

We are proud that we are born in India. Our country is situated on the southern side of Asia. It has been gifted by three seasons, cold season, warm season and rainy season with traditional sub divisions of these seasons. Earlier you studied that India is a diversified country with reference to relief features and climate. So many diversities are seen in food, dressing, dwellings, language, dialects, festivals, holy days etc. Thus India is a multi-coloured nation showing unity in diversity.

Relief and climate have a clear impact on the food and dress, e.g. the staple food of people living near sea coast is rice and fish. Wheat is the main crop in Gujarat, Madhya Pradesh and Punjab. So people in these regions use wheat preparations. Similarly relief and climate have a strong impact on the dressing. The costume of people in colder and mountainous region is woollen and covers entire body. Similarly people living in a region experiencing high temperature throughout the year put on cotton dresses which are light in colour and are loose. Nowadays men put on pant and shirt and women put on salwar – kameez in every state.

India can be divided into four zones according to life style : Western India, Northern India, Southern India and Eastern India. Now we shall learn about the life style in respective regions.

Folk Life : Western India

Major states of Western India are Rajasthan, Gujarat, Maharashtra, Madhya Pradesh and Goa. It also includes Union Territories of Diu-Daman, Dadra and Nagar Haveli.

Food : Staple food in Rajasthan is millet and dal-bati. Marwadi kachori of Rajasthan is a famous item in breakfast. Rotli-bhakhari, vegetables, dal and rice, khichdi and kadhi are main items in the food of Gujarati people. Khaman and ganthia are more preferred as savoury item. Maharashtrians prefer sev-usal. People living along the sea coasts of Gujarat, Maharashtra and Goa eat mainly rice and fish.

Like to know...

Gujaratis are basically traders. As they are required to go to distant places for trading, durable items for breakfast like thepla, ganthia, dry kachori, khakhro and sukhdhi are more common among them.

Dress : As Rajasthan is a desert area and a dry region, there is less diversity in vegetation. This deficiency is compensated through colourful dresses. Generally, men put on dhoti, angarkhu and a colourful headgear and women wear a petticoat having larger circumference, blous and an odhani.

There are more camels in Rajasthan, so people use mojadi and other foot wears made from camel hides.

Traditional attire of Gujarat : Here men put on dhoti, Kurta, white cap or headgear (turban) on head, while women put on sari, petticoat and blouse. The traditional attire for men in Maharashtra is dhoti and paheran and cap or turban on head, while women put on sari in typical Maharashtrian style. The traditional dressing of people in Madhya Pradesh resembles very much to the neighbouring states Maharashtra and Gujarat. In Goa also, men put on dhoti and paheran, while women put on sari, petticoat and blouse. However, a western effect is distinctly seen on dressing in Goa. Thus, every region has traditional characteristics regarding its dressing.

Dwelling : There is less rainfall in Rajasthan due to deserts, so most of the houses have flat top. Rural people live in the houses made of grass and mud. People in Gujarat live in modern types of buildings made from brick – cement. In Maharashtra, Madhya Pradesh and Goa also, urban people live in well laid out houses with many modern amenities. In every state, the forest dwellers living in forests or mountainous area stay in scattered huts. Roofs of the buildings in Konkan, which receives heavy rainfall, are slant.

Like to know..

Dwellings in Kachchh (Gujarat) are known as Bhunga. These bhungas were least damaged during the earthquake of 26th January, 2001.

Language : Rajasthani people mainly speak Hindi while Marwadi language is spoken in Marwad. Gujarati is the main language of people in Gujarat, kachchhi dialect is spoken in Kachchh. Hindi is main language in Madhya Pradesh. Marathi and Konkani are languages spoken in Maharashtra and Goa respectively. Regional dialects are spoken according to the area of respective states.

Festivals and Celebrations: Kalidas, the great poet, has said that human beings are fond of festivals. Indians celebrate many festivals and holy days. Rajasthan has peculiar type of folk songs and folk dances. Festivals of Holi and Ganagaur are celebrated with great pomp. Ghummar, Kachchighodi and Kalbelia are very famous folk dances of Rajasthan. Gujarat is world famous for her raas – garba. Maharashtra celebrates Ganesh Chaturthi festival with great pomp. Besides, its Lavni dance is also very famous. In Ujjain, (Madhya Pradesh), the Shiv Ratri is celebrated with much enthusiasm. People in Western India celebrate festivals like Diwali, Navratri, Shivratri, Dashera, Ganesh Chaturthi, Eid, Moharram, Christmas, Mahavir Jayanti, Pateti, Chetti Chand, Buddha Jayanti etc.

Fairs : Pushkar in Rajasthan and Siddhpur in Gujarat are known for their camel trade on Kartik Purnima (Full moon day). A fair is held for trading donkeys at Vautha of Dholka taluka in Gujarat. Other famous fairs in Gujarat are Tarnetar Fair near Thangadh, Bhavnaath Fair in Junagadh and Dang Darbar Fair in Dangs. Ujjain in Madhya Pradesh and Nasik in Maharashtra are famous for holding Kumbh - Ardha Kumbha Fair and Goa for Carnivals.

Like to know

In the Adhik (Additional) Bhadarvo month occurring after every 18 years, a fair is organised at Bhadbhut in Vagra taluka of Bharuch district.



19.1 Pushkar Fair (Rajasthan)

Folk Life – Northern India

North India includes the Union Territories-Jammu Kashmir and Ladakh and states of Punjab, Haryana , Himachal Pradesh, Uttar Pradesh, Uttarakhand, Delhi etc. Punjab is a land of five rivers. Due to its natural beauty, Jammu-Kashmir is considered to be the heaven of the earth. Uttarakhand is a mountainous region and also known as Devbhumi. Himachal Pradesh is also a mountainous state. Uttar Pradesh is a part of the fertile plain of Ganga-Yamuna. Delhi is the National Capital of India.

Food : Wheat is the staple food in Punjab and Haryana. Punjabi people use tandoori roti made from wheat and a variety of parathas very frequently. Panir based mixed vegetables is a special choice of Punjabis. Lassi is a well known drink in Punjab. Main food of people in Jammu-Kashmir is rice, meat and fish. Roti, daal and rice is the staple food of people in Uttar Pradesh.

Dressing : The dress which Punjabis and Haryanvis put on is known as Punjabi Dress. Women put on salwar and kameez. Men wear loose shirt (jhabbho) and salwar. Men also put on Punjabi styled head gear. Some people wear embroidered jacket over the loose shirt. Kashmiri people wear Kashmiri dress and during winter, they put on clothes covering entire body. The dress in Himachal and Uttarakhand is similar to that of Jammu- Kashmir. Gents put on cap and ladies wear scarf on the head. People in Uttar Pradesh wear dhoti and paheran and tie a scarf on the head. Ladies wear sari, petticoat and blouse.

Dwelling : Punjab and Haryana get less rainfall, so the buildings there have flat roof tops. Urban people live in the buildings made of bricks and cement. Wood is used more in the construction of houses in Jammu-Kashmir. In Himachal and Uttarakhand, people live in two storeyed buildings. Animals are kept

in the ground floor so that their heat keeps the wooden first floor warmer. Such buildings are useful during snowfall. The roofs are sloppy. Smooth rocks are used as roof tiles so that the snow on the roof tops easily slides down. In Uttar Pradesh urban people live in houses made from bricks and cement.

Language : Punjabi people speak Punjabi language and Haryanvis speak Hariyani language. People in Uttar Pradesh use Hindi and Urdu languages. Urdu is major language in Jammu-Kashmir. Kashmiri and Dongari while Laddakh and Tibetan languages are spoken in Laddakh. languages are also spoken there. Besides Hindi, Garhwali and Kumaun dialects are also spoken in Uttarakhand. The State language of Himachal Pradesh is Pahadi. More over, local dialects are spoken in remote area of each state.

Festivals and Celebrations: Baisakhi and Lahiri are major festivals in Punjab. Bhangda is a famous folk dance of Punjab. Eid and Moharram festivals are celebrated in Jammu-kashmir. Losar and Hemis etc. festivals are celebrated in Ladakh. Dashera is celebrated in a special way in Kullu of Himachal Pradesh. Holi is the major festival in Uttar Pradesh. Kathak is a well known dance style of Uttar Pradesh. Besides, festivals like Shiv Ratri, Ram Navami, Janmashtami, Dashera, Eid, Moharram, Christmas etc. are most celebrated festivals.

Fairs : Kullu's Dashera Fair is a well known fair. In Punjab, a Martyrs Fair is held. Kumbh Mela and Magh Mela are famous fairs of Prayagraj (Allahabad) in Uttar Pradesh. In Uttarakhand, Kumbh and Ardha Kumbh fairs are famous.



19.2 KumbhMela (Allahabad)

Folk Life – Southern India

The states of Andhra Pradesh, Telangana, Karnataka, Tamil Nadu, Kerala and Union Territory of Puducherry are included in South India. Southern India is a peninsula and all states except Telangana have sea coast.

Food : In southern states, rice and fish form the main diet. Idli, dhosa, meduvada etc. along with the coconut chutney are famous rice preparation of South India. They eat 'Rasam' which is like daal (gravy) in their meal. Coconut leaves are used as dish in Kerala.

Dressing : Due to hot and humid weather in south, people wear loose garments. Lungi, paheeran, khes on the shoulder and occasionally a head gear are common attire among men. Women wear sari in southern style, petticoat and blouse. Keralites wear lungi or short dhoti. Ladies put on flower strips (veni) on their head.

Dwellings : People live in houses of brick and cement. Modern housing is seen in Bengaluru and Chennai. People living near sea coast use coconut leaves in their huts. A rangoli is a daily routine in South India.

Language : Languages in South India belong to Dravid Family of languages. Kannad language is spoken in Karnataka. Other languages spoken are Telugu in Andhra Pradesh and Telangana, Tamil in Tami Nadu and Malayalam in Kerala.

Festivals and Celebrations: Andhra Pradesh is famous for its Kuchipudi Dance. Shiv Ratri, Makar Sankranti and Baisakhi festivals are celebrated there. Mysore in Karnataka celebrates Dashera, Eid and Navratri festivals. Kathakali is a well known dance of Kerala. Onam, Christmas, Eid, Shivratri are other festivals celebrated in Kerala. Bharat Natyam is very famous dance style of Tamil Nadu and Pongal is its main festival.



19.3 Kathakali

Folk Life – Eastern India

The States of Bihar, Chhattisgarh, Jharkhand, Odisha, West Bengal, Assam, Arunachal Pradesh, Nagaland, Manipur, Mizoram, Tripura, Sikkim, Meghalaya etc. are included in Eastern India. Of these, Odisha and West Bengal have sea coast.

Food : People in Bihar, Jharkhand, Chhattisgarh and West Bengal take roti, vegetables, but use more rice in their meals. Rice is a staple diet in mountainous region. They also use pulses, green vegetables in their meals. 'Rosogulla' and 'Sandesh' are their favourite sweets.

Like to know

Sathvo (satthu) is a special dish eaten in Bihar. Tea is a wide spread drink in Assam.

Dressing : Bihari people wear dhoti, zabbho, khes on shoulder and a Pagh (head gear). Women put on sari, petticoat and blouse. There is not much difference in the attire of people in Jharkhand, Assam and Odisha. Bengali ladies wear sari in Bengali style and gents put on plaited (with folds) dhoti and silken zabbho.

Dwellings : People in plain region live in houses made of bricks and cement. People in mountains use wood and bamboo in their houses. Slanting roofs are seen in the regions of heavy rainfall. In Bengal, there is a Pukur (small pond) in the rear part of the house, where fish is reared for daily use in their meals.

Language : Hindi is spoken in Jharkhand, Bihar and Chhattisgarh. Maithili, Bhojpuri and Magdhi are dialects spoken in Bihar. Assami in Assam, Udia in Odisha and Bengali in Bengal are other spoken languages in the respective states. Garo and Khasi languages are spoken in Meghalaya. Mizo dialect is used in Mizoram.

Festivals and Holy Days : Bihu of Assam and Odissi in Odisha are famous dance styles. The Chariot Procession of Jagannathpuri is world famous. Festivals of Chhath and Bhaiduj in Bihar and Durga Puja in Bengal are celebrated with great pomp. Thus, every state has its own festivals and holydays.

India is a secular country, so every state celebrates religious and national festivals. In India, festivals of all religions are celebrated without any bias.



19.4 Chariot Procession (Jagannathpuri)

Like to know

In different regions of India, people use the edible oil made from the oil seeds grown in that region; e.g. ground nut oil in Gujarat, mustard oil in North India and coconut oil in South India are used as edible oils.

Self Study

1. Answer the following questions in two – three sentences each :

- (1) What diversities are seen among the people of India ?
- (2) To which family do the languages of South India belong ?
- (3) State the major languages and dialects of Bihar.

2. Write short notes on the following :

- (1) Dresses of men and women in Bengal and in Eastern States.
- (2) Festivals and Holy Days of Western India.

3. Select proper options for the following questions and write answers :

- (1) People experiencing how many degrees of temperature wear cotton dresses with light colour ?
(A) More (B) Less
(C) Normal (D) Extreme
- (2) People of which state put on shoes made from camel's leather ?
(A) Gujarat (B) Rajasthan
(C) Maharashtra (D) Goa
- (3) Which language is spoken in Goa ?
(A) Marathi (B) Hindi
(C) Gujarati (D) Konkani
- (4) People of which state eat a variety of parothas ?
(A) Goa (B) Tamil Nadu
(C) Assam (D) Punjab
- (5) Where is the Magh Fair held ?
(A) Pushkar (B) Nasik
(C) Allahabad (D) Ujjain
- (6) Of which state is 'Pongal' a main festival ?
(A) Andhra Pradesh (B) Tamil Nadu
(C) Meghalaya (D) Sikkim
- (7) Which type of relief is seen in Uttarakhand ?
(A) Fertile plain (B) Mountainous
(C) Coastal (D) None of these

Activity

- Arrange a regional dress competition.
- Prepare a bulletin by pasting pictures of dresses of every state.
- Collect books on recipes from the library and prepare a list of sweets of every state.
- Visit a fair held in your area with your guardian.

