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

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Subject:- Social Studies

Teacher:- Mili Bhatnagar

Chapter 12 The Northern Mountains.

Good Morning Students!

Let us know about the places that lie in the Himalayan region

- 1- Jammu and Kashmir is a union territory of India with Srinagar as its summer and Jammu as its winter capital. The Indus, Chenab, Sutley and Jhelum are important rivers of this region. The valley of Kashmir is a beautiful tourist spot and is surrounded by snow-capped mountains. The Dal Lake is a beautiful lake in the Kashmir Valley. It is famous for its houseboats called shikaras. There are floating markets on these houseboats where people sell flowers, fruits and vegetables.

Farming, weaving and wood carving are the main occupations of the people in this region. Saffron, cherries, almonds and walnuts are mainly grown in the union territory. During winters men and women wear loose, warm, woollen gowns called phirans and carry an earthen pot filled with burning coal called Kangri to keep themselves warm. People usually speak Urdu, Dogri and Ladakhi language.

2. Ladakh experiences well cold and dry climate.

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It has two districts — Kargil and Leh. The Zoji La Pass and Nathu La Pass act as a natural passage for movement across the mountains. There is very less vegetation in this region. People here are generally the followers of Buddhism.

3. Himachal Pradesh is a state in Northern India with Shimla as its capital. Some of the famous hill stations like Shimla, Dalhousie, Kullu, Manali lie in Himachal Pradesh. Farming is an important occupation in the state. Many people are also engaged in handicrafts like making furniture, baskets, etc. with cane and bamboo. People here speak Hindi, Pahari, Punjabi, Kinnauri, etc. The men wear Kurta, pyjamas, long woollen coats and bright woollen Himachali caps. Women wear Kurta, chudidhar-salwar and a colourful scarf on the head. Dussehra is the most important festival of the Himachal region especially in the Kullu and Kangra valley.

4. Uttarakhand :- The state of Uttarakhand was formed as a separate state in the year 2000. It was carved out of Uttar Pradesh. Its capital is Dehradun. Gangotri and Yamunotri glacier can be seen here. Two important pilgrimage sites of the state are Badrinath and Kedarnath. The

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Vegetation in the colder region is evergreen trees. Main occupation of the people is farming or cattle rearing. The Indian Military Academy, an important training academy of the Indian Armed Forces is located in Dehradun.

Tick the correct answer

1. Uttarakhand
2. Kehwa
3. Himachal Pradesh
4. Ladakh

Fill in the blanks

1. Phiran
2. Gangotri glacier
3. Dhak
4. Srinagar