

*Start*

*With*

# Social Studies

*(An Environmental Approach)*

Includes  
Websites for  
more information

BOOK  
4



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**Unit 1:**  
**About Our Country**

**1 Our Beautiful Country**

Our country India is very beautiful. The varied land features on its surface like hills, mountains, valleys, plains, etc., add to its beauty. These land features are also called its **physical features**.

**Location and Size**

India is located in the southern part of Asia, the largest continent in the world. It is the seventh largest country (in area) and also the second most populous country in the



Political map of South Asia showing India and its neighbours

world. It stretches from Jammu and Kashmir in the north to Kanyakumari in the south (about 3,200 km) and from Gujarat in the west to Arunachal Pradesh in the east (about 3,000 km). The southern part of India is surrounded by the Arabian Sea along the western coast, the Bay of Bengal along the eastern coast and the Indian Ocean in



Political map of India

the south. This type of landform surrounded by water on three sides is called a **peninsula**.

## Our Neighbouring Countries

India shares common boundaries with some Asian countries. Our neighbours are :

- ◆ Pakistan and Afghanistan in the west.
- ◆ Nepal, China and Bhutan in the north.
- ◆ Bangladesh and Myanmar in the east.
- ◆ Sri Lanka and Maldives in the south (across the sea).

## Political Divisions of India

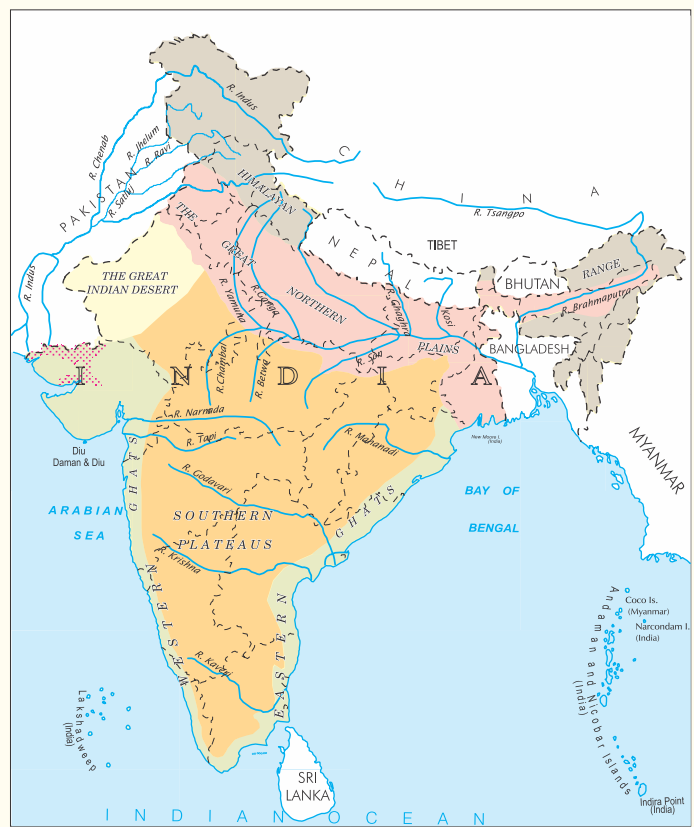
As we know, India is a vast country with a large population. To run the country smoothly, it has been divided into a number of smaller areas, called the **states** and **union territories**. In all, India is divided into 29 states and 7 union territories.

Among these, Rajasthan is the largest and Goa is the smallest state in area. Delhi is the National Capital Territory. Every state and union territory is having an important city or town as its capital. Study the political map of India given on page 4 and learn the names of states, union territories and their capitals.

## Physical Divisions of India

Depending on the varied land features, India can be divided into six main physical divisions :

- ◆ The Northern Mountains
- ◆ The Northern Plains
- ◆ The Western Desert
- ◆ The Southern Plateaus
- ◆ The Coastal Plains
- ◆ The Islands



Physical map of India

# Word Meanings

- Varied** : different types of
- Peninsula** : a piece of land surrounded by water on three sides
- Boundary** : a line marking the limits of an area
- Island** : a piece of land surrounded by water on all sides
- 

# It's a Fact

- Kanyakumari in Tamil Nadu is the southernmost tip of the mainland of India.
  - Uttaranchal is now known as Uttarakhand, Pondicherry is known as Puducherry and the new name of Bangalore is Bengaluru.
  - China is the most populous country in the world.
- 

# Let's Recall

- India is located in Southern Asia.
  - It is divided into six main physical divisions.
  - The southern part of India is surrounded by water bodies on three sides.
  - It has 29 states and 7 union territories.
  - Delhi is the National Capital Territory of India.
- 

# Exercises

## A. Tick (3) the right answer.

1. India has  
(a) 29 states  (b) 26 states  (c) 27 states
2. The smallest state in India is  
(a) Sikkim  (b) Goa  (c) Gujarat
3. A piece of land surrounded by water on all sides is called a/an  
(a) peninsula  (b) island  (c) gulf

## B. Fill in the blanks. Choose the right word from the box.

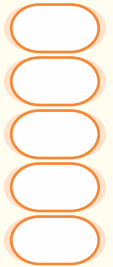
Asia    7    29    seventh    six    eastern

1. India is divided into \_\_\_\_\_ states and \_\_\_\_\_ union territories.
2. In area, India is the \_\_\_\_\_ largest country in the world.

3. The Bay of Bengal is along the \_\_\_\_\_ coast of India.
4. India has \_\_\_\_\_ main physical divisions.
5. India is located in south \_\_\_\_\_.

**C. Write true (T) or false (F).**

1. The Arabian Sea is along the eastern coast of India.
2. Every state and union territory has its own capital.
3. Nepal is India's neighbour in the north.
4. India is the most populated country in the world.
5. Asia is the largest continent in the world.



**D. Answer the following questions.**

1. What is a peninsula?
2. Name the water bodies surrounding southern India.
3. Name three neighbouring countries of India.
4. What are the main physical divisions of India?

## Websites for More Information



[www.all-indiatravel.com/india/physical-features-india.html](http://www.all-indiatravel.com/india/physical-features-india.html)

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## Activity



Mark the neighbouring countries of India on a political map of Asia. Memorise the names of the states and union territories of India, along with their capitals. You can also make placards of all states and union territories, with their capitals written at the back and play a quiz using these. This will help you to remember the names.

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## Teacher's Notes

Explain the difference between a physical map and a political map.





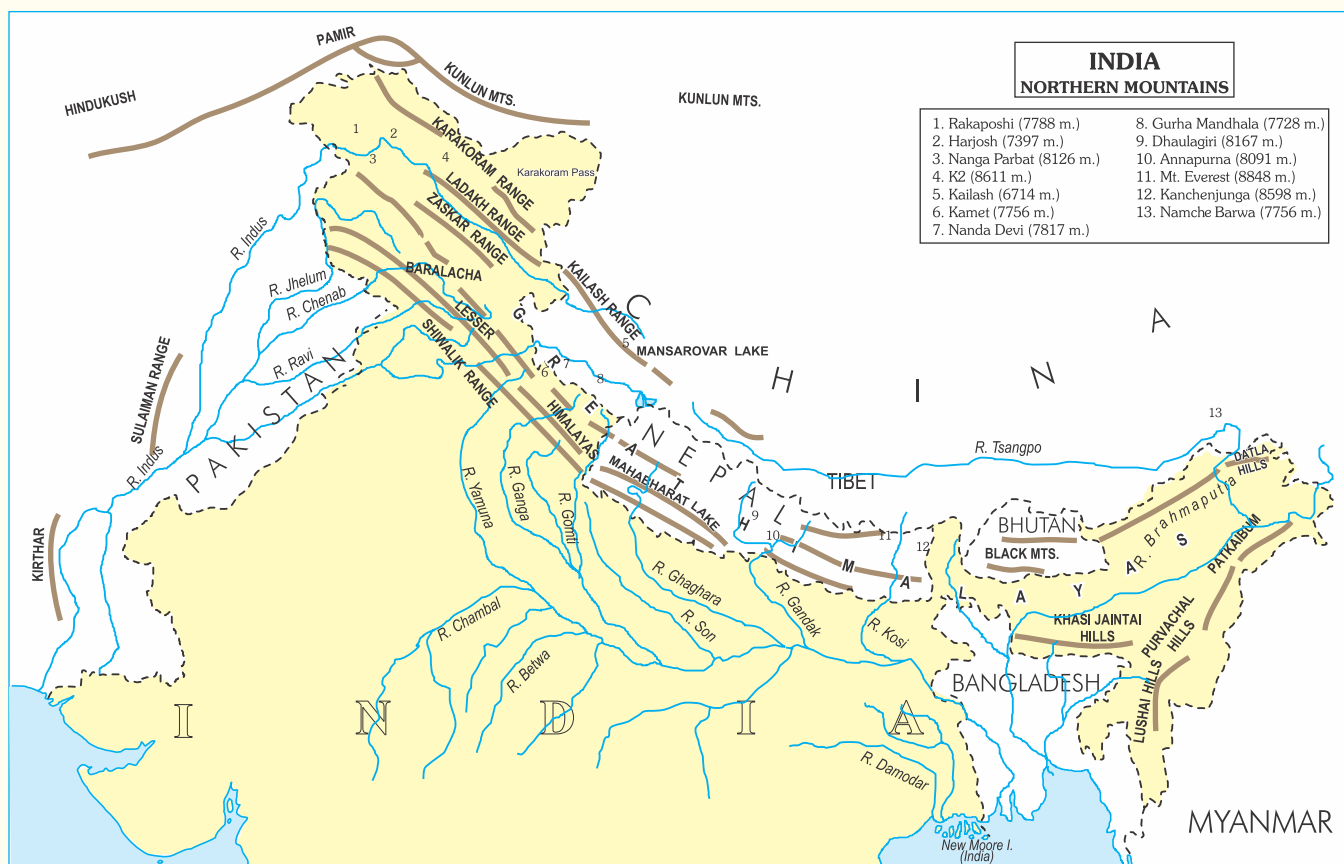
## Unit 1:

## About Our Country

# 2

## The Northern Mountains

In the north and north-eastern part of India lie mountain ranges. These include the Himalayas and the Karakoram ranges. Take a look at the map given below and try to locate these ranges.



The Northern Mountains of India

Scale:1:44m

### The Karakoram Range

The Karakoram range is the northernmost range, located in Jammu and Kashmir. Mt. Godwin Austin, well known as K2 and the second highest peak in the world, is located here. It is 8,611 metres high.

### The Himalayas

The Himalayas lie to the south of the Karakoram range. They are the highest mountain range in the world. The word Himalaya (in Sanskrit) means the home of



snow. They are called so because a major part of the mountains in this range is covered with snow throughout the year.

The Himalayas in India extend from Kashmir in the west to Arunachal Pradesh in the east, forming a huge wall along the northern boundary. The world's highest mountain peak, Mt. Everest is located in the Himalayas. It is in Nepal and is 8,848 m high.

The Himalayas can be divided into three parallel ranges :

- ◆ The Greater Himalayas or the Himadri.
- ◆ The Lesser Himalayas or the Himachal.
- ◆ The Lower Himalayas or the Shivalik Hills.

### **The Himadri**

The Himadri is located in the extreme north. The peaks in this range are covered with snow all the year round. Some of the world's highest mountains, like Mt. Everest, Kanchenjunga, Annapurna and Nanda Devi are located here. Slow-moving rivers of ice called **glaciers** start from these mountains. As they move down the mountain slopes to warmer areas, they melt, giving rise to rivers. The two famous glaciers are the Gangotri and Yamunotri from which rivers Ganga and Yamuna originate respectively.

### **The Himachal**

The Himachal is to the south of the Himadri. The mountains here are lower than those of the Himadri. This range has many beautiful valleys. The mountain slopes are covered with thick forests of pine, deodar and fir trees. Many beautiful hill stations like Nainital, Mussoorie, Shimla, Srinagar, Kullu, Dharamshala, Darjiling, etc., are located in this range.



Mount Everest is the highest mountain in the world.



The Ganga rises from the Gangotri.



Shimla is a hill station in the Himachal.

## **The Shivalik**

The Shivalik Hills are the southernmost range. There are more hills than mountains. These hills are covered with thick green forests and are home to many wild animals.

The foothills of the Shivalik, known as Terai, become too wet and marshy due to heavy rainfall. The government has also developed many sanctuaries and national parks here, the famous Jim Corbett National Park in Uttarakhand being one of them.



Jim Corbett National Park

In the north-east of India are the famous Mizo, Garo, Khasi, Naga, Jaintia and Lushai Hills. They are not very high but are covered with dense forests.

## **Mountain Passes**

A mountain pass is a narrow path over or through the mountains which are either natural or man-made. Passes help people to travel from one region to another. Some important passes in the Himalayas are : Rohtang Pass and Shipki La in Himachal Pradesh, Nathu La in Sikkim and Bomdi La in Arunachal Pradesh.



Rohtang Pass

## **The Importance of the Himalayas**

The Himalayas are useful to us in many ways :

1. They form a natural wall along the northern borders of India, protecting us from the extremely cold winds blowing from the north. They also protect us from enemies coming from other countries.
2. They check the monsoon winds and cause rainfall.
3. Many rivers originate from the melting snow of the glaciers.
4. The forests here provide us with wood and many other products. They also serve as a habitat for many wild animals.
5. Dams have been built across rivers which provide us with electricity.

## Word Meanings



- Range** : a line of mountains or hills  
**Glacier** : a slow-moving mass of ice  
**Sanctuary** : a place where animals are protected  
**Hydroelectricity** : electricity generated from water

## It's a Fact



- Tenzing Norgay of India and Edmund Hillary of New Zealand were the first in the world to climb Mt. Everest. They scaled the peak in 1953.
- The first Indian woman to climb Mt. Everest was Bachendri Pal. She scaled the highest peak in 1984.



## Let's Recall



- The Himalayas are the highest mountain range in the world.
- The Himalayas can be divided into three parallel ranges — the Himadri, the Himachal and the Shivalik hills.
- Many beautiful hill stations like Nainital, Shimla, Mussoorie, Srinagar, etc., are located in the Himachal range.
- The Himalayas are very useful to us.
- The foothills of Shivalik are called Terai.

## Exercises



### A. Tick (3) the right answer.

1. The highest mountain peak in the world is  
(a) Mt Everest  (b) Mt K2  (c) Kangchenjunga
2. The Greater Himalayas are also known as the  
(a) Himachal  (b) Himadri  (c) Shivalik
3. Khasi, Naga and Jaintia hills are in the  
(a) south-east  (b) north-east  (c) north-west

**B. Fill in the blanks. Choose the right word from the box.**

wall home 8,611 Terai Himadri snow

1. The foothills of the Shivalik are called \_\_\_\_\_.
2. The Himachal is to the south of the \_\_\_\_\_.
3. The Himalayas form a natural \_\_\_\_\_ along the northern border.
4. Mt. Godwin Austin is \_\_\_\_\_ metres high.
5. The word Himalaya means the \_\_\_\_\_ of \_\_\_\_\_.

**C. Match the following columns.**

- |                              |                       |
|------------------------------|-----------------------|
| 1. Jim Corbett National Park | (a) Nepal             |
| 2. Rohtang Pass              | (b) Jammu and Kashmir |
| 3. Mt. Everest               | (c) Himachal Pradesh  |
| 4. Karakoram Range           | (d) New Zealand       |
| 5. Edmund Hillary            | (e) Uttarakhand       |

**D. Answer the following questions.**

1. What are the three ranges into which the Himalayas can be divided? Tell any two features of each.
2. What is a glacier? Name any two glaciers located in the Himalayas.
3. Name two famous passes in the Himalayas.
4. Name the first mountaineers to climb Mt. Everest.
5. How are the Himalayas useful to us?

**Websites for More Information**



[www.en.wikipedia.org/wiki/Geography\\_of\\_India](http://www.en.wikipedia.org/wiki/Geography_of_India)

**Activity**



- On a physical map of India, mark the extent of the Northern Mountains.
- Collect detailed information on any five sanctuaries or national parks located in the Terai region of the Himalayas and make a project file of your own. Also paste pictures to make it colourful.

**Teacher's Notes**



The teacher should talk to the children about the hill stations they have visited so far and discuss the areas that is called a 'valley' in these hilly areas, to make the concept of a valley clear. Discuss in detail about the need for terrace farming in hilly areas.