

香港中文大學  
未來城市研究所  
城市歷史、文化與媒體研究中心

**Centre of Urban History, Culture and Media**  
**Institute of Future Cities**  
**The Chinese University of Hong Kong**



**Multiculturalism in Action Project**  
**Online Handicraft Workshop**  
多元文化行動計劃  
線上手工藝工作坊

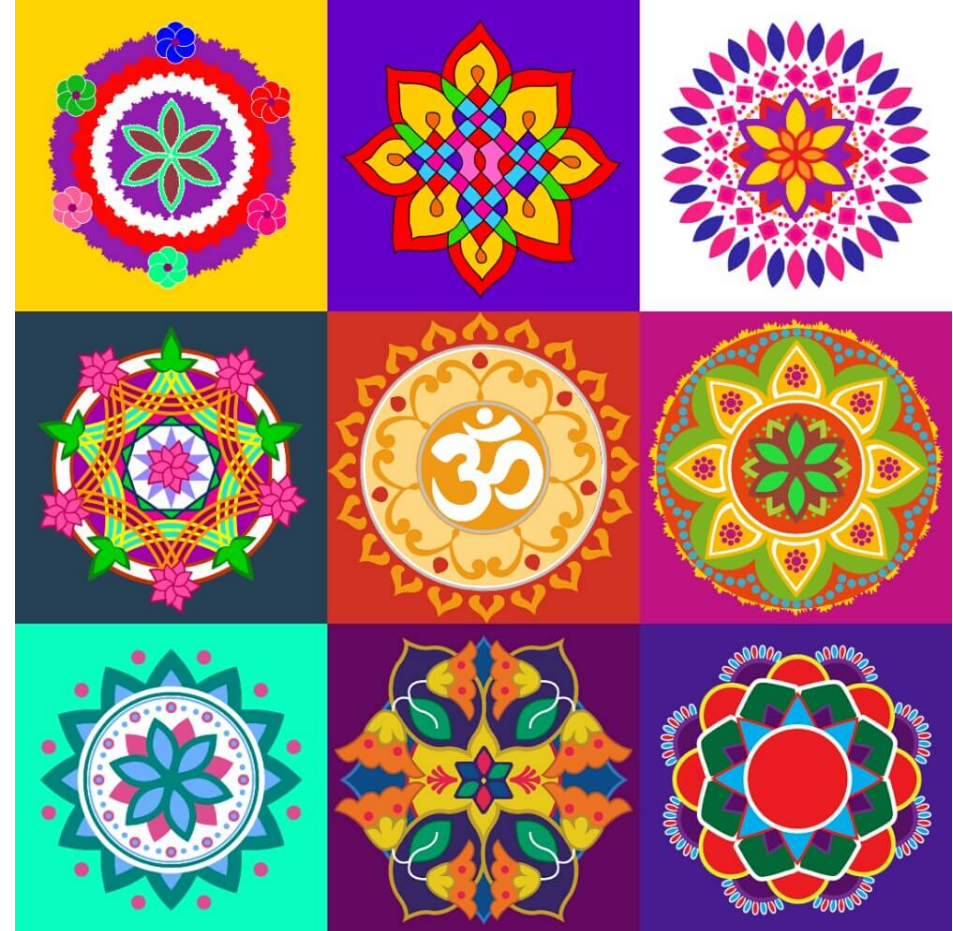
**Rangoli Workshop**  
**Speaker: Ms. Gurung Indra**

藍果麗工作坊  
講者: Gurung Indra女士

主持

Moderator: Prof. Maria Tam

2020.11.14.



It's Called Rangoli !!

這是藍果麗!!

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# Speaker 講者

- Ms Gurung Indra (Judy) grew up in Nepal and India. She has lived in Hongkong since 1996. It's been 20+ years and now she feels she's a Hongkonger.
- Gurung Indra (Judy) 在尼泊爾和印度長大。她從1996年起，一直住在香港。在港20多年，現在她覺得自己是香港人。
- She loves to do social service, and to learn, explore and have fun while teaching.
- 她喜歡做社會服務，也熱愛在教學中同時學習、探索和娛樂。



# Tihar festival 提哈節

तिहार

- Tihar is the second largest festival in Nepal. It's a 5 day long Hindu festival also known as Deepawali.
- 提哈節是尼泊爾第二大節日。這是一個為期5天的印度教節日，也稱為Deepawali。
- The festival is marked by the beautiful lights decorating the inside and outside of the house. So sometimes Tihar is compared to the Indian Diwali, festival of lights.
- 節日的標誌是在房子內外都佈置了精美燈飾。因此提哈節被比作印度的排燈節。
- Tihar is different from Diwali as in the first 4 days it celebrates 4 creatures that have long lived alongside humans, and the 5<sup>th</sup> day is reserved for humans themselves.
- 提哈節與排燈節有所不同。它首4天慶祝4種與人類長期並肩生活的動物，而第五日則留給人類本身。

• The 5 days of Tihar pay tribute to:

• 5天的慶祝對象分別是：

- 1) crow 烏鴉
- 2) dog 狗
- 3) cow, and Lakshmi (goddess of wealth)  
牛, 和拉克希米 (財富女神)
- 4) ox 公牛
- 5) brother 兄弟



# Legends of Bhai Tika 兄弟祝福禮的傳說

- **1)** Goddess Yamuna's brother fell mortally ill. Yama the god of death came to take him. Yamuna pleaded with him to wait till she finishes the final rituals, and until the tika on his forehead had faded, the water she had sprinkled on him had dried, and the marigold garlands she had put around his neck had wilted.  
• 雅姆納女神的哥哥患了重病。死神雅瑪來接引時，雅姆納懇求他等到她完成最後的儀式，直到哥哥額頭上的蒂卡褪色，灑在他身上的水變乾，脖子上的萬壽菊花環枯萎。
- **2)** In ancient times, King Balihang became very ill but was cured by the blessings of his sisters. Since it was a dark night, he told the people to light a lamp and spread the news to the villages through singing deusi bhailo. Since then everyone would light up the house in a dazzling way and sing deusi bhailo.  
• 遠古時代，巴里恆國王病得很重，但因獲得姐妹們的祝福而痊癒了。由於當時是一個漆黑的夜晚，他著人民點一盞燈，透過唱歌把消息傳到各村。從那時起，大家都用炫目的燈飾來裝飾房子，又到處唱歌。

# Bhai tika today 今日的兄弟祝福禮

- Following tradition, on the 5<sup>th</sup> day of Tihar, sisters carry out a ritual to create a protective barrier of holy water and blessed oil around their brothers, and go around them 7 times. A garland made of marigold (known for its long life) is placed around the brother's neck. The tika placed on the forehead of the brother is unique as it consists of 7 different colors.
- 按照傳統，在提哈節的第5天，姐妹們進行一項儀式：圍繞兄弟7圈，以聖水和福油建立一個保護屏障；以長壽聞名的萬壽菊製成花環，戴在兄弟的脖子上。兄弟額頭上的蒂卡也是獨特的，由七種不同的顏色組成。
- **At the end of the ritual, brothers touch the feet of their sisters with their forehead, signifying love, respect and devotion.**
- 儀式結束時，兄弟用額頭觸碰姐妹的腳，表示愛、尊重和奉獻。
- It is customary for brothers to give their sisters as much money as they can, and gifts such as clothes and jewelry.
- 按習俗，兄弟會送給姐妹他力所能及的金錢，以及衣服和珠寶等禮物。
- **Bhai tika is a celebration of the bond between sisters and brothers.**  
**First and second cousins are also eligible for the ritual.**
- 兄弟祝福禮是一個慶祝姐妹與兄弟之間情誼的儀式。  
堂兄弟也可以參加堂姐妹的祝福儀式。



# Bhai tika in Hong Kong 兄弟祝福禮在香港

- I feed my brothers sweet foods including sel roti (ring-shaped bread made from rice flour) and put garlands of flowers on them.
- 我給兄弟們餵甜食，包括用米粉製成的環形麵包，並給他們戴上花環。
- I bless my brothers by putting on their forehead a paste with 7 colors, meaning that their life will always be colorful.
- 我在兄弟們的額頭上塗上7種顏色的蒂卡以示祝福，代表他們的生活永遠多姿多彩。





# Bhai tika in Hong Kong 兄弟祝福禮在香港



*Video Feeling South Asian*  
09:51-12:27

# Rangoli in Nepal

## 藍果麗在尼泊爾



Goddess Lakshmi 女神娜希米



Rangoli in the courtyard

藍果麗



Rangoli on the road

藍果麗

- Rangoli means designs of colors. In different parts of India and Nepal, people call them differently.
- 藍果麗是顏色設計的意思。在印度和尼泊爾的不同地區，有不同的名字。
- Rangoli has always been a cultural and religious symbol in Nepal. It is meant to be a sacred welcome area for the gods of Hinduism, mainly Goddess Lakshmi.
- 藍果麗在尼泊爾一直是文化和宗教的象徵。它是迎接印度教神明的神聖之地，主要是迎接財富女神娜希米。
- New rangolis are made every day of Tihar. Family get together to create them, to welcome their deity and good days ahead.
- 藍果麗在提哈節每天都重新造。家人共聚，一起製成美麗的藍果麗，迎接神明和美好的日子。

# Rangoli in Nepal 藍果麗在尼泊爾

- I love to make rangoli with natural ingredients, such as colored rice, dry flour, colored sand or flower petals. I make patterns on the floors of living rooms or courtyards. I prefer making free-hand and we try different designs every day.
- 我喜歡用天然材料製作藍果麗，例如染色的米、麩粉、沙或花瓣等。在客廳或庭院的地板上製作圖案。我喜歡徒手製作藍果麗，我們每天都會嘗試不同的設計。



## Making rangoli in Hong Kong 在香港製作藍果麗

- The custom is changed after we moved to Hong Kong. Here we don't have houses but flats with a corner door. That's why Nepalis in Hong Kong celebrate Tihar differently: some just draw small rangolis or use paper decorations. Others buy rangoli stencils or mass-produced patterns made of paper or plastic.
- 我們移居香港後，習俗改變了。在這裡，我們住的不是一棟樓而是帶轉角門的公寓。因此香港的尼泊爾裔改變了慶祝提哈節的方式：有些人只是畫些小型藍果麗，或用紙裝飾。有些人則購買藍果麗模紙、或用大量生產的紙製或塑膠的圖案。



# How is a rangoli made ? 怎樣製作藍果麗

Demonstration Video 示範影片



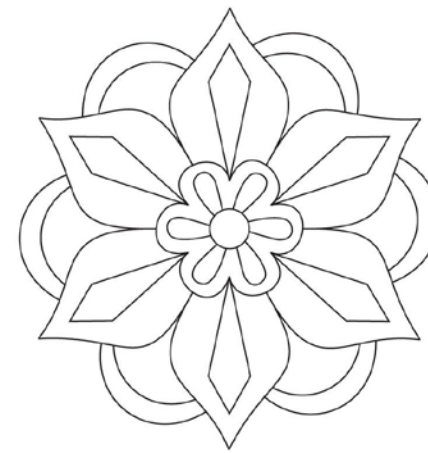
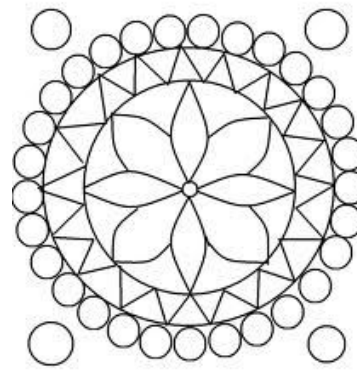
# Let's make rangoli craft 一起製作藍果麗手工

## Materials 材料

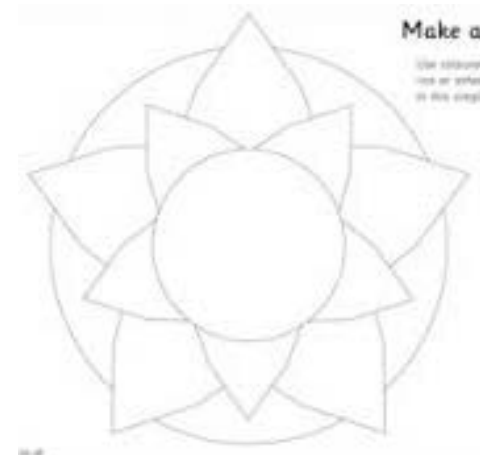
- 1 Rangoli colours (different colors) 藍果麗粉: 多色  
(Alternatives: craft sand, crepe paper bits, rice, spices or beans in different colors, dried flower petals and leaves, etc.)  
(也可用手工沙、皺紙碎、米、香料、豆類、乾花瓣和樹葉等)
- 2 Large drawing paper and pencil 大畫紙和鉛筆
- 3 Small oil lamps (diya), or candles. (we prefer battery tea lights) 小型油燈或蠟燭 (建議用電蠟燭)
- 4 Round object: bangle/plate/ball 圓形物品：手鐲/碟子/球
- 5 Teaspoon and some toothpicks 茶匙和一些牙籤
- 6 Glue 膠水
- 7 Optional: empty bottles for making dots 可選用：製作圓點的空瓶



## Steps 步驟



1. Trace rangoli pattern on drawing paper.  
- 在畫紙上印上藍果麗圖樣。
2. Put glue along the border of one section, and add sand to trace the border. Shake off excess sand.  
- 沿著圖案一個部分的邊界塗上膠水，黏上沙子。甩掉多餘的沙子。
3. Brush the inside of the section with glue and fill it with sand. Shake off excess sand. Continue with the other sections.  
- 在該部分之內塗上膠水，然後填滿沙子。甩掉多餘的沙子。繼續同樣完成其他部分。
4. When pattern is finished and dried, add the candles to the pattern.  
- 圖案完成並乾透後，將蠟燭放在圖案中。





Q & A  
問答環節



THE LAST WORKSHOP:  
**Glasette Art Workshop**

**壓軸工作坊：**  
**玻璃瓶藝術工作坊**

- ▶ **Speaker: Ms. Debika Sarkar**
- ▶ **Date: 28/11/2020 (Saturday)**
- ▶ **Time: 11:00 am - 12:00 pm**
- ▶ **Venue: Zoom**
  
- ▶ **講者: Debika Sarkar 女士**
- ▶ **日期: 2020年11月28日(星期六)**
- ▶ **時間: 上午11時至中午12時**
- ▶ **場地: Zoom**



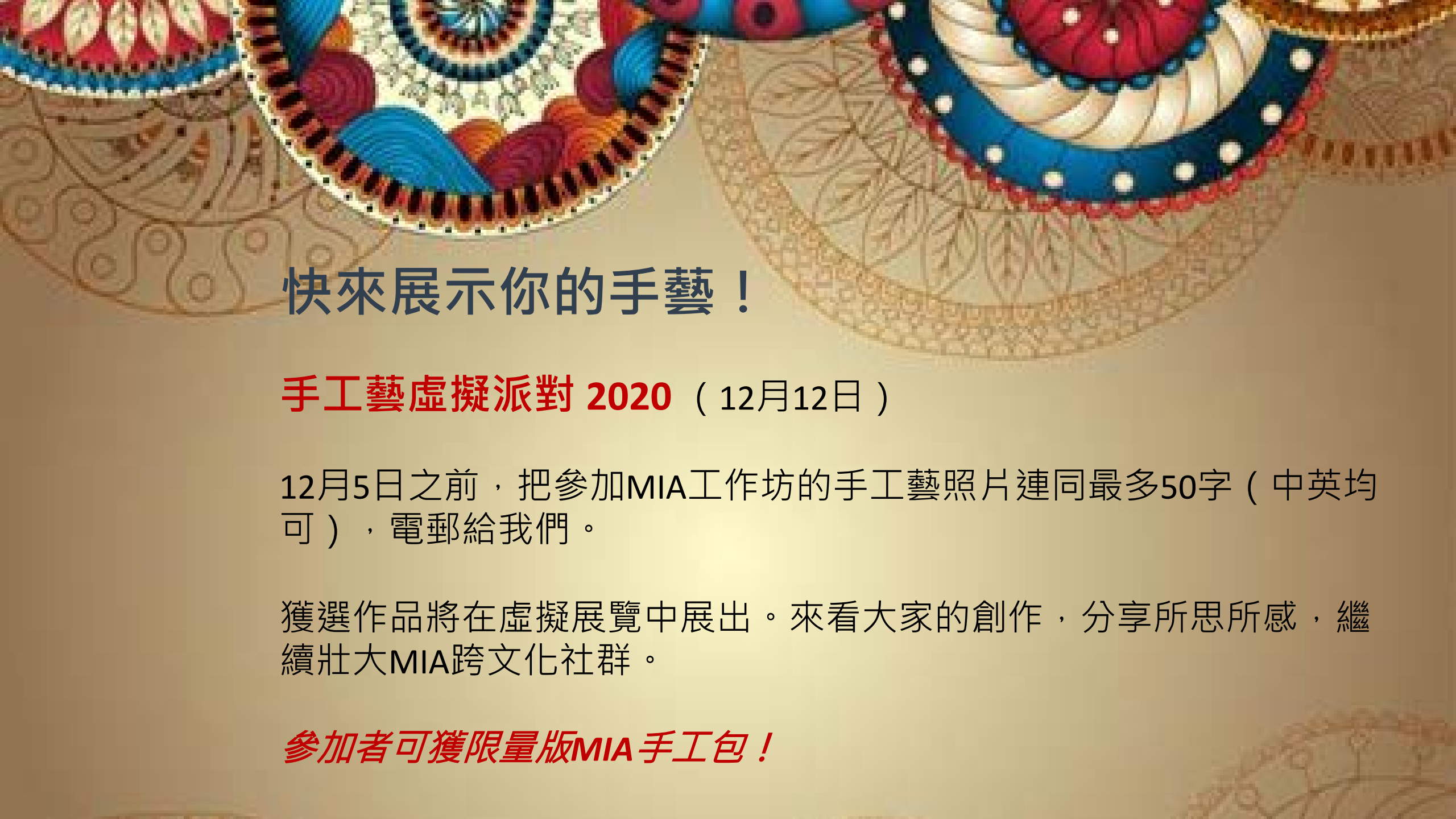
## **YOUR TURN TO SHOW OFF YOUR CRAFT**

At the **Virtual Handicraft Party 2020** on **Dec 12 !!**

To take part, email by Dec 5: photos of your handicraft from our workshops and a text of 50 words max (Chinese or English).

Selected works will be collated into a virtual exhibition. See what everyone has created, share our thoughts and feelings, and continue to build the MIA intercultural community.

***Participants get an MIA limited edition craft pack!***



**快來展示你的手藝！**

**手工藝虛擬派對 2020**（12月12日）

12月5日之前，把參加MIA工作坊的手工藝照片連同最多50字（中英均可），電郵給我們。

獲選作品將在虛擬展覽中展出。來看大家的創作，分享所思所感，繼續壯大MIA跨文化社群。

**參加者可獲限量版MIA手工包！**

*Thank you !*

*Dhanyabaad!*

**謝謝!**



- Website網頁:  
<http://arts.cuhk.edu.hk/~ant//knowledge-transfer/multiculturalism-in-action/index.html>



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