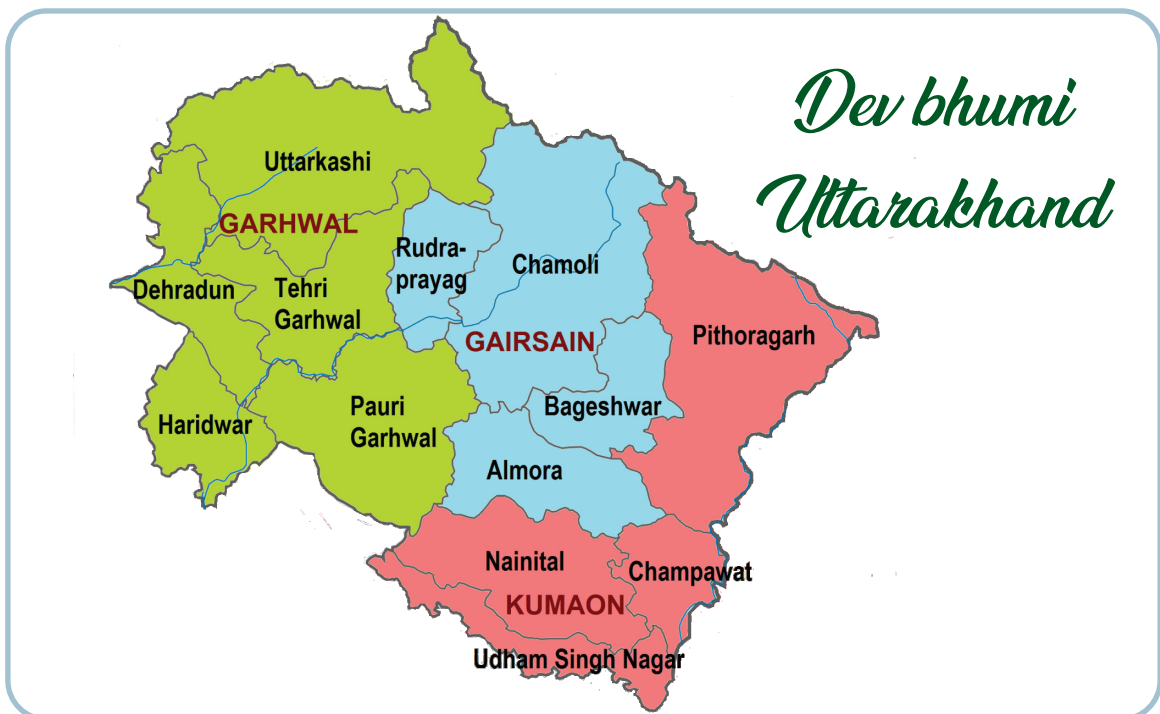


Uttarakhand

Uttarakhand the 27th state of Republic of India. Uttarakhand, located in the northern part of India, is a state known for its breathtaking natural beauty and spiritual significance. It was carved out of UP on 9th November 2000. Uttarakhand is often referred to as the "Land of the Gods" due to its numerous temples and pilgrimage sites nestled in the Himalayan foothills. Uttarakhand's name is derived from the Sanskrit words *uttara* meaning 'north', and *khaṇḍa* meaning 'land', altogether simply meaning 'Northern Land'.



Geography

Uttarakhand shares its borders with China to the north, Nepal to the east, Uttar Pradesh to the south and Himachal Pradesh to the west and north-west.

The total area of the state is 53483 square kilometers.

The state is renowned for its picturesque landscapes, including snow-capped mountains, dense forests, and pristine rivers. Popular tourist destinations in Uttarakhand include Rishikesh and Haridwar, known for their spiritual significance and as hubs for yoga and meditation. The majestic hill stations of Nainital, Mussoorie, and Almora attract visitors seeking respite from the heat and hustle of city life.

Uttarakhand is also home to national parks and wildlife sanctuaries, such as Jim Corbett National Park, providing opportunities for wildlife enthusiasts to observe diverse flora and fauna.

Uttarakhand plays a crucial role in the water supply of northern India, as it is the source of major rivers like the Ganges and Yamuna.

Climate

The Terai region, which lies in the southern part of the state, experiences a sub-tropical climate.

The mid-altitude regions, including places like Dehradun and Nainital, have a temperate climate.

The higher reaches of Uttarakhand, especially in the Himalayan region, have an alpine or tundra climate. These areas experience cool to cold temperatures throughout the year, with snowfall during winters.

Uttarakhand State's Symbols

State Tree

Buransh also known as Rhododendron is the state tree of Uttarakhand.



State Flower

Brahma Kamal is the state flower of Uttarakhand.



State Animal

Alpine Musk deer is the state animal of Uttarakhand.



State Bird

Himalayan Monal is the state bird of Uttarakhand.



Natural Resources

The state is rich in mineral resources such as limestone, gypsum, dolomite, and magnesite. The Kumaon and Garhwal regions are known for their limestone deposits, which are used in cement manufacturing.

Delicacies of Uttarakhand

Uttarakhand, with its rich cultural heritage and diverse geography, offers a delectable array of traditional dishes that reflect the local flavors and culinary expertise.

1. **Aloo Ke Gutke** is a popular potato dish in Uttarakhand. The potatoes are diced and cooked with mustard oil, turmeric, and other spices. It is often enjoyed with **Mandua ki Roti**, a traditional flatbread made from finger millet.
2. **Kafuli** is a traditional green dish made from spinach or fenugreek leaves cooked with yogurt and besan (gram flour). It is seasoned with mustard oil and spices, giving it a unique taste.
3. **Phaanu** is a nutritious and protein-rich dish made with a variety of lentils, primarily gahat (horse gram). The lentils are soaked, ground, and slow-cooked with various spices.
4. **Bhatt ki Churkani** is a curry made with black soybeans, locally known as bhatt. The soybeans are cooked with various spices, and the dish is enjoyed with rice or bread.
5. **Kumauni Raita** is prepared with curd, turmeric, and cucumber. Kumauni raita is a dish that you will relish and ask for more.



6. **Gahat Ki Dal** is a lentil soup made from horse gram. The lentils are cooked with various spices, and the soup is usually enjoyed with rice. It is known for its nutritional benefits.
7. **Bal Mithai** is a famous sweet dish from Almora. It is made from roasted khoya and coated with white sugar balls. The sweet has a unique taste.
8. **Arsa** is a fried snack or dessert made using rice flour, jaggery, dry fruits, and cardamom powder.
9. A Kumaoni-favourite, **singori** is a khoya and coconut-based dessert in an indigenous leaf named 'molu'.
10. **Jhangore ki kheer** as a gluten-free, nutritious kheer, which is an indispensable part of Garhwali cuisine.



Dialects of Uttarakhand

Uttarakhand, like many other regions in India, is linguistically diverse, and various dialects are spoken across the state..

1. **Garhwali** is one of the primary languages spoken in the Garhwal region of Uttarakhand. It has several sub-dialects due to the geographical diversity of the region. Some notable sub-dialects include Jaunsari, Tihriyali, and Pauri Garhwali.
2. **Kumaoni** is spoken in the Kumaon region of Uttarakhand. It also has various sub-dialects, including Danpuriya, Johari, Sirali, and Askoti. Kumaoni has its own script.
3. **Jaunsari** is a dialect spoken in the Jaunsar-Bawar region of Chakrata tehsil in Dehradun district.
4. **Tharu** is spoken by the Tharu community in the Terai region of Uttarakhand, primarily in districts like Udham Singh Nagar.

Musical instruments used in Uttarakhand

Uttarakhand has a rich cultural heritage, and traditional music

plays a significant role in expressing the cultural identity of the region.

- ❖ The **Dhol Damau** is a traditional drum set often used in folk music and dance performances. The Dhol is a large cylindrical drum, while the Damau is a smaller, barrel-shaped drum.



- ❖ **Ransingha** is a trumpet-like brass instrument that is played during religious and cultural events.



- ❖ **Turi** is a traditional wind instrument made from bamboo. It is played during various cultural and religious events, adding a distinctive musical element to the celebrations.



- ❖ **Jhanjh** is a set of metallic bells strung together and mounted on a wooden or metal frame. It is played by shaking or striking the bells and is commonly used in folk and devotional music.



- ❖ **Hurka** is a traditional percussion instrument that resembles a small drum. It is played with sticks and is commonly used in folk songs and dances.



- ❖ **Flutes** are popular wind instruments in Uttarakhand. Traditional wooden flutes are used to play melodies in folk music and religious ceremonies.



- ❖ The **Sarangi** is a bowed string instrument with sympathetic strings. It is used to play classical and folk tunes in the region.



- ❖ **Shehnai** is a traditional wind instrument with a double reed. The shehnai produces a distinctive, melodious sound and is associated with auspicious occasions.



Crops Grown in Uttarakhand

Uttarakhand's diverse topography and agro-climatic conditions support the cultivation of a variety of crops. The state's agriculture is characterized by both traditional and cash crops, and the choice of crops depends on factors such as altitude, soil type, and climate.

Wheat is a major cereal crop grown in the state, particularly in the mid-altitude regions. It is an essential food staple and is cultivated during the Rabi season.



Rice is a staple food crop grown in the plains and terraced fields of the state, especially in areas like the Terai region. Varieties such as Basmati rice are well-known and widely cultivated.

Maize is grown in various regions of Uttarakhand, including the hills and mid-altitude areas. It serves as both a food crop and fodder for livestock.



Millets, including **bajra**, are grown in some regions, particularly in the hills. Millets are hardy crops that can withstand challenging conditions.



Barley is cultivated in the higher altitudes of Uttarakhand. It is well-suited to the cooler climates and is used for both human consumption and as fodder for animals.



Various vegetables are cultivated across the state, including **Potatoes, Tomatoes, Onions, Carrots, Cauliflower, Cabbage**, and leafy greens.



Mustard is a common oilseed crop grown in Uttarakhand. Mustard oil is widely used in cooking, and the crop is also important for its oil-rich seeds.

Uttarakhand is renowned for its fruit orchards. **Apples, Pears, Peaches, Plums, Apricots, and Cherries** are grown in different parts of the state. The hill districts, such as Shimla, Nainital, and Pithoragarh, are known for their fruit cultivation.



Spices like **Ginger, Turmeric, and Cardamom** are cultivated in some regions of Uttarakhand, adding diversity to the agricultural landscape.

Uttarakhand is rich in biodiversity, and many farmers cultivate herbs and medicinal plants. These include plants like **Aloe vera, Stevia**, and various herbs used in traditional Ayurvedic medicine.



Dresses of Uttarakhand

The traditional dresses of Uttarakhand, are reflective of the region's rich cultural and ethnic diversity. The clothing is influenced by the geographical and climatic conditions of the Himalayan region.

1. **Pichora** is a colorful and heavily embroidered attire, usually worn during festivals by women in the Garhwal region. It consists of a long skirt, a blouse, and a headscarf.
2. **Lahenga** is a traditional attire worn by women in the Kumaon region of Uttarakhand. It comprises a long skirt, blouse, and a headscarf. The outfit is often adorned with intricate embroidery and vibrant colors.
3. **Jhangora topi** is a traditional hat worn by men in Uttarakhand, especially in the Kumaon region. This Topi is made of wool and has a unique design.
4. **Dhoti-Kurta** is a common traditional attire for men in Uttarakhand, worn in both Garhwal and Kumaon regions. The dhoti is a piece of unstitched cloth wrapped around the waist, and the kurta is a loose-fitting tunic worn on the upper body.
5. **Jama and Pajama** are traditional dresses for men in the Garhwal region. The Jama is a long coat, often made of wool, and the Pajama is a type of loose-fitting trousers.
6. **Aancha** is a shawl or wrap commonly worn by both men and women in Uttarakhand, especially in the colder regions. It provides warmth and is often made from wool.

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