



## PAHARI WAY OF LIFE

The **Pahari Tribe** in Jammu and Kashmir and other northern states like Himachal Pradesh, Uttarakhand and Haryana follows a distinctive social life characterized by a strong sense of communal living. They have a closely knit social fabric that emphasizes mutual support and interdependence. The social customs, rituals and kinship ties play a vital role in shaping their way of life.

They have unique way of life, where most of the people are dependent on agriculture and cattle farming for their livelihood. Highlanders use woollen clothes out of sheep wool by Shearing and further weaving by handloom to make their daily clothes like **Pahari pattu, chadar, shawls**. 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 and are intricately involved in economic, social, political and cultural life in addition to taking care of home along with keeping their traditions alive.

Pahari people are known for their strong sense of social harmony, which is an integral part of their cultural identity. This sense of togetherness fosters social harmony and cooperation. Community events, festivals and cultural gatherings are celebrated with enthusiasm, fostering a strong sense of unity in diversity. The shared Pahari language also plays a role in binding the community together, as language often reflects common cultural values and experiences.