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India–The Northern Mountains

Lesson Plan

Contents

- ▶ Location of the Northern Mountains
- ▶ The parts of the Mountain Ranges
- ▶ The importance of the Northern Mountains
- ▶ States in the Northern Mountains

Objectives

- ▶ Learning about the Northern Mountains of India
- ▶ The three ranges: the Himadri, the Himachal and the Shiwalik Ranges
- ▶ The importance of the Northern Mountains
- ▶ The States in the Northern Mountains: Jammu & Kashmir; Himachal Pradesh; Uttarakhand; Sikkim; Bengal; the North-Eastern States – Arunachal Pradesh, Assam, Meghalaya, Nagaland, Manipur, Mizoram and Tripura.

Teacher's Aids

- ▶ Two wall maps of India – Political and Physical
- ▶ Atlases
- ▶ Blank maps of India for the students
- ▶ Blackboard, internet, pictures, magazines, etc.

Tips for Teacher

- ▶ If there are students from any of the states in the Mountains, ask them to talk about their state.
- ▶ Discuss climate, vegetation, wildlife, lifestyles and food.

Gear Up, Background and Reading

- ▶ The two pictures are of Tenzing Norgay and Sir Edmund Hillary, who were the first men to climb Mt Everest.

- ▶ Read the lesson aloud and explain, using the maps, the location of the three ranges, the peaks, the extensions, the states and their capitals.
- ▶ Use the blackboard whenever required.

/// **The Greater Himalayas or Himadri**

- ▶ The highest in the world – snowbound
- ▶ **The peaks:** Kanchenjunga, Annapurna, Mt Everest
- ▶ Glaciers like the Gangotri – source of the Ganga

/// **The Lesser Himalayas or Himachal**

- ▶ South of Himadri
- ▶ Snowfall in winter
- ▶ Forests of pine and cedar
- ▶ Hill stations: Shimla, Manali, Kullu, Mussoorie, Nainital, Ranikhet, Darjiling, etc.

/// **The Lower Himalayas or Shiwalik**

- ▶ Southernmost ranges – hills
- ▶ Thick forests – wild animals
- ▶ Terai – foothills
- ▶ Heavy rainfall –marshes – landslides
- ▶ Purvanchal ranges in the Northeast: Garo, Khasi, Jaintia, Naga, Mizo, Lushai, Patkai hills—dense forests and fast flowing streams

/// **The Importance of the Northern Mountains**

- ▶ Barrier against enemy attacks
- ▶ Protection from cold northern winds
- ▶ Check monsoon winds and bring rainfall
- ▶ Origin of rivers
- ▶ Thick forests – timber and habitat for wild animals
- ▶ Dams on rivers for hydro-electricity

/// **States in the Northern Mountains**

- ▶ Climate generally cool in summer and very cold in winters
- ▶ Lifestyles vary from State to State
- ▶ Jammu & Kashmir – beautiful, mountains, lakes, houseboats, tourism, pilgrimages, people, languages, clothes, festivals, farming, crafts, Srinagar [summer capital], Jammu [winter capital], Ladakh with capital at Leh.
- ▶ Himachal Pradesh –tourism, train, languages, festivals, farming, sheep herding, clothes, Shimla [capital].

- ▶ Uttarakhand–Garhwal & Kumaon regions, tourism, pilgrimages, festival, farming, armed forces, languages.
- ▶ Sikkim–high mountains, river valleys, tribes, Kanchenjunga, orchids, clothes, dance.
- ▶ West Bengal–northern part, Darjiling, tea
- ▶ **North-eastern States:** (i) **Arunachal Pradesh:** Itanagar [capital], sparse population, houses on stilts, hunters & farmers, crops. (ii) **Assam:** Dispur [capital], large tea plantations, language. (iii) Meghalaya–Shillong [capital], Mawsynram [highest rainfall in world], tribes, farmers, crops. (iv) Nagaland–Kohima [capital], steep hills, bamboo forests, hunting & farming, crops, clothes, music & dance. (v) Manipur–Imphal [capital], farming & weaving, festivals, sericulture, Manipuri dance, language. (vi) Mizoram–Aizawl [capital], hills, farming, crops, language, sericulture, bamboo dance. (vii) Tripura–Agartala [capital], high & low hills, valleys, rivers, forests, Sal trees, orchids, farming & weaving, crops, tourism, bamboo & cane furniture.