

CLASS : 4

SUBJECT: SOCIAL SCIENCE

CHAPTER NUMBER: 3

CHAPTER NAME :THE NORTHERN MOUNTAINS

**SUBTOPIC : THE IMPORTANCE OF THE HIMALAYAS,LIFE IN THE
NORTHERN HIMALAYAS,JAMMU AND KASHMIR, LADAKH**

CHANGING YOUR TOMORROW

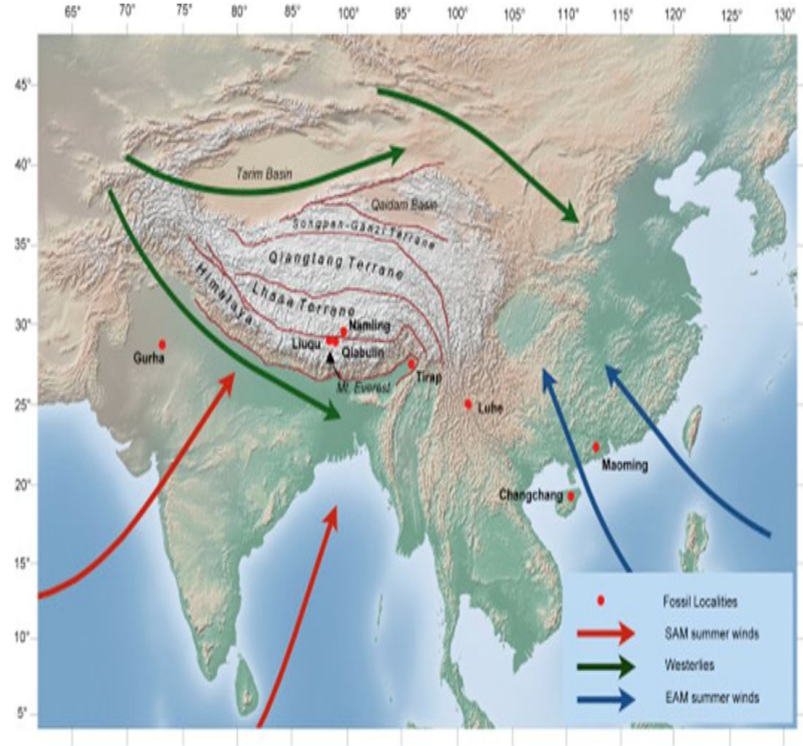
The Importance of the Himalayas

The Himalayas are very important for our country they help us in many ways:

- The Himalayas act like a wall on our Northern borders and protect our country from enemies.



- They also protect us from the cold winds blowing from Central Asia.
- The Himalayas stop the monsoon winds blowing from the north and bring heavy rainfall to the northern plains of India.



- The forest in the Himalayan region are home to several wild animals.
- They are also a source of wood medicines and other useful things.



- several rivers originate in the Himalayas .

They provide us with water and make our land fertile.

- Dams built over the rivers provide us with electricity.



Life in the northern mountains

A number of states and union territories are located in the northern mountains.

These are:

- Jammu Kashmir
- Ladakh
- Himachal Pradesh
- Uttarakhand
- Sikkim
- West Bengal
- Assam
- Nagaland
- Manipur
- Mizoram
- Tripura
- Meghalaya
- Arunachal Pradesh.



Jammu and Kashmir and Ladakh

These two union territories are almost entirely mountainous.

Srinagar and Jammu are the capitals of Jammu and Kashmir while leh is the capital of Ladakh.



The beautiful Kashmir Valley is a favourite of tourists.

It is surrounded by snow covered mountains and has the lovely dal and Wular Lake.



Houses on boats are called house boats float on the lake these are almost used as hotels. Small boats called shikaras are used for boating and as floating shops.



The traditional loose kurta worn by the men and women in Kashmir is called Phiran. To keep warm in winter people in Kashmir keep a pot with burning coal known as the kangri, beneath their Phiran.



The people of Kashmir make beautiful handicraft from wood, brass, silver and papier mache.



Kashmiri, Dongri, Urdu and Ladakh are the languages spoken here.

Eid and Shivaratri are the main festivals.



Answer the following questions:

Q2. Name the ranges that make up the Himalayas. Which is the highest, and which is the lowest?

Ans. The Himalayas consists of three mountain ranges that run parallel to each other:

- **The Himadri or the Greater Himalayas- Highest range**
- **The Himachal or the Middle Himalayas**
- **The Shiwalik or the Outer Himalayas - lowest range**

HOMEWORK

Find out one place in India where houseboats are commonly used as hotels. Write in the notebook.

QUIZ:

1. Which is the highest peak in the Himalayas?

Ans. Mount Everest

2. Himalayas are covered with _____.

Ans. Snow

3. The Middle Himalayas lie in which direction?

Ans. South of the Greater Himalayas.

4. Where does The Himalayas stretch from?

Ans. Jammu and Kashmir to Arunachal Pradesh.

SUMMING UP:

- **The Himalayas act like a wall on our Northern borders and protect our country from enemies.**
- **The forest in the Himalayan region are home to several wild animals.**
- **They are also a source of wood medicines and other useful things.**
- **The people of Kashmir make beautiful handicraft from wood, brass, silver and papier mache.**
- **The traditional loose kurta worn by the men and women in Kashmir is called Phiran. To keep warm in winter people in Kashmir keep and other in pot with burning coal known as the kangri, beneath their Phiran.**

LEARNING OUTCOME:

The learner will be able to :The learner will be able to :

The learner will be able to :

- **The southernmost and lowest range of the Himalayas**
- **Definition of the Terai region.**
- **Deforestation**
- **Measures taken up by government for preserving the forest areas.**

THANKING YOU
ODM EDUCATIONAL GROUP