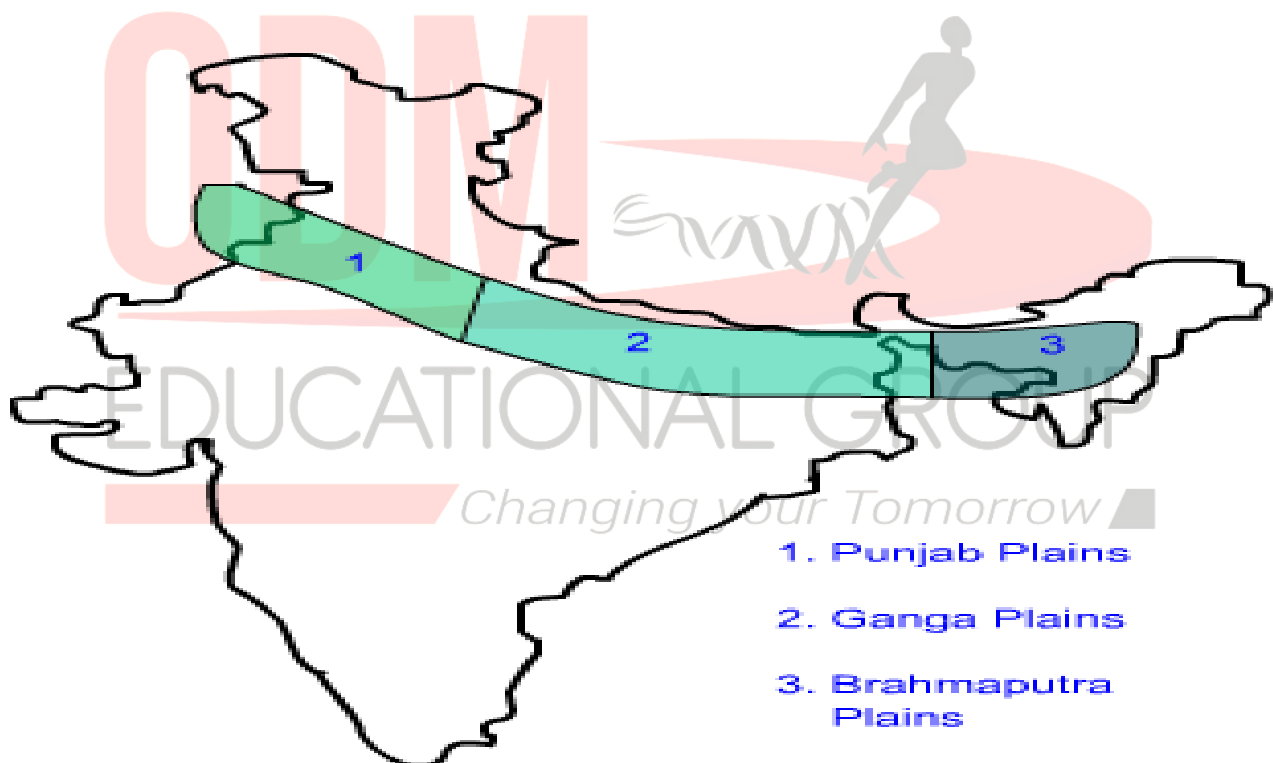


Chapter- 5

The Northern Plains

STUDY NOTES**Let's Learn**

- The Northern Plains are vast, flat and fertile plains that cover most of northern and eastern India.
- They stretch across the states of Punjab, Haryana, Delhi, Uttar Pradesh, Bihar, West Bengal and Assam.
- These vast plains are formed by the Indus, the Ganga and the Brahmaputra rivers and their tributaries.



- The Northern Plains are one of the most thickly populated Parts of the world.
- The fertile soil and the flat land have made this region ideal for the growth of settlements.

The Northern Plains can be divided into three parts:

- The Satluj Basin
- The Gangetic Basin and
- The Brahmaputra basin (A river basin is an area drained by a river and its tributaries.)

THE SATLUJ BASIN



- The Satluj is one of the main tributaries of the Indus.
- It rises in the Himalayas and flows through Himachal Pradesh and Punjab before joining the Indus in Pakistan.
- The water of Satluj is used extensively for irrigation.

THE GANGA BASIN



- The Ganga Basin, formed by the river Ganga and its tributaries, comprises the major part of the Northern Plains in India.
- It stretches from Uttar Pradesh to West Bengal.

THE BRAHMAPUTRA BASIN:



- The third part of the Northern Plains is formed by the Brahmaputra River.
- Satluj the Brahmaputra too rises in the Himalayas.
- It enters India at Arunachal Pradesh and flows through Assam into Bangladesh.
 - It then joins the Ganga in Bangladesh.
 - This combined river, called Padma, finally flows into the Bay of Bengal, forming the largest delta in the world the Sunderbans Delta.

LIFE IN THE NORTHERN PLAINS:

The Northern Plains are one of the most fertile and densely populated regions in India.

Occupation:

Changing your Tomorrow



- Agriculture and industry are two important occupations of the people living here. Farmers grow rice, wheat, pulses, sugarcane, fruits and vegetables.

- Punjab is the largest producer of wheat in India.
- Rice is mainly grown in the hot wet regions of West Bengal and Bihar.
- The main industries in this region are the sugar, automobile parts, textile, and heavy machinery.
- Animal husbandry and dairy farming are also important activities.
- In the cities, people take up other jobs as well.

Cities:



Chandigarh, Amritsar, Delhi, Meerut, Agra, Aligarh, Varanasi, Kanpur, Bareilly, Lucknow, Allahabad, Patna, Kolkata and Guwahati lie in the Northern Plains.

Food



vegetarian thali with rice, chapatti, dal and paneer



Kebab—a meat-based dish common in Uttar Pradesh



Litti—a traditional food in Bihar



Tandoori chicken is a popular dish of Punjab



A traditional Assamese meal with rice, vegetables and fish



The hilsa fish cooked with mustard seeds—a popular delicacy in West Bengal

- Wheat is the main cereal eaten in the Northern and Western parts.

- In Bengal and Assam, rice and fish is widely consumed.

Languages:



- The main language of the Northern India is Hindi.
- Punjabi the main language in the state of Punjab.
- The people of West Bengal speak Bangla and the people of Assam speak Assamese.

Clothing:

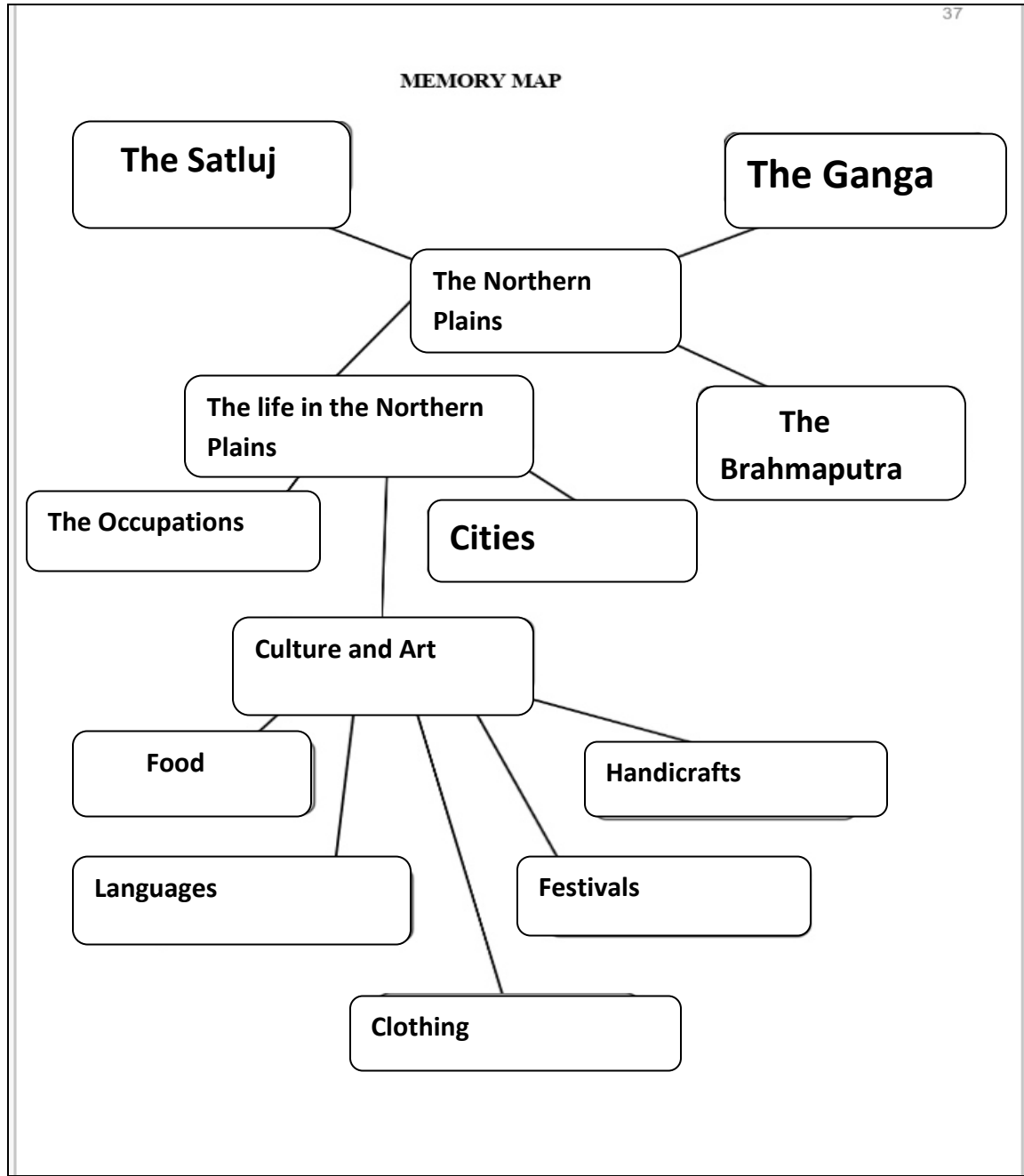


- The women of Punjab and Haryana traditionally wear salwar-kurta and ghaghra-choli with dupatta.
- Saree is more popular in Uttar Pradesh, Bihar, West Bengal and Assam.
- The traditional wear of men is kurta and pyjama or dhoti.
- The dhoti is tied in different ways in different states.

Festivals:

- Diwali, Dusshera, Holi, Eid and Christmas are widely celebrated in this region.
- Gurpurab and Baisakhi are special festivals of Punjab.
- Chhatt in Bihar, Durga Puja in Bengal and Bihu in Assam are important festivals.

MEMORY MAP:



Let's Know More:

- I. a) The word Punjab means _____, the province get its name from five tributaries.
- b) The _____ dam was built on the Satluj.
- c) The largest delta in the world is the _____ Delta.
- d) The third part of the Northern Plains is formed by _____ river.

Let's Do:**II. Fill in the blanks.**

- a) The Satluj River flows through the Indian states of _____ and _____.
- b) The Ganga enters the plains at _____.
- c) The Ganga and the Brahmaputra rivers together form the _____ delta.
- d) Bihu is one of the festivals of the state of _____.

III. Choose the correct answer.

a) The Ganga passes through:

- i) Lucknow ii) Delhi iii) Guwahati iv) Agra

b) Phulkari is an embroidery style from:

- i) Bihar ii) Uttar Pradesh iii) Rajasthan iv) Punjab

c) The chief source stream of Ganga is:

- i) Bhagirathi ii) Yamuna iii) Padma

d) This place is famous for its terracotta horses:

- i) Lucknow ii) Chandigarh iii) Guwahati iv) Bishnupur

e) The Mithila region of Bihar produces the painting style of:

- i) Madhubani ii) Pahari iii) Warli iv) Phulkari

IV. Answer the following questions in one or two sentences.

- What is the branch of the Ganga that flows through West Bengal called?
- Where does the Brahmaputra enter India?
- Which tributary of the Ganga flows through Lucknow?
- Name the languages spoken in the Northern Plains.
- Name any five-festivals celebrated in this region.

V. Answer the following questions in a paragraph.

- Describe the Course of the river the Ganga.
- Write a note on the major occupations of the people of the Northern Plains.
- Describe the food habits of the people of the Northern Plains.
- What are the traditional clothes worn by the people living in this region?

Teacher's Note:

- Paste five different crops that are grown in the Northern Plains

Improve Your GK:

- As Assam receives very good rainfall, it is suitable to grow rice and jute.
- Chhat is an important festival of Bihar.

Answer Key:

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I.

- Five rivers
- Bhakra Nangal
- The Sundarban delta
- The Brahmaputra river

II.

- a) Himachal Pradesh, Punjab
- b) Haridwar
- c) Sunderbans
- d) Assam

III.

- a) (i) Lucknow, Punjab
- b) (iv) Bhagirathi
- c) (i) Bishnupur
- d) (iv) Madhubani

IV.

- a) The branch of the Ganga that flows through West Bengal is called the Padma.
- b) The Brahmaputra enters India at Arunachal Pradesh.
- c) The tributary of Ganga called the Gomti flows through Lucknow.

- d) The languages spoken in the Northern Plains:

Hindi, Punjabi, Bangla, Assamese

- e) Five festivals celebrated in the Northern Plains:

Diwali, Dusshera, Holi, Eid, Gurpleb, Baisakhi, Chhatt, Durga Puja, Bihu (any five)

V (a)

- ❖ The rivers Alaknanda and Bhagirathi join each other to form the river the Ganga at a place called Devaprayag in Uttarakhand.

- ❖ The Ganga enters the plains at Haridwar in Uttarakhand.

It then flows eastwards towards the Bay of Bengal.

- ❖ It rises in the Himalayas and passes through Delhi, Mathura and Agra before joining the Ganga.

- ❖ The Ganga and the Yamuna meet at Prayag Sangam in Allahabad.

- ❖ The Ganga enters West Bengal, it splits into two main branches:

- The Hoogly in West Bengal.
- The Padma that flows through Bangladesh joined by the Brahmaputra.

- ❖ The Padma, finally flows into the Bay of Bengal.

- ❖ The Hoogly flows into the Bay of Bengal through the city of Kolkata.

b)

- ❖ Agriculture and industry are two important occupations of the people living in the Northern Plains.

- ❖ Farmers grow rice, wheat, pulses, Sugarcane, fruits and vegetables.

- ❖ Punjab is the largest producer of wheat in India.

- ❖ Rice is mainly grown in the hot, wet regions of West Bengal and Bihar.

- ❖ The main industries in this region are those that produce sugar, automobile parts, textiles and heavy machinery.

- ❖ Animal husbandry and dairy farming are also important activities.

- ❖ In the cities, people take up several other jobs.

c)

- ❖ People in the Northern Plains eat a wide variety of food.
- ❖ Wheat is the main cereal eaten in the northern and western parts.
- ❖ In Bengal and Assam, rice and fish are widely consumed.
- ❖ A vegetarian north Indian meal has rice, chapatti and dal as its main items.
- ❖ Kebab is a meat-based dish common in Uttar Pradesh.
- ❖ Litti is a traditional food in Bihar.
- ❖ Tandoori chicken is a popular dish of Punjab.
- ❖ The hilsa fish cooked with mustard seeds is also a popular dish in West Bengal.

d)

- ❖ A traditional Assamese meal consists of rice, vegetables and fish.
- ❖ The women of Punjab and Haryana traditionally wear salwar-kurta and ghaghra-choli with dupatta.
- ❖ Saree is more popular in Uttar Pradesh, Bihar, West Bengal and Assam.
- ❖ The traditional wear of men is kurta and Pyjama or dhoti.
- ❖ The dhoti is worn in different ways in different states.