

MECHUKHA

Dear Reader,

Summer is on the horizon and it's time for travellers to explore Mechukha's natural beauty. But Mechukha is not about nature alone - rich cultural heritage is attractive too. Like its diverse cuisines and vibrant traditional music and dance! Mechukha's culinary heritage blends

Tibetan, Monpa, and Apatani traditions complemented by locally sourced produce. Join us as we delve into Mechukha's culinary and cultural delights.

- **Liyi Bagra** A.P.C.S, Deputy Commissioner, Shi-Yomi District & Chairman-Destination Management Committee-Mechukha

Flavors of Mechukha: Exploring Culinary Delights in the Himalayan Haven

In the remote Himalayan region of Mechukha, culinary traditions reflect the area's unique cultural heritage and natural bounty. Mechukha's cuisine is characterized by its simplicity, reliance on locally sourced ingredients, and a blend of flavors influenced by Tibetan, Monpa, and Apatani culinary traditions.



Thukpa

Thukpa, a staple dish of Mechukha, is a flavorful noodles soup cherished for its comforting warmth. The rich broth and an array of fresh vegetables and meat, is a first hand experience of the region's cultural tradition. Whether on a cold and chilly day, or right after a trek or exploration, Thukpa offers a taste of Mechukha's hospitality.

FLAVORS OF MECHUKHA

Momos

In Mechukha, the humble momo reigns as a beloved culinary delight. These delectable dumplings, filled with a savory mixture of meats or vegetables, are lovingly prepared and served steamed or fried.



Paa

Paa a staple, is millet bread made from flour and water, flattened into rounds, then cooked on a griddle.



Khabsey

Khabsey, consists of deep-fried dough strips seasoned with sugar and sometimes spices, offering a delightful crunchy texture and sweet flavor.



Osum Puchi

Osum Puchi, a popular dish in Mechukha, features fried or roasted finger millet mixed with powdered sugar or jaggery, creating a crunchy and sweet snack enjoyed by locals and visitors alike.

Puda

Made from buckwheat flour, these noodles offer a unique texture and nutty flavor. Commonly used in local cuisine, Puda noodles are versatile and can be used in soups or stir-fries for a delicious meal in Mechukha.



Deboga

Traditional dish consisting of fermented bamboo shoots cooked with pork or other meats, seasoned with local spices and herbs



Chang

Chang, a traditional millet beer, is a popular beverage in Mechukha. Brewed locally using millet grains, Chang has a distinct taste and is often consumed during festivals and celebrations



Churkomb

Churkomb, also known as dried churpi, is a traditional snack in Mechukha. Made from hardened yak milk, it is dried and preserved for consumption. Chewing on Churkomb is not only a flavorful experience but also provides a source of sustenance, making it a cherished part of Mechukha's culinary culture.



Celebrating Life: Dance and Music Traditions of Mechukha

In Mechukha, vibrant dance and music traditions reflect the region's cultural richness, celebrating significant moments. Sheye, a cherished dance at weddings, symbolizes joy and unity, while Dongs expresses blessings during housewarming ceremonies. Chang Lu, a lively group song, fosters community spirit. These traditions preserve Mechukha's cultural identity.



Chongl

The Chongl is typically showcased during significant events such as weddings, housewarming gatherings, and festive occasions, as well as during moments of joviality among the youth. It conveys a range of themes including love, emotion, imagination, daily life, praise for deities, and admiration for natural beauty, forming the essence of its lyrical content.

Sheye

Sheye songs are sung alongside traditional dances, typically involving three male performers. Following the Sheye performance, three females respond with the Yaajang, an offering song accompanied by Chang. Sheye serves as a means for people to convey blessings, wishing for prosperity, good health, and happiness through its lyrics.

Dongs

Dongs are led by a singer (lubin), with dancers following their tunes. The songs predominantly depict architectural techniques, bridal life, and comparisons to natural beauty. Both genders partake, lasting 12 to 16 hours, often spanning an entire night. Participants are rewarded with prizes like bull heads and money, distributed among winning teams post-performance.

Bay

This dance is exclusively performed by males. War dances, typically executed at the onset or conclusion of a conflict, are also included in this category. Such dances are integral to every festival celebration.



SWADESH DARSHAN 2.0 UPDATES

SWACHHATA DRIVE HELD AT MECHUKHA TOWN

On February 19th, 2024, a cleanliness campaign was conducted in Mechukha Market and Town Area, spearheaded by ADC Smt. Tana Yaho. She encouraged residents to engage in monthly cleaning drives and emphasized the importance of using dustbins and segregating waste. Additionally, she highlighted Mechukha's potential as a prominent tourism destination. The 20th BN ITBP, along with officers and jawans, actively participated in the drive. Collaboration with various organizations and stakeholders, including HODs, NGOs, the Bazaar Committee, schools, and PRI leaders, ensured the success of the initiative. The Swadesh Darshan Team also contributed to the cleanliness efforts.

