



# **EK BHARAT SHRESHTHA BHARAT**

## **MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVT OF INDIA**

**PRESENTED BY  
NEHRU YUVA KENDRA SANGATHAN –  
SIKKIM**

**THEME – HISTORY, PEOPLE AND  
HISTORICAL SITES OF TOURIST**

# AN INTRODUCTION TO SIKKIM

- The state “Sikkim” has been derived from two words “SU” and “KHIM” which means “new place or home”.
- This Himalayan state is located in the northeastern part of India and shares its boundary with the countries like China, Nepal and Bhutan.
- Sikkim became the 22nd state of India on May 16, 1975.
- It is one of the smallest Indian states in terms of area and the smallest in terms of population. (Area-7096 Sq. Km and population- 607688 person).
- The USP of the state is cleanliness, organic farming, lush green beauty and cultural harmony.
- It has notably been one of the greenest states in the country with strong policies to maintain the state's green cover has been declared the first fully Organic Farming state in India in January 2016. To add to that, Sikkim attained the first Nirmal Rajya State status in the country, and a recent addition is also that of Gangtok, the capital city being ranked as the cleanest city in India in the Cleanliness Index, 2015 conducted by Ministry of Tourism.
- Sikkim has an Ecotourism Policy which will pave way for shaping tourism in protected and forest areas of the state (82.31 % of the geographical area of the state)
- The state has four districts namely East, West, North and South Sikkim that represents the four direction.

# UNIQUENESS OF THE SIKKIM STATE

1. Free from open defecation
2. Cleanest State in India
3. Rich Biodiversity along with host to Kanchenjunga the Highest peak in India.
4. Greenest State among all the states.
5. First organic state of India.
6. First Buddhist University of India to be established in Sikkim





# Sikkim at a Glance

Area (Sq. Kms)	7096
Population 2011	6,10,577
1. Male	3,23,070
2. Female	2, 87, 507
3. Child Sex Ratio	957
Rural Population	4,56,999
Urban Population	1, 53, 578
No. of Districts	4
No. of Sub Division	16
Literacy (%)	82.6

# How to reach Sikkim



Nearest Railhead is New Jalpaiguri (NJP), North Bengal. (114 km\*)



**Airport-** Pakyong Airport (24km\*) and the nearest major Airport is Bagdogra (124 km\*) in West Bengal.



Sikkim is connected with Siliguri by the picturesque NH10. Share vehicles/Buses are available from Siliguri/ NJP to Gangtok and other major towns in Sikkim.

# Four Districts of Sikkim

## East Sikkim



**Area:** 954 Sq. Km.  
**Population:** 2,83,583  
**Language:** Nepali, Sikkimese, Lepcha, tamang, Limbu, Rai,  
**Villages:** 288

## West Sikkim



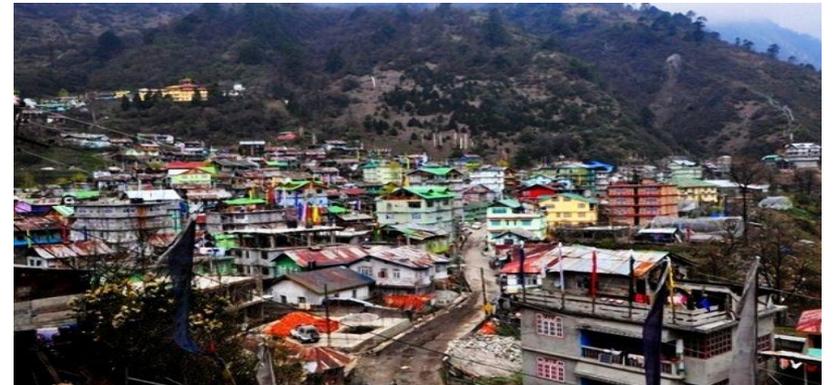
**Area:** 1166 Sq. Km.  
**Population:** 1,36,435  
**Language:** Nepali / Bhutia / Lepcha  
**Villages:** 125

## South Sikkim



**Area:** 750 Sq. Km.  
**Population:** 1,46,850 \*  
**Villages:** 150  
**Language:** English, Nepali, Bhutia, Lepcha and Limbu

## North Sikkim



**Area:** 4226 square. Km  
**Population:** 43,709 Male: 24,730 Women: 18, 9 7 9  
**Language:** Nepali / Bhutia / Lepcha  
**Village:** 120

# Climate

Sikkim exhibits a variety of climatic types, from almost tropical conditions in the south to severe mountain climates in the north. In [Gangtok](#), temperatures in January (the coldest month) drop into the low 30s F (about 0 °C); in [August](#) (the warmest month), temperatures may reach the low 80s F (about 28 °C).



# Sikkim Plants & Animal life

More than two-fifths of Sikkim is forested. Sal (a type of hardwood), pandanus, palms, bamboos, ferns, and orchids are common in the subtropical forests found below about 5,000 feet.

Sikkim has a rich and varied animal life, including black bears, brown bears, red pandas, numerous species of deer, [blue sheep](#), [gorals](#) (small goatlike mammals), and [Tibetan antelope](#). Tigers, leopards, and lesser cats are also found.



Sikkim is the first state in the world that is 100% organic: All of its farmland is certified organic. The policy implemented a phase-out of chemical fertilizers and pesticides, and achieved a total ban on sale and use of chemical pesticides in the state. The transition has benefitted more than 66,000 farming families.



# Resources and Power

Copper, lead, and [zinc](#) are mined in Sikkim. The state also has deposits of other minerals, including [coal](#), [graphite](#), and limestone. Only a fraction of Sikkim's mineral resources are commercially exploited.

The hydroelectric potential of Sikkim's Tista River system is considerable. There are a few large hydroelectric stations and many smaller plants that provide energy to [Gangtok](#), Rangpo, Singtam, and [Mangan](#). Rural electrification has remained a government priority.



# Key Industries

- The Commerce and Industries Department of Sikkim is involved in promotion of trade and industry in the state.
- The Sikkim Industrial Development & Investment Corporation Limited (SIDICO) is the state-level institution engaged in promoting, financing and developing the tiny and Small Scale Industries (SSI) sector in the state.
- Eco-tourism, handicrafts and handlooms, silk reeling and processing, precision engineering, electronics, IT, medicinal plants, floriculture, tea, spices, honey and biotechnology are thrust areas identified by the state.
- Being a potentially eco-fragile location, the people of Sikkim support promotion of pollution-free industries.

## Key Industries in Sikkim

- Tourism
- Agriculture
- Agro-Processing
- Handlooms and Handicrafts
- Hydroelectric Power
- Tea
- Minerals
- Sericulture
- Horticulture
- Electronics

# Sikkim History timeline

History of Sikkim can be divided into three different phases –



1. Establishment of Namgyal dynasty



2. British incursion in Sikkim



3. Democratic Sikkim

# 1) ESTABLISHMENT OF NAMGYAL DYNASTY

- LEPCHAS (Rongs) – Original inhabitants of Sikkim
- MAGAR & LIMBU – Among the earliest settlers of Sikkim
- KIRATI TRIBE



# 9<sup>th</sup> Century.....

- Guru Rinpoche
- Blessed the land
- Introduced Buddhism
- Foretold the Era of Monarchy



# 17th Century....

- 3 Tibetan monks from Nyingmapa sect came
- Debated the need for sikkim to have a head or KING who will actively propagate Buddhism among the people
- 5th generation descendent of Khye Bumsa was living at the time...

# 1642-1975

**12 Namgyal rulers**

**333 years**

PHUNSTOK NAMGYAL-  
(1642–1670)

Born-1604 Established YOKSAM-meaning “meeting place of three wise men” as capital of Sikkim.

TENSUNG NAMGYAL-  
(1670–1700)

Born-1644 Moved capital to RABDENTSE

CHADOR NAMGYAL-  
1700-1717

During his asylum he learned Buddhist and Tibetans literature and rose to the position of state astrologer

GYURMED NAMGYAL  
(1717- 1733)

Born: 1707 • the people were forced to work on the fortification of Rabdentse in the fear of GURKHAS and BHUTANESE raids

PHUNTSOK NAMGYAL  
II (1733-1780)

Bhutan also invaded Sikkim and captured all area- east of TEESTA but withdrew to present frontiers after negotiation at RHENOCK

TENZING NAMGYAL  
(1780-1793)

During his reign Nepali forces occupied large chunks of Sikkim territory

# 1642-1975

**12 Namgyal rulers**

**333 years**

TSUDPHUD NAMGYAL-  
(1793-1863)



Sidekeong  
Namgyal(1863-1874)



Tashi Namgyal  
(1874-1923)



Palden Thondup  
Namgyal (1923-1982)



1975

Rabdantse was now considered too insecure because of its proximity to the NEPAL border and hence TSUDPHUD NAMGYAL shifted his

He was defied (openly resist or refuse to obey) in 1874 in issueless matter and was succeeded by his half brother Thutob Namgyal.

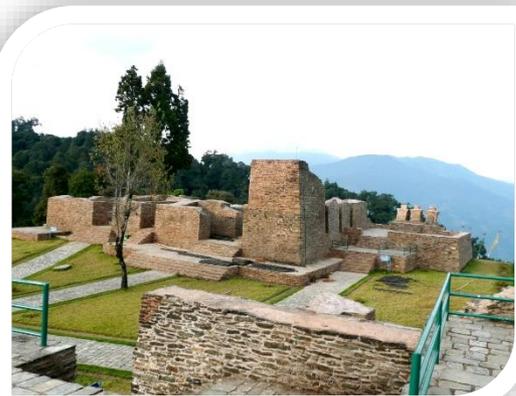
He is known for land reform and free elections. He also favoured closer links between Sikkim, India and Tibet

Was born on 23 May 1923 at the Royal Palace, Park Ridge, Gangtok. • was the 12th and last Chogyal (king) of the Kingdom of Sikkim.

16th may 1975, Sikkim become a full-fledged 22nd state of the Indian Union

# NAMGYAL DYNASTY

Flag of Sikkim (1914-1962)





# MAJOR TOURIST DESTINATIONS...

# EAST SIKKIM

- Area - 964 sq. km ( 372 sq mi)
- District Headquarter - Gangtok. ( Also the capital of Sikkim).
- Major Tourist Spots : Gangtok, Tsomgo Lake , Rumtek Monastery, Enchey Monastery, Aritar, Nathula Pass, Dzuluk and more...



M.G Marg



Dzuluk



Enchey Monastery

Rumtek Monastery



Nathula Pass



Dzuluk



Tsomgo Lake



# WEST SIKKIM

- Area - 1,166 sq. km. ( 450 sq mi ).
- Headquarter -Gyalshing
- Major Tourist Spots includes Pelling, Yuksom, Tashiding, Uttarey, Darap, Rinchenpong, Khangchendzonga National Park and more...



Khecheopalri Lake



Khangchendzonga Range as seen from Dzongri

Siddheswara Dham, Namchi



Guru Padmasambhava Statue,  
Samdruptse , Namchi



Temi Tea Garden, Temi



Tarey Bhir, Sadam



# NORTH SIKKIM

Area - 4,226 sq. km. (1,632 sq mi) Headquarter -  
Mangan Major Tourist Spots - Lachen, Lachung,  
Gurudongmar Lake, Yumthang Valley , Dzongu,  
Phodong Monastery and more...



Cho Lhamu



Yumesamdong



Lachung

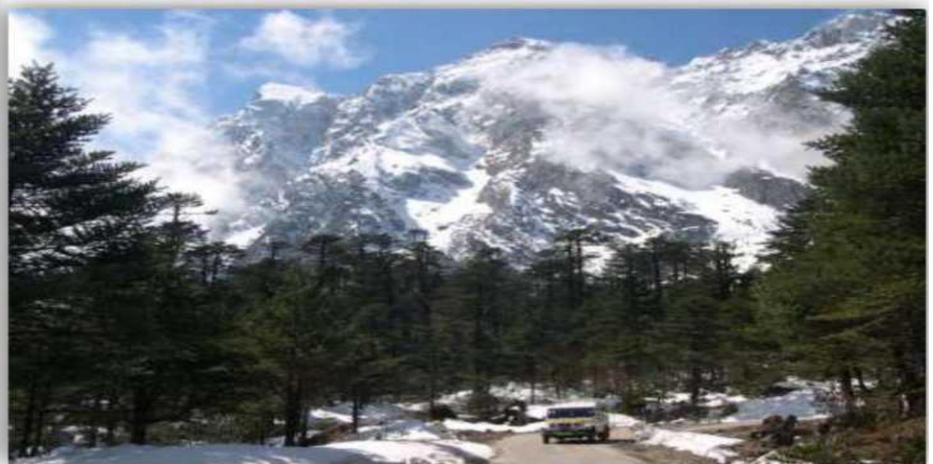
Gurudongmar Lake



Dzongu



Lachen



Yumthang

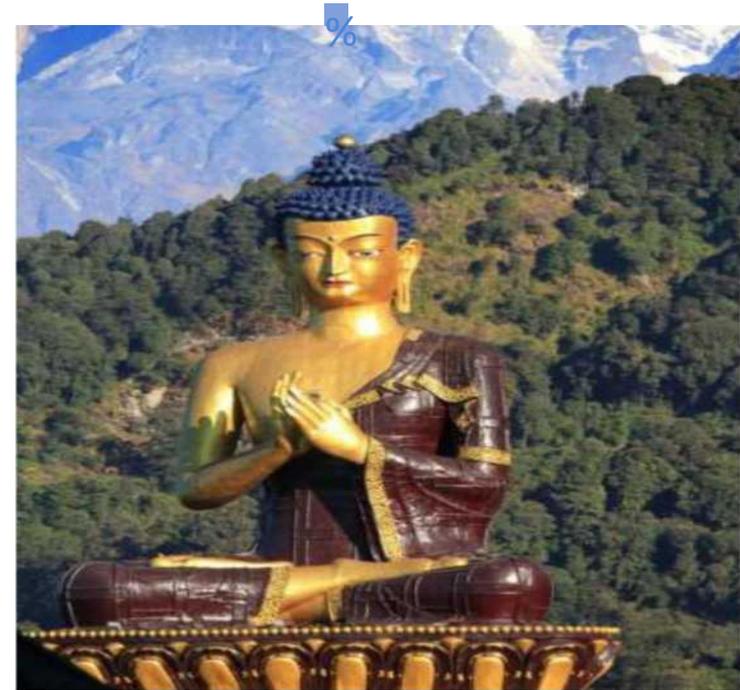


# SOUTH SIKKIM

- Area - 750 sq. km ( 290 sq mi).
- Headquarter - Namchi
- Major Tourist Spots -Namchi, Rabong, Kewzing, Temi Tea Garden, Tendong and more...



Central Park, Namchi



Tathagata Tsal , Rabong

# Adventure Tourism...



The rugged topography, undulating terrain, peaks, mountains, rivers and beautiful landscape makes Sikkim one of the best adventure destinations in the country. Sikkim offers a range of treks amidst breathtaking sights and landscapes with snow ranges and blooming Rhododendrons at the backdrop. Spectacular mountain biking trails have also been developed all over the state. A less strenuous option would be leisure nature walk or bird-watching.

Sikkim is also home to large number of mountains for those who wish to undertake mountaineering expeditions.

# TREKKING..

Sikkim offers some of the best trekking experience in the whole world where one can encounter exotic landscape, endless mountains and peaks, cold deserts, glaciers, flora, fauna ,tropical forest to alpine lakes. There is no better way to explore Sikkim than by trekking the unknown paths leading to paradise...





Sachen campsite 7100 feet

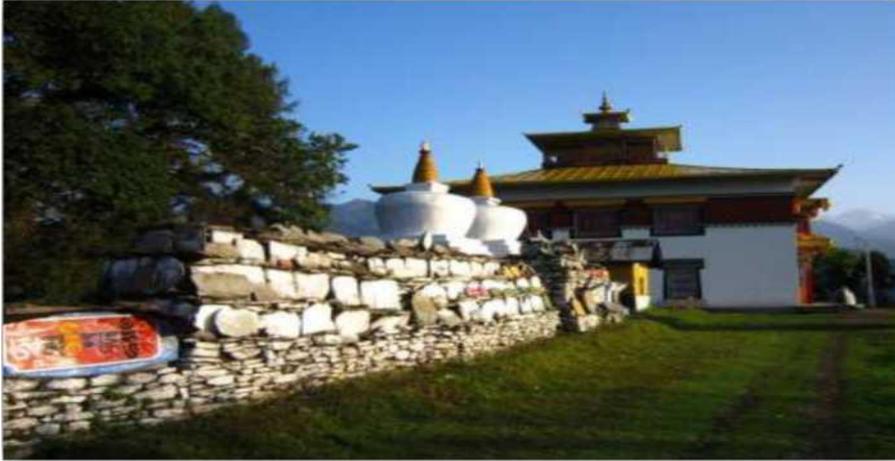


Tshoka Monastery



Prayer flag bridge over Prek chu.  
Climb starts from here

# Chenrizig Singhkham Riwo Potala, Pelling Khangchendzonga National Park



Tashiding Monastery Rabdentse Ruins

# MOUNTAINEERING EXPEDITIONS..



# BIKING...



# BIRD-WATCHING..



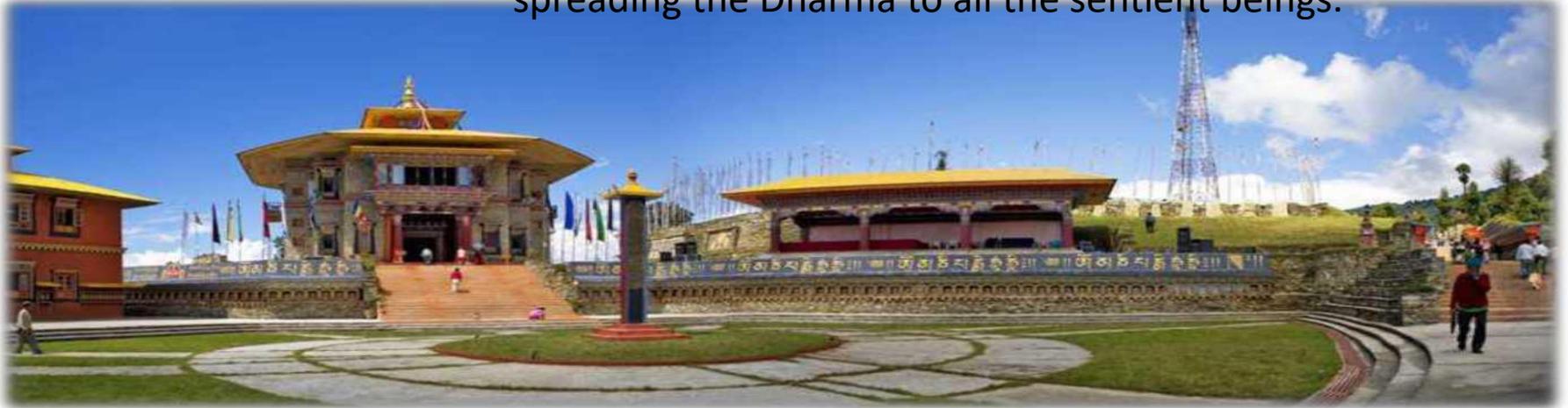
# Pilgrimage Tourism.

••

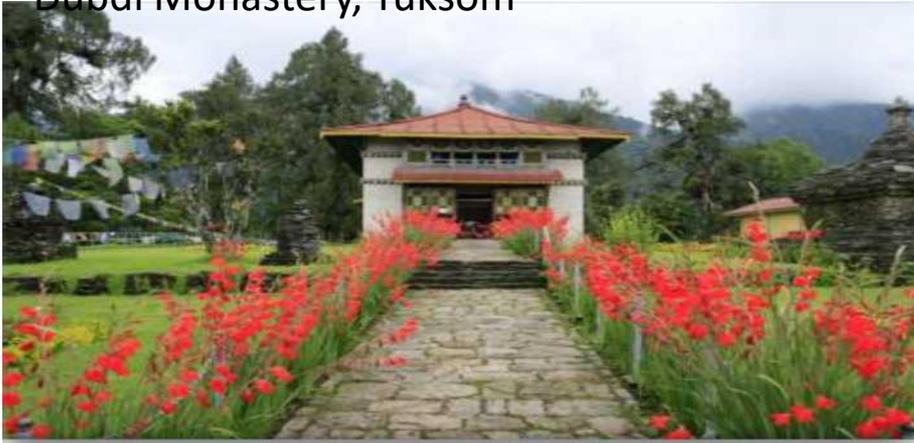
Sikkim is a land blessed by Guru Padmasambhava also known as Guru Rinpoche- the great Buddhist Saint, who introduced Buddhism into Sikkim.

The land of sacred mountain peaks, monasteries & temples, pristine sacred lakes, rituals and festivals are said to soothe many a weary traveller's soul.

Rows of fluttering prayer flags dot the landscape blessing the entire surroundings, sounds of prayer wheels spinning spreading the Dharma to all the sentient beings.



Dubdi Monastery, Yuksom



Siddhi Vinayak Mandir, Rhenock  
Monastery, ervl



Labrang Monastery



Sai Mandir, Daramdin

# Tathagata Tsal, Rabong



Phodong Monastery



# Siddheswara Dham, Namchi



Pemayangste Monastery, Pelling

# Sikkim People, Culture & Cuisine



The People of Sikkim consist of three ethnic groups, that is, Lepcha, Bhutia and Nepali.



# DEMOGRAPHIC PROFILE

- The majority of Sikkim's residents are Nepalese in origin; most speak a Nepali (Gorkhali) dialect and are Hindu in religion and culture.
- About one-fifth of the population consists of Scheduled Tribes.
- The most prominent of these tribal groups are the Bhutia, the Lepcha, and the Limbu; they all speak Tibeto-Burman languages and practice Mahayana Buddhism as well as the indigenous Bon religion.
- The official languages of the state are English, Nepali, Sikkimese and Lepcha.
- Additional official languages include Gurung, Limbu, Magar, Mukhia, Newari, Rai, Sherpa and Tamang for the purpose of preservation of culture and tradition in the state.

## Continued.....

- Nepali is the main language of Sikkim, while Sikkimese (Bhutia) and Lepcha are spoken in certain areas.
- In 2011, Sikkim's adult literacy rate was 82.2 per cent, 87.29 per cent for males and 76.43 per cent for females.

# PEOPLE & CULTURE

All communities in Sikkim live in harmony sharing each other's culture, ethos and traditions. Buddhist Monasteries coexist with Hindu Temples, Churches, Mosques and Gurudwaras.

The varied ethnic communities of Sikkim intermingle freely. An amalgamation of their different ways has resulted in a unique culture that is essentially 'Sikkimese'. This embraces their diversity and yet preserves their identity. Facets of this unique culture can be seen in the various rites and rituals, places of worship, fairs and festivals, folk dances distinctive to each community.





Preparation of Organic Wine

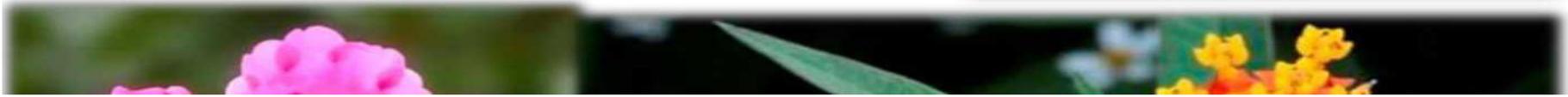


Singhi Dance /Yak Dance



# FLORA

Sikkim is home to more than 4,500 species of flowering plants, more than 500 varieties of Orchids and over 40 species of Rhododendrons.



Rhododendron



Rheum Nobile



Cymbidium Orchid



# FAUNA



# BUTTERFLIES

Sikkim is immensely rich in butterflies with almost 700 documented species found...



Angled Red Forester



Common Peacock



Saw-tooth



Krishna Peacock



Bicolour Commadore

# AVIFAUNA



Black throated Parrot-bill



Yellow checked Tit

Blood  
Pheasant The  
State Bir of  
Sikkim.



Rufus-winged Fulvetta

There are more than 500 species of birds comprising of such stellar members as the Blood pheasant, Himalayan Monal, Lammergeyer, Black necked crane and many vibrant others..

Slaty backed Forktail Green tailed Sunbird



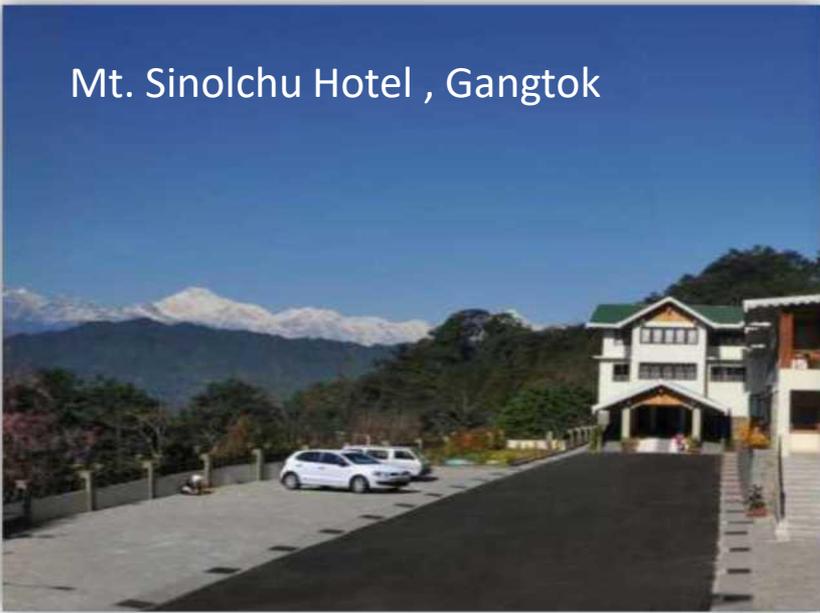
Gould's Sunbird Black tailed Crake

# Video Sikkim Tourism

# ACCOMMODATION

- One can choose from the range of luxury hotels, heritage hotels, deluxe hotels, guest houses or budget hotels and home stays across the State to suit every budget and taste. From simple guesthouses for the backpackers to five star deluxe luxury suites with casino for those who want to indulge their fancies. Most of the resorts, hotels and guest houses offer rooms with Mountain View where one can cheer the majestic view of the Khangchendzonga range from the comfort of their bed.

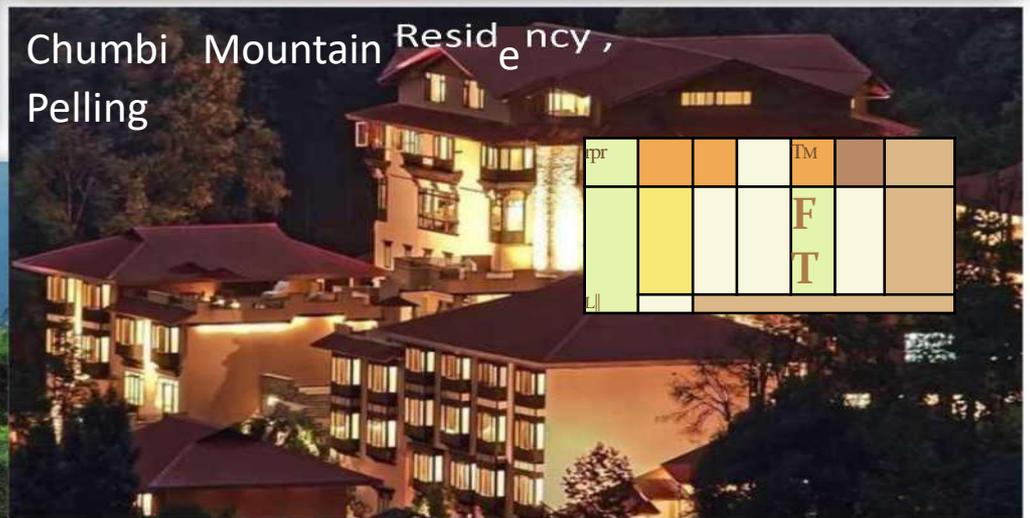
Mt. Sinolchu Hotel , Gangtok



Mayfair Resort ~~Chimney, Gangtok~~



Chumbi Mountain Residency,  
Pelling



Hotel Nor- Khill, Gangtok



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			F		
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# Rural



Rural Tourism in Sikkim combines the features of Nature, Culture, Adventure and Pilgrimage to offer a complete package to the tourists visiting the state - An experience of what Sikkim really is under one umbrella. Home Stay has emerged as an important segment of Rural Tourism and has been the thrust area of promotion and development of the Government.



# HOME STAYS



# RURAL TOURISM MAP OF SIKKIM

## VILLAGE TOURISM ACTIVITIES IN SIKKIM

- Trekking
- Village walks
- Nature walks
- Day hikes to pilgrimoge sites
- Bird and butlerfly watching
- Participation in cultural festivals
- Cultural Songs and dances
- Traditional games and sports
- Collection and cooking of wild edibles
- Listening to folktale and stories
- Ploughing the fields
- Milking cows and making butter
- Fodder collection and feeding cattle
- Participation in weeding and harvesting
- Rice/Paddy cultivation and harvesting
- Visiting traditional faith healers
- Crossing cane and bamboo bridges
- Exploring local floro
- Preparing local food and beverages



## Village Tourism Map



# Food of Sikkim

- The people of Sikkim love to eat and they cook some of the most delicious items available in north-east.
- Momo being one of the most popular ones. Sikkim food primarily consist of noodles, thukpas, soups and other fermented dishes owing majorly to its very cold climate.
- Rice is however its main food item.
- Momos, also known as wantons and dumplings, are favourite amongst the locals as well as the tourists.
- Momo is one kind of a snack, which contains flour and water dough, white flour and meat, vegetables or cheese filling.

# Don't leave Sikkim without trying...



Thukpa is a Tibetan word, which means noodle. It is generally served with soup. Thukpa contains of noodle, chili powder, and pea soup.



Kinema is a fermented soybean food, which is rich in protein.



Bamboo shoot is a famous food item of Sikkim. This product often used with pork to make a irresistible curry and also to make pickle.



Gundruk and Sinki soup are also famous food items in Sikkim. These are prepared from fermented vegetables, onion, tomato, turmeric and chili powder



# SELROTI



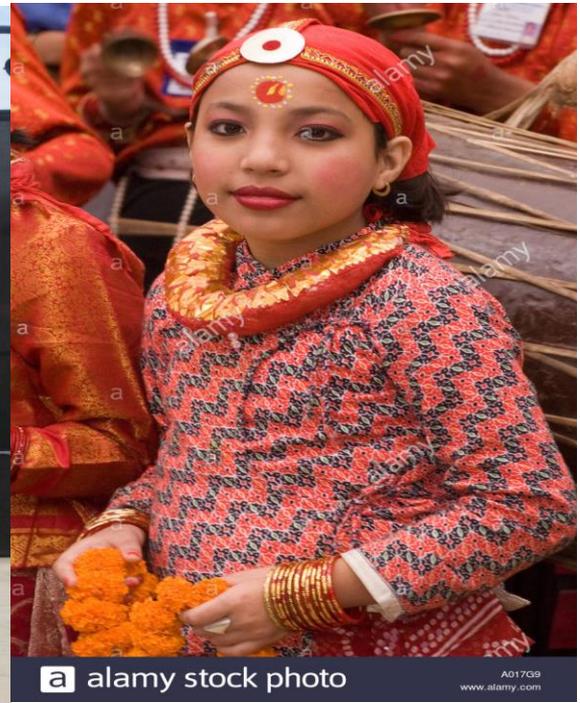
# FAMOUS BEVERAGES OF SIKKIM



# Tongba is a millet-based alcoholic beverage



# COMMON DRESSES OF SIKKIM



# Costumes

Clothing of Sikkim shows the cultural and social lifestyle of major communities like Nepalis, Bhutias and Lepchas. • There are different types of costumes worn by these 3 communities that further divided into a wide variety

# Lepcha Costume

The inherited clothing of Lepcha women is Dumdyam or Dumvum, it is a type of cozy and smooth ankle-long costume, dressed like a traditional saree. It is worn by many women throughout in Sikkim.

Tago is another beautiful dress which is a loose-fitted worn with blouse called as Nyamrek, a type of belt and Taro, a traditional headgear.

Lepcha women decorate themselves with traditional ornaments like Namchok (earrings), Lyak (necklace), Gyar (bracelet).

The male Lepcha mostly wear Thokro-Dum that includes a pajama, a shirt (Yenthatse), Shambo (headgear). The dress of male is rough and good for the field work.



# Bhutia Costumes

- There is a Bhutia community as well that hailed from Tibet and has root in all over Sikkim.
- The females of this community wear Kho or Bakhu, Hanju (is a full-sleeve loose-fitting blouse of silk fabric), Kushen (a jacket), Shambo (a cap of specific design) and Shabchu (the shoes).
- The females love to accessorize themselves with Yencho (the earrings), Khao (necklace), Phiru (ornament made up of pearls), Diu (a gold bangle), and Joko (the ring).
- Gold is an obsession for Bhutia people and most of their ornaments are made up of 24K pure gold.



# Nepali Costumes

- Nepali women wear remarkable dresses endowed with beautiful hues.
- Pharia, the saree, sure does enhance the beauty of the Nepali females with the vibrant colour and beautiful patterns.
- Choubandi Cholo, a loose fitting blouse adds to the look for sure. Tharo Cholo is one more variety of blouses worn by the women of this community.
- Hembari is a piece of cloth used to delicately cover the upper part of the body and is as colourful and vibrant as any other attire.
- Nepali males love to wear Duwra Shurval, which is a Churidar Pajama with a traditional shirt and Dhaka Topi.



# Sikkim Festivals

## Losoong



**This festival is the start of Sikkimese New Year – the reason why it is celebrated with immense joy and fervor.**

# Losar



**It coincides with the end of harvesting season giving the farmers a much-needed relief from all the work and celebrating their hard work and patience.**

# Sonam Lhochhar



**It is celebrated by the Tamang community in this North Eastern state in India. This marks the beginning of the Tibetan New Year for the community.**

# Bhumchu



**This occasion is also celebrated with all the pomp and show with a specific focus on the ceremonies and rituals**

# Saga Dawa



**The festival celebrates Lord Buddha's birthday and is a great day for the people who follow Mahayana Buddhism.**

# Dasain (Dussehra)



**This celebration signify the triumph of good over evil. The older people in the family apply tika on the young and give them their blessings**

# Tihar



**The Tihar festival is another important festival that is celebrated as the Festival of Lights in the state of Sikkim which is somewhat like Diwali.**

# Drupka Teshi



**The festival takes place on the day the Buddha sermonized his first oration of four Noble Truths to the 5 disciples in Sarnath at the famous deer park.**

# PANG LHABSOL



**Pang Lhabso is the festival that commemorates Mt. Kanchenjunga, the guardian deity of Sikkim**

# Paintings

- Thangka paintings of Sikkim has a great value.
- These paintings could be seen in the numerous roadside shops, houses, monasteries, etc.
- Thangka paintings are generally spiritual in nature and showcases the teaching of lord buddha.
- This paintings are made of cotton canvas and vegetables dyes are used as colour.



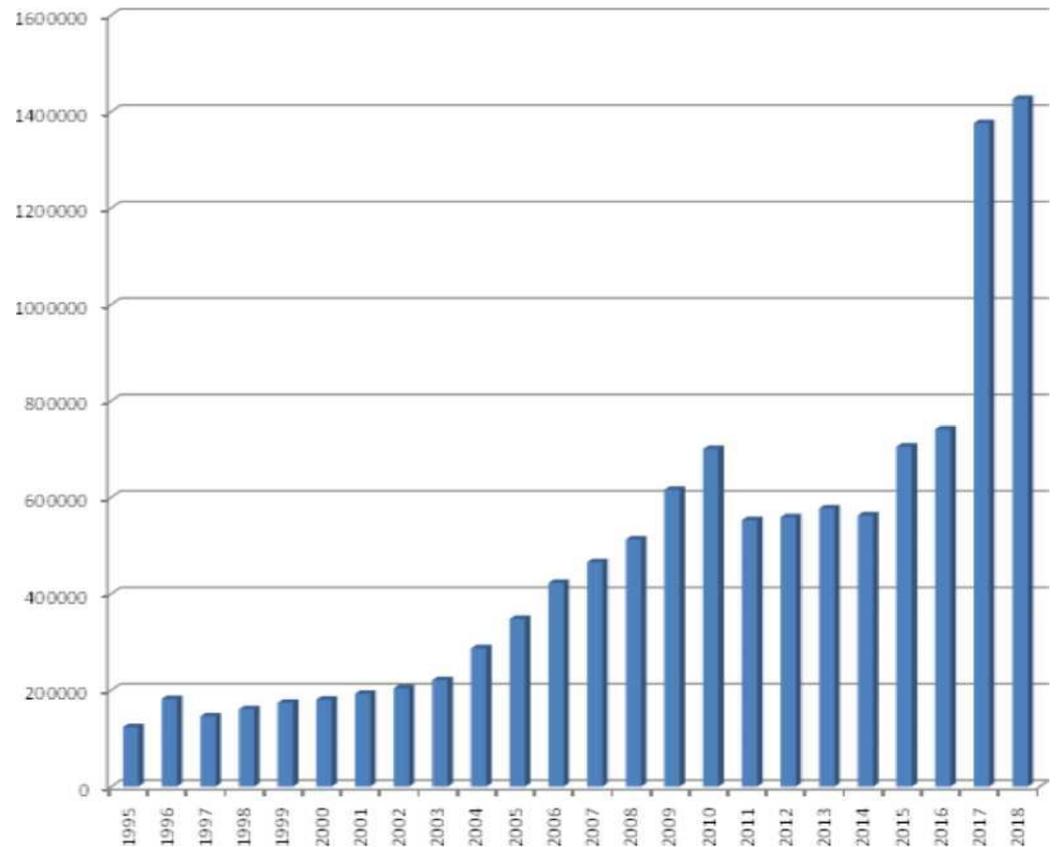
# Arts & Craft

- **There are different art and craft forms in Sikkim.**
- **The most popular handicraft objects of the state include woven woolen carpet, choksee table, thankas, and canvas wall hangings depicting painting on different aspects of Sikkim.**
- **The government has set up an Institute of Cottage Industries in South District in the year 1957 when it was established as the Palden Thendup Cottage Industries Institute for Training and Production of traditional arts and crafts with 58 no of trainees.**
- **To preserve and showcase the traditional arts and crafts of Sikkim.**
- **Gangtok, Namchi and Melli are the famous places of the state for cottage industries and handloom products**



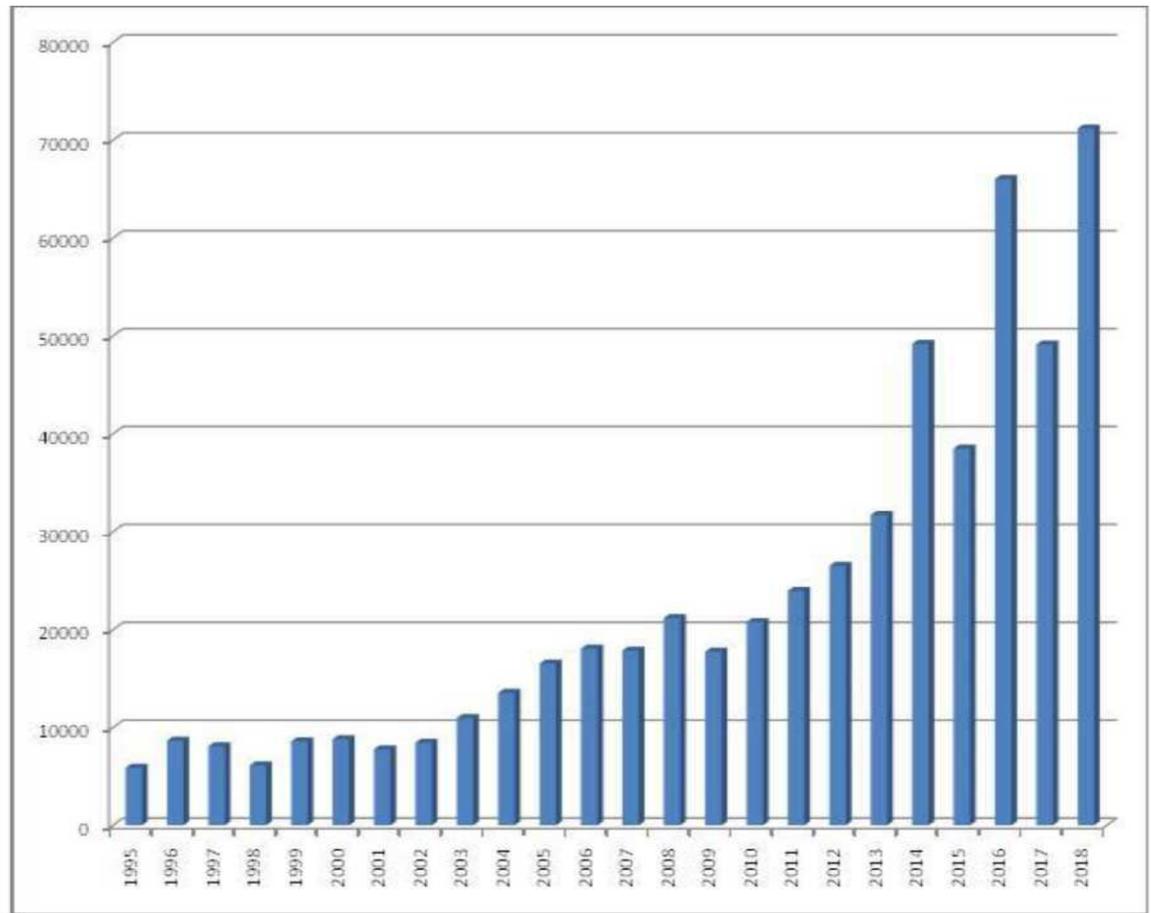
# DOMESTIC TOURIST ARRIVAL 1995 TO 2018

sun.	YEAR	Hx of Domestic Tonis
1	1995	123194
2	1996	181572
3	1997	145628
4	1998	160467
5	1999	173745
6	7000	180256
7	7001	192354
8	2002	203835
9	2003	220824
ID	2004	286678
11	2005	347050
12	2006	421943
13	2007	465204
14	7008	512373
15	2009	615628
16	7010	40011
17	2011	552453
18	2012	55K38
19	2013	576749
2D	2014	562418
21	2015	7D5Q23
22	2016	740763
23	2017	1375154
24	2018	1426127



# FOREIGN TOURIST ARRIVAL 1995 TO 2018

SLNO.	YEAR	No. of Foreign Tourists
1	1995	5866
2	1996	8642
3	1997	8068
4	1998	6111
5	1999	8563
6	2000	8794
7	2001	7757
8	2002	8433
9	2003	10954
10	2004	13528
11	2005	16518
12	2006	18049
13	2007	17837
14	2008	21162
15	2009	17730
16	2010	20757
17	2011	23945
18	2012	26489
19	2013	31698
20	2014	49175
21	2015	38479
22	2016	66012
23	2017	49111
24	2018	71172



# THANK YOU



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