

# Uttarakhand

## Jaunsari Tribe

**Origin and Existence:** The Jaunsari tribe primarily resides in the Jaunsar-Bawar region of Uttarakhand, India. They have a long history in the region, dating back for generations.

**Traditional Culture:** Jaunsari culture is deeply rooted in their tribal heritage. They have unique customs, rituals, and oral traditions, often centered around nature worship and community bonds.

**Traditional Art and Craft:** The Jaunsari people engage in traditional crafts such as basket weaving and woodwork. These crafts often have utilitarian purposes and reflect their connection to the local environment.

**Lifestyle and Occupation:** Historically, Jaunsaris were engaged in agriculture and pastoralism. Today, some continue traditional occupations, while others have diversified into modern professions. Their lifestyle is closely linked to the hilly terrain of Uttarakhand.

**Traditional Attire and Adornments:** Jaunsari attire is influenced by the region's climate and includes traditional garments like dhotis and kurta for men and ghagras for women. Adornments may include handmade jewelry and accessories.

**Cuisine and Diet:** The Jaunsari diet is based on locally available ingredients. It includes staples like rice, wheat, and vegetables. Due to the hilly terrain, their diet may also include wild edibles and game.

**Music, Dance, and Festivals:** Music and dance are integral to Jaunsari culture. They have traditional folk songs and dance forms, often performed during festivals and celebrations. Festivals like Holi and Dashain are celebrated with cultural enthusiasm.

**Societal Importance:** The Jaunsari tribe holds societal importance as one of the indigenous communities in Uttarakhand. They contribute to the state's cultural diversity and heritage through their unique customs, artistry, and traditions. Efforts have been made to preserve their cultural identity and improve their socioeconomic conditions.



## Bhotia Tribe

**Origin and Existence:** The Bhotia tribe has its origins in the trans-Himalayan region, spanning areas in northern India, Nepal, and Tibet. They have a long history, and their existence is closely tied to the high-altitude regions of the Himalayas.

**Traditional Culture:** Bhotia culture is influenced by Tibetan traditions due to their historical connections with Tibet. They have unique customs, rituals, and religious practices, often centered around Tibetan Buddhism.

**Traditional Art and Craft:** Bhotias are skilled in traditional crafts such as thangka painting, carpet weaving, and wood carving. These crafts often have religious and utilitarian significance.

**Lifestyle and Occupation:** Traditionally, the Bhotia tribe has been involved in trade along the Indo-Tibetan border, serving as intermediaries between India and Tibet. Agriculture, animal husbandry, and trade-related activities are integral to their lifestyle.

**Traditional Attire and Adornments:** Bhotia attire reflects their high-altitude habitat, consisting of thick woolen garments like the Bakhu for men and women. Adornments may include silver jewelry and accessories, reflecting their cultural identity.

**Cuisine and Diet:** The Bhotia diet is influenced by the resources available in the Himalayan region. It includes staples like barley, wheat, and dairy products. Due to the harsh climate, preservation techniques like drying and fermentation are common.

**Music, Dance, and Festivals:** Bhotia culture includes traditional folk songs and dances, often performed during religious festivals and community celebrations. Losar, the Tibetan New Year, is an important festival celebrated with cultural fervor.

**Societal Importance:** The Bhotia tribe holds societal importance in the Himalayan regions, contributing to the cultural diversity and heritage of the areas they inhabit. They have historical and cultural significance, particularly in regions along the India-Tibet border. Efforts have been made to preserve their cultural identity and promote sustainable development.



## Buksa Tribe

**Origin and Existence:** The Buksa tribe is primarily found in the hilly regions of Uttarakhand, India. They have a longstanding presence in the state, with historical roots in the mountainous terrain.

**Traditional Culture:** Buksa culture is deeply rooted in their tribal heritage. They have unique customs, rituals, and oral traditions that often revolve around their close connection to the natural environment.

**Traditional Art and Craft:** The Buksa people engage in traditional crafts, such as basket weaving and woodwork. These crafts often have utilitarian purposes and reflect their resourceful adaptation to the hilly surroundings.

**Lifestyle and Occupation:** Historically, Buksas have been engaged in agriculture, animal husbandry, and forest-based activities. They often lead a rural lifestyle, relying on subsistence farming and gathering resources from the forest.

**Traditional Attire and Adornments:** Buksa attire is practical and influenced by the hilly terrain, consisting of simple garments. Adornments may include traditional jewelry made from materials found in their natural surroundings.

**Cuisine and Diet:** The Buksa diet is influenced by the local resources available to them. They often consume staples like millets, rice, and vegetables. Due to their hilly habitat, their diet may include wild edibles and forest produce.

**Music, Dance, and Festivals:** Music and dance play a role in Buksa culture, with traditional folk songs and dance forms often performed during festivals and community celebrations. Their festivals are typically linked to the agricultural calendar and nature worship.

**Societal Importance:** The Buksa tribe holds societal importance as one of the indigenous communities in Uttarakhand. They contribute to the state's cultural diversity and heritage through their unique customs, artistry, and traditions. Efforts have been made to preserve their cultural identity and improve their socioeconomic conditions, recognizing their historical and cultural significance in the region.

