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Tender Heart High School,
Sector 33B, Chandigarh
Class IV

Subject:- Social Studies

Teacher:- Mili Bhatnagar

Chapter 14

The Northern Plains and the Desert Region

Good Morning Students!

In this chapter we will study about some states of India in the northern part of India.

1. Punjab the land of five rivers is situated in the north-western part of India. This state has a fertile area and is known for growing crops mainly wheat and rice. So Agriculture is the main occupation of the people. Other occupations are dairy farming and poultry farming. Punjab is famous for its sarson ka saag, makki ki roti and delicious parathas with lassi. Some important cities of Punjab are Ludhiana, Amritsar, Jalandhar, Patiala, Bhatinda which also have historical significance. Amritsar is famous for the Golden Temple and Jallianwala Bagh. Bhangra and Gidda are famous dances of Punjab. We all are aware about the climate of this region which is hot in summer and very cold in winters when temperature reaches between 1°C to 4°C .
2. Haryana :- Located in north central region, this state experiences climate similar to

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its neighbouring state. As the land is fertile crops like wheat, rice and cotton are grown here. Some important cities in Haryana are Ambala, Karnal, Faridabad, Kurukshetra, Panipat and Gurugram. The main occupation is farming and dairy farming. Karnal is famous for its big dairy farm.

3) Delhi is located in the north-central India. New Delhi is the national capital of India. It is a part of the National Capital Territory region. People from different castes and religions live here. Most of the people are employed in government and private offices. It is famous for monuments like Qutub Minar, India Gate, Akshardham Temple, Jantar Mantar, etc.

4) Uttar Pradesh is India's most populated state. Lucknow is the capital city of Uttar Pradesh. Being in the heart of northern plains, it is very fertile region. Major crops grown here are wheat, rice, sugarcane, oilseeds and pulses. Many industries flourish here like cotton textile, leather, sugar, glass and fertilisers. Men in the state wear kurta-pyjama while women wear sarees. The cities of Varanasi, Lucknow, Allahabad, Agra and Kanpur are very famous.