

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

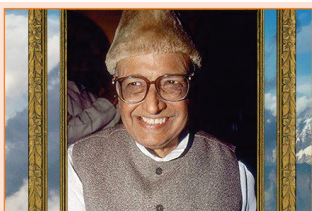
The state is rich in mineral resources such as limestone, gypsum, dolomite, and magnesite. The Kumaon and Garhwal regions are known for their limestone deposits, which are used in cement manufacturing.

Chief Ministers of Uttarakhand

A Chief Minister is the elected head of the government in a state within a federal system of government.



Pushkar Singh Dhami
(2021-Present)



Nityanand Swami
(2000-2001)



Bhagat Singh Koshyari
(2001-2002)



N. D. Tiwari
(2002-2007)



B. C. Khanduri
(2007-2009, 2011-2012)



Ramesh Pokhriyal 'Nishank'
(2009-2011)



Vijay Bahuguna
(2012-2014)



Harish Rawat
(2014-2016, 2016-2017)



Trivendra Singh Rawat
(2017-2021)



Tirath Singh Rawat
(2021-2021)

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'.



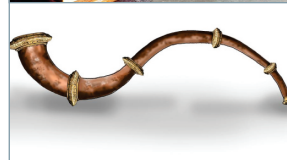
Musical instruments used in Uttarakhand

Uttarakhand has a rich cultural heritage, and traditional music plays a significant role in expressing the cultural identity.

- ❖ 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.



Folk Singers from Uttarakhand

Uttarakhand, has a rich cultural heritage that includes traditional folk music. Folk singers from Uttarakhand often sing in regional languages such as Kumaoni and Garhwali, celebrating the natural beauty, traditions, and customs of the region.

- ❖ **Dr. Basanti Bisht** is a well known folk singer of Uttarakhand, famous for being the first woman singer of the Jagar folk-form of Uttarakhand.

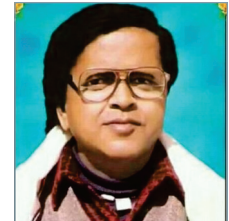


- ❖ **Narendra Singh Negi**, also referred as 'Garh Ratan' and 'Bob Dylan of the hills' is one of the most prominent folk singers, composer and a poet of the Garhwal and Uttarakhand who prominently sings in Garhwali language.



- ❖ **Heera Singh Rana** has played a key role in promoting and preserving Kumaoni folk music. His soulful renditions of traditional songs have earned him recognition locally.

- ❖ **Gopal Babu Goswami** is a renowned Garhwali folk singer who has made valuable contributions to the preservation of Garhwali cultural and musical traditions.



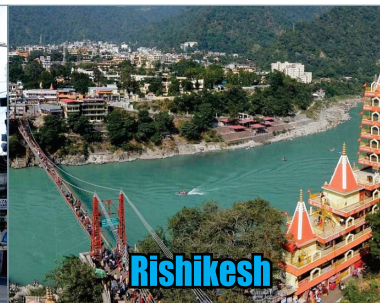
Dialects of Uttarakhand

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.

Major Cites of Uttarakhand

1. **Dehradun** is the capital city of Uttarakhand and serves as the administrative headquarters. It is a significant educational and administrative hub and is surrounded by the Shivalik Range.
2. **Haridwar** is a sacred city on the banks of the Ganges River. It is one of the seven holiest places in Hinduism and attracts pilgrims and tourists from around the world.
3. **Rishikesh**, located along the Ganges River, is known as the "Yoga Capital of the World." It is a popular destination for yoga and meditation enthusiasts and serves as a gateway to the Himalayas.
4. **Nainital** is a famous hill station and a popular tourist destination known for its beautiful lakes, including Naini Lake. It is part of the Kumaon region and offers stunning views of the surrounding mountains.
5. **Mussoorie** is another well-known hill station often referred to as the "Queen of the Hills." It is a popular summer retreat with pleasant weather and panoramic views of the Himalayas.



6. **Almora** is a picturesque town in the Kumaon region, known for its cultural heritage and beautiful landscapes. It has historical temples and is a gateway to several trekking trails.
7. **Haldwani** is an important commercial and business hub in the Kumaon region. It is also the gateway to the Kumaon Hills and serves as a transit point for travelers heading to Nainital and other nearby destinations.
8. **Udham Singh Nagar** is a district in Uttarakhand that includes cities like Rudrapur and Kashipur. It is an industrial and

agricultural hub in the state.

9. **Ranikhet** is a hill station in Uttarakhand. It's known for its views of the Himalayas. Hundreds of bells adorn Jhula Devi Temple, dedicated to the Hindu goddess Durga.
10. **Rudraprayag** is a city and a municipality in Rudraprayag district in the Indian state of Uttarakhand. Rudraprayag is one of the Panch Prayag of Alaknanda River, the point of confluence of rivers Alaknanda and Mandakini

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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