

Life of the People in the Mountains-

(Extends through Jammu & Kashmir, Himachal Pradesh, Uttarakhand & North Eastern states)

JAMMU & KASHMIR (Paradise on Earth):

1. Capital City	Summer capital- Srinagar Winter capital- Jammu
2. Main Language Spoken	Kashmiri & Urdu
3. Traditional Clothing (Men & Women)	Loose kurta called Phiran
4. Main Industries	Cottage industries
5. Important Festival	Eid
6. Famous Dance	Rauf
7. Art & Craft	Pashmina shawls, carpets
8. Pilgrim centres	Vaishno Devi- Jammu Amaranth caves- Kashmir
9. Places of tourist attractions	Pahalgam & Gulmarg
10. Additional facts	Kangri is a cane bucket used to keep themselves warm. Tourists like to stay in houseboats called Shikara in the Dal Lake

HIMACHAL PRADESH:

1. Capital City	Shimla
2. Main Language Spoken	Hindi & Pahari
3. Traditional Clothing (Men & Women)	Men wear Himachali cap and women are fond of silver ornaments.
4. Main Industries	Agriculture, animal husbandry, hydroelectric power
5. Important Festival	Kullu Dussehra
6. Famous Dance	Nati
7. Art & Craft	Kangra
8. Pilgrim centres	Chintpurni & Jwalamukhi
9. Places of tourist attractions	Kullu, Manali, Dharamshala

UTTARAKHAND:

1. Capital City	Dehradun
2. Main Language Spoken	Garhwali
3. Traditional Clothing (Men & Women)	-
4. Main Industries	Floriculture & Horticulture
5. Important Festivals	Ganga Dussehra, Vat Savitri
6. Famous Dance	Barada Nati
7. Art & Craft	-
8. Pilgrim centres	Gangotri & Yamnotri
9. Places of tourist attractions	Mussorie & Nainital

SIKKIM:

1. Capital City	Gangtok
2. Main Language Spoken	Nepali, Bhutia, Lepcha
3. Traditional Clothing (Men & Women)	Baku
4. Main Industries	Tea industry
5. Important Festival	Saga Dawa
6. Famous Dance	-
7. Art & Craft	-
8. Places of tourist attractions	Yumthang Valley, Nathu La

Life of the People in the Northern Plains-

(Extends through Punjab, Haryana, Uttar Pradesh, Bihar, Jharkhand, West Bengal, Assam & Tripura)

PUNJAB:

1. Capital City	Chandigarh
2. Main Language Spoken	Punjabi
3. Traditional Clothing	Women- Salwar Kameez with a Dupatta Men- Tehmat or lungi with long kurta
4. Main Industries	Railway Coaches, Hosiery Goods
5. Important Festivals	Gurpurab, Baisakhi, Lohri, Basant Panchmi
6. Famous Dance	Women- Giddha Men- Bhangra
7. Art & Craft	Phulkari
8. Places of tourist attractions	Golden Temple, Jallianwala Bagh
9. Additional facts	Makki ki roti and sarson ka sag with a glass of butter milk known as Lassi

HARYANA:

1. Capital City	Chandigarh
2. Main Language Spoken	Haryanvi
3. Traditional Clothing	Women- heavily pleated skirt with a long shirt and odhni Men- dhoti kurta and a turban
4. Main Industries	Maruti Cars
5. Important Festivals	Gurpurab, Baisakhi, Lohri, Basant Panchmi
6. Famous Dance	Saang dance
7. Art & Craft	-
8. Places of tourist attractions	Sultanpur National Park Bird Sanctuary

UTTAR PRADESH:

1. Capital City	Lucknow
2. Main Language Spoken	Hindi and Urdu
3. Traditional Clothing	-
4. Main Industries	Sugar factories
5. Important Festivals	Teej, Eid, Kumbh Mela at Allahabad
6. Famous Dance	Kathak
7. Art & Craft	Chikankari
8. Places of tourist attractions	Agra, Varanasi

BIHAR:

1. Capital City	Patna
2. Main Language Spoken	Hindi, Urdu & Bihari
3. Traditional Clothing	-
4. Main Industries	-
5. Important Festivals	Chhath, Teej
6. Famous Dance	Jat- Jatin
7. Art & Craft	Madhubani folk art
8. Places of tourist attractions	Bodhgaya, Rajgir

JHARKHAND:

1. Capital City	Ranchi
2. Main Language Spoken	
3. Traditional Clothing	
4. Main Industries	Fertilizer factory at Sindri Steel factories at Bokaro & Jamshedpur
5. Important Festival	Jityya
6. Famous Dance	Jhumar
7. Art & Craft	Wood work, bamboo work, pitkar paintings, tribal ornaments & stone carving
8. Places of tourist attractions	Jamshedpur & Ranchi

WEST BENGAL:

1. Capital City	Kolkata
2. Main Language Spoken	Bangla
3. Traditional Clothing	Saree worn in a different style with a bunch of keys tied to the edge of the pallu
4. Main Industries	Iron & Steel industry- Durgapur Paper Mill- Titagarh Railway Engine- Chittaranjan Jute factories
5. Important Festival	Durga Puja
6. Famous Dance/ Music	Purulia Chhau/ Rabindra Sangeet
7. Art & Craft	Terracotta craft, handloom
8. Places of tourist attractions	Darjeeling, Siliguri, Jalpaiguri, Sunderban delta
9. Additional facts	Favourite sweet dish- Sandesh & Rasgulla

ASSAM:

1. Capital City	Dispur
2. Main Language Spoken	Assamese
3. Traditional Clothing	Mekhala
4. Main Industries	Tea industry, Petroleum industry
5. Important Festival	Bihu
6. Famous Dance	Bihu
7. Art & Craft	Silk, bamboo and cane products
8. Places of tourist attractions	Guwahati, Kaziranga National Park

Life of the People in the Desert- Rajasthan

RAJASTHAN:

1. Capital City	Jaipur also known as ' Pink City '
2. Main Language Spoken	Rajasthani
3. Traditional Clothing	Men- dhoti, kurta and a turban Women- lehenga, a blouse and a chunni or odhni
4. Main Industries	Textile industries
5. Important Festivals	Teej & Gangaur (harvest festival)
6. Famous Dance	Ghoomar, Kalbelia, Kathputli (puppet show)
7. Art & Craft	Wooden toys, tie and dye fabrics, Thewa jewellery
8. Places of tourist attractions	Udaipur, Jaisalmer, Ajmer, Jodhpur, Mount Abu and Bikaner
9. Additional facts	<ul style="list-style-type: none">i. Pokhran is a desert village famous for first successful nuclear experiment.ii. Urs is a big fair held at Ajmer every year at the tomb of the Sufi Saint, Moinuddin Chishti.iii. Gadia Lohar and Banjaras are nomadic tribes of Rajasthan.