LIST OF TABLES

Table	No.	Title	Page
1		Different garments worn by men and women in different places of Jammu & Kashmir State	290
2		Different garments worn by men and women in different places of Himachal Pradesh	298
3		Different garments worn by men and women of Punjab and Haryana	306
4		Traditional costumes of men from Jammu & Kashmir, Himachal Pradesh, Punjab and Haryana	310
5		Traditional costumes of women from Jammu & Kashmir, Himachal Pradesh, Punjab and Haryana	3 <i>1:6</i>