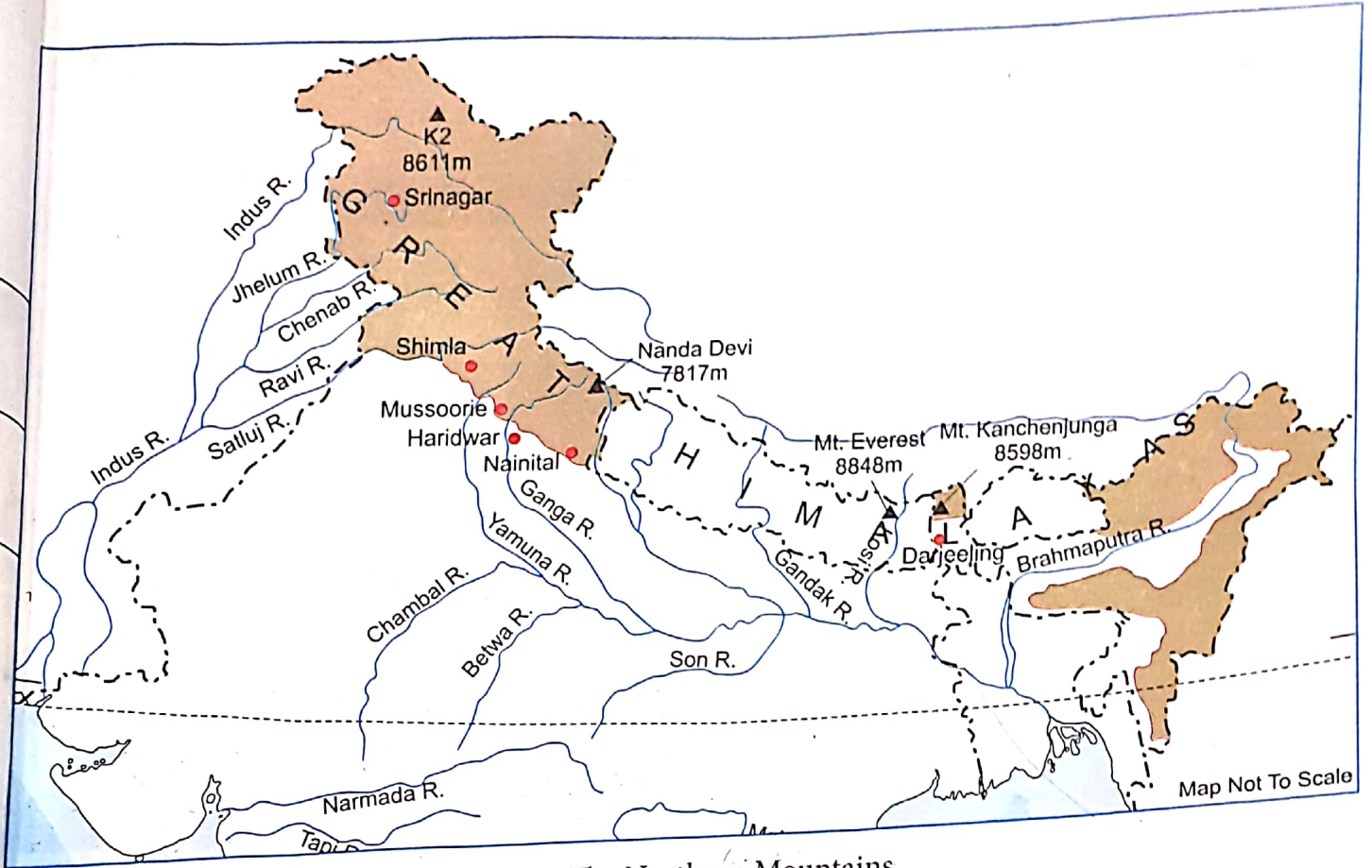


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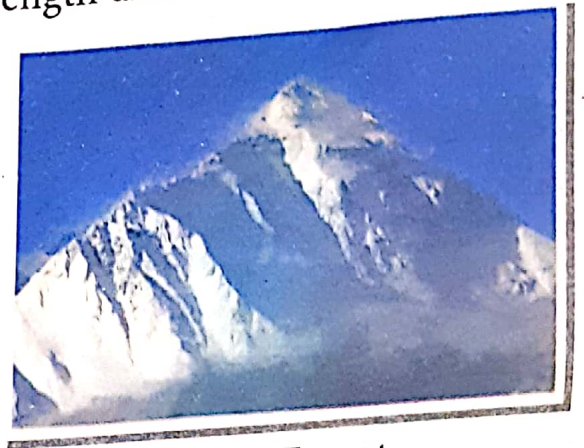
The Northern Mountains



India—The Northern Mountains

The Northern Mountains that protect India in the North include the Himalaya and Karakoram mountain ranges. The Himalayas spreads from Jammu & Kashmir in the West to Arunachal Pradesh in the East. The total length and width of this range is 2,500 km and 400-150 km respectively.

Most peaks of the northern mountains remain covered with snow throughout the year. The highest peak of the world, Mount Everest, is in the Himalayan ranges. It is 8,848 metres above the sea level. It is situated in Nepal. Many mountaineers have successfully climbed the snow-covered peaks of the Himalayas.



Mount Everest

There are three parallel ranges of the Himalayan mountains. These are:

1. The Great Himalayas or **Himadri**
2. The Middle Himalayas or **Himachal**
3. The **Shiwalik** ranges

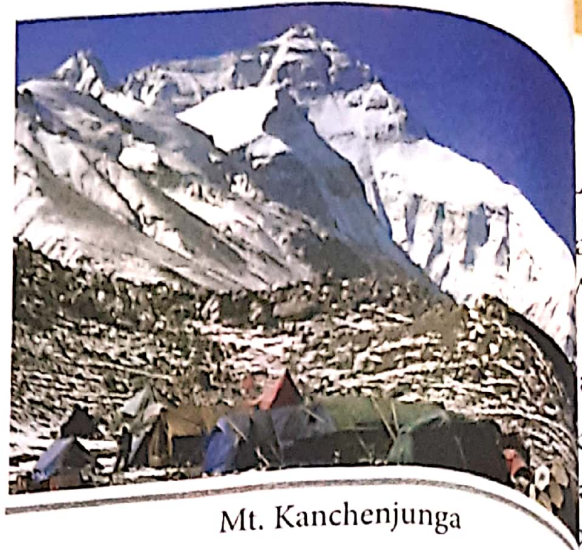
Himadri or the **Great Himalayas** is in the north and remain snow-covered. **Glaciers**, are the large, slow-moving rivers of ice that, originate from **Himadri**. A glacier is formed of compact layers of snow. Many prominent rivers such as the **Ganga**, the **Yamuna** and the **Brahmaputra** originate from these glaciers. The other two high peaks in these mountains are **Kanchenjunga** and **Annapurna**.

To the south of the **Himadri** are **Himachal** or the middle Himalayan ranges. The slopes of these mountains are covered by thick forests of **deodar** and **pine** trees. There are many famous hill stations including Mussoorie, Nainital, Shimla, Kullu, Manali and Darjeeling in **Himachal**.

Located in the extreme south, the **Shiwalik** ranges have dense forests that are home to a large number of wild animals.

The **Purvachal** ranges are located in the north of India. The mountains here are very high but are covered with dense forests. Some popular hills in this region are **Khasi**, **Garo**, **Naga**, **Lushai**, **Jaintia** and **Mizo** hills.

The **Karakoram** mountain ranges are situated in the north-west of the Himalayas. The second highest peak in the world **Mount Godwin Austin**, also called the **K2**, is in this range.



Mt. Kanchenjunga



Karakoram Mountain Range

Life in the Mountains

Jammu and Kashmir, Himachal Pradesh, Uttarakhand, Sikkim, the northern areas of West Bengal and the north-eastern states lie in the Northern mountains.

Jammu and Kashmir

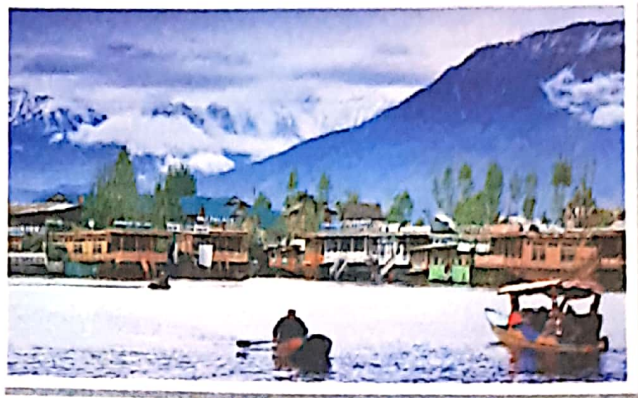
Kashmir has natural scenic beauty, that is why Jahangir, the Mughal emperor called it a **heaven** on the Earth. A large number of tourists from all over the world come here every year.

The state of Jammu and Kashmir has two capitals: **Srinagar** during summers, and **Jammu** in winters. People here mainly speak Kashmiri, Dogri, Urdu and Ladakhi.

The two famous lakes in this state are **Dal** and **Wular** where **houseboats** and **shikaras** can be seen floating on the water.

Besides joyrides, some people also sell vegetables and flowers on shikaras.

The climate of Kashmir remains cool during summers and extremely cold during winters. Kashmiri people use **Kangri**, a small pot with burning coal in it, for staying warm when it's extremely cold. Kashmiris wear **Phiran** and **Salwar**. **Shivratri** and **Eid** are the two festivals celebrated here. The Kashmiris drink a special kind of tea known as **Kahwa**. It is the favourite drink of Kashmiris.



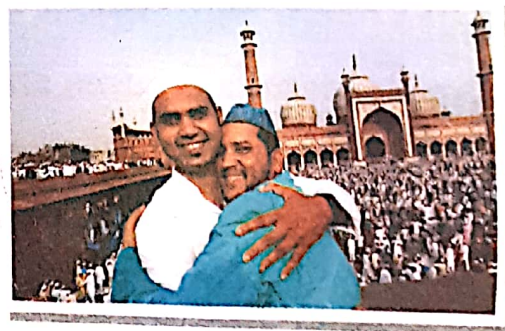
Jammu and Kashmir



Kashmiri People Using the Kangri



People Performing Shivratri Puja



People Celebrating Eid Festival

During summers, people work in their fields. The main crops grown by them are rice, maize, vegetables, rajma, saffron and fruits. During winters, people prefer remaining inside their homes. They utilize this time to make handicrafts from wood and papier mache. Some people make silk and woollen clothes. Kashmiri Pashmina shawls and carpets are popular in India as well as abroad.

A large number of tourists come here. The places of tourist interest are Vaishno Devi, Amarnath, Srinagar, Pahalgam and Gulmarg.

Ladakh is situated in the north-eastern part of Kashmir. People here rear yak and sheep.

Himachal Pradesh

Himachal Pradesh is also called the 'Dev Bhumi' meaning the Land of Gods. It is famous for its scenic beauty. The lifestyle of the people is similar to Kashmiris. The main occupation of the people of Himachal Pradesh is agriculture. You can see fruit trees and orchards here. People grow maize, barley, rice, vegetables and fruits. They also rear sheep and goats.

Men and women wear pyjama and top. Men also wear special embroidered caps and women wear scarves called **Dhazu**.

The main festival of the Kullu region is Dussehra. People speak Punjabi and Hindi with Himachali accent. The places of tourist interest are Shimla, Dalhousie, Kullu and Manali. **Shimla** is the capital of Himachal Pradesh. The main crafts are woollen shawls, namda, gudma and mobi. These are floor covering shawls and shoes.

Uttarakhand

Uttarakhand comprises the hill ranges of **Garhwal** and **Kumaon**. Farming is the main occupation here. A large number of people serve the Indian army.



Traditional Dress of Himachal Pradesh

The popular hill stations are **Mussoorie** and **Nainital**. Other places of tourist attraction are Haridwar, Badrinath, Kedarnath, Gangotri, Yamunotri and Ranikhet. **Dehradun** is the capital of Uttarakhand. The well known national parks include Corbett National Park. Kumbh mela is held in Haridwar after every 12 years.



Haridwar

Sikkim and West Bengal

Sikkim is known for its **orchids**. It is a beautiful state with high rising mountains and deep river valleys. The three main tribes here are **Lepcha**, **Bhutia** and **Nepali**. Women here wear **boku** and colourful jewellery made from beads. Gangtok is the capital of Sikkim. Kanchenjunga, the highest peak in India is situated here. West Bengal has a rich culture. Kolkata is its capital. Fish and rice is the staple diet of its people.



Orchid Flower

North-Eastern States

You have read that the seven states of north-eastern India are also known as the **Seven Sisters**. The main occupations of the people here are farming and crafts.

Arunachal Pradesh is the largest state in the north-east. The population here is less. Its capital is **Itanagar**. People here live in stilt houses to protect themselves



Lepcha



Manipuri Dance

from snakes and heavy rains.

Manipur is culturally different from the rest of the north-east region. The main occupations here are farming and weaving. People make handicraft items from cane, bamboo and leather. The **Manipuri dance** is also quite famous. **Imphal** is the capital of Manipur.

Meghalaya means the **abode of clouds**. This state gets the maximum rainfall in India. **Shillong** is the capital of **Meghalaya**, which is a popular hill station. The three main tribes here are Khasi, Garo and Jaintia. People here grow rice, jute, sugarcane, oranges, pineapples and potatoes.

Mizoram means **land of the 'hill people'**. Its capital is **Aizawl**. The main occupation of the people here is farming. Most people in this state are literate.

The state of **Nagaland** has its own distinct culture. The Naga people weave shawls of various patterns. You can easily know the tribe the Nagas belong to by looking at their shawl. The main crops grown here are rice, maize, millets and oranges. **Kohima** is the capital of Nagaland.

Did you know?

Sir Edmund Hillary and Tenzing Norgay were the first to climb the Mount Everest in 1953.

The first Indian woman to climb this high peak was Bachendri Pal in 1984.



Glossary

- **Glacier** – A river of ice.
- **Kahwa** – A special tea.
- **Stilt House** – A wooden house built above the ground on poles.
- **Abode** – Home



Quick Glance

1. The Northern Mountains include the Himalayan and Karakoram mountain ranges.
2. The three parallel ranges of Himalayan mountains are Himadri, Himachal and Shiwalik.
3. The states of India that lie in the northern mountain region are Jammu and Kashmir, Himachal Pradesh, Uttarakhand, Sikkim, the northern areas of West Bengal and the north-eastern States.

Date 12, 2019



A. Brain Game:

Guess my name?

1. I am the highest mountain peak in the world.
2. I am called the Heaven on Earth.
3. I am a special kind of Kashmiri tea.

Mt. Everest
Kashmir
Kahwa

B. Multiple Choice Questions:

1. The highest peak of the world is:

(a) Kanchenjunga

☐

(b) Annapurna

☐

(c) Mt. Everest

☒

2. The capital of Himachal Pradesh is:

(a) Shimla

☐

(b) Kullu

☐

(c) Manali

☒

3. The north-eastern states are called the

(a) six sisters

☐

(b) seven sisters

☒

(c) eight sisters

☐

Take clues from the box and fill in the blanks:

Boku Wular Manipur Mizoram Dal Dehradun

1. The two famous lakes in Jammu and Kashmir are Dudai lake and wular lake.
2. The capital city of Uttarakhand is Dehradun.
3. In Sikkim, women wear Boku and colourful jewellery.
4. Manipur is culturally different from the rest of the north-east region.
5. Mizoram means 'land of the hilly people'.

Answer the following questions.

1. Which two mountain ranges comprise the northern mountains?

2. Who is the first Indian woman to climb Mount Everest?

3. What is the height of Mount Everest?

4. Why is Kashmir called the Heaven on Earth?



Recognize the following pictures and write their names on the given blanks.
Write at least two sentences about each of them.

