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Different Lands, Different Lives**Chapter Notes:****Back to School from Holidays**

- Children shared their holiday experiences in class. They brought pictures and items from different places.
- Different places visited:
 - **Chandni** – Beach in Odisha
 - **Ritika** – Desert of Rajasthan
 - **Gurpreet** – Plains of Amritsar (Punjab)
 - **Nayan** – Mountains of Sikkim

Life in Plains (Gurpreet's Experience)

- Plains have **large, flat lands** with **rich fertile soil**.
- **Main occupation:** Farming.
- **Common food:** Makki di roti, Sarson da saag, Lassi
- **Golden Temple (Sri Harmandir Sahib)**
 - Important Gurudwara of Sikhs, covered with gold, surrounded by water (sarovar).
 - Langar (free food service) provided to all, with volunteers cooking, serving, and cleaning.

Life in Desert (Ritika's Experience)

- Desert is **dry, sandy**, with **very little rainfall**; **water is scarce**.
- **Plants:** Cactus, Khejri, Babool (some store water in stems)
- **Animals:** Camel, lizards, wild cats, snakes, eagles
- **People's Life:**
 - **Women:** Ghaghra, Bandhini dupatta
 - **Men:** Turbans
- **Houses:** Made of mud, thatched roofs, have tankas (water storage)
- **Food:** Dal-bati-churma, Ker-sangri
- **Jaisalmer Fort:**
 - Made of golden-colored sandstone.
 - Tall and thick walls.
 - One of the inhabited forts in Rajasthan.
 - Featured in Satyajit Ray's movie Sonar Kella.

Life in Coastal Areas (Chandni's Experience)

- Coastal areas are **near the sea**.
- **Example:** Puri, Odisha
- **Features:** Sandy beaches, sea shells, sand art
- **People's Work:** Fishing, travel by boats
- **Food:** Dalma, Pakhala, Chhena poda, Rasagola
- **Shree Jagannath Temple:**
 - One of the most popular temples in India.
 - Beautifully carved with huge gates.
 - Famous for **Rath Yatra**, a grand chariot festival.
 - Devotees pull huge, colorful chariots of **Jagannath, Subhadra, and Balabhadra**.

Living with Challenges (Coastal Areas)

- Coastal regions face strong winds and cyclones.
- Cyclones can damage houses, trees, animals, and people.
- **Safety Measures:** Early warnings, proper planning, government assistance
- Odisha is recognized nationally and internationally for excellent cyclone management.

Life in Mountains (Nayan's Experience)

- Mountains are **high, rocky, cold, often snow-covered**, with **steep slopes** and **valleys**.
- **Place Visited:** Gangtok, Sikkim; view of Mount Kangchenjunga
- **Food:** Thukpa, Sel roti
- **Clothing:** Bakhu, Dumdyam, Gunyo cholo
- **Animals:** Yak (used for transport)
- **Trees:** Pine, Oak, Walnut, Chestnut
- **Festivals in Mountains - Loosong and Namsong**
 - Loosong and Namsong: Major Sikkimese festivals marking the New Year,
 - Celebrate farmers' hard work
 - Include local dishes, traditional games, and mask dance (Chaam)

Key Learning

- **Different landforms:** Plains, Deserts, Coastal areas, Mountains
- **People's lifestyle depends on landforms** – differences in food, clothes, houses, work
- Each region has its own **beauty** and **culture**

New Terms

Word	Meaning
• Cyclone	- A very strong windstorm that can cause severe damage
• Tanka	- A water storage tank used in deserts to collect rainwater
• Sandstone	- A soft stone made from sand, used to build forts and buildings
• Desert	- A hot, dry region with very little rainfall and vegetation
• Mountain	- A high natural elevation of the earth's surface
• Beach	- A landform along a sea or ocean, usually sandy or rocky
• Farming	- The practice of cultivating land to grow crops
• Culture	- The customs, traditions, and way of life of a society
• Tradition	- A practice or custom passed down through generations
• Community	- A group of people living together or sharing common interests
• Gurudwara	- A Sikh place of worship where people pray and learn about their faith
• Plain	- A large, flat area of land suitable for farming and habitation
• Coastal Region	- An area near the sea or ocean
• Fertile Soil	- Nutrient-rich soil good for growing crops
• Serene	- Calm, peaceful, and undisturbed
• Langar	- A community kitchen that serves free meals to everyone
• Volunteer	- A person who helps others willingly without pay
• Landform	- A natural feature on the Earth's surface like mountains, deserts, plains, or coasts
• Slanting Roof	- A tilted roof designed so snow or rain can slide off easily
• Landslide	- When rocks, mud, or soil slide down a hill or mountain, usually after heavy rain

Activity 1 (Page 131)

Q. You might have visited some places during your vacation. Write the name of the places and something special about them. Ask two or three of your friends about the places they had visited, and fill the table given below.

Name of the friend	Name of the place	Types of regions (mountains, plains, coastal region, desert, etc.)	Something special about the place
Friend 1		Mountain	Pine trees
Friend 2			
Friend 3			
Friend 4			
Your Name			

Ans.

Name of the Friend	Name of the Place	Types of Region	Something Special about the Place
• Friend 1	- Gulmarg	- Mountain	- Pine trees, snow-covered slopes
• Friend 2	- Jaipur	- Plains	- Palaces, forts, colorful markets
• Friend 3	- Puri	- Coastal Region	- Sandy beaches, Shree Jagannath Temple
• Friend 4	- Jaisalmer	- Desert	- Golden sand, Jaisalmer Fort
• Your Name	- Gangtok	- Mountain	- View of Mount Kangchenjunga, Thukpa

- Which type of place do you find interesting?

Ans. I find mountains interesting because of the snow, forests, and fresh air.

- What similarities and differences do you find in the place you visited, and those visited by your friends?

Ans. Similarities and differences:

Aspect	Similarities	Differences
• Features & Beauty	- All places have unique features and natural beauty	- Mountains are cold and hilly, plains are flat and fertile, coastal areas are near the sea, deserts are hot and sandy
• People & Lifestyle	- People have special food, clothes, and activities	- Lifestyle differs according to the landform (farming in plains, fishing in coastal areas, etc.)

Write (Page 132) In the Land of Agriculture, with Gurpreet



Look at the picture above and write your observations:

Q 1. What kind of land do you see in the picture?

Ans. The picture depicts a rural agricultural landscape or a village. It features fertile farmland divided into organized plots, dirt paths, and a mix of traditional and modern structures (like a government school and an ATM). There is a balance of natural elements like trees and open fields with essential village infrastructure.

Q 2. List the activities that people are engaged in.

Ans. The people are involved in a variety of farming, domestic, and community activities:

- **Farming:** Planting seeds, harvesting crops, and carrying bundles of green fodder.
- **Technology & Tools:** A man is driving a red tractor, while a drone is being used above the fields for modern agricultural monitoring.
- **Domestic Chores:** A woman is churning buttermilk (traditional method), and another is braiding a young girl's hair.
- **Livestock Care:** Farmers are feeding buffaloes and a cow at a manger.
- **Transportation:** People are traveling via bicycle, motorcycle (carrying milk cans), and a tractor trolley filled with passengers.
- **Leisure:** A man is sitting on a charpai (woven bed) drinking from a glass, and children are playing a drum (dholak) nearby.

Q 3. Which animals do you see in the picture?

Ans. The animals visible include:

- **Buffaloes:** Several are seen eating fodder in the field.
- **Cow:** A white cow is standing near a feeding trough in the village area.

Q 4. Do you notice anything unique about the clothing of the people?

Ans. The clothing is very traditional and culturally specific:

- **Men:** Many are wearing turbans (pagris), long shirts (kurta), and waistcoats. Some are wearing lungis or pajamas.
- **Women:** They are wearing colourful Salwar Kameez with dupattas (headscarves) used to cover their heads.
- **Footwear:** Some men are wearing traditional pointed shoes known as mojaris or juttis.
- **Significance:** This attire reflects the cultural heritage of a specific region, likely Punjab, designed for comfort during physical labor in a hot climate.

Write (Page 133)

Q. What is the most popular food in your region? Can you list the main ingredients used in its preparation?

- **Name of the food item:**
- **Ingredients:**

Ans. There are five state examples given below:

1. Gujarat

- **Name of the food item:** Dhokla
- **Ingredients:** Gram flour (besan), curd, water, lemon juice, spices

2. Punjab

- **Name of the food item:** Makki di Roti & Sarson da Saag
- **Ingredients:** Maize flour, mustard leaves, butter/ghee, spices

3. Rajasthan

- **Name of the food item:** Dal-Bati-Churma
- **Ingredients:** Wheat flour, lentils, ghee, jaggery/sugar

4. Tamil Nadu

- **Name of the food item:** Idli
- **Ingredients:** Rice, urad dal, water, salt

5. West Bengal

- **Name of the food item:** Mishti Doi
- **Ingredients:** Milk, sugar/jaggery, curd

In the Land of Endless Sand, with Ritika (Page 134)

Look at the following picture and write your observations.

Q 1. What kind of land do you see in the picture?

Ans. The picture shows a desert landscape. The land is covered with vast stretches of sand and sand dunes. There is very little water visible, though a small oasis or pond can be seen in the distance. The terrain appears dry, hot, and sparsely populated.

Q 2. What types of plants do you see in the picture? How are they different from the plants you see in your locality?

Ans. I see cacti (spiky plants) and palm trees.

- **Difference:** These plants are adapted to dry conditions—cacti have spines to reduce water loss, and palm trees grow in sandy soil, unlike the leafy plants in my locality that need more water.

Q 3. Is there something unique about the way people in this village are dressed?

Ans. Yes, the people are wearing traditional desert attire.

- **Clothing:** They wear long, loose-fitting clothes and head coverings (like turbans or dupattas).
- **Purpose:** These clothes are unique because they are designed to protect the body from the scorching heat of the sun and the blowing desert sand. Their outfits are also very colorful, which stands out beautifully against the golden sand.

Q 4. How do you think people travel in deserts?

Ans. People primarily use camels to travel, often pulling carts or carrying goods. Camels are known as the "ship of the desert" because they can walk easily on sand and go for long periods without water. In the picture, we also see modern influences like a camel-drawn cart with rubber tires and wind turbines/telecom towers in the background, suggesting that while traditional methods remain, technology is also present.

Q 5. What do you like the most in the picture?

Ans. I like how the picture shows a blend of traditional life and modern technology. While people are making baskets by hand, wearing traditional clothes, and using camels, there are also solar panels, wind turbines, and a mobile tower. It shows how people in the desert are using natural resources like the sun and wind to improve their lives.

Find out (Page 137)

Q. Ask your family members about the folk songs and dances from your region, and note them down in the table below.

Dance form	Folk music

Ans.

Dance forms and Folk music from different regions of India

Dance Form	Folk Music
• Bhangra (Punjab)	- Energetic beats with dhol and chimta
• Ghoomar (Rajasthan)	- Traditional Rajasthani songs
• Garba (Gujarat)	- Songs during Navratri festival
• Dandiya Raas (Gujarat)	- Folk songs with dandiya sticks
• Bihu (Assam)	- Assamese folk songs
• Lavani (Maharashtra)	- Fast-paced Marathi songs

Discuss (Page 138)**Q. Why do you think water is scarce in the desert?**

Ans. Water is scarce in the desert because it receives very little rainfall. The land is dry and sandy, so water quickly disappears, making it hard for plants, animals, and people to find water.

On the Seashore, with Chandni (Page 139)

Look at the picture given below and write your observations.

Q 1. List the different kinds of activities that the people are doing.

Ans. The people are engaged in a variety of recreational and professional activities:

- **Recreation:** Children are building sandcastles, flying kites, and making sand sculptures (like the elephants). Others are swimming in the sea using lifebuoys.
- **Work:** Fishermen are out in a traditional boat casting nets to catch fish.
- **Commerce:** Near the shore, there is a busy marketplace where people are buying and selling local goods like "Odisha Special" items, cashew nuts, and shell crafts.
- **Travel:** Large ships and cruise liners are visible in the deep sea.

Q 2. What kinds of trees are found near the sea, and how are they different from those in the deserts and plains?

Ans. I see Coconut and Palm trees along the coastline.

- **Difference from Desert:** Desert plants (like cacti) are small or have thick stems to store water. Coastal trees are very tall with flexible trunks to survive strong sea winds.
- **Difference from Plains:** Trees in the plains (like Neem or Banyan) usually have broad, shady canopies. Coastal trees have long, narrow fronds (leaves) that allow wind to pass through easily without breaking the tree.

Q 3. List the fun activities you would like to do on a beach.

Ans. I would like to:

- Building a giant sandcastle with towers and a moat.
- Collecting unique seashells of different shapes and colors.
- Playing a game of beach volleyball or flying a colorful kite.
- Splashing in the waves and feeling the cool sea water.

Q 4. What is special about the dresses people wear in the coastal regions?





Ans. The clothing in coastal regions is special because it is designed for a humid and warm climate:

- **Material:** People mostly wear light, breathable cotton clothes that absorb sweat and dry quickly.
- **Style:** Men often wear lungis or short-sleeved shirts, while women wear light sarees or skirts.
- **Function:** The clothing is loose-fitting to allow air to circulate, keeping the body cool near the salty sea breeze. Unlike the desert, where people cover their whole bodies to block sand and sun, coastal attire is often more open to help the skin breathe in the humidity.

Activity 2 (Page 141)**Let us Create**

Use one coastal item to create a fun decor object like a photo frame, a necklace, a painted pebble, a mini basket or a sand art jar. Add your own creative twist and display your work in the class! You can use any other locally available materials to create the decor items.

Ans.

 <p style="text-align: center;">Seashell Necklace</p>	 <p style="text-align: center;">Photo Frame</p>
<ul style="list-style-type: none"> • Collect small seashells from the beach. • Make a small hole in each shell carefully. • Take a thread or string. • Pass the thread through all the shells. • Add colourful beads for decoration. • Tie the ends to make a necklace. 	<ul style="list-style-type: none"> • Take a simple photo frame. • Collect small seashells, pebbles, or beads. • Paste them around the border of the frame. • Let it dry properly. • Your decorative photo frame is ready.
 <p style="text-align: center;">Sand Art Jar</p>	 <p style="text-align: center;">Painted Pebble</p>
<ul style="list-style-type: none"> • Take a clean glass jar. • Fill it with layers of coloured sand. • Create different patterns with the sand. • Add small shells or beads on top. • Close the lid and your sand art jar is ready. 	<ul style="list-style-type: none"> • Take a smooth stone or pebble. • Clean and dry it well. • Paint it with bright colours. • Draw simple designs or patterns. • Let it dry and use it as a decoration piece.

Discuss (Page 142)**Q 1. Write your observations on how the life around a coastal region differs from the life in a desert.**

Ans. Coastal areas vs deserts have:

- Coastal areas have plenty of water, while deserts have very little water.
- Coastal regions are humid, deserts are hot and dry.
- Coastal areas have coconut and palm trees, deserts have cactus and thorny plants.

pictures

- People in coastal areas do fishing, while in deserts they depend on animals and limited farming.
- Coastal people wear light cotton clothes, desert people wear loose, covered clothes.

Q 2. Why is it important to keep our beaches clean?

Ans. It is important to keep our beaches clean because:

- To protect marine animals like fish and turtles.
- To keep the environment clean and healthy.
- To make beaches safe and enjoyable for people.
- To prevent water pollution.
- To maintain the natural beauty of beaches.

Activity 3 (Page 142)

Q. Can you identify these creatures?

sea turtle
corals

crab
seaweed

dolphin
starfish





Ans.



Sea turtle

Crab

Starfish



Dolphin



Corals



Seaweed

Discuss (Page 143)

Q 1. What are the adverse effects of a cyclone?

Ans. Cyclones cause strong winds and heavy rainfall, which can damage houses, trees, and crops. They can harm people and animals and may lead to flooding and loss of property.

Q 2. How can communities be better prepared for such situations?

Ans. Communities can prepare by following early warnings, moving to safe shelters, and keeping emergency supplies ready.

In the Mountains, with Nayan (Page 144 - 145)



Look at the picture above and write your observations.

Q 1. What type of animals do you see in the picture?

Ans. The pictures show several animals that are characteristic of high-altitude regions:

- **Yaks:** Large, long-haired animals used for carrying loads and transportation.
- **Mountain Goats/Deer:** Seen grazing on the rocky slopes.
- **Birds:** Colorful mountain birds are visible in the foreground.
- **Livestock:** Smaller animals like cows or goats are also shown near the houses.

Q 2. How are the dresses worn by people living in the mountains different from those worn in your region?

Ans. These dresses are suited for cold mountain climates and are different from the clothes worn in my local region:

- **Layering:** People are wearing thick, layered clothing, including long robes (like the Chuba often seen in Himalayan regions) and woolen shawls.
- **Headgear:** Many individuals are wearing traditional caps or hats to keep their heads warm.
- **Material:** The clothing appears to be made of heavy wool or thick fabric to protect against the cold and wind.
- **Vibrant Colors:** There is a use of bright reds, blues, and patterns, which are common in mountain cultural festivals and daily wear.

Q 3. Describe the trees found in the mountains.

Ans. The trees and plants shown have specific features suited for the terrain:

- **Coniferous Trees:** Many of the trees are tall and cone-shaped (like Pine or Fir trees). Their sloping branches help snow slide off easily.
- **Terrace Farming:** On the slopes, you can see step-like fields (terrace farming) where crops or tea might be grown.
- **Sparse Growth:** On the higher, steeper rocky parts of the mountains, the vegetation is much thinner, consisting mostly of small shrubs and patches of grass.

Discuss (Page 147)**Q 1. How does the cold climate in mountain regions affect the way people live and dress?**

Ans. The cold climate makes people wear warm woollen clothes like jackets, shawls, and caps. Houses are built with slanting roofs to prevent snow from collecting. People also eat hot food to keep themselves warm.

Q 2. What traditional clothes are worn in your region? How do they match with the local climate?

Ans. In my region, people wear cotton clothes like sarees, salwar kameez, and shirts. These clothes are light and comfortable, which helps in hot weather.

Q 3. Why do you think certain trees, like pine and oak, grow better in the mountains?

Ans. Trees like pine and oak grow well in mountains because they can survive in cold weather. They have special shapes and leaves that help them withstand snow and strong winds.

Q 4. How do animals like yak survive in the cold climate of Sikkim?

Ans. Yaks have thick fur that keeps them warm in cold weather. They are strong animals and can walk easily on snowy mountains, helping them survive in harsh conditions.

Discuss (Page 148)**Q 1. Why do you think traditional houses in Sikkim are built with wood and have slanting roofs?**

Ans. Houses are built with wood to keep them warm in cold weather. Slanting roofs help rain and snow slide off easily and prevent damage.

Q 2. Does your house have any feature that is similar to the houses in the mountains?

Ans. My house has a strong roof and proper ventilation, but it does not have a slanting roof like mountain houses.

Q 3. Why are landslides common in mountains during the rainy season?

Ans. Heavy rainfall loosens the soil on slopes, causing rocks and mud to slide down, leading to landslides.

Q 4. What do you think can be done to keep people safe during landslides?

Ans. People can stay alert, follow warnings, move to safe places, and avoid building houses on steep slopes.

Q 5. What can communities do to help people who lose their homes or get affected by natural disasters?

Ans. Communities can provide shelter, food, clothes, and medical help. They can also support people in rebuilding their homes and lives.

Life in my Landform (Page 149)

Draw the landform around you in the space given below. Name the area, the type of landform, some interesting features of the people, their professions, food, houses, plants and animals.

Ans.



- **Name of the Area:** Puri (Odisha)
- **Type of Landform:** Coastal Region
- **People:** Wear light cotton clothes
- **Professions:** Fishing, boating, tourism
- **Food:** Fish, rice, pakhala, coconut dishes
- **Houses:** Houses made to withstand strong winds
- **Plants:** Coconut trees, palm trees
- **Animals:** Fish, crabs, sea birds

- **Name of the Area:** Jaisalmer
- **Type of Landform:** Desert
- **People:** Wear colourful clothes like ghaghra, turbans
- **Professions:** Animal rearing, handicrafts, small trade
- **Food:** Dal-bati-churma, ker-sangri
- **Houses:** Mud houses with thatched roofs
- **Plants:** Cactus, babool, khejri
- **Animals:** Camel, lizard, snake





- **Name of the Area:** Ahmedabad
- **Type of Landform:** Plains
- **People:** People are friendly and wear comfortable clothes like sarees, salwar kameez, and shirts.
- **Professions:** Farming, business, shopkeeping, and office work
- **Food:** Dhokla, thepla, khichdi, dal, vegetables
- **Houses:** Pucca houses made of bricks and cement
- **Plants:** Neem trees, banyan trees, grass, and crops
- **Animals:** Cows, buffaloes, dogs, goats

- **Name of the Area:** Sikkim (Gangtok)
- **Type of Landform:** Mountains
- **People:** Wear warm woollen clothes like jackets and shawls
- **Professions:** Farming, tourism, animal rearing
- **Food:** Thukpa, momos
- **Houses:** Wooden houses with slanting roofs
- **Plants:** Pine, oak, chestnut
- **Animals:** Yak, mountain goats



Let us reflect

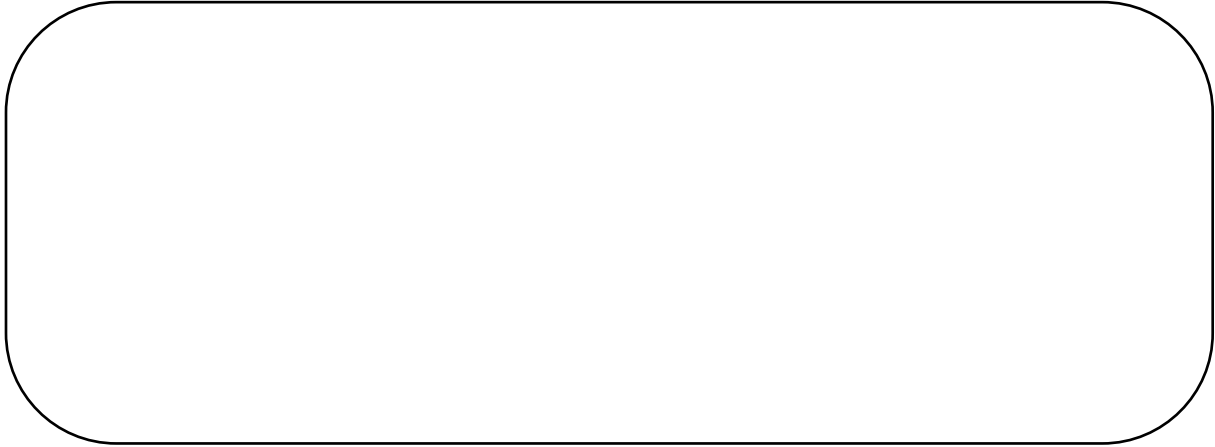
1. Compare life in the mountains and plains by capturing the differences in trees, animals, houses, clothes, food, festivals and art forms.

Category	Plains	Desert	Coastal	Mountains
Trees				
Animals	Cows and buffaloes with shorter fur			
Housing				Wooden houses with sloping roofs
Clothing				
Food				
Festivals				
Art forms				

Ans.

Category	Plains	Desert	Coastal	Mountains
• Trees	- Mango, neem, banyan	- Cactus, date palm	- Coconut, palm trees	- Pine, oak, deodar
• Animals	- Cows, buffaloes, goats	- Camels, lizards	- Fish, crabs, turtles	- Yaks, sheep, mountain goats
• Housing	- Brick and cement houses	- Mud houses with thick walls	- Houses on stilts, near sea	- Wooden houses with sloping roofs
• Clothing	- Cotton clothes (light)	- Loose, light-colored clothes	- Light cotton clothes	- Woollen clothes (warm)
• Food	- Wheat, rice, vegetable	- Bajra, dal, milk products	- Rice, fish, coconut dishes	- Barley, maize, meat, dairy
• Festivals	- Diwali, Holi	- Desert festivals, fairs	- Boat festivals, Onam	- Losar, local hill festivals
• Art forms	- Madhubani, Warli	- Puppet shows, folk dance	- Shell crafts, boat art	- Thangka painting, wool crafts

2. Design and draw a landform by combining your favourite features from mountains, plains, coasts, and



deserts.

(a) What made you choose different features for your landform?

(b) How does each feature benefit people, animals or plants?

(c) What difficulties might people face living in your landform?

Ans.

(a) I chose mountains, plains, coast, and desert because I like all of them. Mountains are beautiful, plains are good for farming, coasts have beaches, and deserts look interesting with sand.

(b) Benefits of each feature:

- Mountains give fresh water and cool air.
- Plains help farmers grow crops.
- Coasts give fish and support sea animals.
- Deserts have special plants like cactus and animals like camels that can live there.

(c) Difficulties:

- In mountains, it is very cold and hard to travel.
- In plains, sometimes there are floods.
- In coastal areas, there can be storms.
- In deserts, there is very little water and it is very hot.

