

Story of the Lotus

Called Pamposh (پمپوش) in Kashmiri, Asian Lotus is one of the two species of Lotus found in the world.

Harvesting different parts of the lotus is a **traditional** practice that requires lotus farmers to face harsh and cold conditions. It provides **livelihoods** to many in Kashmir.

Eurasian Moorhen, called Tyech in Kashmiri is a common water bird seen around Lotus.

They walk on the lotus leaves looking for fish and insects to eat!

The leaves of a lotus are **ultra-hydrophobic**- they do not absorb water and dust. This has inspired many products, such as wall and car paints, stain and water repellent coatings for clothes, and umbrellas.

Did you know?
Lotus is pollinated by **Bees** and **Beetles!**

Lotus seeds or 'Pumm-Buchh' are a tasty snack

Lotus has **rhizomes**- special root systems that anchor the plant and carry nutrients. This provides stability to the whole plant and prevents it from getting uprooted due to strong water or wind currents.

Lotus roots (*nadru*) are harvested using a long wooden pole that is curved at the end.

From the lake to the plate!

Note down your favorite *nadru* recipe from your favorite cook on a paper and stick it here.



Illustrations by Kezia Paljor

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Make Your Own Lotus Chart



Look at the pieces of information and pictures below. Cut them out and stick them on the painting of the lake at the right places. Give the poster your own title, write it big!

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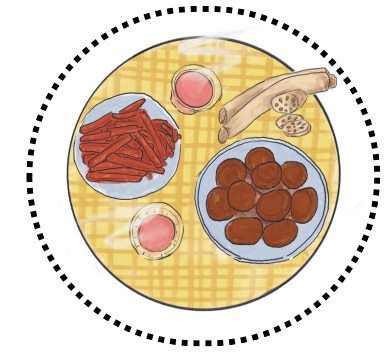
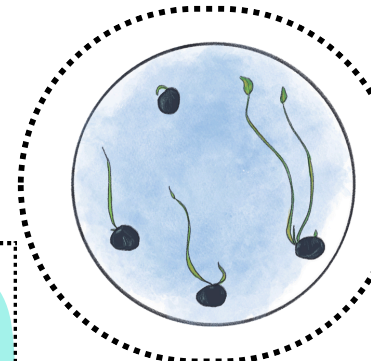
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Some fun and simple activity ideas

- Go along with a farmer in a naav or shikara and see how nadru is collected, maybe you can also help with the harvesting! Try and have a conversation about harvest techniques and how they have changed over the years. Write a story about this and share it with us.
- Make a list of everything you observe around lakes where lotuses grow, there could be dragonflies, fishes, and so much more!
- Imagine you are a lotus, what all would you need to bloom and flourish? You could even try a roleplay of this with your friends.

The lakes and ponds where lotuses grow in Kashmir are diverse and rich ecosystems. Think about what else you could find there. Draognflies? Other birds? Maybe even another beautiful flowering plant!
Draw to add more elements to this picture and colour it.

