

Times of Manipur

June 2024



The Land of Gems: Manipur

Known for its stunning natural surroundings and rich cultural legacy, Manipur is a state in northeastern India. Home to the Meitei, Naga, and Kuki tribes, the state boasts colorful traditions and holidays. Imphal, the capital, features historical sites like Kangla Fort and World War II battle graves. Manipur is renowned for its traditional dance style, Manipuri, showcasing the region's artistic brilliance.

Keibul Lamjao National Park, the world's only floating national park, is situated on Loktak Lake, the largest freshwater lake in northeastern India, famous for its phumdis (floating islands). Manipur's strategic location bordering Myanmar enhances its geopolitical significance.

The state experiences a moderate climate with warm summers (16°C to 36°C), heavy monsoon rainfall, and cool

winters (0°C to 18°C). Manipur's diverse topography, including the Manipur Valley and surrounding hills, contributes to its unique biodiversity, making it a key area for international trade and security.



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History of Manipur

Manipur, a state in northeastern India, has a rich and diverse history. The Meitei monarchy was founded by King Pakhangba in 33 AD, and over centuries, the kingdom experienced numerous royal transitions and cultural shifts influenced by neighboring areas and civilizations.

During the Middle Ages, Manipur maintained its unique identity with its own language, script, and customs. The 18th century saw significant sociocultural changes with the rise of Hinduism under King Pamheiba (Garib Niwaz), blending Hindu rites with native Meitei traditions.

The Anglo-Manipuri War of 1891 marked a crucial turning point, leading to British

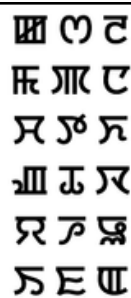
annexation. Manipur became a princely state under British rule until India's independence in 1947. Initially a union territory, it gained full statehood in 1972.

Manipur's significant contributions during World War II, especially in the Battle of Imphal where Allied forces halted Japanese advances, highlight its strategic importance. This blend of colonial, indigenous, and modern influences makes Manipur a unique part of India's history.



Meitei Mayek

The Meitei script, also known as Meitei Mayek, dates back to the 11th century in Manipur. It was later replaced by the Bengali script in the 18th century but has been revived since the 20th century to preserve Manipur's linguistic and cultural heritage.



First Nupi Lan

The "First Nupi Lan" or "First Women's War" of 1904 in Manipur saw women rise against British colonialism, protesting forced labor on men to rebuild the authorities' headquarters. It showcased women's leadership, resilience, and their crucial role in the socio-political sphere, laying a foundation for future anti-colonial struggles.



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Traditional Food of Manipur

Manipuri traditional cuisine is characterized by its use of fresh, seasonal ingredients and unique flavors, often incorporating fermented fish and local herbs. Dishes like Eromba, Chamthong, and Singju highlight the community's emphasis on simple yet nutritious meals. The cuisine reflects a deep connection to the region's agricultural practices and biodiversity.



Eromba

A staple in Manipuri cuisine, Eromba is a spicy dish made with boiled and mashed vegetables, typically including potatoes, yams, and fermented fish called "ngari." It is often garnished with fresh coriander and spring onions.



Nga-thongba

A traditional fish curry made with fresh fish, spices, and herbs. The fish is typically cooked with a mix of onions, garlic, ginger, and a variety of local spices, creating a delicious and hearty dish that is often enjoyed with rice.



Chamthong (Kangshoi)

This is a simple, yet flavorful vegetable stew made with seasonal vegetables, fish, and aromatic herbs like ginger and garlic. Chamthong is usually served hot with rice and is a comforting, nutritious meal.



Singju

A popular Manipuri salad, made with seasonal vegetables like cabbage, banana flowers, and lotus stems, often includes fermented fish. Mixed with a spicy, tangy dressing of chili powder, roasted chickpea flour, and dried shrimp or fermented fish, it showcases local flavors and fresh, vibrant ingredients.



Recipe for Singju

- **Prepare Vegetables:** Thinly slice or julienne a mix of fresh vegetables like cabbage, banana flower, lotus stem, and green beans.
- **Mix Dressing:** In a bowl, combine roasted chickpea flour, chili powder, salt, and fermented fish (ngari) or dried shrimp for the dressing.
- **Combine Ingredients:** Toss the sliced vegetables with the dressing, ensuring everything is evenly coated.
- **Garnish and Serve:** Garnish with fresh coriander leaves and serve immediately as a salad or side dish.



Traditional Dresses of Manipur

Manipur, a culturally rich state in northeastern India, showcases its heritage through vibrant traditional attire. Women wear the Phaneak skirt and Innaphi shawl, with the Rani Phi shawl for special occasions. During festivals, they don the ornate Potloi skirt. Men wear the Dhoti with a Kurta or Jacket and a ceremonial Pagri.

These garments highlight Manipur's artistic heritage and cultural identity.



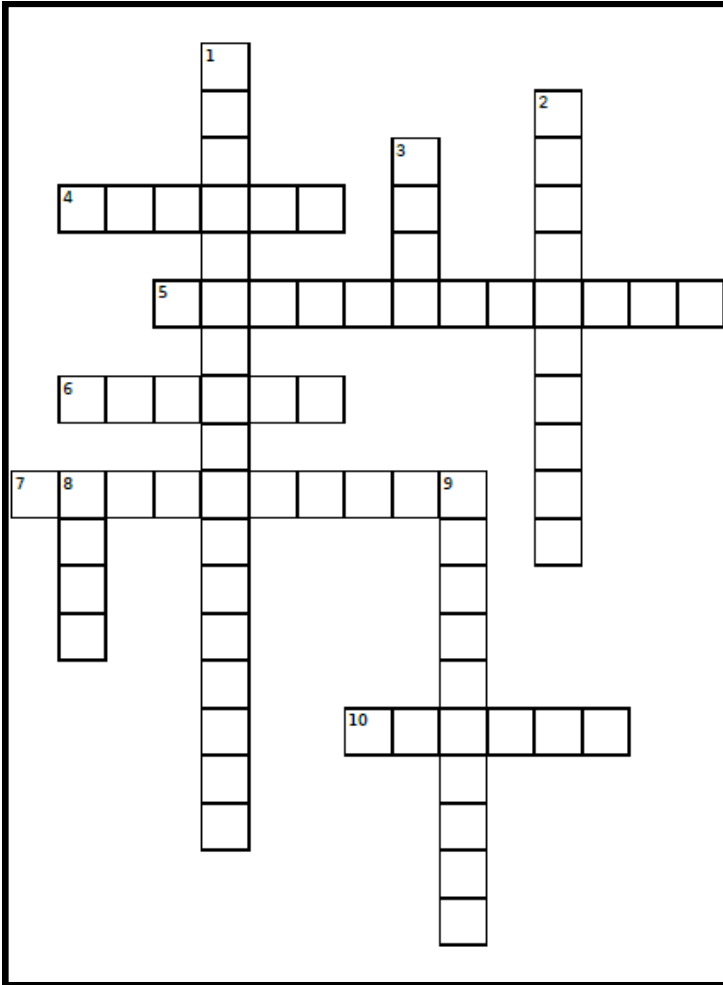
Festivals of Manipur

Manipur, a northeastern Indian state, celebrates vibrant festivals. Yaoshang (Holi) in February-March includes sports and cultural performances. Ningol Chakouba in October-November strengthens family bonds with feasts. Cheiraoba in April marks the New Year with home cleaning and hill climbing. Other notable festivals include Kang (July), Lai Haraoba (May), Heikru Hidongba (September), and Kut Festival (November), highlighting Manipur's cultural diversity.



ACTIVITY

CROSSWORD



TOPIC - DISHES OF MANIPUR

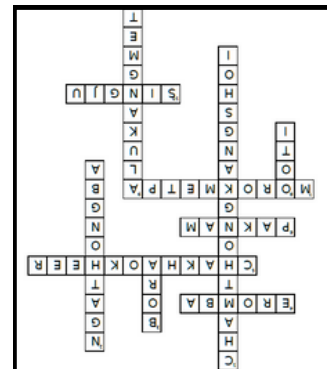
Down:

1. A light vegetable stew cooked with fish or dried fish.
2. A fish curry cooked with spices and herbs.
3. Deep-fried fritters made from lentils or vegetables.
8. A mild, flavorful dish made from rice and green peas or beans.
9. Mashed potatoes seasoned with red chillies and mustard oil.

Across:

4. A spicy dish made with boiled vegetables and fermented fish.
5. A sweet dessert made from black rice, milk, and sugar.
6. A savory cake made from besan (gram flour), vegetables, and herbs, wrapped in banana leaves and steamed.
7. A coarse chutney made from green chillies, fermented fish, and herbs.
10. A spicy vegetable salad mixed with fermented fish or shrimp.

IDENTIFY DRESSES



ANSWER KEY
