

# Resurgence of Pahadi Culture Amongst Youth of Garhwal Region of Uttarakhand

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## Abstract

The resurgence of Pahadi culture in the Himalayan region is witnessing a significant revival, driven by collaborative efforts from the government and the youth. This review explores the multifaceted initiatives undertaken to safeguard and promote Pahadi culture, examining the role of cultural preservation programs, support for traditional crafts, and the organization of festivals by the government. Simultaneously, it delves into the dynamic contributions of the youth, who leverage social media campaigns and cultural exchanges to create awareness and foster community pride. Beyond governmental and youth efforts, the review also discusses potential additional measures to further enhance and improve the ongoing revival of Pahadi culture.

## Introduction

Uttarakhand, situated in northern India, boasts diverse topography, comprising approximately 93% mountainous terrain and 7% plains, covering a total area of 53,483 square kilometers. It shares international boundaries with Tibet and Nepal to the north and east, respectively, while Uttar Pradesh and Himachal Pradesh border it to the south and west. The regions of Garhwal and Kumaon comprise most of the state. The other inhabitants are Bokshas, Jaunsaries, and Tibetan refugees. The Garhwal Himalaya, spanning between specific latitudinal and longitudinal coordinates, defines the western part of the Uttarakhand Himalaya (Joshi et.al.2018, Jain et.al.2010). Encompassing 32,350 sq. km, the region predominantly features hills (92.6% of the area) with elevations ranging from 200 to 7000 meters. Administrative districts include Haridwar, Dehradun, Rudrapur, Tehri Garhwal, Uttarkashi, Chamoli, and Pauri Garhwal. The 2011 census reports a total population of 5,857,294, with 61% residing in the plain districts of Dehradun and Haridwar, covering 17% of the total area, while 39% live in the hilly districts constituting 83% of the geographical expanse (Maithani et.al.1996, Bhandari et.al.2015, Census of India 2011).

Traditionally considered the centre of both spiritual and religious knowledge, Uttarakhand is referred to as Dev Bhoomi. Uttarakhand religious, cultural, and historical significance is widely celebrated. Uttarakhand culture exhibits a unique pattern, incorporating aspects from all of the ethnic groups and subgroups who call this region home. In love and tranquilly, a wide variety of races and cultures coexist here. The distinct traditions, customs, and way of living of the people who reside in the mountainous areas of this northern Indian state are reflected in the rich and varied Pahadi culture of Uttarakhand. The word "Pahadi" describes the people who live in the hills, and Uttarakhand, also known as the "Land of the Gods," is renowned for its beautiful scenery, deep religious importance, and rich cultural legacy. The rich tapestry of varied customs, celebrations, music, and artwork that makes up Uttarakhand Pahadi culture reflects the distinct way of life in this northern Indian state's hilly areas.

The people celebrate a number of festivals with religious fervour, displaying a rich cultural legacy firmly steeped in spirituality (Yadav et. al.2019,Sati2018,Kemp 2003) They are noted for their great hospitality. Significant elements of Pahadi identity include traditional dress, folk music and dance, regional food, and crafts like Aipan painting and woodcarving. The agricultural methods used in the area, which are frequently characterized by terraced farming, show how resilient the local populations are in the face of the difficult terrain. As an intriguing and essential component of India's legacy, Uttarakhand's Pahadi culture lends to both the state's unique character and the rich tapestry of the nation's cultural variety.

The Pahadi people of Uttarakhand have witnessed a discernible resurgence in their traditional culture, following a period during which there was a perceived erosion of these cultural practices. The community's current initiatives show a diligent attempt to recover and revitalize their cultural legacy. This renaissance is discernible in many aspects of Pahadi life, including the resurgence of traditional dress, the revival of native celebrations, and the resurgence of interest in folk music, dance, and regional handicrafts (Bhatt 1976, Christian et.al.1996, Chandra shekhar 1970 ) The community demonstrates a strong sense of appreciation for their unique cultural identity by its active participation in maintaining and advancing language diversity, religious customs, and culinary traditions.

### **Pahadi Heritage: Traditions, Art, and Lifestyle**

Uttarakhand, a state blessed with stunning scenery, is also home to a dynamic and rich culture that is showcased through its customs, celebrations, and artistic creations. The state is tucked away in the majestic embrace of the Himalayas. The folk art, music, ancient customs, and exquisite cuisine all weave together to form Uttarakhand distinct cultural tapestry, embodying the essence of its people. Uttarakhand culture is a beautiful blend of faith, creative fervor, and a deep-rooted connection to its natural environment, from the rhythmic pulses of traditional dances like Langvir Nritya to the ardent ceremonies followed during the famed Char Dham Yatra. This cultural tapestry, embellished with vibrant festivals such as Phool Dei and Uttarayani, demonstrates the friendliness and warmth of the people living here. The unique apparel, age-old handicrafts, and regional languages of Garhwali and Kumaoni are just a few examples of Uttarakhand's cultural legacy(Kandari2003, Bhatt 1976,Christianet.al.1996).These elements encourage discovery and admiration and provide a window into a way of life influenced by the sacred mountains and generation-to-generation traditions.

### **Entymology**

In Sanskrit, "Garh" means "fort" or "citadel," and "wal" means "region" or "land." This is where the term "Garhwal" first appeared. For this reason, the term "Garhwal" generally refers to the "Fortified Region" or the "Land of Forts." The region's ancient importance is reflected in its name, since it was the site of several castles and forts that were fundamental to the region's defence and administration. Historically, it was home to several princes, each based on a fortified building. Forts and other defensive buildings that were essential to the history of the area are highlighted by the phrase, which also captures the harsh and strategic aspect of the landscape. In addition to its mediaeval forts, Garhwal is now renowned for its breathtaking scenery, rich cultural history, and spiritual significance.

### **Language and Literature**

Garhwali, a Central Pahari language that is part of the larger Indo-Aryan language family, is the unique

language that defines the linguistic landscape of Garhwal. Garhwali, which is distinguished by a number of dialects that each reflect the particular geographical and cultural quirks of the Garhwal region, is essential to maintaining the cultural identity of its people. This literary heritage, which is strongly anchored in Garhwal's cultural and historical realities, is as rich linguistically as it is diverse (Kandari 2003, Sashi 2021). The foundation consists of traditional oral narratives, which include folk tales, folklore, and epics that have been passed down through the years modern literature has flourished, covering a wide range of genres including poetry, fiction, and historical narratives, all of which support the ongoing development and maintenance of Garhwal's cultural legacy. Listed below are a few literary masterpieces.

1. **Garhwali Lok Sahitya" by Ishwari Dutt Gaur:** illuminates the integral role of oral traditions, folk songs, and cultural expressions in shaping the identity of the Garhwal region."
2. **Meru Parvat" by Sudama Prasad Nautiyal:** is a celebrated Garhwali epic, exploring the mythology and cultural narratives of the region with poetic beauty."
3. **Garhwal Himalaya Ka Itihas" by Dr. Dinesh Prasad Saklani:** offers a comprehensive account of the region's history, spanning ancient civilizations, rulers, and socio-cultural developments."
4. **Garhwali Bhasha aur Sahitya ka Itihas" by Dr. Pratap Shikhar:** delves into the history of the Garhwali language and its literature, offering insights into the evolution and cultural impact of linguistic expressions in the region."
5. **Birbal Bharati" by Pt. Harikrishna Raturi:** is a celebrated Garhwali poetic work, known for its lyrical expression and cultural themes."
6. **Garhwal Ki Divangat Vibhutiyan" by Sushila Pushtani:** pays tribute to notable personalities from Garhwal, highlighting their significant contributions to literature, art, and social causes."

### Art and Handicrafts:

The region's rich cultural traditions and expert craftsmanship are reflected in the colourful tapestry that is Garhwal's creative legacy which range from elaborate woodwork to traditional paintings (Prashant 2008, Sharda 2010, Datta 2020, Khandari et.al. 2021)

1. **Aipan:** Traditional Garhwali folk art featuring intricate, symmetrical patterns on floors and walls during festivals, holding both aesthetic and cultural significance.



**Fig1. Shows traditional aipan art of Uttarakhand (Source: Instagram)**

2. **Basketry:** In Garhwal, artisans adeptly weave utilitarian and decorative baskets from natural fibers, showcasing a deep connection to nature.



**Fig2. Ringal weaver of Pahadi village (Source: News NCB)**

3. **Wood Carving:** Garhwal excels in intricate wood carvings, crafting functional and decorative items like furniture, artifacts, and religious figurines with delicate patterns inspired by local motifs and mythology.
4. **Woolen Textiles:** Garhwali weavers skillfully create hand woven woolen textiles, such as shawls and blankets, featuring traditional designs and vibrant colors for cultural charm.
5. **Garhwali Jewellery:** Crafted with precision using silver and other metals, traditional Garhwali jewelry incorporates local designs and symbols, reflecting the cultural identity and aesthetics of the region.



**Fig3. Traditional nath and galoband of Garhwal (Source: Pinterest)**

### Garhwali Attire

In the Garhwali region, women's traditional attire is characterized by a distinctive sari style. The uniqueness lies in the way the pallu is worn in front and knotted on the shoulder, offering practicality for fieldwork and daily activities. Additionally, a cloth waistband is often incorporated, providing both convenience and flexibility. Married women in Garhwal accessorize their attire with an array of silver ornaments, including the hansuli (a neckpiece), guloband (around necklace), and bichuye (toerings). Completing the married woman's look are the application of sindoor (vermilion) on the forehead and the adornment of a bindi, symbolizing marital status and cultural significance.

For Garhwali men, the common traditional attire comprises a kurta paired with either pyjama or churidar, offering comfort and ease of movement. To complement their attire, men often wear a topi (cap) or pagadi (turban), serving both as a traditional headgear and protection against the elements. This traditional clothing ensemble reflects the cultural richness of the Garhwali community, seamlessly blending functionality with the preservation of age-old customs and aesthetics (TOI, Devbhoomi.com)



**Fig4. Traditional dress of Garhwal (Source: Pinterest, TOI)**

### Garhwali Folk Dances and Music

Dynamic folk dances and music, which each reflect the local character and customs, bring Garhwali culture to life. The upbeat "Langvir Nritya" sticks out with its upbeat beats and impressive acrobatics,



which represent bravery. The "Barada Nati," which celebrates the harvest season with elegant motions and is performed during the Barat festival, is another intriguing dance. Garhwali celebrations are given a distinctive touch by the rhythmic swing of the "Chholiya" dance, which is influenced by the local martial arts. These dances, which are accompanied by traditional instruments like the dhol, damau, and ransingha, provide life to the Garhwal hills' cultural landscape. Heartfelt melodies may be heard in folk songs like "BeduPako Baro Masa" and "Phagun," which tell stories about love, life, and spirituality (Nautiyal 2003, Dunka et.al.1999, Channa 2013). Throughout festivals and festivities, the people of Garhwal are deeply connected to one another through their rich cultural past, which is reflected in a variety of dance forms and catchy melodies.



**Fig5.Traditional chholiya dance of Garhwal (Source:HindustanTimes)**

### **Traditional Festivals, Celebrations, and Sacred Temples in Garhwal**

Rich spiritual and cultural history of the region are defined by the vivid festivals, festivities, and respected temples that support the flourishing Garhwali culture. Festivals like as "Phool Dei" herald the joyful coming of spring, eliciting communal song and dance. Meanwhile, "Uttarayani" is associated with intense celebrations expressing thankfulness for the crop. The variety of Garhwali customs is further demonstrated by other holidays like "Harela," which commemorates the planting of the first crop, and "Ganga Dussehra," which marks the Ganges' descent. The Garhwali people are endowed with a sense of community spirit and dedication in addition to deeper cultural roots thanks to these festivals and holy sites. (Anthawal et.al.2006, Bisht et.al.2007, Silori et. al.2000) An essential part of Garhwal's religious fabric are its holy temples. Renowned for its reverence, the "Kedarnath Temple" draws pilgrims looking for heavenly favours. Sacred pilgrimage routes include the "Char Dham Yatra," which passes through Yamunotri, Gangotri, Kedarnath, and Badrinath. For Sikhs, the serene "Hemkund Sahib" pilgrimage site is a spiritual paradise as well (Negi CS 2010)

### **Culinary Delights of Garhwal**

The rich food culture of the Garhwal region is embodied in the dishes that make up Garhwali cuisine, which is a gourmet journey through the Himalayan flavours. Local ingredients and traditional cooking techniques are showcased in "Jhangora Ki Kheer," a sweet millet dessert, and "Kafuli," a nourishing spinach dish. The region's varied cuisine is highlighted by dishes like "Phaanu," a slow-cooked lentil stew, and "Aloo Ke Gutke," spicy potatoes. The powerful flavour of "Chainsoo," a black gram curry made with local spices, enhances Garhwali dishes. A wonderful dessert of khoya wrapped in Malu leaves, "Singodi," satisfies the sweet palate and brings a Garhwali meal to a joyful close (Negi 2017, Karush et. al.2017, Sharaf 2000) By balancing grains, legumes, and spices, this culinary adventure

captures the essence of the agrarian way of life and transforms meals into a celebration of Garhwali culture (Mehto et. al. 2019, Gopal 2022, Ahlawat et. al. 2019)



**Fig6. Uttarakhand traditional dish Singodi and Jhangora Ki Kheer (Source: Food.com)**

### **Government Initiatives for the Upliftment of Pahadi Culture: A Closer Look with Yojanas**

Through a comprehensive initiative, the government is dedicated to revitalizing Pahadi culture, embracing its customs, languages, and arts. The distinctive fusion of the Pahadi region, which is tucked away in the peaceful hills, is evidence of the varied cultural mosaic of our country. Acknowledging its immeasurable importance, the government's revival programme seeks to preserve and advance the unique identity of the Pahadi people, cultivating a sense of pride and inclusion. This innovative endeavour acts as a beacon of cultural preservation and empowering communities in addition to revitalizing traditional methods. The government's multimodal programme, which encompasses a range of languages, rituals, music, and art forms, aims to preserve and celebrate the history of the hill communities. It highlights the crucial significance that these aspects have in the identity of the Pahadi region.

### **Project Bhuli**

In response to the erosion of local art, culture, and food heritage due to the tide of modernization, an inspiring initiative called Bhuli has emerged to revive and celebrate the rich cultural tapestry of Uttarakhand's rural areas. Founded by Tanya Kotnala in 2016, Bhuli, which translates to 'little sister' in the native dialect of Uttarakhand, operates as a social enterprise with a mission to rejuvenate local art and culture. This project was initiated under the Ministry of Women Empowerment and Child Development, Uttarakhand, reflecting a commitment to empower women in the region. Bhuli is a creative platform that gives women a way to express their feelings through hand drawings that tackle a range of societal concerns, such as the disappearance of the Himalayan quail, the right to education, the Triple Talaq, the Chipko Movement, and anaemia awareness. Bhuli works to safeguard and advance Pahadi culture, local customs, and foods in addition to spearheading effective social campaigns. This helps to raise awareness of Uttarakhand's rich cultural legacy.

Bhuli's efforts have produced artistic creations that are not limited by geography; these one-of-a-kind pieces have been turned into wall art, bookmarks, and postcards that are being sold all over the world. Bhuli is a living example of the tenacity of Uttarakhand's cultural identity; through his creative social enterprise, the state is able to showcase its unique heritage to the global community while also encouraging women's creativity and empowerment.

Sources:

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- <https://www.trocals.com/bhuli-art/>
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### **Sustainable Tourism**

One of the main drivers of the state's economy, tourism in Uttarakhand, is challenged by overcrowding and global growth. The state prioritizes adventure tourism, community empowerment, and environmental protection while adopting sustainable methods. The Secretary of Tourism, Shri Sachin Kurve, spearheads campaigns to highlight the region's rich cultural legacy, including as the Ecotourism Policy that trains young people to become "Ecopreneurs."

Naturalists from all over the world are drawn to Uttarakhand because of its immersive experiences, which are made possible by providing rural youngsters with specialized training to become "Nature Guides." In addition to using technology for effective management—which includes requiring pilgrims to register—the state encourages wildlife tourism. While attempts to improve air connectivity aim to increase tourism in remote places, infrastructure improvements improve connectivity. Authentic tourism is facilitated by unique experiences such as "Breakfast Tourism" and lodging that is situated within the community. The goal of the Tourism Investor Policy 2023–2030 is to draw capital to projects that promote environmental sustainability. The Adventure Wing expands tourism outside conventional centers by developing locations for mountaineering, water sports, and aero-tourism. The state's dedication to a thriving and sustainable tourist industry is demonstrated by programmes like the Tehri Acro Festival and preparations for international events. In summary, to strike a balance between economic Expansion and the preservation of its natural and cultural assets, Uttarakhand has prioritized sustainability, community involvement, and innovation in its tourism policy.

Sources:

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- <https://ignited.in/I/a/293122>
- <https://timesofindia.indiatimes.com/travel/destinations/uttarakhand-moves-toward-responsible-tourism-by-developing-ecotourism-spots/articleshow/69523186.cms>

### **Uttarakhand State Organic Certification Agency (USOCA)**

As part of the National Programme for Organic Production (NPOP), the Uttarakhand State Seed & Organic Production Certification body (USOCA) is the first government body in India to receive accreditation from the National Accreditation Body (NAB). In accordance with EC 834/2007 and the Swiss Organic Farming Ordinance, it certifies products for both domestic and foreign markets. USDA-NOP recognized, USOCA prioritizes soil, plant, animal, human, and environmental health in order to offer reasonably priced organic inspection and certification services. It was founded in 2001 and uses certification to guarantee high-quality seeds while following Indian Minimum Seed Certification Standards. Under the direction of an Uttarakhand government-appointed board, USOCA advances

regional customs and awareness of organic certification.

Sources:

- <https://www.usoca.org/>
- <https://directory.ifoam.bio/affiliates/318-uttarakhand-state-organic-certification-agency-govt-of-uttarakhand-india>
- <https://asscu.nic.in/>

### **Resurrecting Pahadi Heritage through Traditional Games**

The Uttarakhand government, aiming to revive age-old traditions, is actively identifying and promoting traditional 'pahadi' or hill games in the state. During a meeting at the NewCantonment House, Chief Minister Harish Rawat urged sports officials to include popular games like Kabaddi, gulli-danda, bagh bakri, and thap in the list of traditional games. Rawat emphasized the need to revive these games to deter youths from drug addiction and alcoholism. Drawing attention to the traditional games' cultural value, Rawat said that although football, volleyball, and cricket became more popular, it is still important to protect and promote the traditional games that are ingrained in Uttarakhand's history. Shailesh Baigoli, the Sports Secretary, echoed this idea by highlighting the socio cultural significance of these matches. Given that traditional sports are associated with health advantages, Rawat directed officials to classify them according to areas in order to facilitate efficient planning and marketing. The Chief Minister suggested holding contests at multiple levels, such as district, tehsil, nyaya panchayat, and block, in order to promote involvement from a range of age groups. As a way to constructively involve the community and preserve Uttarakhand's cultural legacy, the initiative's overall goal is to revitalise these age-old sports.

Sources:

- <https://timesofindia.indiatimes.com/city/dehradun/uttarakhand-to-revive-traditional-pahadi-games/articleshow/49600461.cms>
- <https://www.hindustantimes.com/dehradun/uttarakhand-govt-steps-in-to-revive-fading-pahari-culture/story-xQV8nr4J3xOq0f8pGzwGZM>.

### **The Pivotal Role of Youth in the Resurgence of Pahadi Culture**

The cultural resurgence among the Pahadi people of Uttarakhand is notably fueled by the active and enthusiastic participation of the younger generation. The younger generation is becoming increasingly important in bringing back customs because of their growing feeling of cultural pride and identity. By actively supporting indigenous languages and dialects through participation in programmes that celebrate and protect linguistic diversity. A burgeoning sense of cultural pride and identity has spurred the youth to play a pivotal role in revitalizing traditional practices. Engaging with initiatives that celebrate and preserve linguistic diversity, the youth actively promote indigenous languages and dialects, contributing to the retention of linguistic heritage. Social media sites give young people a vibrant environment in which to present and exchange facets of Pahadi culture, expanding its audience and impact. Furthermore, traditional craftsmanship is experiencing a noticeable renaissance, and younger craftspeople are essential to maintaining and advancing indigenous crafts.

In addition, younger people are spearheading the revival of classic cultural forms, such folk music and dance, and modernizing them to appeal to a wider audience. In order to raise consciousness and encourage a resurgence of interest in Pahadi traditions, young people are increasingly organizing



cultural events, festivals, and seminars. By means of their proactive participation and inventive approaches, the youth of Uttarakhand make a substantial contribution to the current cultural renaissance, guaranteeing the conservation and perpetuation of the Pahadi cultural legacy for posterity.

### **Youth Influencers Shaping the Renaissance of Uttarakhandi Culture**

In an effort to make traditional Uttarakhandi culture more contemporary and appealing to the youth, several performers have taken innovative approaches to interpret Pahadi songs, dances, and cultural art forms. **Suraj Singh Rawat**, a rapper, shifted from Hindi and English to Garhwali rap to reconnect the Pahadi youth with their native language and culture. **Ankit Chamoli**, a dancer, introduced beat-boxing to Uttarakhand, incorporating Garhwali beats to engage the youth and highlight the richness of the state's culture. Initiatives from the community also help to introduce Uttarakhandi culture to the youth. While conceding that cultural changes are normal and unavoidable, cultural activist **Shekhar Pathak**, the founder of the People's Association for Himalaya Area Research (PAHAR), emphasizes the significance of comprehending the numerous causes influencing the state's culture and ethnic heritage. Pathak has played a significant role in the documentation and preservation of the Himalayan region's rich cultural legacy through PAHAR, making sure that the next generation is aware of the vast range of customs.

The "Aipan girl of Kumaon," 22-year-old **Minakshi Khati** of Nainital, has been actively attempting to bring back the ancient Kumaoni art form of Aipan. Khati empowers local women and artists by providing work possibilities and promoting the art form through her initiative, Minakrti: The Aipan Project. She began by making nameplates and keychains for use as house décor. She uses social media to market her products and has fulfilled over a thousand orders annually, most of which are sent to customers in big cities. Working together with women from the villages around Nainital, Khati maintains a team of 15 and makes sure that large orders are delivered on time. Her "Selfie with Aipan" competition encourages young people to participate in the arts, and her artwork has been displayed at national tourism fairs, showcasing Uttarakhand's rich cultural diversity.

In addition to Suraj Singh Rawat, Ankit Chamoli, and Minakshi Khati, several influential figures have played pivotal roles in promoting and preserving Uttarakhand's rich heritage. **Dee MC**, a prominent hip-hop artist, weaves traditional Pahadi elements into her music, resonating with a broad audience. Social media sensation **Neelam C. Raaj** captures the essence of Uttarakhandi culture through engaging content, showcasing scenic landscapes and traditional practices. **Raghav Pande** known as The Pahadi Traveler, promotes Pahadi heritage through travel vlogs, offering insights into picturesque locales and local customs. **Shreya Rawat**, founder of The Folk Box, merges traditional Pahadi music with modern elements, appealing to a younger audience while preserving folk authenticity. **Saket Agarwal**, through Uttarakhand Wonders, sheds light on lesser-known aspects of Pahadi culture, emphasizing storytelling and documentation to unveil the uniqueness of Uttarakhand's heritage. Together, these influencers contribute to the vibrant resurgence of Uttarakhand's cultural legacy.

These influencers, each in their distinctive way, contribute to the cultural renaissance of Uttarakhand by bridging the gap between tradition and modernity. Through social media, music, and travel, they actively engage the youth, ensuring that Pahadi culture not only survives but thrives in the digital age.

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## **Heritage Vigilance :Taking Measures to Safeguard Our Cultural Legacy**

### **Language Preservation**

1. **Community Engagement:** Involve local communities in language preservation efforts, fostering a sense of ownership and pride.
2. **Advocacy for Recognition:** Advocate for formal recognition of Garhwali language at regional and national levels to ensure its status and support.
3. **Sustainability for Future Generations:** Ensure that all preservation efforts contribute to the vitality and survival of the Garhwali language for generations to come.
4. **Collaboration with Linguists:** Work collaboratively with linguists and language specialists to enhance language preservation strategies.
5. **Cultural Events:** Organize workshops, seminars, and cultural events to highlight the richness of Garhwali language.
6. **Language Acquisition Support:** Develop instructional materials and integrate Garhwali language into the formal education system to support language acquisition.

### **Promote Traditional Arts and Crafts**

1. **Government Support:** Advocate for financial aid, training, and policy support for traditional artisans.
2. **Market Access:** Form partnerships and use online platforms for broader market access.
3. **Empowering Crafts people:** Establish cooperatives and provide financial support for economic empowerment.
4. **Cultural Legacy Preservation:** Ensure efforts contribute to preserving Garhwali arts and crafts' rich cultural legacy.
5. **Traditional Methods in Modern Designs:** Preserve old crafting methods through education and workshops, integrating them into contemporary designs.

### **Disaster Resilience Initiatives**

1. **Emergency Response Planning:** Develop and regularly update comprehensive emergency response plans at the community and municipal levels.
2. **Early Warning Systems:** Establish and communicate early warning systems to alert residents about impending disasters.
3. **Livelihood Diversification:** Encourage livelihood diversification to reduce dependency on vulnerable sectors and provide alternative sources of income.
4. **Technology for Risk Assessment:** Utilize technology, such as geospatial mapping, for risk assessment and early warning systems.

### **Reducing Out-Migration**

1. **Job Creation and Economic Opportunities:** Encourage local economic growth through the promotion of entrepreneurship, attraction of industries and investments, and the implementation of skill-building programs.

- 2. Infrastructure Development:** Enhance infrastructure by improving roads, transportation, and utilities, while simultaneously developing local amenities and recreational facilities
- 3. Educational Opportunities:** Elevate educational opportunities by improving quality and facilities, while concurrently promoting vocational training programs.
- 4. Healthcare Access:** Fortify health care by strengthening facilities and implementing strategies to attract and retain healthcare professionals.
- 5. Government Policies and Incentives:** Champion local development through advocacy for pro-local policies and the provision of financial incentives to support and boost local businesses

## Discussion

Owing to the youth and government working together, Pahadi culture is becoming more and more prevalent in the Himalayan region. Cultural preservation programs that showcase the diversity of Pahadi customs, traditional craft support, and the coordination of cultural festivals are only a few of the all-encompassing measures of the government. These projects intend to help the traditional craftspeople that perform handloom weaving, wood carving, and pottery-making, in addition to documenting and protecting the noteworthy legacy.

Conversely, young people are contributing significantly to this cultural renaissance. They actively participate in projects that highlight and spread different aspects of Pahadi culture, generating interest and awareness among a wider audience, by utilizing the power of social media. While educational initiatives in schools and universities guarantee that the next generation is well-versed in their cultural traditions, youth-initiated cultural exchanges are helping Pahadi communities feel proud of their heritage and united. In addition to maintaining the core elements of Pahadi culture, this multipronged strategy is showcasing it as a dynamic and essential component of the region's identity, fostering community solidarity and cultural sustainability.

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