

ACHHAMBA!



Become
a Nature Ranger
with Gaula, a
Himalayan Grey
Langur

Prakriti Rakshak

Name: _____

Age: _____

Langur protector



Credits

Concept and Illustrations by
Brenda De Groot &
the Himalayan Langur Project Team

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The Himalayan Grey Langur Project is supported by





AGHAMBBA!

Join us in our amazing journey of exploration, fun and learning with Gaula and Prakriti as we learn all about Himalayan Grey Langurs and their lives.



My Himalayan Langur Activity Book

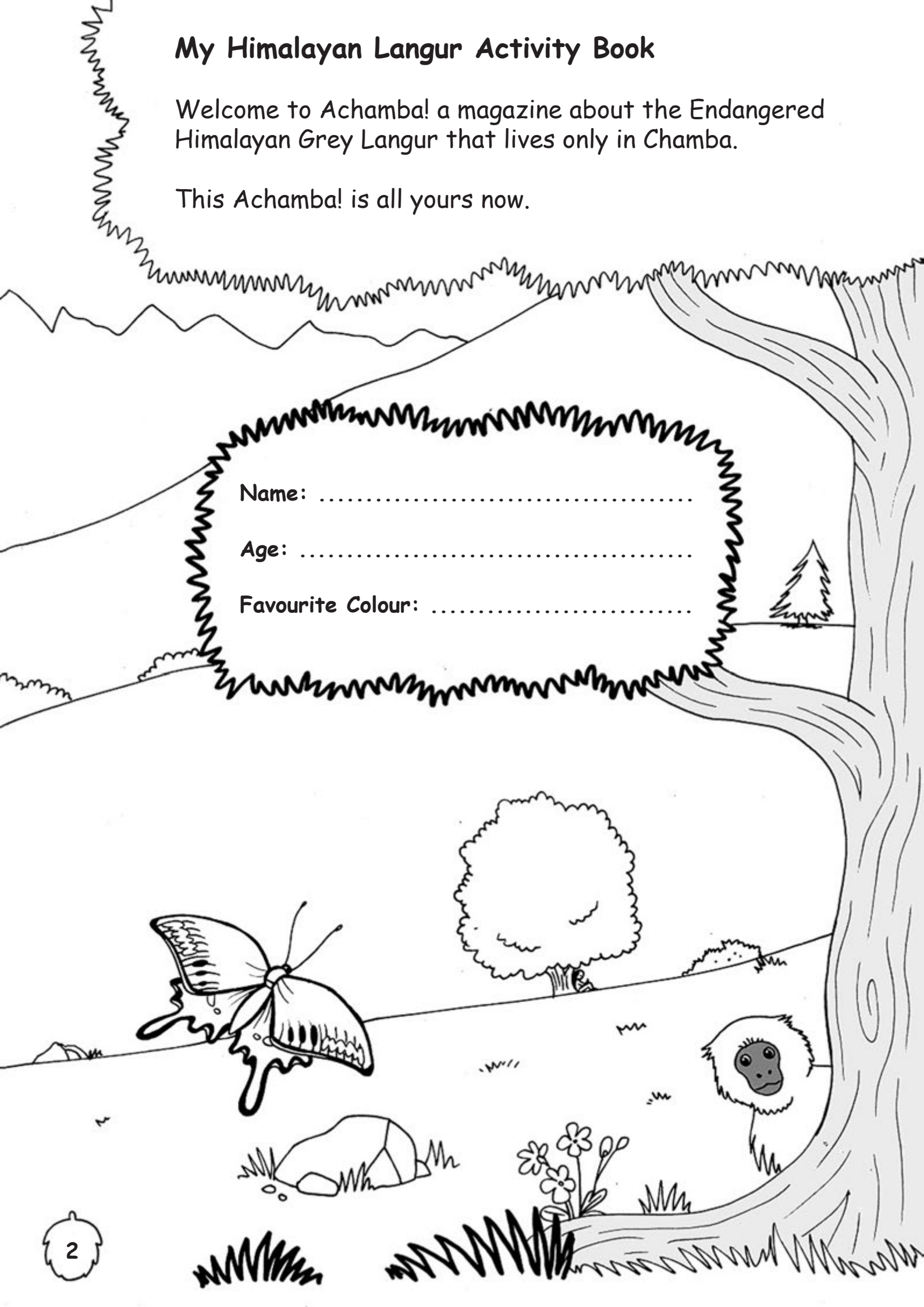
Welcome to Achamba! a magazine about the Endangered Himalayan Grey Langur that lives only in Chamba.

This Achamba! is all yours now.

Name:

Age:

Favourite Colour:




My name is Gaula, and I am a Himalayan Grey Langur. My family and I live in the forests around Chamba. In this book you will find games, comics, stories, information about Himalayan Grey Langurs and how to help us live in Chamba. We will guide you through this magazine and help you learn a lot about us! So, are you ready to become a friend of the Himalayan Grey Langur?



Hey there! I am Prakriti and I live in Chamba. Join me as I explore all about our langur friends and the problems they face. Let us together find solutions.....

Did you know



The Himalayan Grey Langurs are quite different from the two other Himalayan Langur species. These langurs have a dark forearm and bushy, long brownish-grey coat. The males have an extra layer of greyish-brown silky coat with thin black streaks flowing like a mane down their shoulders and flanks.

Himalayan Grey Langurs (their zoological name is *Semnopithecus ajax*) live only in the high altitude, pine-cedar forests of Chamba Valley in Himachal Pradesh, India. They live in groups of 20 to 30 animals. That makes them an **Endangered** species.

Relatives

Himalayan Langurs have relatives in the plains called the Common Langurs. They are much smaller and greyish-yellow in colour. All the langurs in the northern part of India carry their tails in a forward loop and the langurs from the southern part of India carry their tails in a backward loop! Isn't that fascinating?

The Himalayan Grey Langurs are unique to the forests of Chamba. Unfortunately, these forests are threatened for human use. This means there is little left for the langurs to live and eat in the forest.

Food:

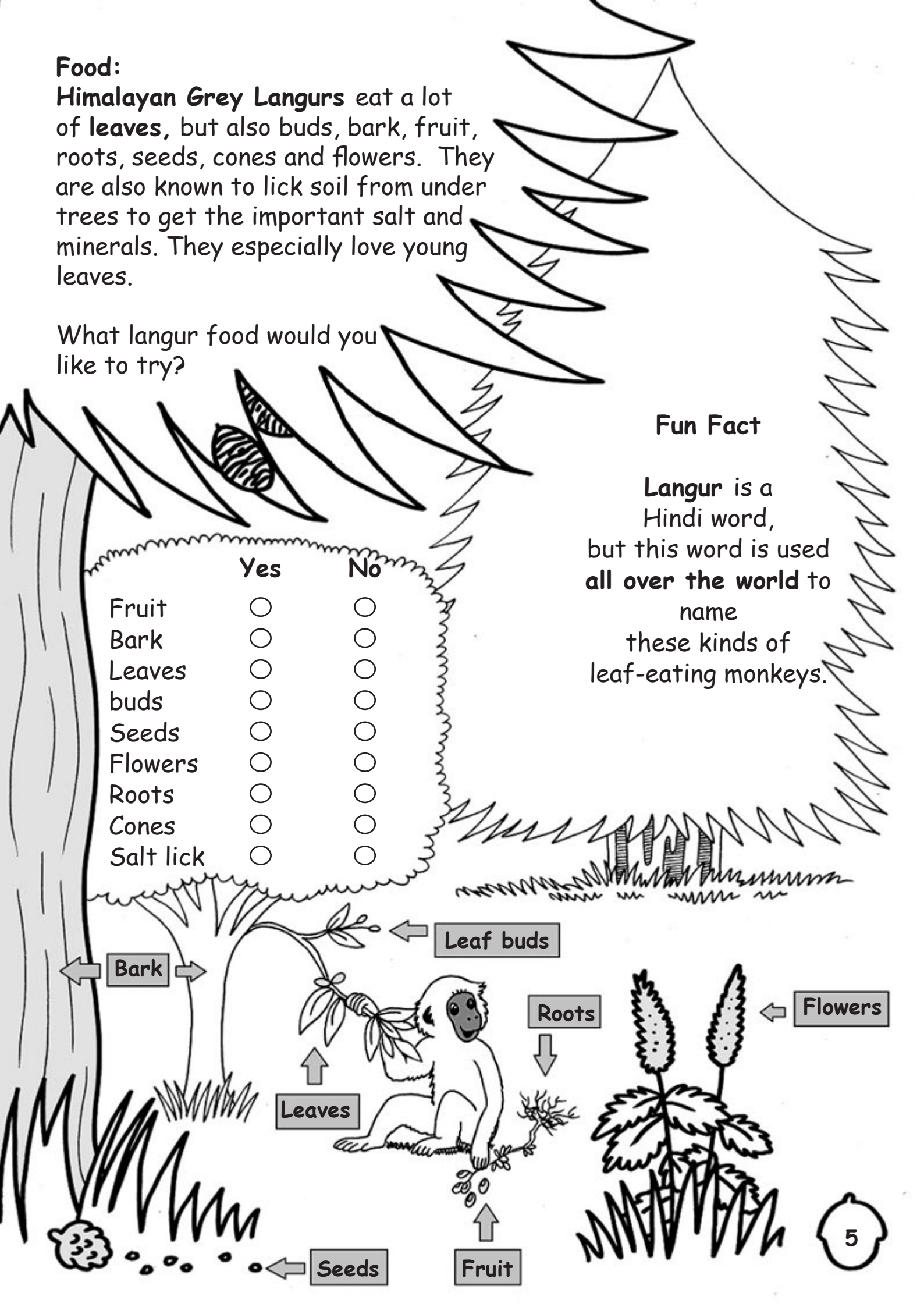
Himalayan Grey Langurs eat a lot of **leaves**, but also buds, bark, fruit, roots, seeds, cones and flowers. They are also known to lick soil from under trees to get the important salt and minerals. They especially love young leaves.

What langur food would you like to try?

Fun Fact

Langur is a Hindi word, but this word is used all over the world to name these kinds of leaf-eating monkeys.

	Yes	No
Fruit	<input type="radio"/>	<input type="radio"/>
Bark	<input type="radio"/>	<input type="radio"/>
Leaves	<input type="radio"/>	<input type="radio"/>
buds	<input type="radio"/>	<input type="radio"/>
Seeds	<input type="radio"/>	<input type="radio"/>
Flowers	<input type="radio"/>	<input type="radio"/>
Roots	<input type="radio"/>	<input type="radio"/>
Cones	<input type="radio"/>	<input type="radio"/>
Salt lick	<input type="radio"/>	<input type="radio"/>



What do you see?

Check the features that are peculiar to you or the langur. If you think that a feature is common to both of you, check both the boxes.



	Me	Langur
Hand	<input type="radio"/>	<input type="radio"/>
Thumb	<input type="radio"/>	<input type="radio"/>
Fur	<input type="radio"/>	<input type="radio"/>
Nose	<input type="radio"/>	<input type="radio"/>
Smartness	<input type="radio"/>	<input type="radio"/>
Tail	<input type="radio"/>	<input type="radio"/>
Like to play	<input type="radio"/>	<input type="radio"/>
Shoes	<input type="radio"/>	<input type="radio"/>
Eat fruit	<input type="radio"/>	<input type="radio"/>
Eat leaves	<input type="radio"/>	<input type="radio"/>
Climb trees	<input type="radio"/>	<input type="radio"/>
Carry a baby	<input type="radio"/>	<input type="radio"/>
Flowy mane	<input type="radio"/>	<input type="radio"/>
Clothes	<input type="radio"/>	<input type="radio"/>





Nature Knowledge

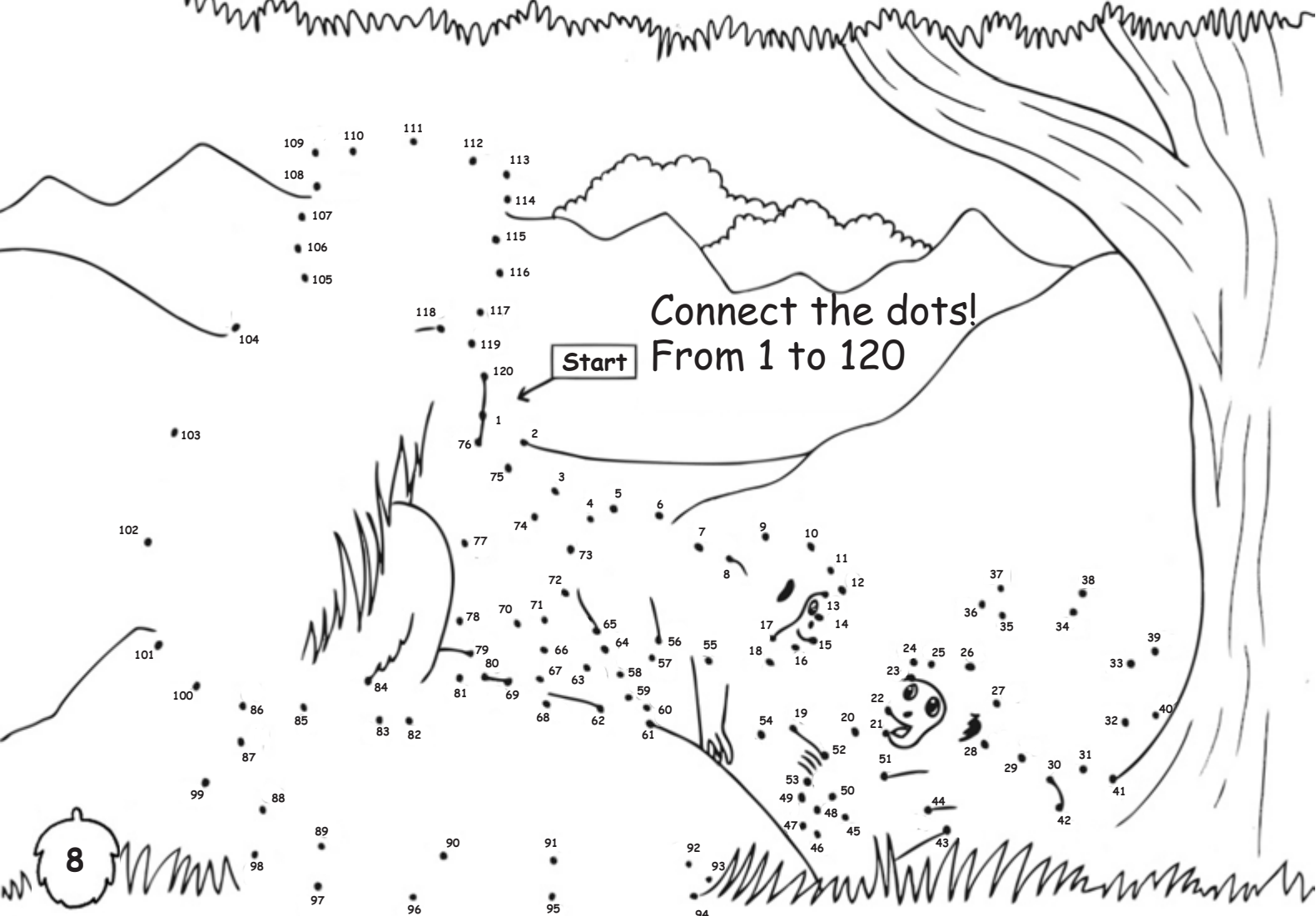
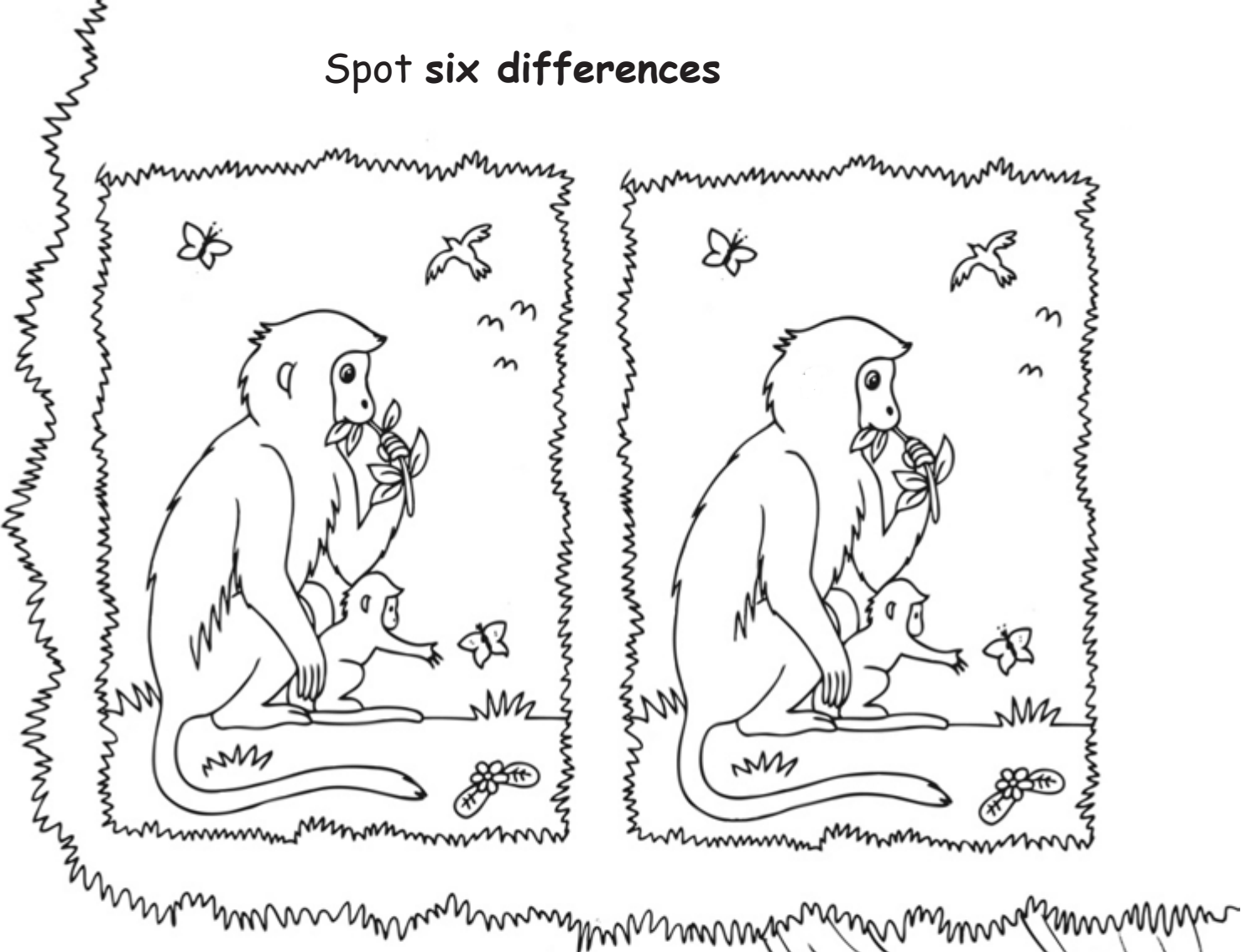


Match the trees with their right names
(Common english-hindi names) from the
options given below

- Fir
- Spruce
- Deodar
- Pine
- Oak



Spot six differences



Connect the dots!
From 1 to 120

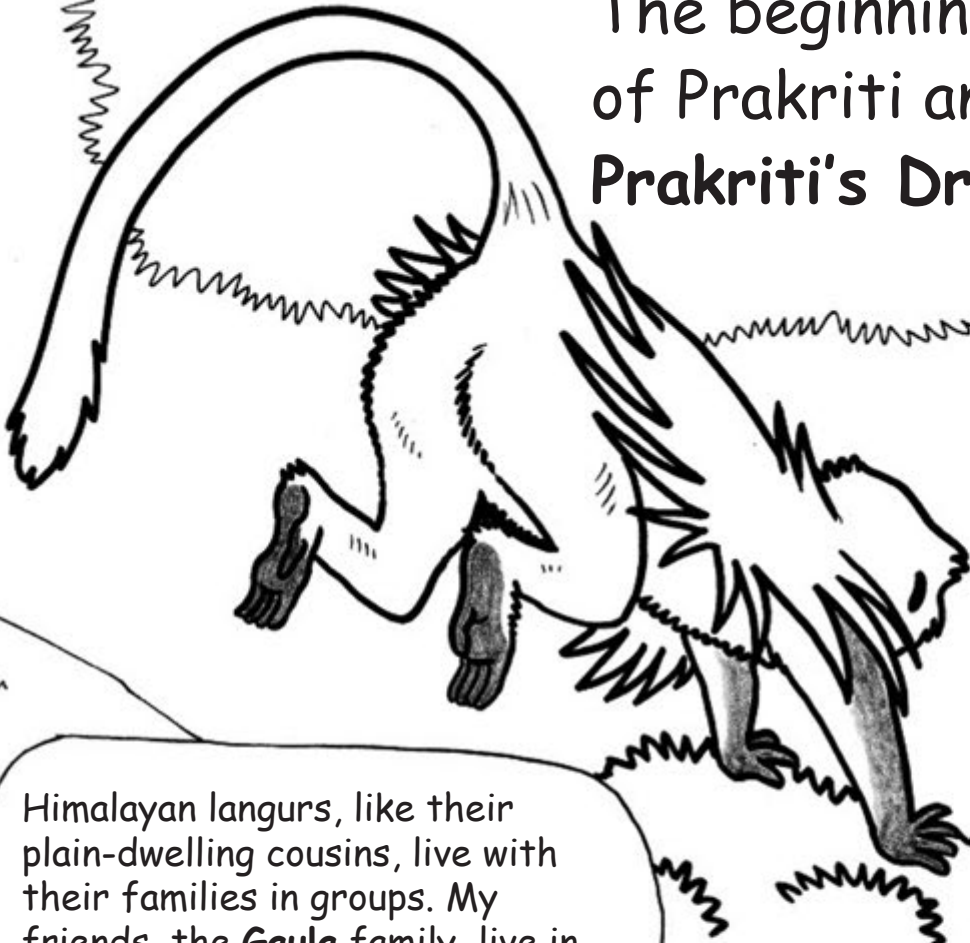
Name the colour of ..

- The sun? = 1
A leaf? = 2
The Grass? = 3
The sky? = 4
An orange? = 5
The neck of a common crow? = 6
The night sky? = 7
Snow? = 8
Wood? = 9

Use the colours you have listed above to colour the picture below.



The beginning of the story of Prakriti and Gaula: Prakriti's Dream



Himalayan langurs, like their plain-dwelling cousins, live with their families in groups. My friends, the **Gaula** family, live in a group too. **Gaula** is a male langur and he is the leader of the group. He's got a son **Dum-Dum** and a daughter **Paani**. His wife is **Sali**. **Roli** is Sali's sister and **Tik-Tik** is Roli's son, Sali's nephew and Dum-Dum's best friend!

My adventure with Gaula began here...

Prakrithi's Dream



It is a fine morning. Prakrithi wakes up to the song of the whistling thrush.



She skips over her sister Vati, to get ready for school



and fills water from the stream nearby.

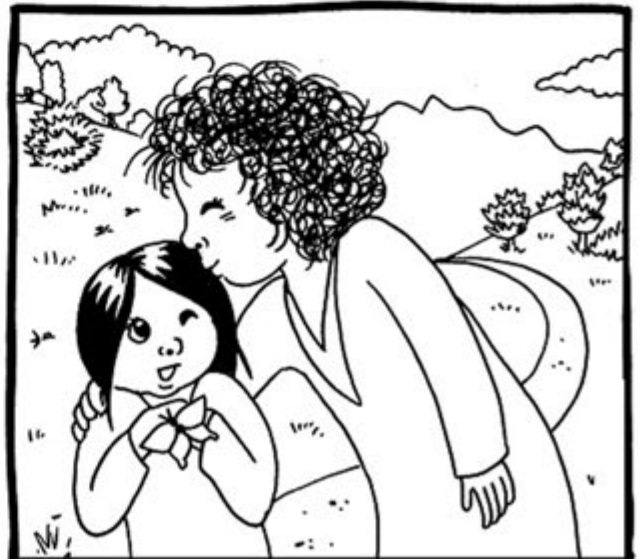


Nothing beats a refreshing morning bath.

After a sumptuous breakfast of makkhi roti and butter milk...

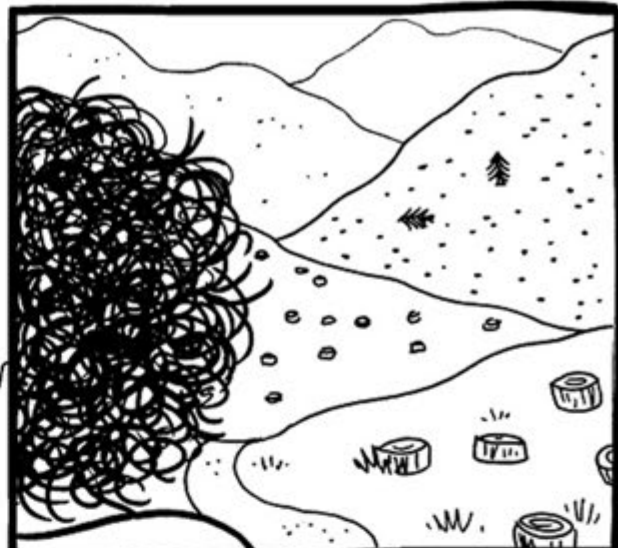


Prakrithi kisses her sister bye and leaves for school.





On her way down the mountain, she realizes something unusual. "Oh my! The mountains are barren!!!!" She exclaims.



Not a tree left...they are all gone! All there is left now is dust, loose soil and stumps... dead tree stumps!!!



And then...a dark shadow walks towards Prakriti! She shrieks in fright and is all set to fly when she realizes that the shadow is a langur.



The langur calmly walks towards her as Prakriti tries to recover from the shock!



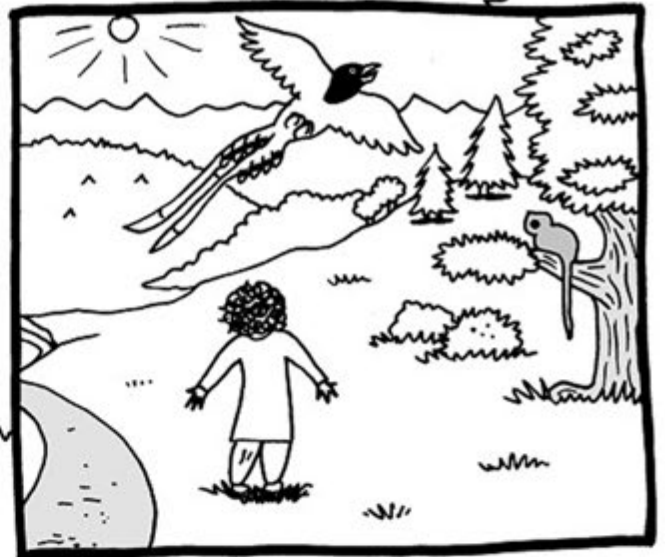
She composes herself and asks "What happened?" "I don't know" replies the langur. "They are all gone...the trees ...the birds...they are all gone!!!"



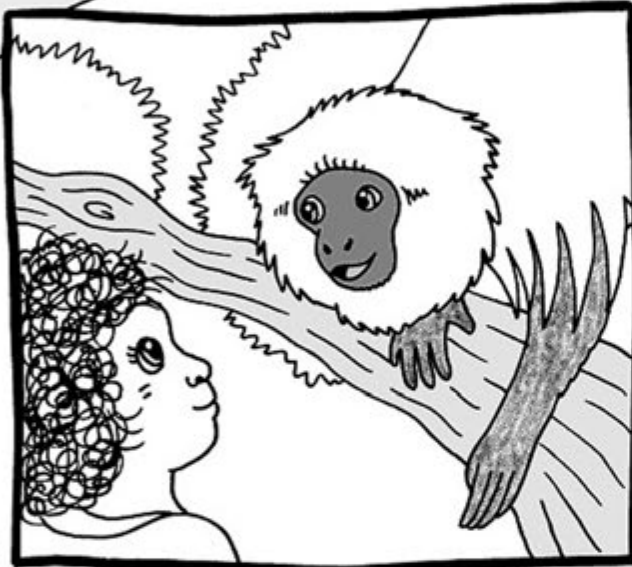
Prakriti wakes up in a fit! "What just happened? Was it all a dream?"



She rushes out of the house...she wants to make sure it was only a dream!



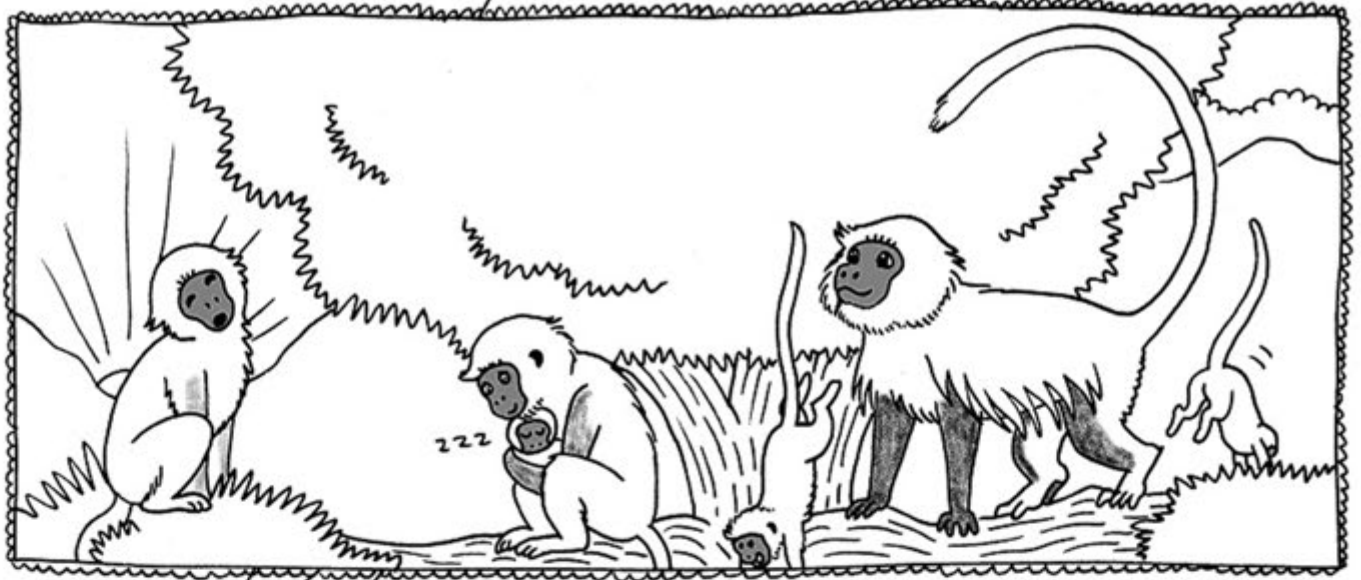
She is happy to see everything intact! The deodars, the spruce and pines...the shrubs, the birds...they are all there, safe and sound!



She notices a big langur on the oak tree outside! "Hey!!! You were there...in my dream....you are okay? The trees, the birds...they are alright!?"



"Calm down, Prakriti!" says Gaula in a deep voice. "Come with me and I will show you a scene from our lives in these parts of Chamba



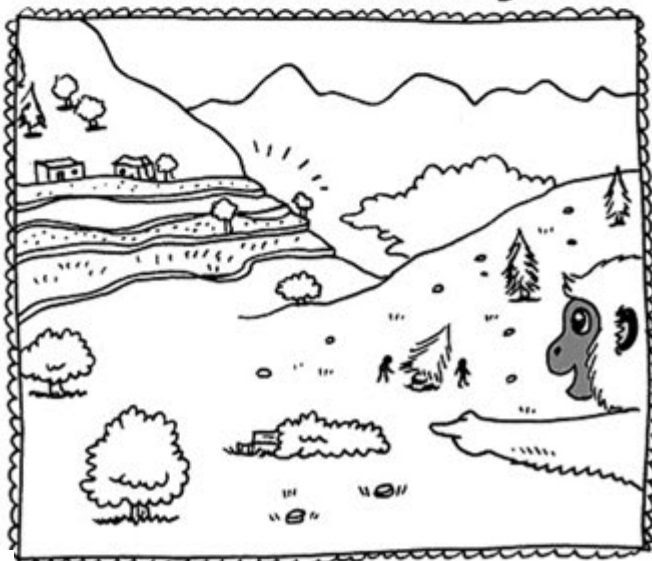
Morning dawns in langur land! It is time to eat so they decide to go look for some breakfast.



After foraging for a while in the forest, they reach the edge of the forest.



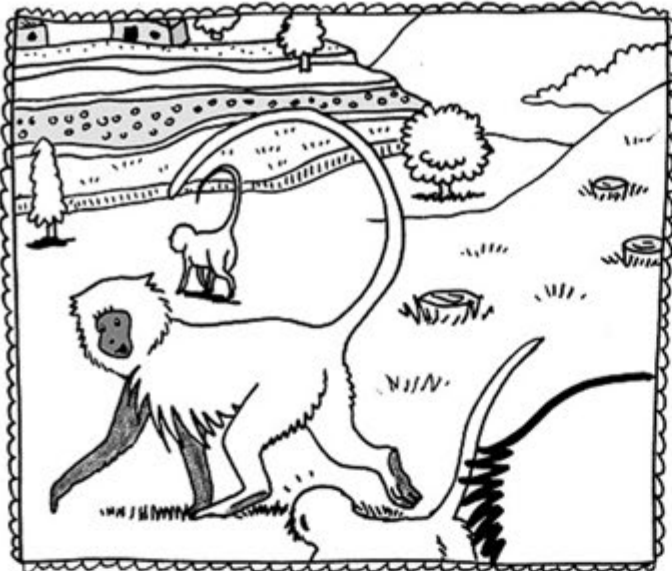
I am hungry papa! but there is no food here!



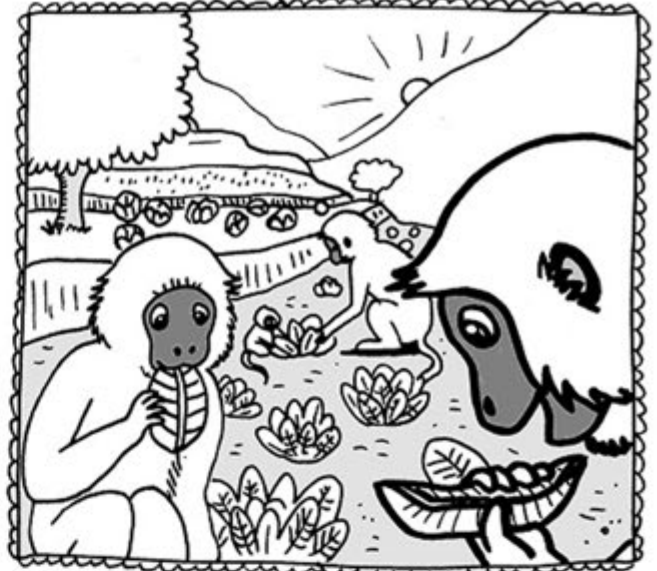
"Look over there! I see food!" Tik-Tik points in the direction of a farm and cropland.



"That food belongs to the humans. Tik-Tik." says Roli to her son. "But I am hungry, ma" says Tik-Tik



"Come Roli, we have no food anymore and the cropland has lots of food. We have to go there," says Gaula.



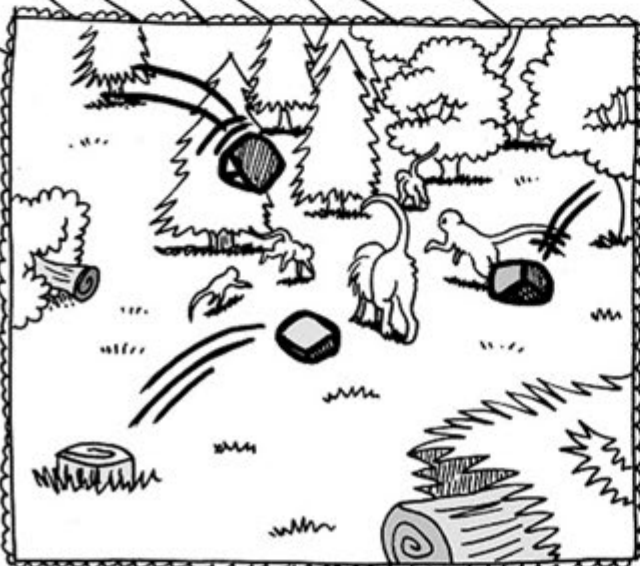
The crops taste amazing to the hungry langurs.



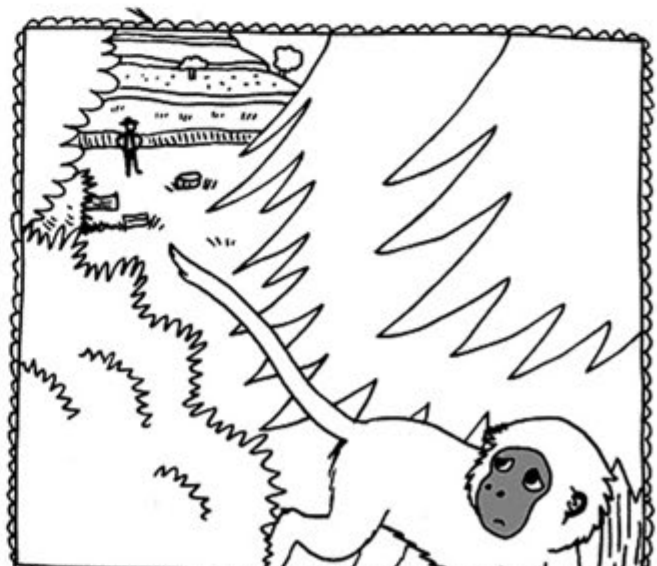
Suddenly, they hear loud yelling!!



It is a farmer and he is angry! "Get away from my crops!" he screams and advances towards the langurs throwing stones.



Gaula and his family run to the forest away from the angry farmer.

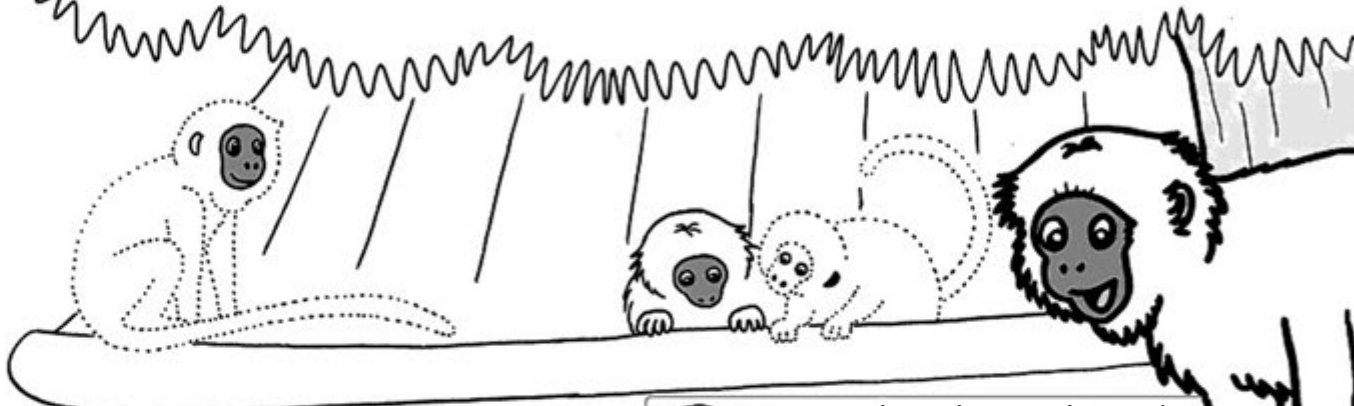



Dum-Dum wishes langurs and humans both could have enough food ...


With the growing number of people, there is a need to grow more food. To grow more food, people clear forests to make more cropland. Langurs depend on forests for food and shelter. Since there are less forests and more croplands, langurs come to feed on crops. **But you can help solve this problem and save the langurs.** The more people help, the more forest and langurs will be saved. You can help by doing this!

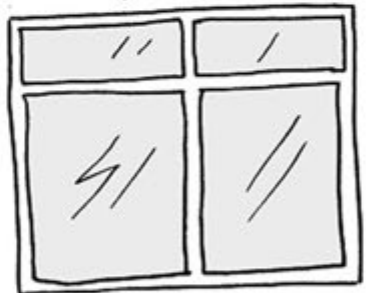



In this page and following pages, you will find boxes containing some solutions. Colour these boxes with your favorite colours.



 Keep the windows closed when the heating is on

 Keep the door closed when the heating is on



 If you are cold, get some warm clothes instead of turning the heating up

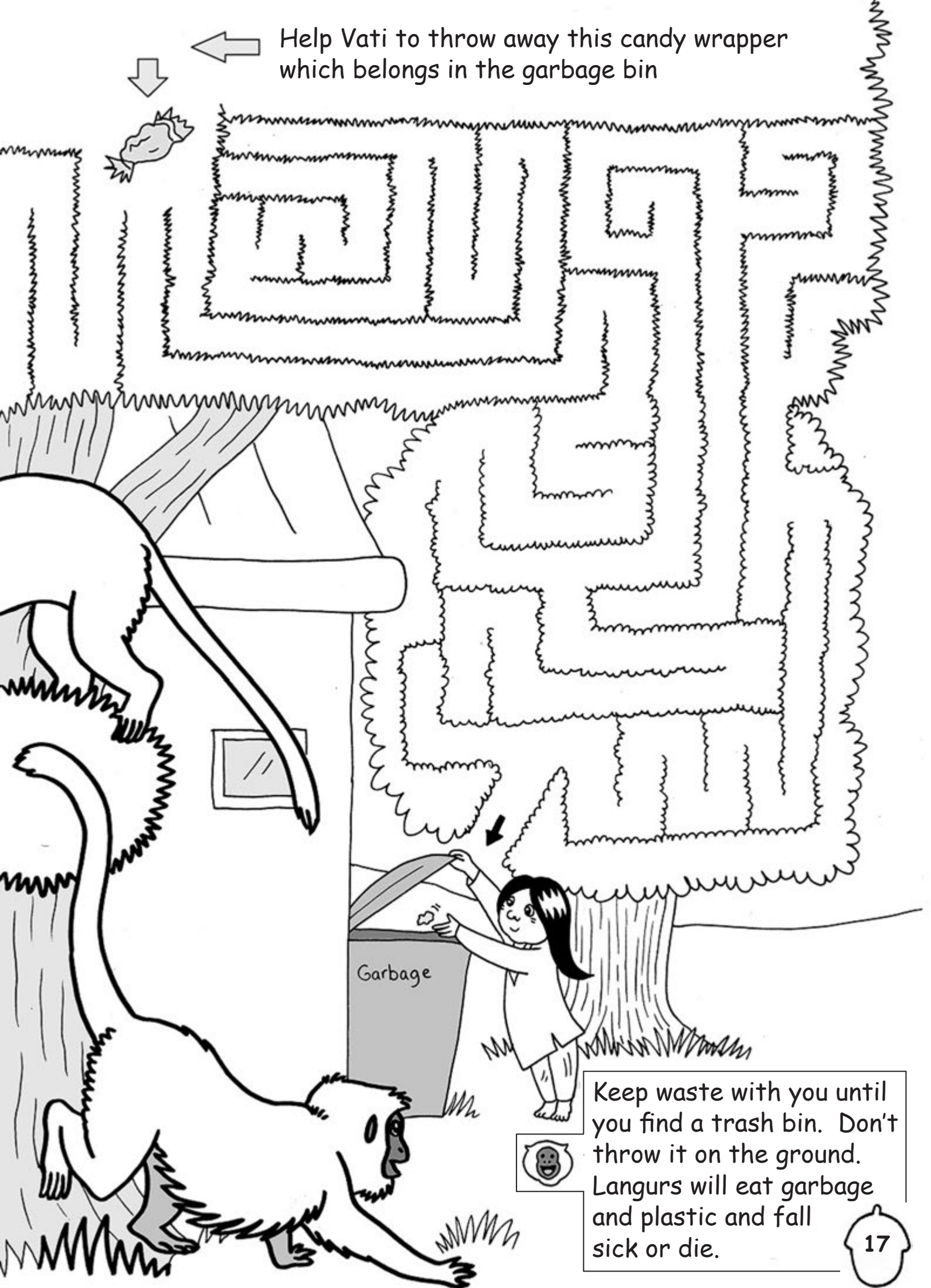


Langurs have a warm coat too, to protect them against the cold

That is true! Be like a langur, be smart; dress warm!



Help Vati to throw away this candy wrapper which belongs in the garbage bin



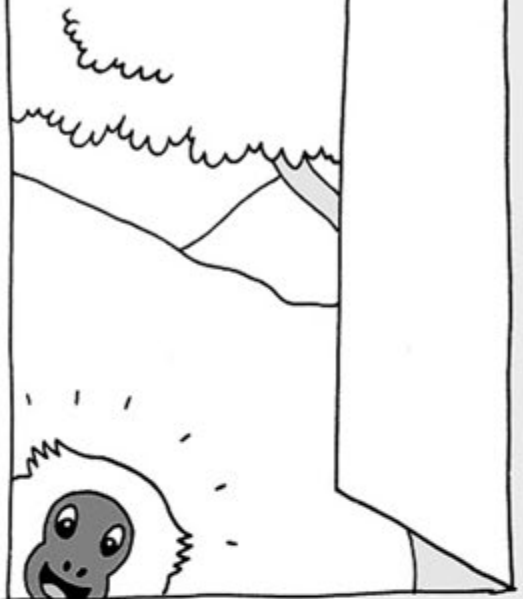
Keep waste with you until you find a trash bin. Don't throw it on the ground. Langurs will eat garbage and plastic and fall sick or die.





Throwing away food ..

- **buying** more food ..
- more **land** needed for growing food
- less land available for **langurs**
- less **food and homes** for langurs



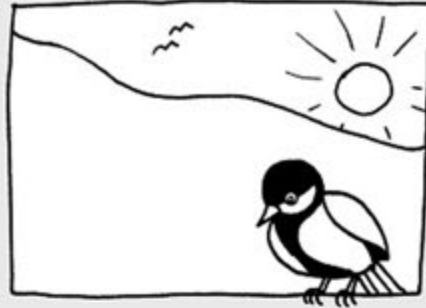
What if you are feeling full?

- In that case, you can save your food!

Saving would mean

- You would have to buy less food
- Less food means less land to grow food
 - More forests left intact
 - and more food and homes for langurs





Tell other what you learnt!

Tell your parents, friends,
neighbours and others ...

1. When you are cold:

.....

2. When the heating is on and a door
or window is open:

.....

3. When you can't find a trash bin when
you have trash:

.....

4. When you have food left:

.....



Do you see anything that these people can do **better**? Tell them what is wrong and what you would do.

1

Wrong:



What I would do:

2



Wrong:

What I would do:

3



Wrong:

What I would do:

Wrong:

What I would do:

4





Story

A clean forest



On a fine morning, Prakriti decided to go out and meet her langur friends, Gaula and family. She wants to be a langur expert when she grows up and help her friends by conserving their home, the forests.

She left home early that morning. Distracted by the bright green butterfly that flew past her, she began chasing it. "Not so fast butterfly!" she shrieked in excitement. The butterfly led her into the forest and sat on an old oak tree. She walked closer to the beautiful creature and observed the details on it. How beautiful those wings are! The **spectacular** dots on the wings floated up and down as the butterfly flapped its wings! Her attention was distracted by the glare of a shiny thing on the forest floor.

"What is that?!" she got closer to observe. It is a plastic bottle. "What is this doing here?" she exclaimed in anger.

"That is not the only thing" said Gaula, climbing down the tree to the branch above Prakriti.

"Oh hey Gaula! What do you mean this isn't the only thing?" asked Prakriti, inquisitively.

"There is waste **strewn** all over the place. People do not dispose the waste off properly and this is what happens...a filthy forest" sighed Gaula in utter disappointment.

"I promise my friend, I shall help" vowed Prakriti.

Prakriti collected all the garbage she could and took it home with her, to **dispose it the right way**.

Her mother was curious to learn of Prakriti's day and what she was holding in her hand.

"I found all this garbage in the forest ma and I am going to put them in the dust bin, where they belong" exclaimed Prakriti, triumphantly!

"Good job Prakriti! You are a real Prakriti Rakshak!" congratulated her mother.

"You mean a Nature Ranger?" thanked shy Prakriti.

"Come inside and have your lunch. I've saved some of the wonderful vegetables I made last night. Also put on your warm sweater...it is getting cold" advised mom.

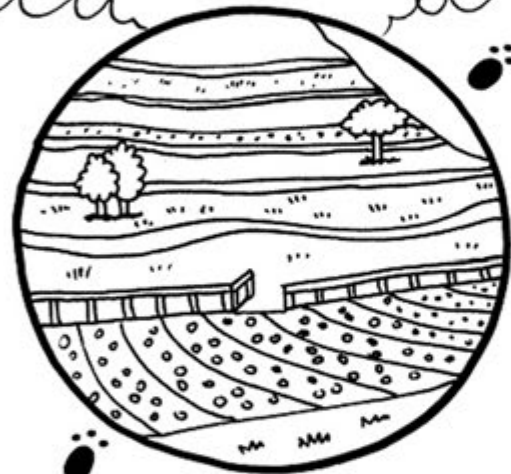
Prakriti was happy but she knew she should not stop. Keeping the forests clean of harmful wastes such as plastics was one step towards conserving her langur friends.

In this page and next you will find pictures in circles. Below are listed sentences describing the pictures. Match the sentences with the pictures below and the next page.

- Langurs go to cropland
- People make cropland
- People lose crops
- Langurs need to eat too
- Every year the number of people keep increasing
- Langur habitat gets smaller
- Crops are money, so people lose money
- People need to eat
- People cut the forest



1. _____



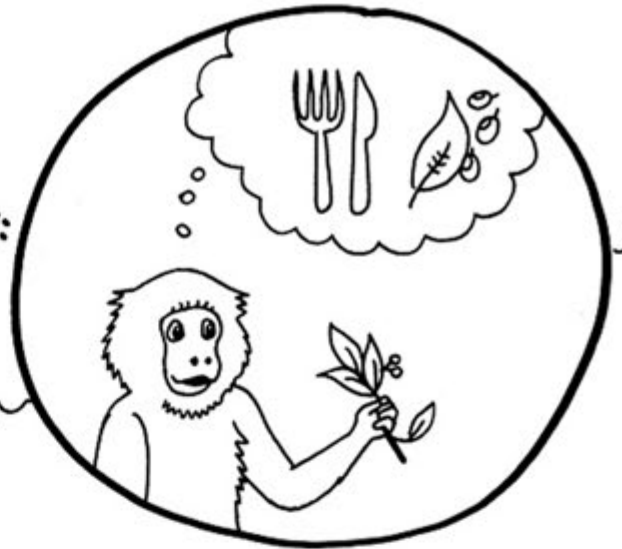
4. _____



3. _____

2. _____

6. _____



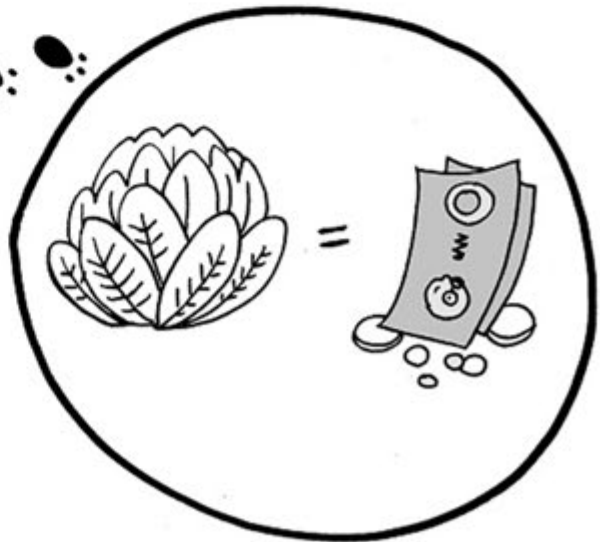
5. _____



7. _____



8. _____



9. _____



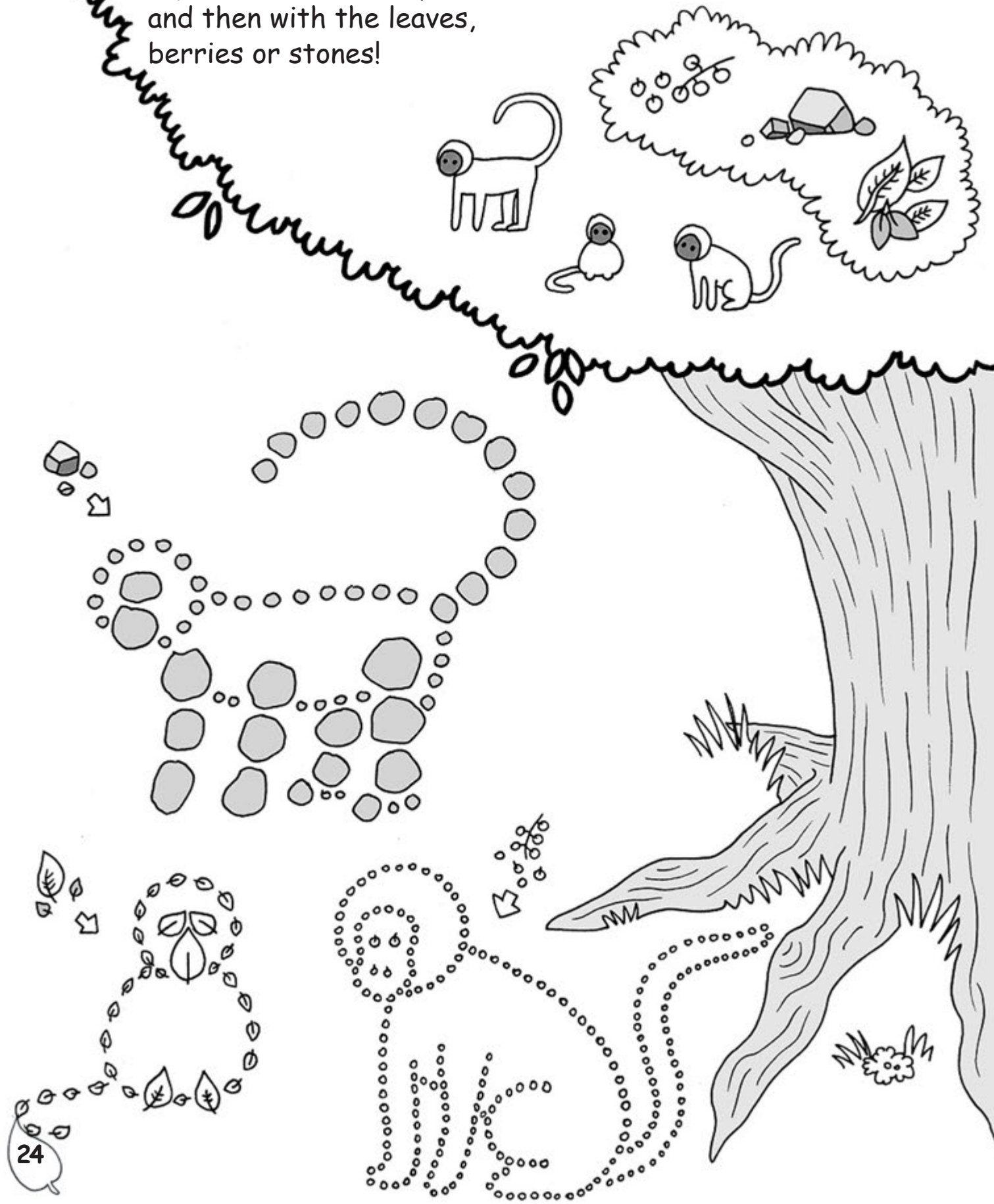
Activities for monkey friends:

Outside

Make your own monkey.

You can use stones, leaves, berries.. or anything else!

Tip: draw the monkey first with a stick and then with the leaves, berries or stones!

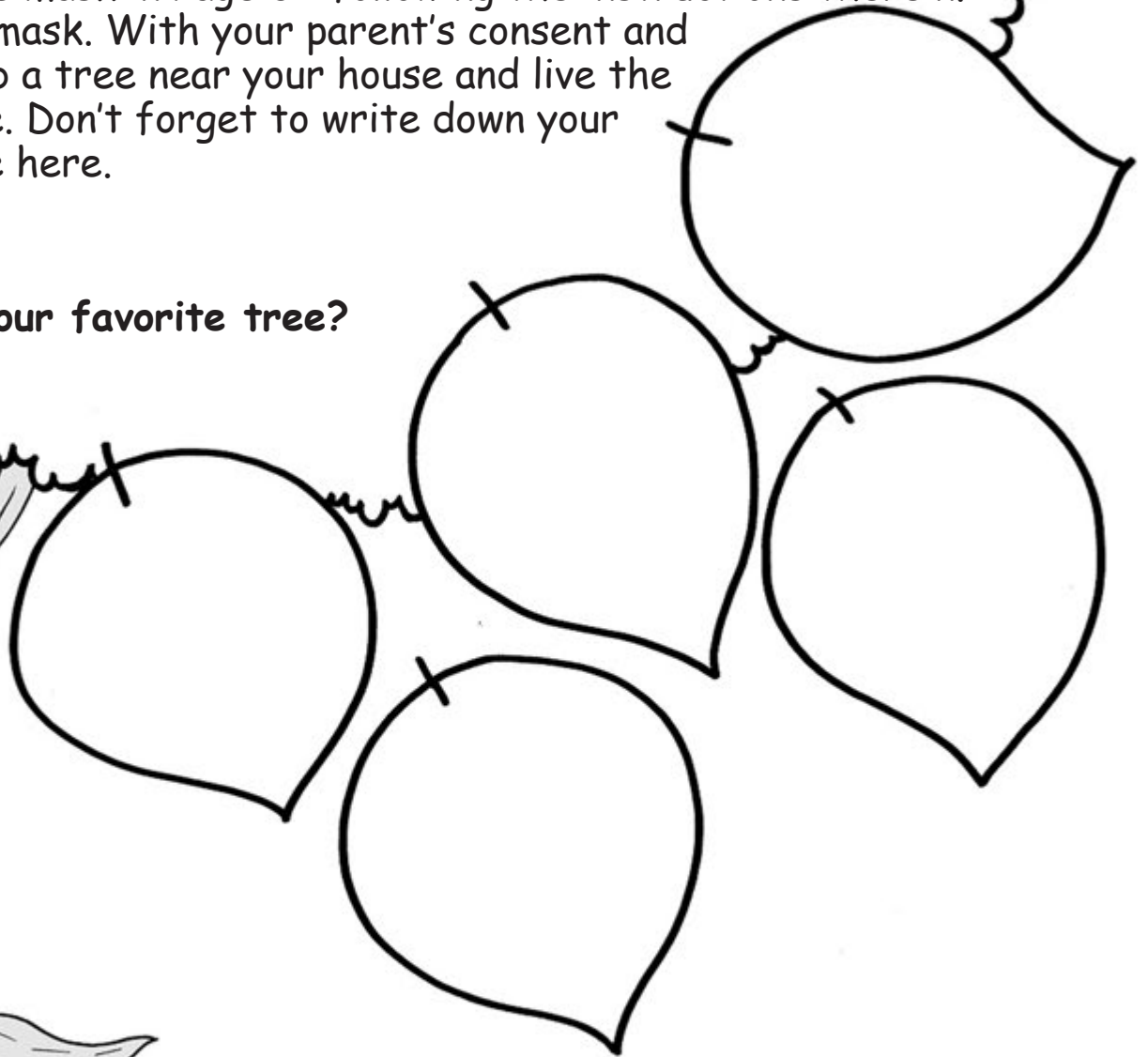


Activities for nature friends

Do you know how it feels to be a langur?

Cut out the mask in Page 32 following the instructions therein. Wear the mask. With your parent's consent and help*, climb a tree near your house and live the experience. Don't forget to write down your experience here.

What is your favorite tree?



Here you see five leaves.
Go outside and collect five
different items from trees,
like **leaves**, **bark**, **nuts**, or **seeds**
(pinecones for example)
Draw your items in the leaves of the tree.

* This action needs to be done only under parent or adult supervision.

TV time!

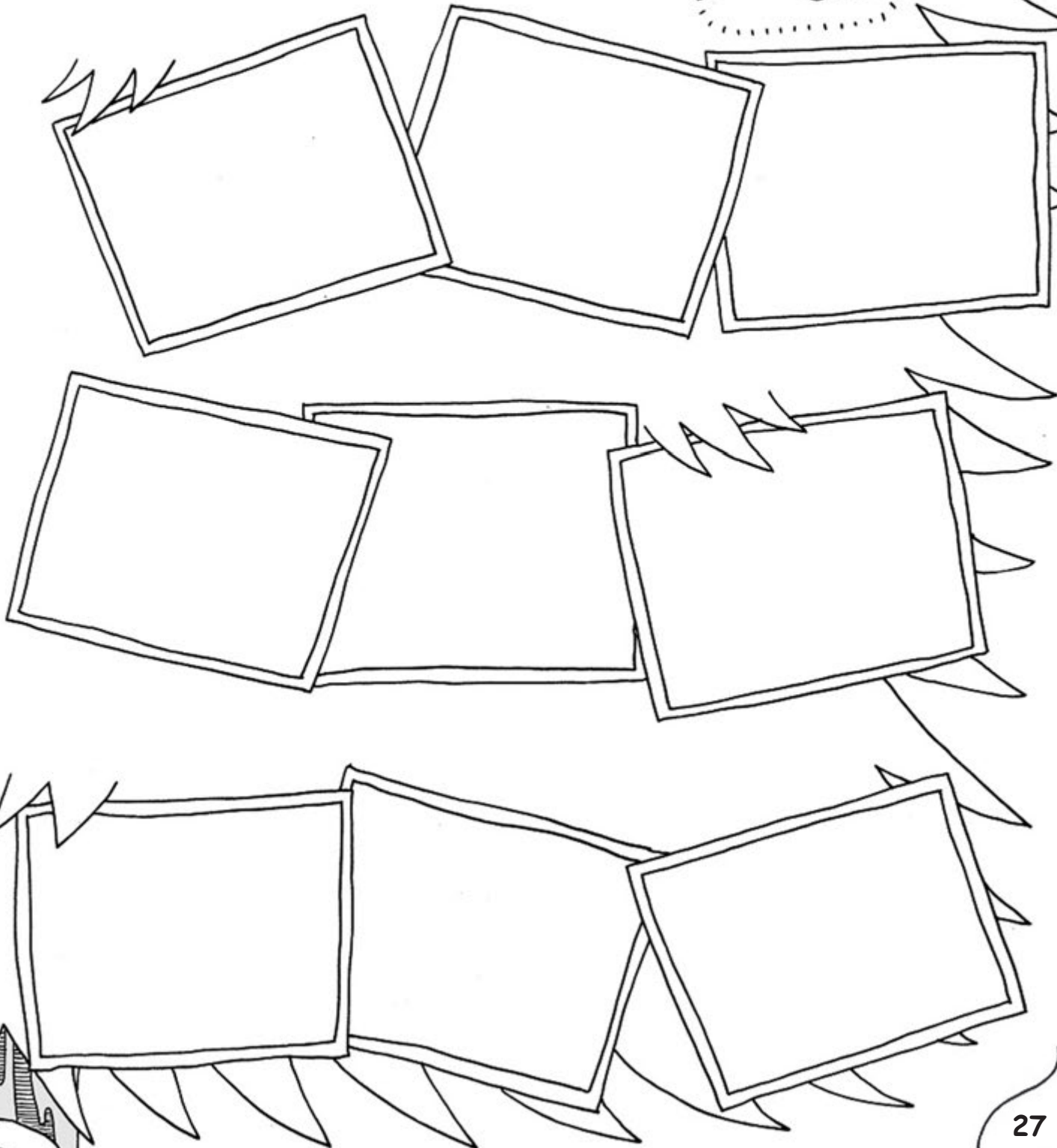
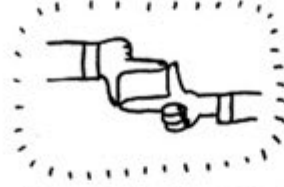
Do you like to watch TV?

You can do your own research by watching TV! Look for a nature documentary show and watch it. What are the differences and similarities between the TV show and the natural forest near your home?

Differences	Similarities
Monkeys	
Trees	
Mountains	
Rivers	
Pets	
Wild animals	
Insects	
Sky	

Make your own nature documentary!

Go out and take a look at the beautiful natural environment outside your home. Take a picture of the scenery using your hands, like this. Draw all that you see in the boxes below. There you have your own nature documentary!



Quiz!

1. What is the name of the big langur in this book?

- Tik-Tik
- Prakriti
- Gaula
- Roli

2. Who is the girl who helps the langurs in this book?

- Sali
- Dum-Dum
- Vati
- Prakriti

3. What is NOT a problem?

- Humans cut forest for their crops
- The langurs are cold
- Langurs eat human crops
- The langur's homes become smaller

5. What can you do to let other people help you with saving the langurs?

Two answers are correct!

- Tell them about what you learnt
- Draw what you have learnt and show them
- Don't tell them what you know

Or, do you have a fresh idea to save the langurs?
Write it down in the space below and on the page 31 of this magazine.

1.

2.

3.

4.

.....



Answers

Nature Knowledge (Page # 7)

1. Oak
2. Spruce
3. Fir
4. Pine
5. Deodar

Tell others what you learnt (Page # 19)

1. When you are cold: You would wear sweater instead of turning the heat on.
2. When the heating is on and a door or window is opened: You would close the doors and windows, leave the heating on for a while to warm the room, and then shut of the heating. The temperature would maintain for a while (Remember, this is only if you use electric heating)
3. When you can't find a trash bin when you have trash: Keep the trash with you until you find a trash bin.
4. When you have food left: Put it in an airtight container and save it for the next meal.

Do you see anything that these people can do better? Tell them what is wrong and what you could do? (Page # 20)

1. Wrong: It is wrong to waste food.
What I would do: I would save it for the next meal.
2. Wrong: Turning the heat on when it is getting cold instead of wearing warm clothing.
What I would do: I would wear warm clothing: sweater, cap and socks.
3. Wrong: Throwing the waste when there is no dust bin
What I would do: I would hold the waste with me until I find a trash bin.
4. Wrong: It is wrong to leave the doors and windows open when the heating is on.
What I would do: I would close the doors and windows when the heating is on.

Match the sentences with the pictures below (Page # 22)

1. Every year the number of people keeps increasing
2. People need to eat.
3. People cut the forest.
4. People make cropland.
5. Langur habitat get smaller.
6. Langurs need to eat too.
7. Langurs enter croplands
8. People lose crops.
9. Crops are money, so people lose money.

Quiz (Page # 28)

1. What is the name of the big langur in this book?
Gaula
2. And who is the girl who helps the langurs in this book?
Prakriti
3. What is not a problem?
The langurs are cold.
4. What can you and your family and friends do to help the langurs?
Save food.
Dispose trash properly.
Save electricity by controlled heating of homes.
Save forests.
5. What can you do to let other people help you with saving the langurs?
Tell them about what you learnt.
Draw what you have learnt and show them.



Prakriti Rakshak

Congratulations! You finished this magazine.
Now you are ready to be a real langur protector:
a **Prakriti Rakshak**.

On the Page 32 of this magazine you find your personal
Prakriti Rakshak ID Card.

Fill this in and draw yourself in the square
(you can also put a photograph of yourself here) and **cut it out**.
Now, put a thread through the hole, tie the ends and
wear the card around your neck.

Hello new Prakriti Rakshak!

You also find a score card on the back of the magazine.

If you do something for the environment,
like the things you learned on **page 7, 19, 20, 22 or 28**,
you can give yourself **one tally** by colouring one dot.
The more dots you have, the more **experienced** you are.

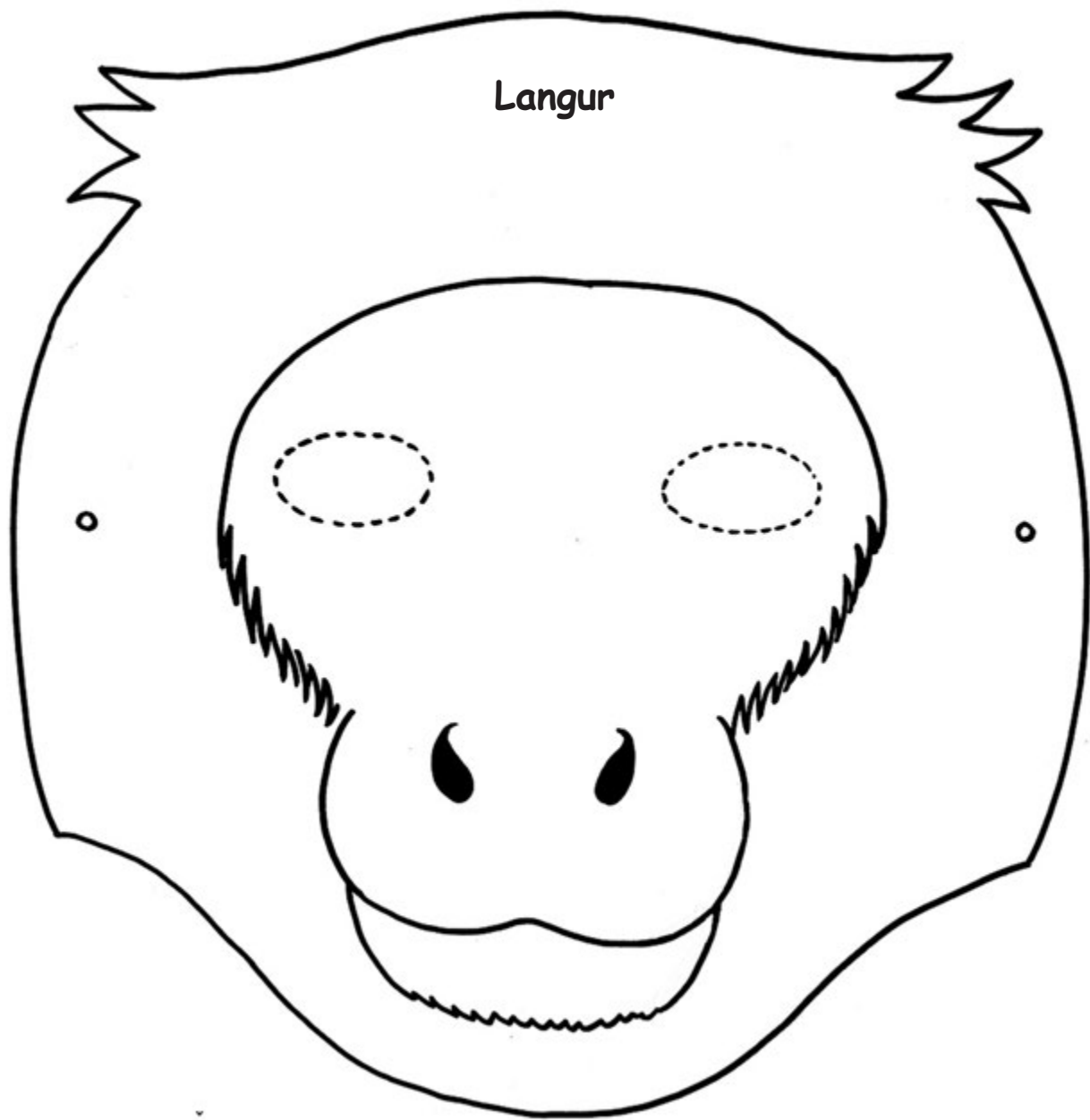
Tip!

Wednesday is *Bandar Budhvaar*, Monkey Wednesday!
Do something nice that has anything to do with monkeys.
Make a stone-monkey, be a langur by wearing your mask this day,
or tell your neighbours about *Bandar Budhvaar* and the langurs!
On *Bandar Budhvaar*, you get **DOUBLE** tallies for every
environment-friendly act you do!

Tip!

Copy the back of the magazine
so other children can be Prakriti Rakshaks too.
If you copy the score card for yourself, you can start as a fresh
junior Rakshak again when you complete a whole form.

Write down your ideas of saving the Himalayan Grey Langur



Prakriti ○ Rakshak



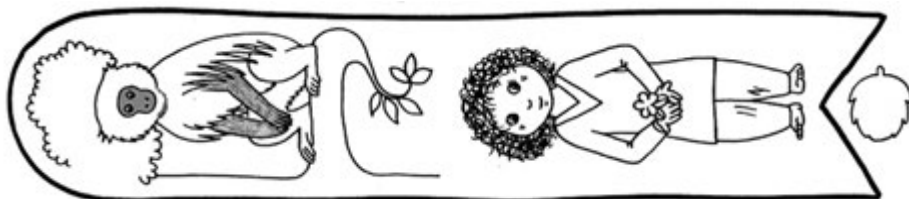
Name: _____

Age: _____



Langur Protector

You can be a langur yourself
Colour the mask, cut it out and
glue it on a piece of thick paper
or card board. Cut out the **eye-**
holes. Cut out also the little
holes on the **sides** and put a
rubber band through them so
the mask can stick to your **ears**
(ask your parents). Now you are
a real langur!

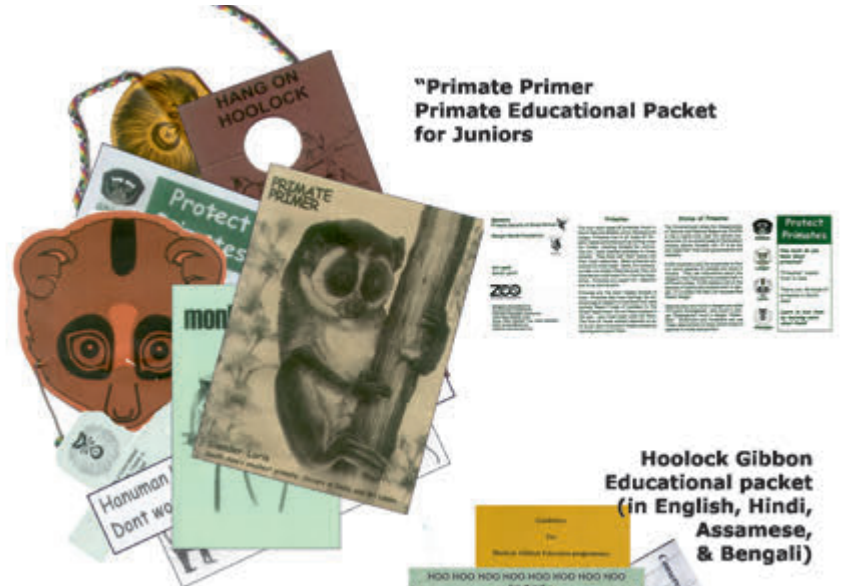


Colour this bookmark,
cut it out and use it
to remember where
you stopped **reading!**

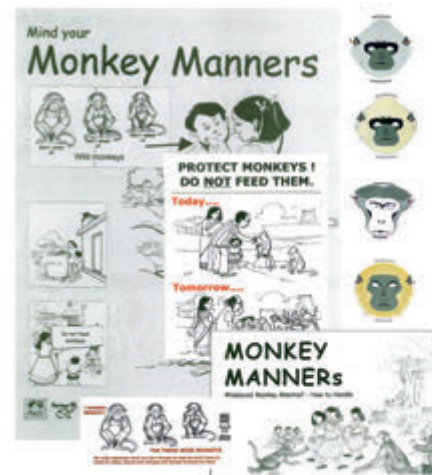
South Asian Primates Education Materials



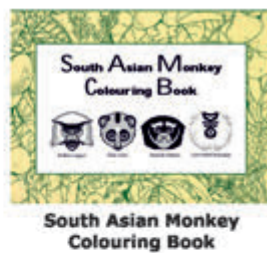
"Primates in Peril"
Primate Educational Packet
for Seniors



"Primate Primer"
Primate Educational Packet
for Juniors



Monkey Manners Educational Packet



South Asian Monkey Colouring Book



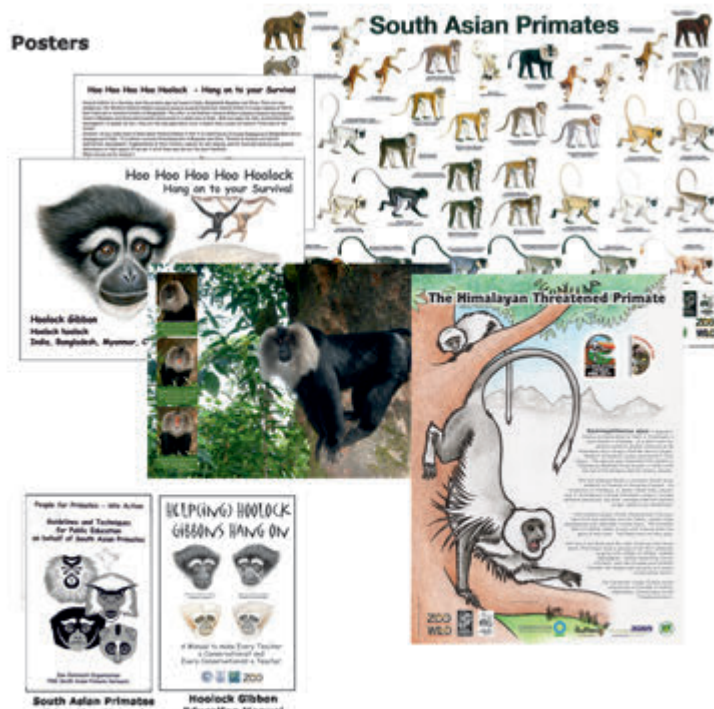
The Lion-tailed macaque and the tiger booklet



Hoolock Gibbon Drama Kit



Conservation of Hoolock Gibbon



Posters



South Asian Primate Network Directory



South Asian primate field guide



South Asian primate teaching guide



Hoolock Gibbon PHVA Report and summary

Status of South Asian Primates



South Asian Primate CAMP Report and summary

South Asian Primate CAMP Report and summary