

PARAGON CONVENT SCHOOL

CLASS-4

SST

CHAPTER-2

The Northern Mountains

• NOTEBOOK WORK

• Write short answers.

Q1. What is the meaning of 'Himalaya'?

Ans. The Himalayas means 'abode of snow'.

Q 2. Who were the first people to climb Mount Everest in 1953?

Ans. Sir Edmund Hillary and Tenzing Norgay were the first to climb Mount Everest in 1953.

Q3. Who was the first Indian woman to climb Mount Everest in 1984 ?

Ans. Bachendri Pal was the first Indian woman to climb the peak in 1984.

Q4. Who was the first woman to climb Mount Everest twice?

Ans. Santosh Yadav was the first woman in the world to have climbed Mount Everest twice.

Q5. Name any two hill stations found in the Himachal Ranges.

Ans. Any two hill stations found in the Himachal Ranges are Srinagar and Kullu.

Q6. Name the three tribes of Sikkim.

Ans. People of Sikkim belong to three tribes-Lepcha, Bhutia and Nepali.

• Write the notes on the following.

1. Mount Everest- Mount Everest in the Himalayas is the highest peak in the world. It is 8,848 meters high. It is in Nepal. Many people and professional trekkers regularly climbs the snow covered peaks of the Himalayas.



2. Terai Region- The foothills of the Shiwalik form the Terai Region. Most of this region lies in Uttarakhand and Uttar Pradesh. Terai Region has many national parks and wildlife sanctuaries.
3. Terrace farming- Terrace farming is done in these mountain slopes of Himalayan ranges. In this method, large flat steps are cut into the slopes to form fields.
4. Shikaras- Shikaras are wooden boats that are used for boat rides during the tourist season or function as floating shops for selling flowers and vegetables.

● **Answer the following questions.**

Q1. What are the occupations of the people of Jammu and Kashmir? What is the main occupation of the people of Himachal Pradesh?

Ans. People of Jammu & Kashmir stay indoors and earn by making handicrafts from wood and paper-mâché. Some people weave silk and woollen clothes while others make world famous carpets and warm pashmina shawls. Kashmir is cool in summer and during this season, most of the people work in the fields.

Q2. What is the main occupation of the people of Himachal Pradesh?

Ans. . Most of the people of Himachal are farmers. They grow rice, maize, barley, fruits and vegetables. Animal rearing is also popular. People rear sheep and goats. Woollen carpets, blankets, rugs and shawls are woven here.

Q3. What kind of houses do the people of Arunachal Pradesh build? Why?

Ans. The people of Arunachal Pradesh live in houses on stilts to protect themselves from rain and snakes.

Q4. What does the design on the shawl of the Nagas tell us?

Ans. The designs on the shawls help to identify the tribes to which they belong.

Q5. What do you know about the people of Meghalaya?



Ans. They are mainly farmers who grow rice, jute, potatoes, sugar cane, pineapples and oranges.

