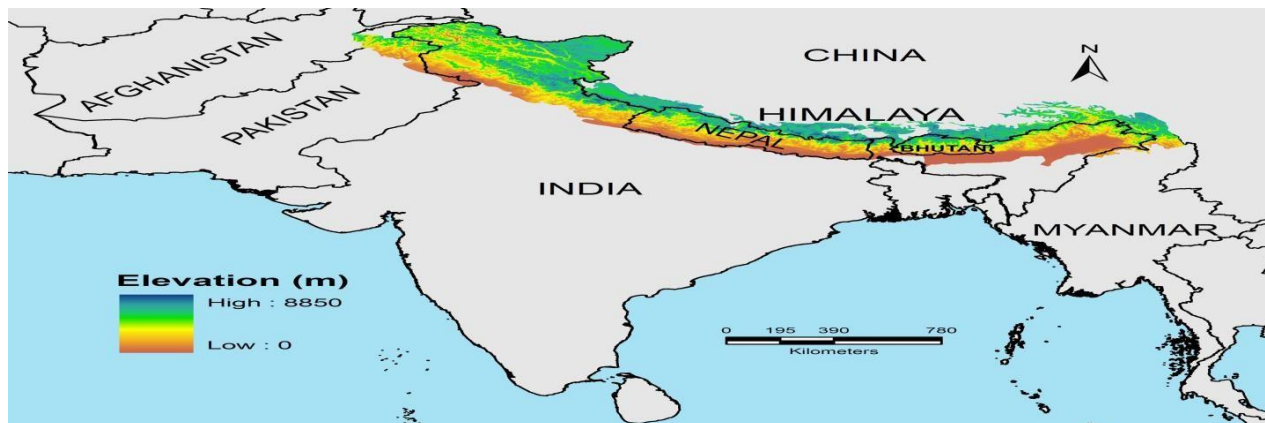


Chapter- 3

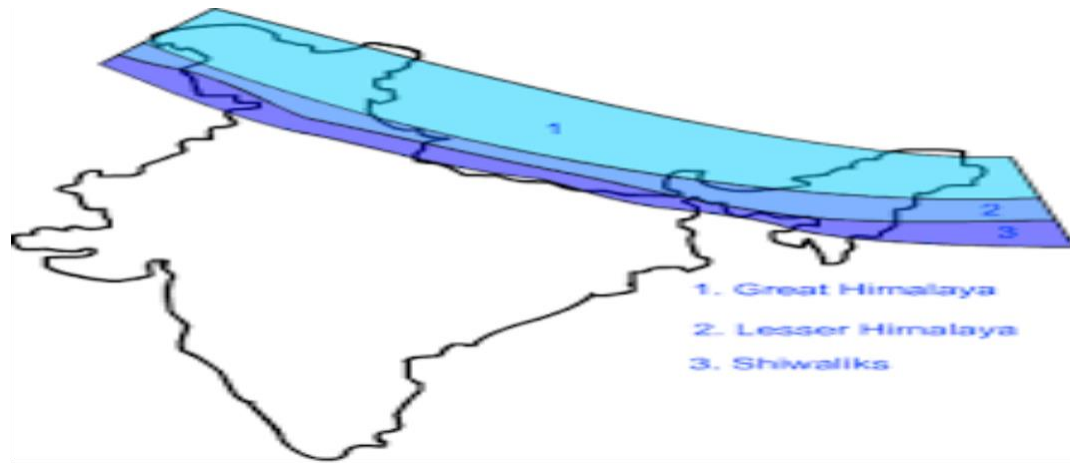
THE NORTHERN MOUNTAINS

STUDY NOTES

- The Northern Mountains stretch like a great wall across the northern and north-eastern parts of our country.
- It includes the Karakoram, Ladakh and the Himalayan ranges of mountains.
- They are the highest mountain ranges in the world.
- The Himalayas extend for 2500 kilometers from Jammu and Kashmir in the north to Arunachal Pradesh in the north-east. It is about 450 km wide in Kashmir.
- The word 'Himalaya' in Sanskrit means 'abode of snow'. A large part of the Himalayan Range is covered with snow throughout the year.



- Nine of the 10 highest mountain peaks in the world are in the Himalayan Range.
- A large part of the Himalayan Range is covered with snow throughout the year.
- The highest mountain peak is Mount Everest in Nepal. It is 8848 metres high.
- The Himalayas consists of three mountain ranges that run parallel to each other.
- The Himadri or the Greater Himalayas
- The Himachal or the Middle Himalayas
- The Shivalik or the Outer Himalayas



The Himadri or Greater Himalayas

- This is the northern-most range of the Himalayas. It is the highest of the three ranges, and contains all the highest peaks, including Mount Everest.
- Kanchenjunga and Annapurna are two of the highest mountain peaks of these ranges.
- Kanchenjunga (8586 metres) is the highest peak in India.
- Rivers such as the Ganga, Yamuna, Brahmaputra, Indus and Satluj arise from the Himadri. They arise from moving sheets of ice called glaciers.
- The river Ganga starts from the Gangotri glacier.

The Himachal or Middle Himalayas

- The Himachal Range lies to the south of the Himadri Range. The mountains are not as high as in the Himadri Range.
- Only some peaks are covered with snow throughout the year.
- Most people live in hill towns such as Mussoorie, Shimla and Darjeeling, or in valleys such as Srinagar, Nainital and Kangri.

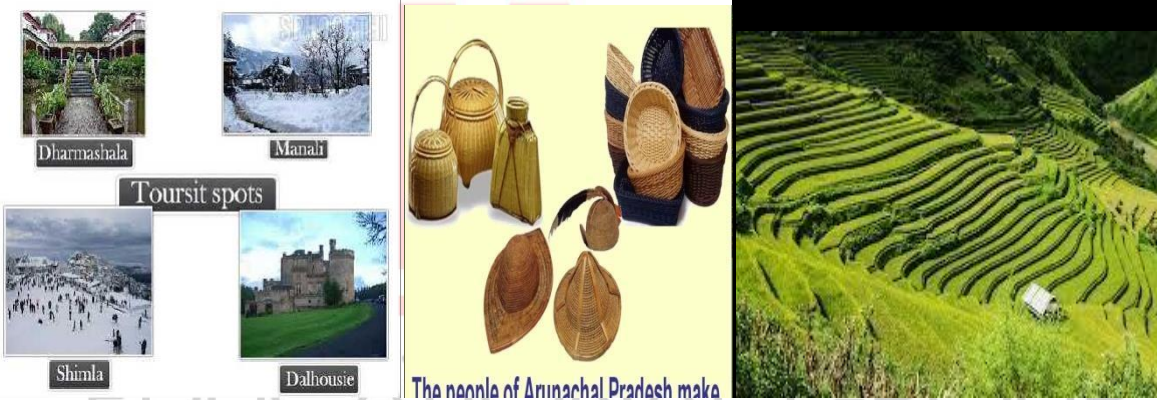
The Shiwalik or Outer Himalayas

- The southern-most and the lowest range of the Himalayas is the Shiwalik.
- The slopes are covered with thick forests, which are home to a variety of wild animals.
- The area at the foothills of the Shiwalik Range is called the Terai region.
- It receives heavy rainfall and the land is fertile.
- Deforestation in the Shiwalik and the terai region for wood and farmland has destroyed many of the forests.

The Government has made several protected forest areas such as the Corbett National Park and the Kaziranga National Park to stop deforestation and protect animals.

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 from going further north, and thus bring heavy rainfall to the Northern Plains of India.
 - The forests 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 these rivers provide us with electricity.



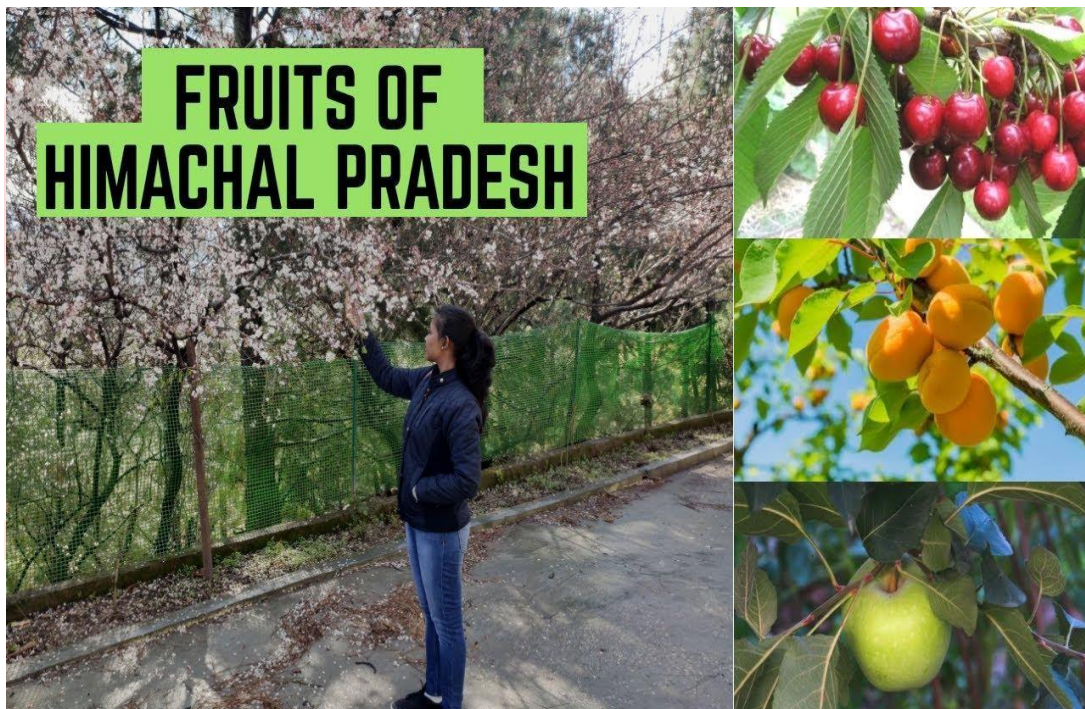
Life in the Northern Mountains

- A number of states and union territories are located in the Northern Mountains.
- These are Jammu and Kashmir, Ladakh, Himachal Pradesh, Uttarakhand, Sikkim, West Bengal, Assam, Nagaland, Manipur, Mizoram, Tripura, Meghalaya and 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 lakes.
- Houses on boats called houseboats float on the lakes. These are mostly used as hotels. Small boats called shikaras are used for boating and as floating shops.
- The people of Kashmir make beautiful handicrafts from wood, brass, silver and papier- mache. Saffron is a special crop of the state.
- Kashmiri, Dogri, Urdu and Ladakhi are the languages spoken here.
- Eid and Shivaratri are the main festivals.



HIMACHAL PRADESH

- Himachal Pradesh, with its snow-clad mountains, is a very beautiful state.
- Its capital is Shimla. Thousands of tourists visit the hill stations of Shimla, Dalhousie, Kulu and Manali every year.
- The 'toy train' which takes people from Kalka to Shimla is a special attraction.
- The climate here is ideal for the growth of fruits like apples, cherries, plums, apricots and peaches.
- The traditional clothes of women include tight pyjamas and loose kurtas, with scarves around their heads. The men wear tight pyjamas and loose shirts.

- ❖ Hindi is the official language of the state but people mostly speak in Pahari.
- ❖ The main festivals are Dusshera and Diwali.



UTTARAKHAND

- This recently formed hill-state contains the Garhwal and Kumaon Ranges.
- Dehra Dun is the capital of the state. Mussoorie in Garhwal and Nainital in Kumaon are important hill stations.
- The slopes are covered with thick forests of pine, oak, deodar and fir trees. They are home to a variety of birds and animals.
- Gangotri, Yamunotri, Badrinath and Kedarnath are important places of religious and tourist interest.



SIKIKIM

- Gangtok is the capital of this small hill state.
- Kanchenjunga in Sikkim is the third highest mountain peak in the world.
- The state is famous for its orchids.
- Most of the people here belong to the Lepcha, Bhutia or Nepali tribe.

- The women of the state traditionally wear long skirts called Baku and colourful jewellery made from beads.



WEST BENGAL

- The Northern Mountains are confined to the northern parts of this state.
- Darjeeling is a hill station situated in the northern part of West Bengal.
- It is famous for the tea grown on the slopes of the hills.

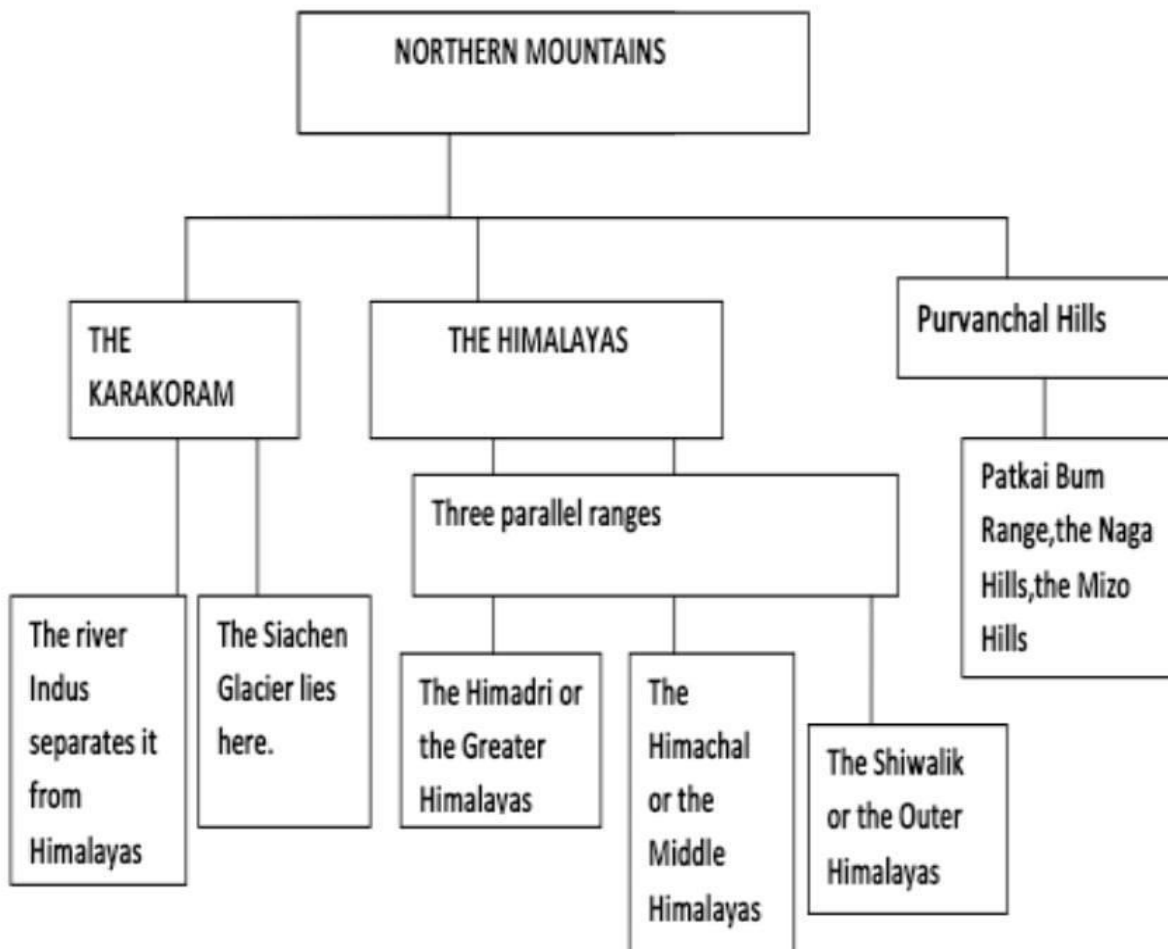


THE NORTH-EASTERN STATES

- Towards the east, the Himalayan Ranges run across the seven states of Arunachal Pradesh, Assam, Meghalaya, Nagaland, Manipur, Tripura and Mizoram. They are called the seven sisters.
- Most of Arunachal Pradesh is covered by mountains. The Brahmaputra River enters India through this state. Its capital is Itanagar.
- Assam is the one of the largest states in this region. Its capital is Dispur. It has large tea plantations where thousands of people work. Assam is famous for its silk. Parts of Assam are covered by the Northern Plains.
- The capital of Meghalaya is the beautiful hill station of Shillong. The state gets the heaviest rainfall in the country.

- Nagaland is the home of the Nagas. Its capital is Kohima. The Nagas wear colourful shawls.
- The capital of Manipur is Imphal. The Manipuri dance is famous all over the country.
- Mizoram is situated in the south of the region. Its capital is Aizawl. The main language of the state is Mizo.
- Tripura is surrounded on three sides by Bangladesh. Its capital is Agartala.
- The people of the state make beautiful things from cane and bamboo.

MEMORY MAP



Let's Know More

A. Fill in the blanks:

- I. All rivers originating from the Himalayas are_____.
- II. The Nanda Devi is located in_____.
- III. Manak Parbat was the ancient name of_____.

Let's Do

B. Fill in the blanks.

- I. A long row of mountains is called a mountain_____.
- II. The highest mountain range in the Himalayas is the_____.
- III. The area at the foothills of the Himalayas is called the_____.
- IV. Rivers in the Northern Mountains arise from moving sheets of ice called_____.
- V. People of Kashmir carry a_____ under their phiran to keep warm in winter.

C. Match the columns

- | | |
|------------------------------|-----------------|
| 1. Highest peak in India | a. Mt Everest |
| 2. Lowest range in Himalayas | b. Kanchenjunga |
| 3. Origin of river Ganga | c. Kashmir |
| 4. Saffron | d. Gangotri |
| 5. 8848 m | e. Shiwalik |

Understand & Answer

D. Answer the following questions

- i. Where do the Himalayas get their name from?
- ii. Name the ranges that make up the Himalayas. Which is the highest, and which is the lowest?
- iii. How do rivers originate in the Himalayas?

- iv. What is being done to reduce the damage caused by deforestation in the Himalayas?
- v. How do the Himalayas affect the climate of the Northern Plains of India?
- vi. What kind of climate does the Northern Mountain region have?
- vii. How do the people of Kashmir keep themselves warm during winters?
- viii. Name two states in the Northern Mountain region where tea is a major crop.
- ix. What are the 'seven sisters'? Name them.

E. Multiple choice questions

1. The highest mountain peak in India is
 - a. Mt Everest
 - b. Annapurna
 - c. Kanchenjunga
 - d. Mt Godwin Austin
2. The river Ganga originates from
 - a. Gangotri
 - b. Himadri
 - c. Mt Kailash
 - d. Mt Everest
3. Which state gets the heaviest rainfall in the country?
 - a. Manipur
 - b. Assam
 - c. Arunachal Pradesh
 - d. Meghalaya
4. Mussoorie is an important hill station in the state of
 - a. Sikkim
 - b. Uttarakhand
 - c. Himachal Pradesh
 - d. Assam
5. Small boats that are used for boating and as floating shops in Kashmir are called
 - a. kangri
 - b. phiran
 - c. shikara
 - d. Dogri

Teacher's note

Write five ways to protect our forest.

Improve Your GK:

- The youngest and the highest fold mountain in the world is the Himalayas.
- The Glaciers of Himalayas are the source of permanent rivers in Northern India.

ANSWER KEY

Let's Know More:

Changing your Tomorrow ▲

A. Fill in the blanks:

- i. perennial
- ii. Uttarakhand
- iii. Shivalik Hills

B. Fill in the blanks:

- i. range
- ii. Himadri

iii. Terai

iv. glaciers

v. Kangri

C. Match the columns

- | | |
|-------------------------------|-----------------|
| i. Highest peak in India | a. Kanchenjunga |
| ii. Lowest range in Himalayas | b. Shiwalik |
| iii. Origin of river Ganga | c. Gangotri |
| iv. Saffron | d. Kashmir |
| v. 8848 m | e. Mt Everest |

i. b. Asia

ii. a. second

iii. a. Bhutan

iv. a. Bay of Bengal

D. Answer the following questions

- i. The word Himalaya has been taken from the Sanskrit word -
Himalaya- Hima (snow)+ Alaya (house)

As a large part of Himalayan Range is covered with snow throughout the year, it is named as Himalaya.

- ii. The Himalayas consists of three mountain ranges that run parallel to each other.

- The Himadri or the Greater Himalayas
- The Himachal or the Middle Himalayas
- The Shivalik or the Outer Himalayas

- iii. They arise from moving sheets of ice called glaciers, As the glaciers move down to warmer regions, the ice melts, and gives rise to rivers.

- iv. The Government has made several protected forest areas such as the Corbett National Park and the Kaziranga National Park to stop deforestation and protect animals. Planting of trees is also being taken up.
- v. The Himalayas stop the monsoon winds from going further north, and thus bring heavy rainfall to the Northern Plains of India.
- vi. The climate of the Northern Mountain region have extremely cold climate.
- vii. To keep warm in winters, people in Kashmir keep an earthen pot with burning coal, known as a kangri, beneath their phiran.
- viii. The two states in the Northern Mountain region where tea is a major crop are West Bengal and Assam.
- ix. Towards the east, the Himalayan Ranges run across the seven states of Arunachal Pradesh, Assam, Meghalaya, Nagaland, Manipur, Tripura and Mizoram. They are called the seven sisters.

E. Multiple choice questions

1. The highest mountain peak in India is
 - iii. Kanchenjunga
2. The river Ganga originates from
 - i. Gangotri
3. Which state gets the heaviest rainfall in the country?
 - iv. Meghalaya
4. Mussoorie is an important hill station in the state of
 - ii. Uttarakhand
5. Small boats that are used for boating and as floating shops in Kashmir are called
 - iii. shikara

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