

Volume 01 | July 2021

# TRIBAL NOISE

Sustainability | Forest | Culture | Art

**The Naga  
Warrior  
Tribe**

**Matrilineal  
Khasi**

Culture & Indigenous lifestyle

**Sustainable  
Living**

The Window  
To Thrift Shopping

**Linguistic  
Barriers**

Challenges in Tribal  
Education



**tribalconnect.org.in**

# ABOUT THE FOUNDER!!!!



**Ananya Paul Dodmani**  
Founder & Trustee  
Tribal Connect

Ananya Paul Dodmani, Founder of the Tribal Connect, was born in a tribal town of Assam. She was brought up among the indigenous of the town, who fascinated her with the folklores, myths, and stories. What started as a curiosity soon became her mission to learn and work for the well-being of the tribe and the indigenous, after a personal incident with the militants of a tribe.

Though she was an indirect victim of the incident, she saw what needed to be done to change the lifestyle and bridge the gap between the tribes and the civilians. She saw education as the tool to bring this change and has imparted it among the varied tribes and ages for many years.

Classroom educator and Criminal psychologist by profession, she offers more than 90% of her earnings to the organization, for works on the indigenous and tribal education, hygiene, shelter, and medication, etc, that has led to the reformation of several tribal militants into civilians. 20 years down this road, she has worked with tribes and has been successful in imparting education, hygiene, non-violence, etc. She has worked with several Non-Governmental Organizations before starting Tribal Connect in 2020, and is still a trustee in several organizations, helping with their causes.

As a Sustainable Menstrual Warrior, she has also made 60,000 women across India adopt a hygienic lifestyle, by teaching them to make bio-degradable sanitary pads. Her vision of getting the tribes and indigenous recognized and empowered has become the objective of the magazine and the organization.

She has improved the life of 18 main tribes and 62 sub-tribes in 8 Indian states and her initiatives have made more than 10 lakh people take part in the cause. Appreciating her works towards the environment, tribal upliftment, women empowerment, bravery, courage, and valor she has been awarded

**KARAMVEER CHAKRA,  
KALKI GAURAV  
SAMMAN, RASHTRIYA  
SURAKSHA BAL  
SAMMAN, ICONIC  
PERSONALITY  
AWARD,**

and so on. Her goal is to reach the indigenous all around the world and help them with the necessities to live. This magazine is a tool to make the world aware of the tribes, their lifestyle, needs, and struggles. Also to inspire people to be a part of this cause. Her belief that every individual has the right to empowerment and better living, and that can be achieved through sustainable living and education has brought such visible changes in several lives. She considers this work as her life's purpose and vows to continue to work for the tribal upliftment even in the distant future.





# FROM THE EDITOR

## Why reading an Indigenous Magazine is so important now?

We say our country is known for its diversity, and we celebrate it and protect it. But do we protect the origin of the diversity? We may all live in urban areas, but our roots and the origin of our identity, tradition, culture, and even religion trace back to the indigenous and tribes. We owe them for our survival, identity, diversity, nature, and centuries-old tradition. And as every individual, living on this earth, we have the responsibility to make our society better as we alone don't make the life we live. Our everyday life has the work of thousands of people in it and we repay a few of them through our job, but we leave behind few as they're not accessible. One of them is the Indigenous. We, at Tribal connect, make the indigenous accessible and repay them for their work towards nature and the environment, with education, healthcare, shelter, etc. Tribal connect is all about educating the tribes and indigenous to lead a better lifestyle leaving their tradition, beliefs, culture, and land untouched. We want them to lead a safe and better life that doesn't force them to adopt violent and barbaric acts. We believe that education is the key to clear such ignorance, which is also the magazine's core belief.

I believe in the proverb "pen is mightier than the sword"- that words can make and break depending on an individual's motive. We, at Tribal connect, do both. We make the indigenous lives better by breaking the gap between them and the civilians, through this magazine. We educate the tribes of the civilian lifestyle and we educate the civilians of the tribal lifestyle, thereby bridging the gap so the two poles can help each other to attain the vision of better sustainable living and thus a better society.

- Sujitha Murali Kumar.  
Editor & Content Contributor  
Tribal Connect

# Meet our



**Lead Graphic Designer**

**Pushpendra Shekhawat**

I'm a professional photographer & graphic designer & love to create & capture my emotions creatively. I'm keenly interested in indigenous communities & intrigued by their traditions & customs. I want to explore their way of life & I believe Tribal Connect is the right place to be to understand the tribal communities better.



**Illustrator**

**Prabhleen Kaur Chadha**

I'm an illustrator & pursuing my studies at NIFT. I've read many tribal tales across the globe & their lifestyle always resonated with lot of things I personally believe in. And that's the reason I'm here with Tribal Connect to learn & grow with our roots.



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# WHAT KHASI TRIBE TEACHES US ON WOMEN EMPOWERMENT!!!

~Sujitha Muralikumar

Editor, Tribal Connect

Even in this 21st century, there are few places in our country, where women are considered as mere marriage goods and are expected to live their lives serving their husband and their family, with no say in their life and their children's lives. But, there is also another place in our country which has been exactly opposite to what's stated earlier. A tribe that has followed matrilineal and matrilocal practice for decades – living as an authoritative figure of the family, for which many women in cities and small towns still struggle for. But what's Matrilineal and Matrilocal? It's a tradition where the lineage is traced back through the women in a family, than men i.e any individual born in such a society takes their mother's name than the father's, and when married, the men leave to live with the women's family unlike the norms of our country.

Though there were many such tribes and societies in the past, several were abolished, but the one that has stood for decades and is expected to survive is the Khasi tribe in Meghalaya. In addition to the lineage, here the youngest daughter of the family gets the ownership of ancestral property, jewelry, and also the responsibility of taking care of their parents and grandparents. The women take responsibility for the children and their clans too. After her parents, the youngest daughter heads the property and her family along with her sister's family.

In a society where women get killed for working and get beaten for leaving the husband's house, somewhere in the same India, women lead the household, take care of their clan and preserve their decades-old, super controversial culture( seen as a threat by few people and patriarchal bullies). This leadership can be witnessed in the streets and households of Meghalaya, where women run shops and lead their families. But this isn't Matriarchal, where women hold complete authority and power in all sectors of the society.

Even in the households, the maternal uncle has the right to oversee the decisions taken by the women, and the political, as well as government officials of the society, are men. After marriage, though men have to live in the women's household, they help in managing the property and provide for their children. But at the same time, they can help and provide for their siblings and can stay in their houses too. Since most responsibilities are taken by the women of the family and men aren't expected to stay forever, it ultimately reduces to the men's choice, for providing and helping the family. Some men, help the household while few stray off to drugs, alcohol, and other women.

If we delve deeper into the effects of such a tradition, we can see girls and women growing as an independent figures, perfectly capable of leading their lives and their children's without help, which is ultimately threatening the manhood of men(as they've reported ), which in turn has led to the rise of a campaign against this matrilineal and matrilocal practice of the tribe.

Isn't it hilarious? That men of that tribe find it difficult to follow the tradition and have raised campaigns to abolish the tradition, while we(women in urban cities) have been following the same tradition for centuries and have been taught to accept them as the normal and reputed way of living, but never once raised a campaign against it. Truth to be told, I'm a fan of both the Khasi women and men. Women who lead, and men who support, as well as men who are against the tribe fighting for their freedom to pursue their dreams, for their right over their children's lives, their lives, and their part in the family's decision. And if men feel that matrilineal and matrilocal is injustice against them, then we women, have the right to feel the same against patrilineal and patrilocal tradition as well. Fair and square right?

In the civilian society where women don't have the voice or support to follow their dreams, career, and love, the Khasis are a real-life example of what women's freedom is? And how that'll change the illusion of a perfect society and the life we live. And though superficially it may seem, like that freedom has been awarded and not attained, a closer look will reveal that financial independence and stability is the tool that women used and turned, what could've been a tradition that could've disappeared, into their window to lead their lives to their will. And though in the tribe the financial support is awarded, we (urban and rural women) can attain it through education. The same applies to men as well.

Many traditions in the world are present as mere traditions or customs that are practiced on occasions, but when I see Khasis, I see the tribe that has used their tradition to grow and branch out, than getting suppressed and locked up inside the house in the name of the same tradition. Now that's civilized!!!!





# MAASAI TRIBE – A JOURNEY THROUGH THEIR TOUGH TIMELINE!!!

~**Sujitha Muralikumar**  
Editor, Tribal Connect

MAASAI tribe – the tribe that was tested by nature, government, and invasion more than once and also the tribe that fought, resisted, and survived through them along with their traditions and beliefs.

Maasai tribe is a member of Africa's ethnic groups covering several regions of Tanzania and Kenya. They were semi-nomadic people who were once ferocious hunters, raiders, and also pastoralists responsible for the lush green lower valley of Nile. Hunting, raising, and raiding cattle were their main occupation and also the source of their food which reflect in the herd of cattle they raised across the Tanga coast when they migrated in the 17th century to Tanzania and spread across the central, northern, and southern regions of Tanzania. Followed by that, in 1852 nearly 800 Maasai people migrated to Kenya, expanding their territory which makes Maasai indigenous to Tanzania and Kenya at present.

We shall consider that expansion as the last feather to the tribe's hat. Between 1883- 1902 the tribe faced their first test by the nature in the form of diseases- bovine diseases to which they lost 90% of the cattle and wild animals followed by chickenpox and pneumonia in 1890. Between 1891-1892 nearly two-third of the Maasai died, which was huge loss to the tribe. This period was also marked by famine in 1897- 1902. Their livestock and their population were reduced and nature failed to support them. But their misfortune didn't stop there. In 1911 the British reduced the Maasai territory in Kenya for ranches and in 1940 they were forced to leave the fertile lands between Mt. Kilimanjaro and Mt. Meru, also they were forced to leave the fertile lands of Ngorongoro to develop national parks and conservative reserves such as Serengeti National park. I think the government forgot that the tribe was responsible for the natural resources they were trying to preserve. Maasai depended on cattle and livestock for occupation and food. Their food was raw milk, raw meat, and raw blood occasionally, and they considered cultivation and agriculture as nature repelling practices. They consider cattle as their money, they barter with it and they judge a person's richness with the cattle and the number of children he has. After 1940, with fewer cattle, low population, famine, diseases, and reduced territory, they had faced the worst life could offer. So, in 1951 they adopted agriculture to source their food. In few years, misfortune again struck when two journalists falsely accused the tribe of brutal acts on rangelands that had influenced conservationists to take action even after anthropologists proved those accusations wrong. So, in 1975 the Ngorongoro government banned grazing in their lands which made Maasai adopt the monetary custom of the civilians at that time. I shall say from what I've gathered, that this is the first influence of civilian society on the Maasai's economy. They sold their medicines, cattle, and jewelry for money which bought them food. After 17 years, in 1992, the Ngorongoro lifted the ban and they resumed their agricultural practice.





The 17-year intermittent period had opened the tribe to the civilian society, customs and practices. The women were urged to use clinics for pregnancies, the tribe was given opportunities to assume urban life, government, and private jobs. Along with the lifestyle few customs of the tribe underwent alterations for example the custom of hunting lions, their totem animal, as a rite of passage to adulthood changed over time, like the custom of stealing cattle from other tribes, as they once thought that all the cattle on earth were created by God for them and it's their right to take them. They added cabbages, rice, and fruits to their diet and started using cotton instead of animal hides, skins as their clothes. Many organizations have helped the tribe with education, medicines, job opportunities, and welfare schemes. The evolution of the tribe's lifestyle and custom shows that they've been open to changes and haven't been dogmatic as one would think a tribe to be. But, though so many tribal people have acquired jobs in government and private organizations, deep inside they always know that they are Maasai, and when they walk from the urban area into their Enkaj (their house made of timber post and cow dung, grasses, sticks, and human urine), they walk out as a Maasai, wearing striped shukas and cow skin sandals with a wooden club, representing the responsibilities of the warrior tribe. This strong tie to their traditions and beliefs can be traced back to the education they've received in their tribe since they were toddlers- to show and act responsibly before acquiring them, learn to survive independently, but also follow the words of their elders, their duty towards nature and the tribe, etc. The tribe's courage and determination made them stand against the Kenyan and Tanzanian governments when the government wanted to change their customs and tradition. They've fought against slavery, human trafficking, and for their rights every time. At present, the Maasai tribe has 22 geographical sites and permit to practice agriculture in several reserves and national parks. They've several spokespeople on their behalf and a population of approximately 1,189,000 as of 2019.

When I first read about the Maasai and other tribes, I saw them as one of us, with some differences in the ways we both live. But, they are different from us in every way, by their history, their beliefs, and tradition. It's because of people like them and what they consider important in life, their education and their duty towards nature, we've forest areas, lush green valleys and somewhat breathable air.

From the article, we can see that the tradition and culture of Maasai faced the test of time along with the people and survived the tough time through the people. But, at present, they're struggling and this time we can help them. Help them survive the drought, famine, and diseases. Preserve the diversity and hundreds of year-old culture and customs. We can act on their behalf this time.

Also, we should remember that we've more than enough of us. We need more like them!!!





# Next Stop? Thrift Shop!

~Saloni Kumari

Content Creator, Tribal Connect

Many of us are aware that our lifestyle is also one of the factors of pollution. Our everyday life and the choices we make, which can be as big as running a leather company or as small as shopping, can directly impact our environment. And in this pandemic, we've increased the pollution by throwing medical wastes which is more hazardous than other form of pollution. And if we continue to buy and throw futile things like clothes, furnitures it'll add harm to the environment by occupying landfills giving no space to discard the medical wastes. But there is a way, through which we can eliminate this practice of buying and throwing away stuffs that are temporarily important. You must be thinking how? the answer is thrift shopping. With what i've said earlier, you may think that, shopping leads to increased pollution, but, thrift shopping doesn't hold a part in pollution. So, you can shop without compromising your desires and earth. So let's know what thrift shopping is. Thrifting means shopping at a thrift store, garage sale, or flea market where you'll find gently used items at discounted prices. Thrift shops sell used things to raise money for charity. At times of financial crisis we find ourselves trying to spend the least amount of money on necessary items. Thrift shopping is a great choice for times like those.

Thrift shopping is not only a fun way to find unique things, but it's also a way to give back to the community. Thrifting's mission is to end poverty through the power of work. By shopping at or donating to Thrift Shops, you're offering a no-cost career services to the community. Essentially, donating clothes and household appliances to these shops help in fighting unemployment in our community. We can find many more things at thrift shops such as Bedding, Books & Media, Clothing & Accessories, Cooking Accessories, Drapery, Electronics, Furniture, Games, Household Goods, Kitchenware, Linens, Mobility Items, Musical Instruments, Items, Shoes, Sports Equipment, Tools, Toys and many more things.

## What makes thrift shopping a treasure hunt?

- You may discover designer products at a fraction of the price.
- Thrift stores let you explore diverse styles. Because thrift shops constantly change the inventories.
- You can find genuine vintage items at thrift shops.
- You will find items at low price and end up saving more money.
- You will develop a unique wardrobe.
- You can experience and experiment on all aspects of shopping streaming from furniture to sports with thrift shopping.

## How thrift shopping is useful for the environment.

- According to Vogue, 150 billion garments are made each year, and 10% of the world's total carbon footprints come from the apparel industry. When you buy things by thrifting you can reduce those numbers..
- It is one of the practical alternativee for consumers, that can make a positive impact on the environment and your wallet.
- Water consumption is extremely high in every single stage of clothing production. which can brought down by adopting this practice.
- Another great way that thrifting helps the planet is, it reduces the chemical pollution induced by creating and buying new clothes. So thrifting is one of those steps to reducing our footprints that doesn't take many efforts.
- One of the thrifting's biggest advantages for the planet is that it keeps clothes out of landfills. current trends already dictate that clothing waste will amount to 150 million tons by 2050.

This phenomenon of thrifting, however, is not a new one. In the US, non-profit organizations such as Goodwill and The Salvation Army have been around for over a century practicing and promoting thrift shopping.

In India, the popular Thrift store is Lustthrift, an instagram page that was started in April 2020 and deals with pre-loved, thrifted, and upcycled clothing.

Ever since the world recognized that it's walking towards it's destruction, it has been taking serious actions to avoid it, like afforestation, water recycling, rain water harvesting etc, practices that can adopted and followed by organizations and governments.

There are few practices that can be adopted by commoners like us, such as limited use of wate , planting trees, reducing the use of plastics, shifting from leather goods to other durable materials, taking public transports, thrift shopping and become one of the factors of reducing the pollution than the one causing it.



# Challenges in Tribal Education

~**Sohini Das**

Content Creator, Tribal Connect

India is home to the world's biggest tribal population. Education is the one significant component that has the potential to improve the overall situation of this indigenous community. The importance of the tribal environment cannot be overstated, and the exaltation of indigenous wisdom is urgently required. State and geographical seclusion have harmed the tribal people. Various obstacles are preventing indigenous education from progressing. Education is not only essential for the tribes' economic growth, but it also equips them to confront new problems.

## **What role may education play in assisting indigenous people?**

Education is the single most powerful tool that can help people overcome financial obstacles and extend their community's perspectives. When it comes to professional decisions, personal growth, confidence-boosting, and long-term well-being enhancement it is the most essential and significant condition for the indigenous people's better future.

According to the Ministry of Tribal Affairs, the tribal people have a low percentage of literacy. As per the Census 2011, the literacy percentage of Scheduled Tribes (STs) was 59 percent, whereas the general literacy rate in India was 73 percent. One of the primary causes for the country's low literacy rate among tribal communities is a lack of awareness of the benefits of formal education among "illiterate" elders.

## **The challenges that faced by Tribal population are:**

**Medium of Instruction:** Language has been the biggest constraints in tribal education. The entire curriculum and teacher's module are designed in official/regional language which is alien for tribal student.

**Economic Condition:** The financial condition of tribal people is so poor that they are doing not desire to spare their children or their labor power and permit them to attend schools.

**Teacher Absenteeism:** In the remote tribal areas the teacher absenteeism is a regular phenomenon and this affects largely the quality of education.

**Attitude of the Parents:** As education doesn't yield any immediate economic return, the tribal parents like better to engage their children in remunerative employment which supplements the family income.

**Infrastructural Challenges:** Most of the schools located in tribal areas have minimal infrastructural facilities. These schools are not equipped with teaching learning materials, study materials, even minimum sanitary provisions are not maintained.





The government has taken several steps, such as Eklavya Model School, a residential school based on the Navodaya model that will be opened in each tribal block by 2022.

RGNF (Rajiv Gandhi National Fellowship Scheme) was established in 2005-2006 with the goal of encouraging students from the ST community to pursue higher education.

Scholarship Programs for Pre- and Post-Matriculation Students and Vocational Training Centers in Tribal Areas has the goal to help ST students, enhance their skills based on their qualifications and current market trends.

However, these are insufficient.

Recommendations:

- Kothari Commission stressed to pay special attention to the education of ST.
- XaXa Committee recommended greater focus on removing gender disparity in education.
- Awareness Campaigns like street drama, Camps Counselling session to bring attitudinal change in Parents.
- Emphasis should be given to career or job oriented course.
- Teachers should be locally recruited who understand and respect tribal culture and practices and most importantly are acquainted with the local language.

Way forward for improving indigenous education

To raise awareness about the significance of education, a proper awareness campaign should be created. To literate the tribal, an extensive literacy campaign in tribal-dominated regions may be launched as a priority. Through adequate counseling and assistance, indigenous parents' attitudes about schooling should be changed. All study materials should be provided in tribal languages. It is proposed that more tribal teachers and female instructors be appointed in tribal regions. Teachers in tribal regions should take into account the ecological, cultural, and psychological aspects of tribal children.



# VEGANISM – THE RIGHT TREND TO FOLLOW AND PROMOTE.

~Dev Sharma

Content Creator, Tribal Connect

Veganism isn't new, at least not today. It has been around for few years, but how far have people accepted that lifestyle?. If we take abroad countries, there are separate aisles for vegans. What about in India? It seems India too has witnessed a massive surge in the number of people who have turned vegan during the past few years. Simply put, veganism is a "lifestyle that abstains from the consumption of all products (which includes food products, clothing products, etc.) that are derived from animals, directly or indirectly. The group of people adhering to veganism are deemed as "Vegans". A person who has resorted to veganism consumes only those items, derived directly from nature, fulfilling his daily-life needs. He/she completely gives up on all animal-based products which include seafood, dairy products (milk, cottage cheese/panner) as well as all clothes and fashionable products, that require raw materials from animals. The core idea underlying the concept of veganism is "an attempt to halt animal cruelty in every possible way". For centuries, humans have been indulged in animal exploitation and cruelty for the sake of fulfilling their self-centered wants and desires. As a result, animal exploitation has always been a key social concern for the few human hearts.

## The Driving Factors

The two primary reasons that are driving the trend of "veganism" in India are, Terminating animal cruelty and Promoting better health. Animal cruelty is not just limited to the consumption of non-veg only. Even in the case of dairy products, animals are harassed. This is because the core ingredient of all dairy products is milk. The rapidly growing population has created more and more demand for milk and milk products. As a result, it is not possible to extract milk naturally from cows and buffalos (the most popular milk-giving animals). Eventually, cows and buffalos are subjected to many artificial techniques such as milking machines which alter their digestive process in a way, so that more and more milk can be extracted. This causes various health and gut-related issues to these animals. Also, the extracted milk gets contaminated with a lot of harmful chemicals during this process such as Udder, milking barns, etc. This eventually makes milk not healthy for human consumption leading to a lot of health issues. The situation gets even more miserable in the case of non-veg foods. Thousands of animals are slaughtered every day for meeting human requirements. Certain studies have also reinforced the fact that long-term consumption of non-veg foods leads to health deterioration.

## The Present Scenario

As people nowadays have become more emphatic towards animals, India has witnessed a mass increase in the consumption of plant-based products. Though no precise figures are showing the actual veganism rate in India, however, increasing health concerns are leading more and more people to turn vegan. The Indian government and food industry producers have also started taking key steps in this regard.

The vegan alternatives of certain key food items have been introduced in the market so that the basic food and nutritional requirements for vegan people can be met. Moreover, as more and more influential people such as Bollywood celebrities, athletes, etc. have also turned vegan, the younger generation who adore them are keen to follow in their footsteps.

Veganism is gaining more popularity owing to the astonishing benefits that people experience after adopting it. Some key benefits of following a vegan lifestyle are:

- Better health.
- Increase empathy towards nature and animals.
- Improved gut health.
- Mental peace.
- Better spiritual insights.

The cause of turning Vegan could be anything. It could be because you love animals and want to be against animal cruelty or you want to follow a plant-based lifestyle for health benefits etc. Whatever the reasons are, the result would be letting an animal live its life, and the profit you gain will be healthy body, healthy and peaceful mind.





Do you think you need to sacrifice your taste buds after being turned vegan ??? Well, absolutely not !!!! These 4 mouth-watering dishes will just burst your myth regarding veganism.

## 1. Semolina Upma:

The typical Indian breakfast packed with the freshness of veggies and goodness of semolina.

### Ingredients

- 1 finely chopped size onion
- 1 finely chopped garlic
- 1 finely chopped bell pepper
- 1 finely chopped fresh tomato
- 1 finely chopped green chilli
- 1 tsp Coconut oil
- 1 tsp cumin seeds
- 1 tsp red chilli powder
- 1 tsp turmeric
- Rock salt as per taste
- 100g of semolina
- 2 cups of water
- Fresh coriander for garnishing

### Recipe:

- Put coconut oil in a heated pan. Put cumin seeds into it. Once they start to crackle, add chopped onions and garlic to it. Saute till the onions turn golden-brown. Then add bell pepper and tomato to it.
- Add roasted peanuts to it.
- Then sprinkle all the spices into it (red chilli powder and turmeric) and rock salt as per taste. Add some water to the paste and let it cook on a sim flame for 5 minutes.
- Then comes our main ingredient!!!
- Add semolina to the paste and then add about 2 cups of water to it. Let it cook on a sim flame.
- Keep stirring it to avoid any lumps.
- Garnish it with fresh coriander and serve hot!!
- High in protein and a filling breakfast as well as a snack.
- It's ready to crunch on.

# 4 Mouth Watering Vegan Recipes





## 2. Strawberry-Avocado Smoothie

If you think you would need to insist upon your sweet cravings after turning vegan, then you haven't tried this strawberry-avocado smoothie yet!!!

### Ingredients

- 1 ripped avocado
- 3 strawberries
- 40g of natural oats
- 1 cup cold almond milk
- 1 tsp raw unsweetened cocoa powder Stevia for sweetener.

### Recipe:

- Pour cold almond milk into a jug.
- Add oats into it.
- Now add the ripped avocado and 2 chopped strawberries to it.
- Add the raw unsweetened cocoa powder and stevia for instant sweetness and chocolate flavour.
- Use a grinder to make the smoothie.
- Pour the smoothie in a mason jar and top it with a strawberry and some oats.
- This mouth-watering smoothe will satiate all those sweet carvings.

### 3. Gram Flour Pancake (besan ka chill's)

This stomach-filling healthy vegan recipe will just take 10 minutes to get on your breakfast plate!!!

#### Ingredients

- 100g Gram flour
- 1 tsp red chilli powder 1 tsp turmeric
- Rock salt as per taste
- 1 finely chopped size onion
- 1 finely chopped bell pepper
- 1 finely chopped fresh tomato
- 1 finely chopped green chilli
- 1 tsp Coconut oil 1 tsp cumin seeds

#### Recipe:

- Add gram flour into a bowl. Then mix all the spices (red chilli powder, turmeric) and rock salt to it.
- Then add chopped onions, chopped bell pepper, chopped green chilli and chopped tomato.
- Add some water into the mixture and mix it to a semi-thick batter.
- Put coconut oil in a heated pan. Add cumin seeds to it. When the cumin seeds start cluttering, put half portion of the gram flour batter on it and spread it evenly on the pan in a circular form.
- Let it cook for 5 minutes. Then turn it to cook the other side as well.
- Put some oil near the edges to make it more crispy.
- Turn off the flame and serve it got!!!
- Eat with ease!!





## 4. Gram Flour Pancake (besan ka chill's)

Are you missing paneer after being turned vegan??  
If yes, then this power-lacked meal a saviour for you!!!



### Ingredients

- 100g tofu
- 1 finely chopped size onion
- 1 finely chopped garlic
- 1 finely chopped bell pepper
- 1 finely chopped fresh tomato
- 1 finely chopped green chilli
- Grated ginger
- 1 tsp Coconut oil
- 1 tsp cumin seeds
- 1 tsp red chilli powder
- 1 tsp turmeric
- 1 tsp soya sauce Rock salt as per taste

### Recipe:

- In a heated pan, add coconut oil. Then add cumin seeds. When they start to clutter, then put the chopped garlic and grated ginger into it.
- Saute it for a while.
- Add chopped onions. Saute till they turn golden-brown.
- Then add chopped bell pepper and tomato and cook them for 2 minutes.
- Add some water. Then add the flavoursome spices!!
- Turmeric, red chilli powder and rock salt. Also, add soya sauce at this point.
- Cover the pan with a lid and let the veggies cook on a low flame for 5 minutes. Meanwhile, chop the fresh tofu into small pieces.
- After 5 minutes, add tofu into the pain. Mix it thoroughly with the veggies and let it cook for another 10 minutes.
- Pour it in a plate and garnish it with fresh coriander.
- Serve it hot!!!





# HOW SWEDEN IS DIFFERENT FROM OTHER COUNTRIES TOWARDS THE ENVIRONMENT?

~**Sohini Das**

Content Creator, Tribal Connect

**COUNTRIES TOWARDS THE ENVIRONMENT?**  
Sweden, with a population of over 9.5 million people and a high national GDP, is usually regarded as the most prosperous Scandinavian country. Human settlements occupy only 3% of the area in Sweden, a country about the size of California, with woods covering 69 percent of the area. Sub-arctic temperatures make sustainable farming difficult in the country's northern reaches, thus only around 7% of the area is used for agriculture.

Now the question is, what are the Environmental Issues of Sweden, When there is a large area covered with the forest?

## **There are several reasons why Sweden faces such issues:**

- The repercussion of the logging business, according to conservation groups, is one of the most serious environmental concerns in Sweden. According to the World Wildlife Fund, 2000 forest-dwelling species in Sweden are vulnerable, including birds such as the white-backed woodpecker and lichen, moss, and fungus. Sweden has made progress in improving sustainable timber harvesting, though harmful practices persist.
- The contamination of the Baltic Sea caused by the waste treatment plants is one other significant environmental degrading factor in Sweden. According to the Helsinki Commission of the Baltic Marine Environment Protection Commission (HELCOM), Sweden was responsible for 12% of the 1 million tones of nitrogen and 9% of the 43,000 tones of phosphorus discharged into the Baltic Sea in 2010.
- Sweden is likewise dealing with the acidity of its lakes as a result of industrial pollution. The country's long-term industrialization and urbanization in the south, have created an acidic water quality problem that endangers the local flora and animals. Fish cannot breed in any of Sweden's 16,000 lakes.

As an act of taking responsibility for the serious environmental concerns, Sweden has established itself as one of the most progressive countries towards environmental concerns.

Sweden held the first United Nations conference on the environment, which resulted in the United Nations Environment Program (UNEP), the world's main environmental authority, that has inspired other countries to take part in safeguarding the environment. And as one of the countries that want to reduce the plastic wastes in the environment, Sweden has also outlawed the sale of plastic bottles that do not confirm to the approved recycling programs, since 2005, which has resulted in just 1% of solid waste being disposed of in landfills, while 99 percent of solid waste being recycled or utilized to generate bio-gas. This action showed the world, how serious Sweden is towards environmental reparations. Though, for decades, several countries have been working towards mitigating the harmful factors of the environment, Sweden, took action on all sorts of pollution and are living the results of such actions. For example, This country has also set the goal of zero net greenhouse emissions by 2050 and the emissions are currently at rock bottom, when compared to other countries in Europe, the emissions have decreased by nearly 20 percent, since 1990. Many of Sweden's corporations conduct business with social responsibility and Swedish companies like Ikea are viewed as environmental forerunners. In addition to the government the citizens, major organizations, and startups work toward the same goals which are reflected by their adoption of Sweden's clean technology resolution, saying how as a country they're working toward environmental change. Even Sweden's King, Carl XVI Gustav, has embraced clean technology and uses wood pellets to heat his Drottningholm Palace and drives a Volvo that runs on biofuel. In addition, he has installed energy-saving light bulbs in the royal apartments.

The result of such changes is, Sweden's economy had the lowest greenhouse gas (GHG) emission intensity among European countries in 2016. It aims to have a fossil fuel-free vehicle fleet by 2030 and No net GHG emissions by 2050. Despite the environmental challenges associated with Sweden's industrial growth, the country is vigorously working for a clean future. Sweden, which is a world leader in cleantech, is also exporting its clean attitude throughout the world through a combination of active citizen involvement and international solidarity.

It's one thing to decide and strategize for a goal and it's totally another thing working towards that goal. Sweden, despite, its vast amount of forest, which so many countries don't have or worse exploit and destroy, works towards the pollution and has shown other countries the results of such a way of living. At this rate, it's obvious, that Sweden will reach their goals.



# Journey with the Sapara in the Rainforest

~Anwasha Sarkar  
Content Creator, Tribal Connect

Sapara or Zapara is an indigenous semi-nomadic nation out of almost 39 distinct linguistic groups of the Amazonian forest, the largest tropical rainforest, and the most biodiverse thicket in the entire world. Home to millions of species, the pristine rainforest Amazon, records a large history of human resettlement. From Spanish conquest to deforestation, these people have tolerated everything silently never losing to human brutality, and are still fighting hard to protect their land, language, and traditions from gradual extinction.

Officially known as NASE, the Sapara Nation is one of the smallest aboriginal groups in the Ecuadorian Amazon and they are located in the Amazonian sphere of Pastaza, the capital of Ecuador. As per the reports and surveys made by UNESCO in the year 2001, the actual population of these communities was not more than 300 ( 200 in Ecuador and 100 in Peru). Thereby putting them under the endangered tribe category.

The Sapara people possess unparalleled semantics that helps them gain a deep and thorough comprehension of the plants and animal lives of the Amazonian forest. Their dialect is the chief repository of their ancestral knowledge and as the letter Z does not exist in the ideographic fundamentals of these aboriginal communities, they prefer calling themselves Sapara. They also don't have numbers over 3 in their numerical list and to indicate something up to number 10 they just use their fingers, and the rest of the numerical digits are unknown to them. Ignoring all sorts of hurdles and inconveniences, along with a rich and ancient culture, these ethnic groups are working endlessly to preserve their community and surroundings.

The United Nations Educational, Scientific and Cultural Organization (UNESCO), has recognized the culture of the Sapara nation as an "Intangible Cultural Heritage of Humanity" to save their language, tradition, and culture from disappearing. They named their God or almighty "Piatzo" and these superstitious groups also have a strong belief that the evil spirit "Mungia", a dark apparition still exists and dwells in the woods. They compute the accuracy of time by watching the moon and the ripening of certain fruits. They also practice a tradition that is quite common among the nomadic tribes - polygamy and possess their distinct thoughts and ideas regarding the resurrection of human souls. The rules and orders maintained by these groups during their cremation process are quite distinctive such as they bury their general folks in sitting posture and for the old people they use to keep their mouth downwards before moving to the retort. As per several historical reports and observations, these tribal people have some resemblance to the Chinese people in their body stature and facial features, and expressions.

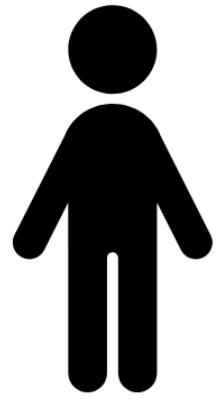
Amazon rainforest is one of the rarest places left on earth that is far from civilization and where human beings are still unable to put their stamp of modernization. The Sapara people are skilled hunters, therefore fresh meat is always available in their diet regimen. These tribal groups practice a very simple routine in their daily diet in comparison to other tribal communities. "Ayahuasca", is a popular drink, made by these aboriginal people gives almost an opium-like effect. Besides, they sustain on different fruits, vegetables, and nuts available in the rainforests. Manari Ushigua, the present president of the Sapara communities acknowledged the power of their shamans or healers who knew the medical secrets of over 500 plants.

Their culture and heritage welcome many people to stay and live in their territory but unfortunately, these people caused severe damage and created a lot of problems for them. The existence of Sapara nation and the animals of the Amazonian rainforest is now facing serious threats caused by the oil companies and the financial institutions that are funding them. These people want to free their land from oil exploration and extraction and also from the intruders who are seeking opportunities to thrust their powers on this territory. Sapara people have decided to put solidarity against these foreign invaders and speak truth over power. They've organized a community of Trimbo and selected their leaders, and through several declarations, they made it clear that they will not tolerate industrial overconsumption in their secluded region. The lush green Amazonian rainforest has presently turned to a vast and desolate battlefield where these indigenous groups are combating blindly to defend life.



# ***BODY DESIGN***

***~Grace Sitharaman***



BODY DESIGN. Women and their  
contoured body,  
Some hide it ,  
Some have no choice.  
Skin exposed to the  
Beat of the elements,  
The same wrapped in  
ceremonial drapes  
in another culture.  
Women stop not,  
stumble not,  
for anything...  
The finery, their ornaments,  
The neck KADA,  
to an urban tribal  
just might be style  
For a while,  
but for those woman  
Out there ...  
They carry it with pride,  
These ensembles speak  
of their identity, their strife ,  
their joys, resentments and  
victory.  
With all of these metals  
on,  
Like a bandit queen in full  
armour,  
they have made love,  
May be to one,  
May be to all of those,  
who have admired them.  
The pungent smell of laborious  
body odour,  
The fragrance of wild flowers, soil  
and weeds...  
A perfume shop in its raw  
essence..  
Belief and Beauty,  
Is there in every human being...  
Be it sleeping beauty or  
Beauty and the beast.  
Candid! wild! Inviting!



# ***Lines Redefine Age***

***Grace Sitharaman***

Dare you not ask me,  
Who am I?  
I am that obelisk on which  
TIME has played  
music.  
On my body can you identify,  
The strokes of the Master,  
my nerves and veins dried up,  
but still the unbridled power  
searches for the one,  
who dares to tell me..  
My Time has come,  
my silver streaks absorb more  
moonlight...  
I look around and tell myself...  
What a wonderful world!







# MUSICAL INSTRUMENTS OF TRIBAL INDIA & THE MYTHS BEHIND THEM

~Kiran Joshi

Content Creator, Tribal Connect

When it comes to music, we all have at least one such song or a playlist, which triggers our emotions and touches the deepest cord of our heart, when we hear it. American musician Billy Joel once said, "I think music in itself is healing", he further added that, "It's an explosive expression of humanity". Music and culture are tied together with a strong thread. The music of a community expresses its social and cultural customs. Music becomes a source of cultural expression. The musical instruments express not only the individual but a cultural identity, reflecting their beliefs and value system. India is home to several tribal communities with a rich culture like the Santals, Mundas, Gonds, Naga, Hajong, Gujjar, Pangwala, Swangla, etc to name a few. They have expertise not only in agriculture, hunting, and gathering but also have exclusive artistic consciousness and great taste in music and musical instruments, which is deeply rooted in their cultural tradition. My effort here is to not merely present an extensive list of musical instruments but to bring forth the story behind them, as each one holds a thrilling and startling story. So join me in this journey which offers a glimpse of the musical instruments of Tribal India.

BANAM', a beautiful bowed instrument carved out of a single log of wood, is one of the most favored instruments of the Santal tribe. Santals are one of the most populous tribal communities in India found in the state of Orissa, Jharkhand, Madhya Pradesh, Chhattisgarh, West Bengal, Bihar, and Assam. Every occasion is celebrated with music and dance. Their colorful culture is marveled by a variety of musical instruments like 'trio', 'banam', 'dhak', 'dehna' etc. The myth about 'banam' is popular among Santals which revolves around the story of seven brothers who once decided to kill their sister to enjoy a feast. After having killed their sister, six of them enjoyed the hearty feast while one of them, overpowered by guilt couldn't eat it and decided to bury it in an anthill. Surprisingly, an attractive tree grew there which gave out a melodious tune. On hearing the tune an onlooker cut a branch to give it a shape. Hence, 'banam' came into existence.

TUILA/ TOILA is another accompaniment of tribal communities of Jharkhand and Odisha. The Mundas use it in their wedding bands. Usually played by men, the 'tuila/toila' is made of bamboo. The unique sound is produced by the effect of the 'Ghoda' (it is a piece of wood that is attached at the end), which acts as a musical resonator and is tied with a cord made of horse's hair. The string of this single-stringed instrument is made of cotton yarn and sometimes silk. The technique to play it is as unique as its structure. You will find the women dancing to tuila's tune played by men. The Bhumija community of Odisha favors it on various occasions as well. As the strongest warrior tribe, the Nagas in the northeastern part of India are renowned for their rich cultural heritage. There are more than twenty tribes with numerous sub-tribes in Nagas. Their vibrant festivals are accompanied by several musical instruments. The MRABUNG occupies a special place during social gatherings. It is made up of a hollow bottle guard with a fretless neck which is wooden and the cluster of horsetail is used to make the hair string bow which is tightly tied akin to a violin. This hair string bow is used to strike the chords of Mrabung'. The folklore behind this instrument is popular among Nagas and is related to Arum, a singer whose song was so mesmerizing that village people left their chores in the field and sat around Arum who played Mrabung so skillfully, that to resume the working, he was to be debarred from playing Mrabung.

NKHUANGH is another instrument that accompanies singers and dancers during festivals. Animal skin dried in the sun is used to make the membrane of the drum. The carving and hollowing of the dense wood is a skillful act that gives shape to the instrument. Traditionally, the Nkhuangh was made of cane ropes to bind the drum membranes together but at present, they have been replaced by metal wires. There are a variety of splendid musical instruments in Tribal India. Naming a few is the hardest task as each instrument has its own importance and cultural value. Since time immemorial music and dance, form an integral part of tribal communities. The instruments hold a special place during festivals and social gatherings. It has been a language without words and so, I think it stood the trial of time and still lives.



# Recipes with a twist

By: Manjari Deshpande

## THIRST QUENCHER

- Take quarter of the white part of a watermelon and add 6-7 pieces of juicy watermelon □ to it.
- Add 2 tbsp honey □ and a few mint leaves.
- Add half a glass of water and blend it well.
- If needed, add a few drops of lemon □ juice.
- Serve in tall glass with ice and few pieces of watermelon.

Voila !! Refreshing, hydrating and thirst quenching drink is ready!!!

After eating the juicy part of watermelon, the green hard outer part, we usually throw away can be made delicious too.

The following recipes will help you with that:

## CHUTNEY RECIPE

- Take a bowl of chopped pieces.
- Add a handful of roasted peanuts.
- To your taste you can add 12 green chillies, a few springs of fresh coriander leaves, an inch piece of ginger and 3 cloves of garlic.
- Grind it finely.
- After you transfer it into a bowl, add salt as per taste and pamper with mustard seeds and curry leaves.

This chutney goes well with dosa, bread , nan etc

Do adjust the taste and consistency to your palate's demand.

## SWEET DISH....SHEERA

### RECIPE:

- Take a bowl of green flesh and put in a pan .
- Keep stirring it on mid flame till it's half reduced. Add half the bowl of jaggery for taste and keep on stirring till it reaches desired consistency.
- Add a bit of ghee and stir for a minute.
- Cool it down and garnish with choice of dry fruit.
- You may add a pinch of cardamom powder too.
- Serve and enjoy!!





# BINDIBU TRIBE – THE FOUNDERS OF AUSTRALIA.

~Dev Sharma

Content Creator, Tribal Connect

Hailing from the subcontinent of Australia, the Bindibu Tribe or the Aborigines of Australia is by far, one of the oldest tribes in the world, existing even today. They are as old as the world which we are witnessing today. And the most astonishing fact is that they are still wandering this earth even today on the lands of the Australian subcontinent. In fact, They were the first inhabitants or natives of Australia who migrated all the way from the African Continent, some 55,000-60,000 years ago, and predominantly, were the first group of natives or tribes to exist in the Australian lands, even ages before it was discovered and encroached by the British. As per the ancient tales, their advent goes back to the time when "Homosapiens" who outlived all the devastating natural calamities and rage of nature which the Neanderthals weren't able to, and thus these Aborigines came into existence and later migrated to the Australian subcontinent wherein they still exist since then i.e. for almost 60,000 years. Even today, some groups of these Aborigines, or "The Men From The Fifth World" as they are deemed, are living in Australia away from the modern world. Like them, their culture and traditions are also considered to be the oldest in the world. Their cultural activities include singing songs and practicing traditional forms of Art. Their songs are mostly inspired by nature, where they describe nature and its components. Each of their songs is a living map that describes a specific path, the course of a river, mountains, or forest.

These songs are much scrupulous that if compiled together, they could compose the map of Australia. Singing songs in the group while simultaneously playing their religious musical instrument, "didgeridoo", they articulate their devotion towards nature and contemplated Yhi, The Sun God. Even today, centuries after their, still, some groups of the Aborigines, practice their culture of traditional singing in Australia. Their forefathers were able to pass on values and customs of their traditions and cultures generation after generation through cooperation. And even today, the native adults have taken the onus of passing the values, their traditional culture, and teachings about their history to their offspring.

Their creative artifacts can still be witnessed today carved on the stone walls of their caves and other natural shelters where their forefathers and ancestors spent their life. For the present generation, these natural shelters are not less than a religious place, for they believe that the spirits of their forefathers have enhanced the purity of these natural shelters and caves. And living in those caves make them feel connected spiritually to their ancestors. All those carved artifacts give a vivid description of their ancestors, their lifestyle, how they used to hunt thousands of years ago, their practices, etc. Over time, their forefathers have left a collection of images on the natural walls which depict their way of life and beliefs. Some of the carved images are those of animals they used to hunt and eat which included barramundi fish, long-necked tortoises, kangaroos, crocodiles, and wallabies. However, their fall began in 1750 when British ships arrived at the shore of Australian waters for the very first time, encroaching their lands and waters which led to the massive destruction of Aborigines. The British, equipped with modern weapons took no time to overpower the Aborigines and caused great torment and misery to them. This great massacre caused the death of thousands of natives and more than 10,000 children were separated from their parents by the British to hamper the passing of Aborigines' cultural and traditional values from adults to offspring.

Even till 1962, they were not considered Australians and eventually, were not allowed to vote. Thanks to the United Nations, they held them as Australians and permitted them to exercise voting rights. However, by the beginning of the 20th century, almost 80% of their population vanished away and presently they constitute only about 3.3% of the total Australian population.

It's quite disheartening, that even after being one of the world's oldest tribes and probably the founders of the Australian subcontinent, these people have got lost today. However, even today they have upheld their cultural and traditional values and they are passing it to their succeeding generations. Such is their strong determination and their life even after facing the worst.