



## **PAHARI WOMEN: PILLARS OF STRENGTH AND RESILIENCE**

Pahari women are examples of those who have preserved and continued the Pahari legacy apart from their histories and struggles. They are the real drivers of the Pahari culture & tradition, participating effectively in economic, social, political and cultural life.

Women are intricately involved in most of the household chores including collecting heavy timber for the fire, cooking and also cultivating on agricultural fields. Their roles transcend beyond homemaking, making them indispensable architects of Pahari tribe. Pahari women navigate a delicate balance between tradition and community engagement while adhering to local Pahari cultural practice known for wisdom, knowledge on sustainability and community-building, Pahari women are the live examples which can inspire a future how to balance tradition and progress. Their lives, woven into the fabric of the Himalayas, remind us that true development lies in empowering those who nurture both ancestral roots and ethnic heritage.

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