

LIST OF PLATES

Plate	Title	Page
1	Men from Ladakh wearing Gongchis, cap, Namja, waist band	51
2	Men wearing Tevi and Gongchis Taweez ..	51
3	Women from Ladakh wearing Perak, pink and white Tilan, Bounk and traditional jewellery ..	68
4	Women from Ladakh wearing Tevi, Gongchis, Skayrakhs and Boukh	68
5	Lady wearing knee Gongchis, skirt, Sakapa and decorative cap	73
6	Ladakhi lady wearing Tomar, Chaddar and Phuli in the nose	73
7	Lady from Ladakh wearing Mali, Chouti and Shekacha..	
8	Men from Kashmir wearing Pheron, Suthan and cap ..	81
9	Young men on extreme right wearing shirt and Salwar, Pheron and Suthan of same colour and material, Pheron and check Suthan ..	81
10	Hindu married lay in Pheron, Taranga, Kamarband ..	96
11	Back view of Taranga ..	96
12	Muslim lady wearing shirt, Pheron, Salwar, Burka ..	99
13	A Kashmiri lady wearing Alka-Har, Teeka ..	99
	B Wearing traditional ear ring Kanbaj ..	99
14	Jammu men wearing long coat, Chooridar, Safa and Jutti	106
15	Jammu lady wearing Nath in the nose and covering the head in a traditional way with Dupatta ..	106
16	Kangra lady wearing ovath, decorative Rahira and Kameez with cuff	130

List of Plates

Plate	Title	Page
17	Gadding dancing in their traditional dress Chola and waist band Dora ..	130
18	Gaddi men carrying lambs in his Chola ..	138
19	Chamba men in Kurta, Dhoti, Sadri and Safa ..	138
20	Gaddi lady wearing Longwachri, Chaddar, Dora ..	151
21	Gaddi lady in traditional jewellery ..	151
22	Kinnauri man on both side wearing Kholakhril, Channali, Kap, Kora Women wearing Kholakhril, Channali, Cap and Gachhang ..	171
23	Kinnauri men and women in decorative cap ..	171
24	Lahaul & Spiti men in Choga, Chhir, four flaped cap ..	189
25	Lahauli women in Kaddar, Chooridar Basket and Dhattu ..	189
26	Lady from Lahaul wearing Matu, Poshal and neck ornaments ..	194
27	Loiya upper garment of men of Sirmaur ..	194
28	Men of Sirmaur in Loiya, Suthan, Gachi and cap ..	211
29	Kulu men in Chollu, Gachi, Suthan rolled cap and Lungi ..	211
30	Kulu men in shirt, coat, Kulu cap and different style Suthans ..	214
31	Kulu lady in Pattu, Kameez, Dhattu..	214
32	Kulu lady wearing Khundu, Balu, Phuli and Chanderhar	222
33	Punjabi men wearing from right 1, 2, 3 Golpag, fourth Patiala Shahi, Child is wearing Patka, and 7 Larewali Pag Kurta and Tamba of check material ..	246

List of Plates

Plate	Title	Page
34	Nilabana of Nihang 246
35	Nihang wearing Nilabana, Kamarkasa, Pag with Chakkra and Kalangi 252
36	Women's Kalidar Kurti from Punjab 252
37	Lady wearing Salwar Kameez and Dupatta 257
38	Punjab lady wearing Ghagra, Kameez and Dupatta 257
39	Kaliawala Ghagra from Punjab with different colour Laman and Magzi 259
40	Haryana men wearing shirt, Dhoti, Phatui, Safa and Chaddar 273
41	Haryana man wearing Khandwa 273
42	Haryana man wearing Safa in a style 276
43	Haryana man in fan-like style Safa..	.. 276
44	Haryana women wearing Ghagra, Kurti and Dupatta 281
45	Haryana woman wearing leg jewellery 281
46	Haryana women wearing hand jewellery 288