thebrownfirangi.com\)](#)

[Tea Industry](#)

[Tea production in Bangladesh - Wikipedia](#)

[Ikhlas Khan \(a.k.a. Malik Raihan Habshi, ?-1656\) • \(blackpast.org\) BHM link](#)

Spices and their origins map
[Geographic Spice Index \(gernot-katzers-spice-pages.com\)](#)

[Spice trade: How spices changed the ancient world \(bbc.com\)](#)

Games such as ludo and carrom board, kabbadi etc

[Ludo - Play Online at Coolmath Games](#)

[Carrom Online !\[\]\(aaea9d55ec7e05231e57f246a23a2f24_img.jpg\) Play Carrom Online on CrazyGames](#)

[Kabaddi rules: Know how to play \(olympics.com\)](#)

Music/dance/Bollywood

[Bollywood](#)

[South Asian arts - Music | Britannica](#)

[Akademi - What is South Asian dance?](#)

Industries such as Indian Restaurants, NHS, etc
[Why South Asian doctors became the 'lifeblood' of the health service \(inews.co.uk\)](#)

[NHS workforce - GOV.UK Ethnicity facts and figures \(ethnicity-facts-figures.service.gov.uk\)](#)

Explore South Asian Heritage!

<ul style="list-style-type: none"> FINAL+South+Asian+Heritage+Month+Info+Pack+2022 compressed.pdf (squarespace.com) Educational Resources — South Asian Heritage Month 	<p>Historical figures – Cornelia Sorabji (lawyer and writer)</p> <p>Influential People:</p>	<p>How to interview someone</p> <p>10 Great Tips for a Life Story Interview - Storii</p>	<p>Mathematicians</p> <p>Srinivasa Ramanujan (Indian)</p> <p>15 Famous Indian Mathematicians and Their Contributions (famousmathematicians.net)</p>	<p>Sportspeople:</p> <p>Susanthika Jayasinghe (Sri Lanka)</p> <p>Mary Kom (India)</p> <p>Moeen Ali (Pakistan)</p> <p>Amir Khan Pakistan</p> <p>Khalid Ali (Bangladesh)</p> <p>Khalid Ali Interview</p> <p>Ruqsana Begum</p>	<p>Microsoft PowerPoint - SAHM 2022 Event Toolkit - v2 (squarespace.com)</p>	<p>Links to other pages inc BBC Bitesize and Indus (Could have links to virtual tours via British museum and V&A)</p> <p>KS2 History: British Asian History - BBC Teach</p>
<p>Current celebs:</p> <p>Polar Preet - world record for the longest, solo, unaided polar expedition by a woman.</p> <p>12 Great South Asian Characters In Recent Movies And Television Cinemablend</p>	<p>Book – in the wars</p> <p>Student migrants: Cornelia Sorabji at Oxford / Our Migration Story</p>	<p>Different religions combined</p> <p>Impact of partition on food - Nadir recipe video</p>	<p>Identity</p> <p>Dual identity</p> <p>Etc</p> <p>South Asian Identity (southasianconcern.org)</p>	<p>Make up and fashion esp Henna</p> <p>11 of the Most Culturally Appropriated South Asian Accessories – And What They Really Mean</p>	<p>Poetry-</p> <p>Rumi (Afghanistan)</p> <p>Rabindranath Tagore (India)</p> <p>Rupi Kaur Poetry</p>	<p>Manchester Museum exhibits contributions of the South Asian diaspora, including Bangladesh Prothom Alo</p>
<ul style="list-style-type: none"> Home / Our Migration Story 	<ul style="list-style-type: none"> South Asian Heritage Month Telford Education Services 	<p>Partition education group Resources</p> <p>Partition Education Group Reading List</p>	<ul style="list-style-type: none"> Hindu, Sikh, Indian Soldiers WW1&2, poppy – Brighton Pavilion and Jaspreet Kaur performs poem for Remembrance and BBC video re: Gurkhas WW2 	<p>I wear my nose ring as a nod to my culture, not because it's 'trendy' Metro News</p> <p>Jewellery especially nose studs and nose piercings The History and Legacy of Nose-pins in India - Only Natural Diamonds</p>	<p>Eight South Asian poets in the diaspora you must read for their striking ideas (scroll.in)</p> <p>Top 5 Unbelievably Stunning Poems By South Asian Poets - ANOKHI LIFE</p>	<p>BBC bitesize resources w/ Shalina Patel</p> <p>Indus Legacy</p> <p>Indus Legacy (@Indus_Legacy) / Twitter</p> <p>Never Set Eyes – nutkhut</p>

Indian troops serving with the British army during WW1 pray outside the Shah Jahan Mosque in Woking, Surrey



- ▶ Pre-partition India's role in WW1 was significant - over 1.3 million Indian servicemen fought in battles across Europe, the Middle East and East Africa. 400,000 of these were Muslim. India also contributed money, supplies and animals to support Britain during WW1.

What kind of sources can we use to tell stories about these soldiers?

- ▶ **Diaries / Letters:** One of the key ways that historians learn about the experiences of soldiers from WW1 is through their diaries and letters. You can find examples from war diaries written by Sikh soldiers [here](#)
- ▶ **Paintings:** Sometimes soldiers who had achieved something extraordinary during the war were painted. One example of this is [Khudadad Khan](#). In October 1914, Khan, a machine gunner, arrived in France and was among 20,000 Indian troops sent to the front line to help the exhausted British Army stop the Germans. They faced terrible conditions and Khan's unit were outnumbered 5 to 1. The Germans attacked on 30 October, and many Indian soldiers were killed or wounded. Khan's machine gun crew, along with one other, carried on fighting until they were overrun by Germans. Khan was the only survivor. He pretended to be dead and then managed to crawl back to his regiment under the cover of darkness. The bravery of Khan and his fellow soldiers gave the Allies enough time for British and Indian reinforcements to arrive and stop the German army from reaching the vital ports. He was later decorated with the Victoria Cross (a very prestigious military medal) by King George V.

Stories to Tell:
South Asian
soldiers in
World War
One
(1914-1918)



What kind of sources can we use to tell stories about these soldiers?

- ▶ **Buildings:** Between 1914-16 over 4,000 injured Indian soldiers were treated at the [Brighton Pavilion](#). Soldiers were given food in accordance with their religious beliefs. Soldiers were also provided with appropriate space to pray e.g. Muslims were given space on the eastern lawns to pray to Mecca.
- ▶ Photographs: There are many photographs of South Asian soldiers during WW1. This collection from the [Imperial War Museum](#) shows them doing many different things including training, praying and playing sports.
- ▶ Suggested task: Why not use these sources to tell the story of a South Asian soldier? This could be in whatever format you like e.g. a poem, newspaper article, letter etc.

Stories to Tell: South Asian soldiers in World War One (1914-1918)



Stories to tell

Facilitating a classroom discussion around 'heritage'

- ▶ Ask the students - We are celebrating South Asian Heritage month. But what does heritage actually mean?
- ▶ Teacher could then model on the board the different aspects of their own heritage (perhaps in a mind-map)
- ▶ Students then discuss with each other what their heritage is and the different ways their heritage influences their life e.g. food, language, clothes etc

Suggested tasks:

- ▶ Create a display board about the heritage of your class
- ▶ Ask students to bring an object or image that represents their heritage and ask them to present in a 'show and tell' style
- ▶ Ask students to interview someone who has a different heritage to them and ask them to share the key similarities and differences they've found out



Landmarks around South Asia

- ▶ [32 Famous Landmarks in Asia to Inspire Your Trip \(2023\) - Laure Wanders](#)
- ▶ Split landmarks amongst students in class/year group/tutor group
- ▶ Project idea: This can be an art piece, poster or infographic
- ▶ Share on school social media with #SAHM2023 #storiestotell

Landmarks around UK

- ▶ Add in local places linked to your school community
- ▶ Editable
- ▶ See next slide as an example for inspiration
- ▶ Based on Swindon, Wiltshire.



Our town, Our community:

#Contribution

Welcome to
Nepalese
Association
of Wiltshire
(NAW)
Homepage

Homepage |
Yak the
Himalayan
Kitchen -
Authentic
Nepalese
Restaurant Old
Town

Mela event
returns to
Swindon for
2022
(swindonlink.
com)

Wiltshire's first
Indian
restaurant
turns 60 this
year |
Swindon
Advertiser



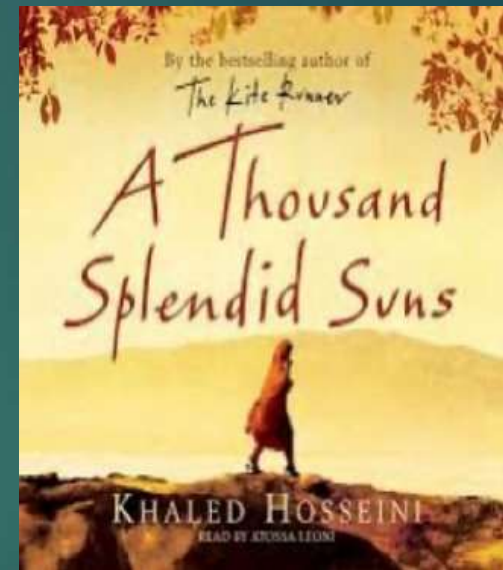
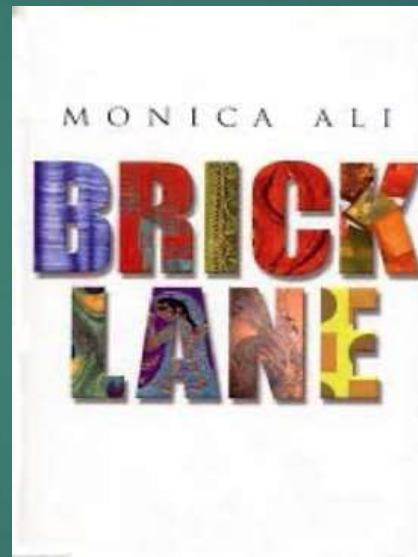
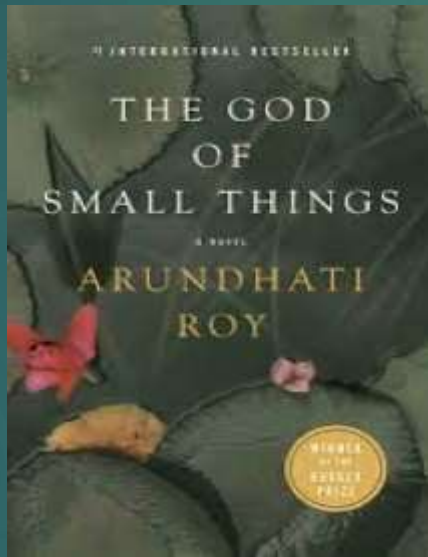
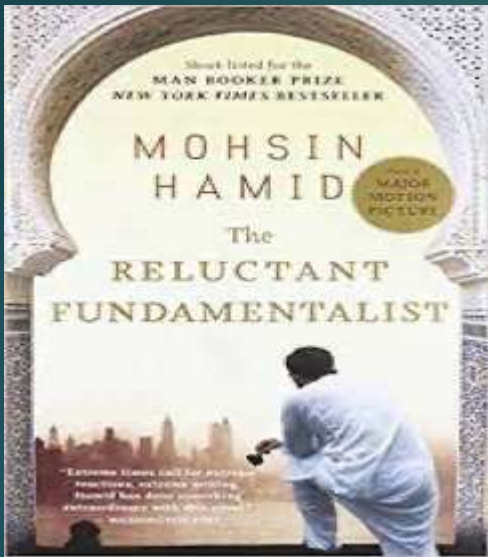
Gudwara –
Sikh
Temple –
Kembry
Park
Swindon

Swindon
Hindu
Centre

Home |
Shahjalal
Swindon
Mosque

There is also 3
other masajids

ELA Lesson Plan: Books you may know by South Asian writers



Have you read or heard of any of the novels above?

These are just SOME of the South Asian writers out there who have written pieces of fantastic literature.

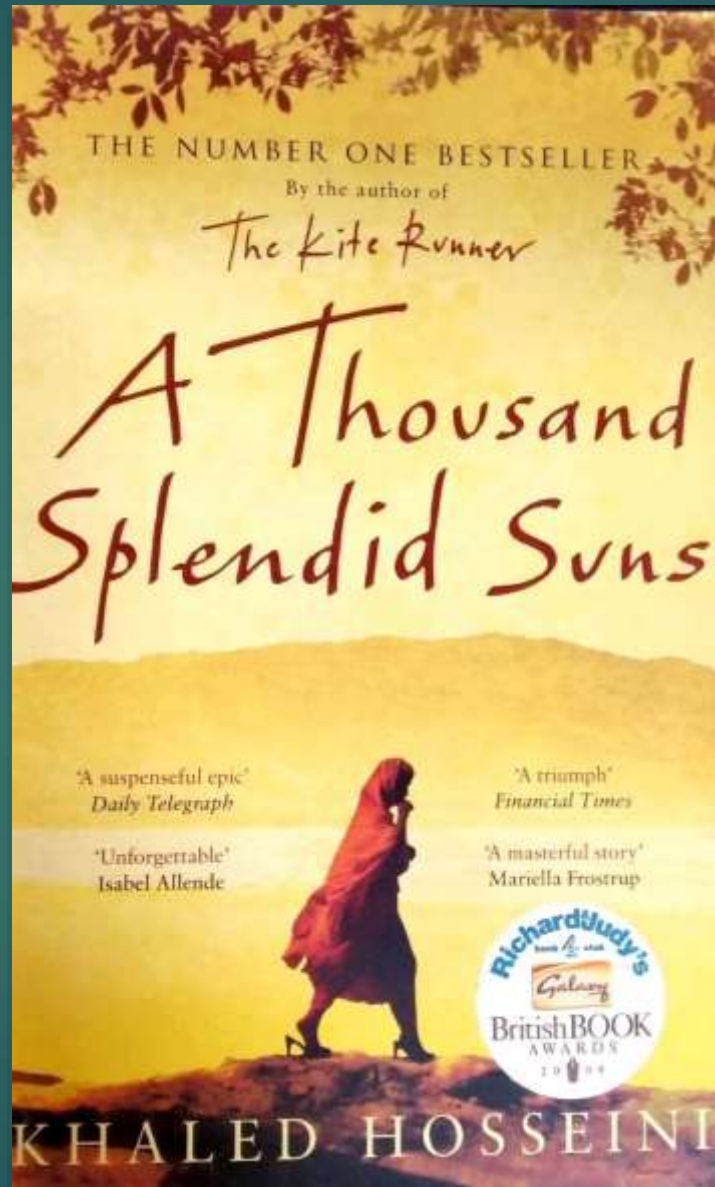
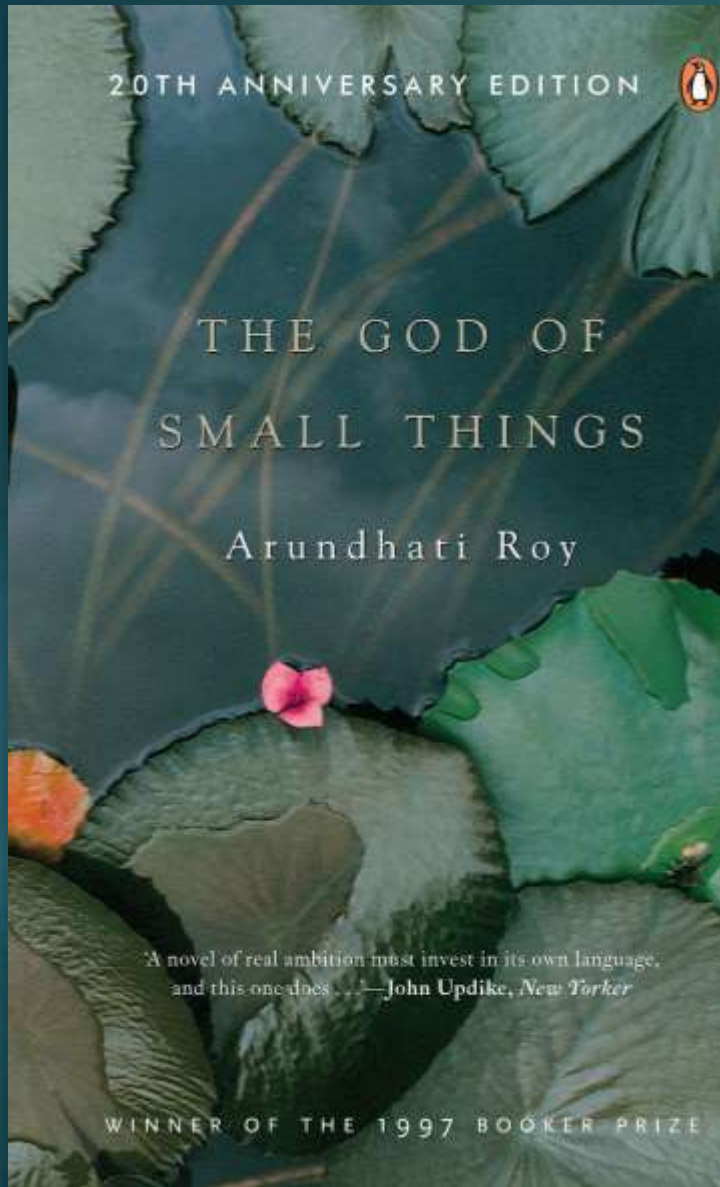
Activity One: Reflection Question

Why do you think it is important to read books by diverse authors?

Diversity in literature can **help students to be more compassionate, caring, and informed**. Reading about other cultures and identities can remind us of both similarities and differences in the human experience. No matter who we are, we all have dreams, hopes, and fears—and so can a book's protagonist.

Too often we may only be exposed to writers from a particular part of the world, and the same goes for visual mediums like Television and film.

For SAHM, we would like you to take some time to explore writing that you may not have had the chance to read before.



Activity Two: In your groups read the following two extracts, from 'The God of small things, and 'A thousand splendid suns' focused on characterisation

Excerpt From: Khaled Hosseini. "A thousand splendid suns".

"Mariam was five years old the first time she heard the word harami.

It happened on a Thursday. It must have, because Mariam remembered that she had been restless and preoccupied that day, the way she was only on Thursdays, the day when Jalil visited her at the kolba. To pass the time until the moment that she would see him at last, crossing the knee-high grass in the clearing and waving, Mariam had climbed a chair and taken down her mother's Chinese tea set. The tea set was the sole relic that Mariam's mother, Nana, had of her own mother, who had died when Nana was two. Nana cherished each blue-and-white porcelain piece, the graceful curve of the pot's spout, the hand-painted finches and chrysanthemums, the dragon on the sugar bowl, meant to ward off evil.

It was this last piece that slipped from Mariam's fingers, that fell to the wooden floorboards of the kolba and shattered.

When Nana saw the bowl, her face flushed red and her upper lip shivered, and her eyes, both the lazy one and the good, settled on Mariam in a flat, unblinking way. Nana looked so mad that Mariam feared[...]"

"Nor was she old enough to appreciate the injustice, to see that it is the creators of the harami who are culpable, not the harami, whose only sin is being born. Mariam did surmise, by the way Nana said the word, that it was an ugly, loath-some thing to be harami, like an insect, like the scurrying cockroaches Nana was always cursing and sweeping out of the kolba.

Later, when she was older, Mariam did understand. It was the way Nana uttered the word-not so much saying it as spitting it at her-that made Mariam feel the full sting of it. She understood then what Nana meant, that a harami was an unwanted thing; that she, Mariam, was an illegitimate person who would never have legitimate claim to the things other people had, things such as love, family, home, acceptance."

Excerpt From: Arundhati Roy. “The God of Small Things”

“Estha had always been a quiet child, so no one could pinpoint with any degree of accuracy exactly when (the year, if not the month or day) he had stopped talking. Stopped talking altogether, that is. The fact is that there wasn’t an “exactly when.” It had been a gradual winding down and closing shop. A barely noticeable quietening. As though he had simply run out of conversation and had nothing left to say. Yet Estha’s silence was never awkward. Never intrusive. Never noisy. It wasn’t an accusing, protesting silence as much as a sort of estivation, a dormancy, the psychological equivalent of what lungfish do to get themselves through the dry season, except that in Estha’s case the dry season looked as though it would last forever.

Over time he had acquired the ability to blend into the background of wherever he was—into bookshelves, gardens, curtains, doorways, streets to appear inanimate, almost invisible to the untrained eye. It usually took strangers awhile to notice him even when they were in the same room with him. It took them even longer to notice that he never spoke. Some never noticed at all.


Estha occupied very little space in the world.”



Activity Three: In pairs discuss what you learn about the protagonist in your own words

In your books, write down any adjectives or phrases you might use to describe them.

Be ready to share your thoughts with the group!



Activity Four: Imagine you are
(insert selected character) Write
what you think will happen next
from their point of view

- ▶ Make sure to use your notes from the discussion to fuel your ideas
- ▶ Write up to two paragraphs



SAHM Book Club

- ▶ This year we are launching the South Asian Heritage Month Book Club for schools and libraries across the UK
- ▶ We will be launching in **May** with a list of recommended reads that will be organised according to key stage via our website
- ▶ Young people taking part will get the opportunity to vote for their favourite book in their chosen category in **September**
- ▶ Awards for best reads in each category will be announced in **October**. Winners will be selected by book club participants

Why a book club?

We are aware that SAHM falls outside of term time, but we believe the book club is a powerful way to get young readers engaged with SAHM over the summer months

Our selections for the Book Club have been chosen to get children excited about discussing characters of South Asian heritage and connect them to fresh voices in literature

SAHM is for everyone, regardless of their heritage. The SAHM book club is the perfect opportunity to decolonise your bookshelf; and we are sure that deciding on your favourite will lead to some rich and powerful discussions



Decolonisation and Anti-racism links

- ▶ [Anti-racism charter | NEU](#)
- ▶ [Schools eligible for award to promote anti-racism | Leeds Beckett University](#)

Acknowledgements:

- ▶ Sammy Hussain
- ▶ Shalina Patel
- ▶ SAHM team, Binita Kane, Natasha Junejo , Umran, Harvi and Jasvir Singh
- ▶ Nilesh Thanki
- ▶ All those who have created resources, videos, articles and platforms

Slides from Nilesh

GET IN TOUCH IF YOU WOULD LIKE TO CONTRIBUTE TO THE NEXT
SAHM SCHOOLS TOOLKIT



Indigenous Empires in South Asia prior to British Empire



Nilesh Thanki

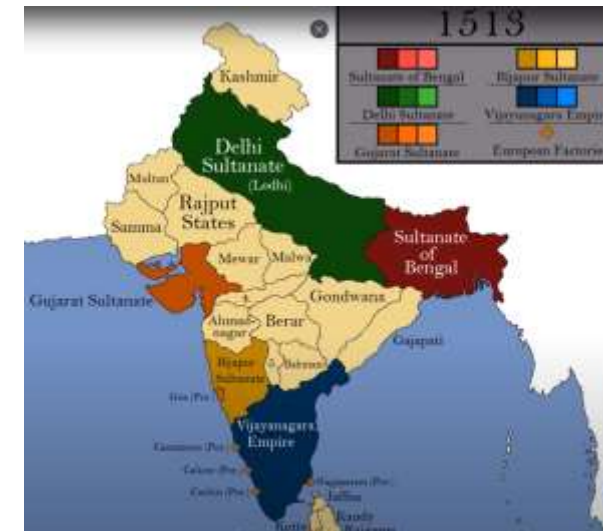


Vijayanagara Empire

- Founded in 1136 in the modern era Indian state of Karnataka, the empire lasted until 1646.
- Four dynasties ruled in the Empire; Sangama 1336 to 1485, Saluva 1485 to 1505, Tuluva 1491 to 1570 and Aravidu 1542 to 1646
- Most famous King was Samrat Krishnadevaraya who ruled from 1509 to 1529.
- For most of his rule, nearly the whole of Southern India remained under the sway of this dynamic ruler. He defeated the Gajapatis of Odisha and annexed Vijaywada and Rajmahendri. However, the most significant battle won by him was the Battle of Raichur (fought in 1520)
- First Capital was Anegundi and later shifted to Vijayanagara which was found around the religious Hindu temple complex, Pampa Tirtha and Kishkinda that already existed at Hampi. By 1500, Hampi-Vijayanagara was the world's second-largest medieval-era city after Beijing, and probably India's richest at that time, attracting traders from Persia and Portugal.



Krishnadevaraya



Maratha Empire

- Formally began in 1674 with the coronation of Shivaji Bhosle as Chhatrapati (Sovereign)
- Shivaji was born in 1630 and from a young age of 16 captured forts in and around Pune, Maharashtra which was then under the control of the Bijapur Sultanate.
- After initial peaceful relations with the Mughal ruler Aurangzeb, Shivaji began a campaign to consolidate territory which allowed him to claim the title of Chhatrapati in a grand coronation ceremony not seen for many generations. Shivaji saw this as the start of the Hindavi Swarajya – self rule for the indigenous people of Hindustan.
- The Maratha Empire at its peak in 1759 expanded from Afghanistan in the north to Thanjavur in the south, Sindh in the west to Bengal in the east. It bordered Nepal and Afghanistan in the north.
- Later the Maratha Empire became a confederacy of states ruled leaders such as the Gaekwads of Baroda, Holkars of Indore and Malwa, the Scindias of Gwalior and Ujjain, the Bhonsales of Nagpur, the Jadhavs of Vidarba, the Dabhades of Gujarat, the Puars of Dhar and Dewas.



Sikh Empire

- Founded by Maharaja Ranjit Singh in 1801, known as Sher-e-Punjab or The Lion of Punjab.
- Ranjit Singh ruled for nearly 40 years and in that time, he unified much of Punjab including present day Afghanistan, Pakistan and India.
- Famous victory at Battle of Nowshera to push back Afghan Durrani King Azim Khan's army and captured Peshawar. Victory was pivotal in security of the region as a multicultural empire rather than dominance of one religion over others.
- Maharaja Ranjit Singh famously rebuilt the Harmandir Sahib following heavy destruction by Mughal emperors in the 1700s; and added gold leaf overlaying the sanctum which led to the name Golden Temple.



Ranjit Singh



Maharana Pratap



Baji Rao I



Ahilya Bai Holkar



Rani Lakshmi Bai

Notable Kings, Queens, Rulers

- Pratap Singh I – Maharana Pratap. Ruled Mewar (a region in present day Rajasthan) from 1572 to 1597. Refused to form political alliances with the Mughal Empire and launched several guerrilla campaigns to resist subjugation
- Baji Rao I – 7th Peshwa (Prime Minister) of the Maratha Empire from 1720 to 1740. Established Maratha supremacy in southern India and political hegemony in northern India.
- Ahilya Bai Holkar also known as Punyaslok Rajmata Ahilyadevi Holkar – Queen in the Holkar Dynasty and ruled the Malwa state (present Madhya Pradesh) under the Maratha Empire from 1767 to 1795. Her reign saw the development of Indore and the renewal and restoration of many important Hindu places of worship and pilgrimage inside and outside of her domain. These include Kashi, Gaya, Somnath, Ayodhya, Mathura, Haridwar, Kanchi, Avanti, Dwarka, Badrinarayan, Rameshwar and Jaganathpuri as recorded by the Bharatiya Sanskritikosh.
- Rani Lakshmi Bai – The Queen of Jhansi – known as the Warrior Queen, She was born in 1828 and in 1853 became a widow at a very young age following the death of her husband Gangadhar Rao. He was the King of Jhansi which was under the Maratha Empire. Rani Lakshmi Bai led a rebellion against the British after refusing to cede control in 1857. Rani Lakshmi Bai died while fighting in Gwalior on 18th June 1858, aged 23. She was dressed as a soldier when she died and later was seen a pivotal figure in starting the long road to self rule and independence following centuries of Mughal and British control of India.