

MY FIRST INDIA ATLAS



INTRODUCTION

Are you ready to travel across India?

Join us on a delightful journey to see the places, people, animals and landmarks of the country.

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India
Political
Map



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India
Physical
Map



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North
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POLITICAL MAP OF INDIA

POLITICAL MAP

Political maps show us the country and state boundaries, as well as their capitals. Look at the map. Can you identify the neighbouring countries, India's states and their capitals?



STATES & CAPITALS

1	Andhra Pradesh	Amaravati / Hyderabad**
2	Arunachal Pradesh	Itanagar
3	Assam	Dispur
4	Bihar	Patna
5	Chhattisgarh	Raipur
6	Goa	Panaji
7	Gujarat	Gandhinagar
8	Haryana	Chandigarh (shared with Punjab)
9	Himachal Pradesh	Shimla / Dharamshala*
10	Jharkhand	Ranchi
11	Karnataka	Bengaluru
12	Kerala	Thiruvananthapuram
13	Madhya Pradesh	Bhopal
14	Maharashtra	Mumbai / Nagpur*
15	Manipur	Imphal
16	Meghalaya	Shillong
17	Mizoram	Aizawl
18	Nagaland	Kohima
19	Odisha	Bhubaneswar
20	Punjab	Chandigarh (shared with Haryana)
21	Rajasthan	Jaipur
22	Sikkim	Gangtok
23	Tamil Nadu	Chennai
24	Telangana	Hyderabad
25	Tripura	Agartala
26	Uttar Pradesh	Lucknow
27	West Bengal	Kolkata
28	Uttarakhand	Dehradun

UNION TERRITORIES & CAPITALS

1	Delhi (National Capital Region)	New Delhi
2	Andaman & Nicobar Islands	Port Blair
3	Chandigarh	Chandigarh
4	Dadra & Nagar Haveli	Silvassa
5	Daman & Diu	Daman
6	Jammu & Kashmir	Srinagar / Jammu*
7	Ladakh	Leh
8	Lakshadweep	Kavaratti
9	Puducherry	Puducherry

*Winter Capital
**Temporary Capital

HIMALAYAN RANGE



A mountain range is a group of mountains that are close together. The Himalayan range stretches across the north and east of India and is the world's youngest and tallest mountain range.

THAR DESERT



A desert is a large dry area that gets very little rainfall. The Thar desert in India is extremely hot and extends across Rajasthan and small parts of Punjab and Haryana.

DECCAN PLATEAU



A plateau is a piece of land that is higher than its surrounding area. The Deccan Plateau is a rocky stretch of land, spreading across Central and Southern India.

PHYSICAL MAP OF INDIA

PHYSICAL MAP

Physical maps show us natural features such as rivers, mountains, deserts, forests and plains.



BRAHMAPUTRA RIVER



A river is a flowing, moving stream of water. India is blessed with many rivers with the Brahmaputra river being the longest river in north-east India.

GANGETIC PLAINS



A plain is a flat sweeping area of land. The Gangetic Plains spread across most of northern and eastern India and are very fertile.

ANDAMAN AND NICOBAR ISLANDS

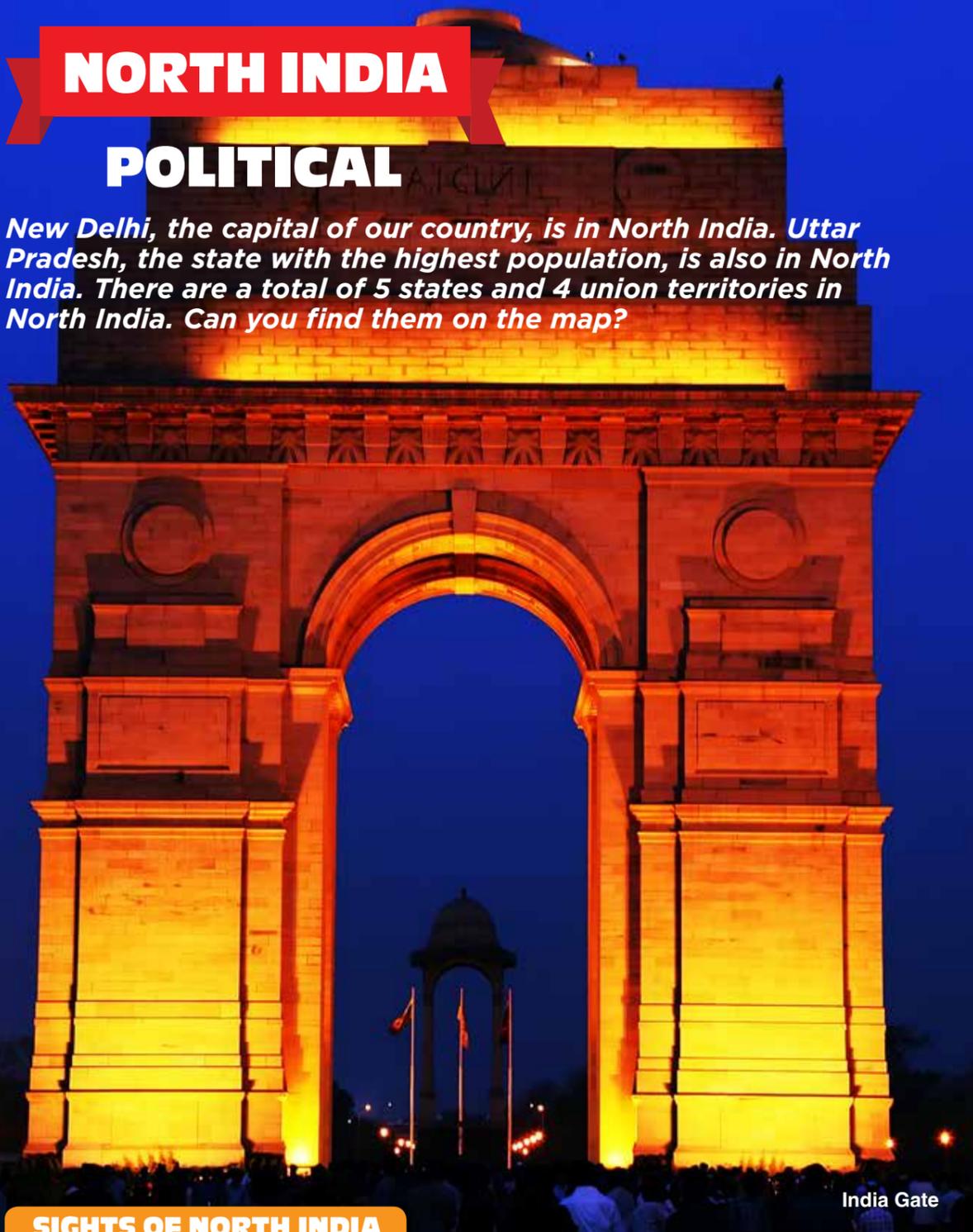


An island is an area of land that is surrounded by water. The Andaman and Nicobar Islands are a group of around 220 islands in the Bay of Bengal that attract several tourists every year.

NORTH INDIA

POLITICAL

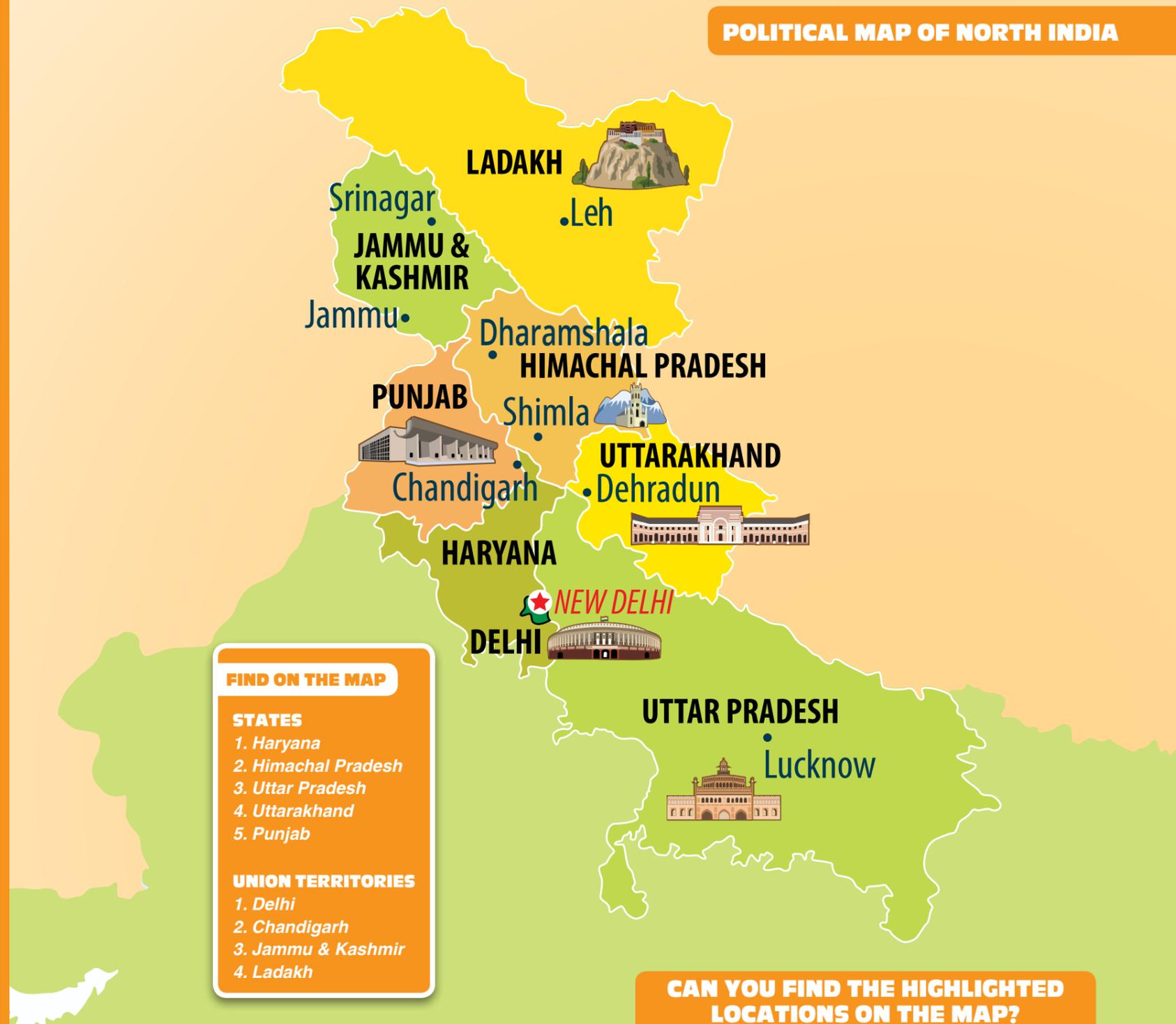
New Delhi, the capital of our country, is in North India. Uttar Pradesh, the state with the highest population, is also in North India. There are a total of 5 states and 4 union territories in North India. Can you find them on the map?



India Gate

SIGHTS OF NORTH INDIA

POLITICAL MAP OF NORTH INDIA



- FIND ON THE MAP**
- STATES**
1. Haryana
 2. Himachal Pradesh
 3. Uttar Pradesh
 4. Uttarakhand
 5. Punjab
- UNION TERRITORIES**
1. Delhi
 2. Chandigarh
 3. Jammu & Kashmir
 4. Ladakh

CAN YOU FIND THE HIGHLIGHTED LOCATIONS ON THE MAP?



The city of **Chandigarh** serves as the capital for 2 states: Punjab and Haryana. **What is the capital of your state?**



Shimla, the capital of Himachal Pradesh, is a popular hill station. It attracts a lot of tourists in the summers. **Have you ever been to a hill station?**



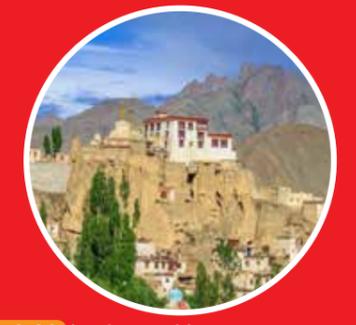
The Indian Parliament (Sansad) is in **New Delhi**, which is the capital of India. This is where all the national laws are made.



Lucknow is called the city of nawabs. It is famous for its multi-cultural heritage and various Mughal era monuments. **Do you know what a monument is?**



In **Dehradun**, Uttarakhand, you will find the Forest Research Institute. It was founded in 1878 and is world famous in the field of forestry research.

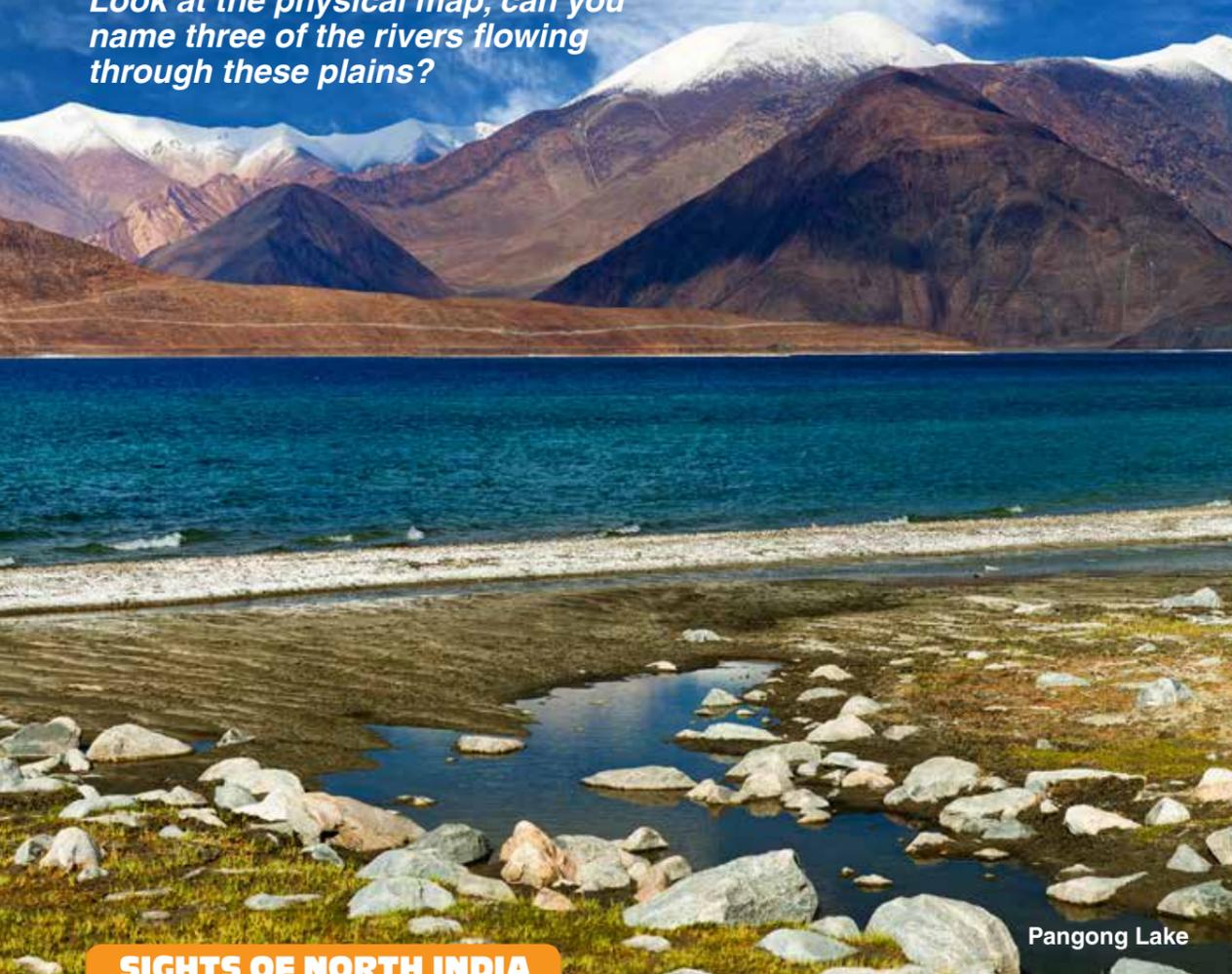


Ladakh is situated between some of the world's highest mountain ranges. It attracts tourists for its challenging treks and beautiful Buddhist monasteries.

NORTH INDIA

PHYSICAL

The upper reaches of North India are home to the Himalayas, the highest mountain ranges in the world. Travelling southwards, the Indus Gangetic plains emerge which are very fertile and heavily populated. Look at the physical map, can you name three of the rivers flowing through these plains?



Pangong Lake

SIGHTS OF NORTH INDIA

PHYSICAL MAP OF NORTH INDIA



CAN YOU FIND THE HIGHLIGHTED LOCATIONS ON THE MAP



The state of Punjab is called the 'Granary of India'. It produces almost 20% of India's wheat.



Nanda Devi, in Uttarakhand, is the highest mountain peak in north India. **Can you name the highest mountain peak in all of India?** Hint: Answer will be found in the pages ahead.



The **Pangong lake** sits at a height of 4,350 metres. Its clear waters completely freeze over during the winter.



The **Dal Lake**, in Jammu & Kashmir, is famous for its pristine waters. People go boating here in beautiful wooden carved boats called Shikaras. **Would you like to go boating in a lake?**



The **Valley of Flowers** is a national park in Uttarakhand. It is known for its meadows of flowers and variety of wildlife. **Do you have a park near your home? What flowers grow in it?**



The **Ganga** river starts from Gangotri. It is the longest river in India and its waters are considered holy by Hindus.

SOUTH INDIA

POLITICAL

South India consists of the five southern states of India— Kerala, Tamil Nadu, Karnataka, Andhra Pradesh and the newest Indian State, Telangana. It also includes Puducherry and the two island groups - Lakshadweep Islands, and the Andaman & Nicobar Islands. Can you find the capital of Andhra Pradesh in the map?



Kathakali Dancer

SIGHTS OF SOUTH INDIA



FIND ON THE MAP

STATES

1. Andhra Pradesh
2. Karnataka
3. Kerala
4. Tamil Nadu
5. Telangana

UNION TERRITORIES

1. Andaman & Nicobar Islands
2. Lakshadweep
3. Puducherry

POLITICAL MAP OF SOUTH INDIA

Map labels include: Arabian Sea, Bay of Bengal, Indian Ocean, Andaman Sea, Andaman & Nicobar Islands, Port Blair, Chennai, Puducherry, Kanyakumari, Thiruvananthapuram, Kerala, Tamil Nadu, Karnataka, Mysore, Bengaluru, Hampi, Andhra Pradesh, Amaravati, Hyderabad, Telangana, Lakshadweep, Kavaratti, Andhra Pradesh, Karnataka, Kerala, Tamil Nadu, Puducherry, Andaman & Nicobar Islands, Indian Ocean, Bay of Bengal, Arabian Sea, Andaman Sea, Port Blair, Chennai, Puducherry, Kanyakumari, Thiruvananthapuram, Kerala, Tamil Nadu, Karnataka, Mysore, Bengaluru, Hampi, Andhra Pradesh, Amaravati, Hyderabad, Telangana, Lakshadweep, Kavaratti.

CAN YOU FIND THE HIGHLIGHTED LOCATIONS ON THE MAP



Bengaluru, in Karnataka, is known as the garden city of India. Nowadays, it has become the centre of India's high-tech IT industry.



Mysore, in Karnataka, is known for its royal heritage. The Mysore palace is one of the finest palaces built in India. **Can you guess who lived here?**



Telangana is the newest state in India. It was formed on June 2014. **Do you know which state Telangana used to be a part of?**



Puducherry was a French settlement until 1954. The city is famous for its mustard coloured villas and beaches.



Hampi, in Karnataka, was one of India's largest cities in medieval times. Today the city is abandoned, but the ruins of many buildings can still be seen.

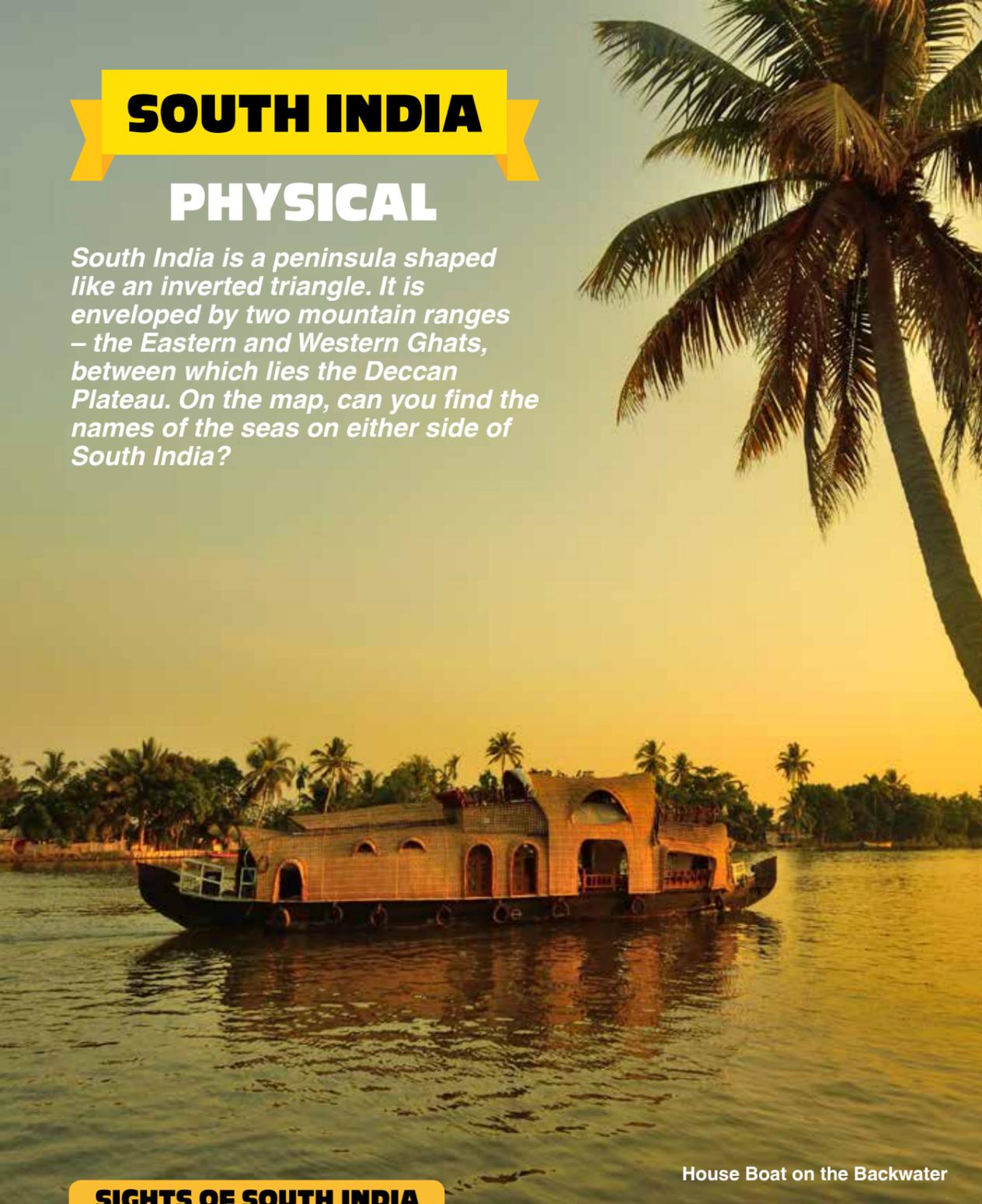


Kanyakumari, in Tamil Nadu, is the southernmost point in mainland India. **Do you know which water bodies meet here?**

SOUTH INDIA

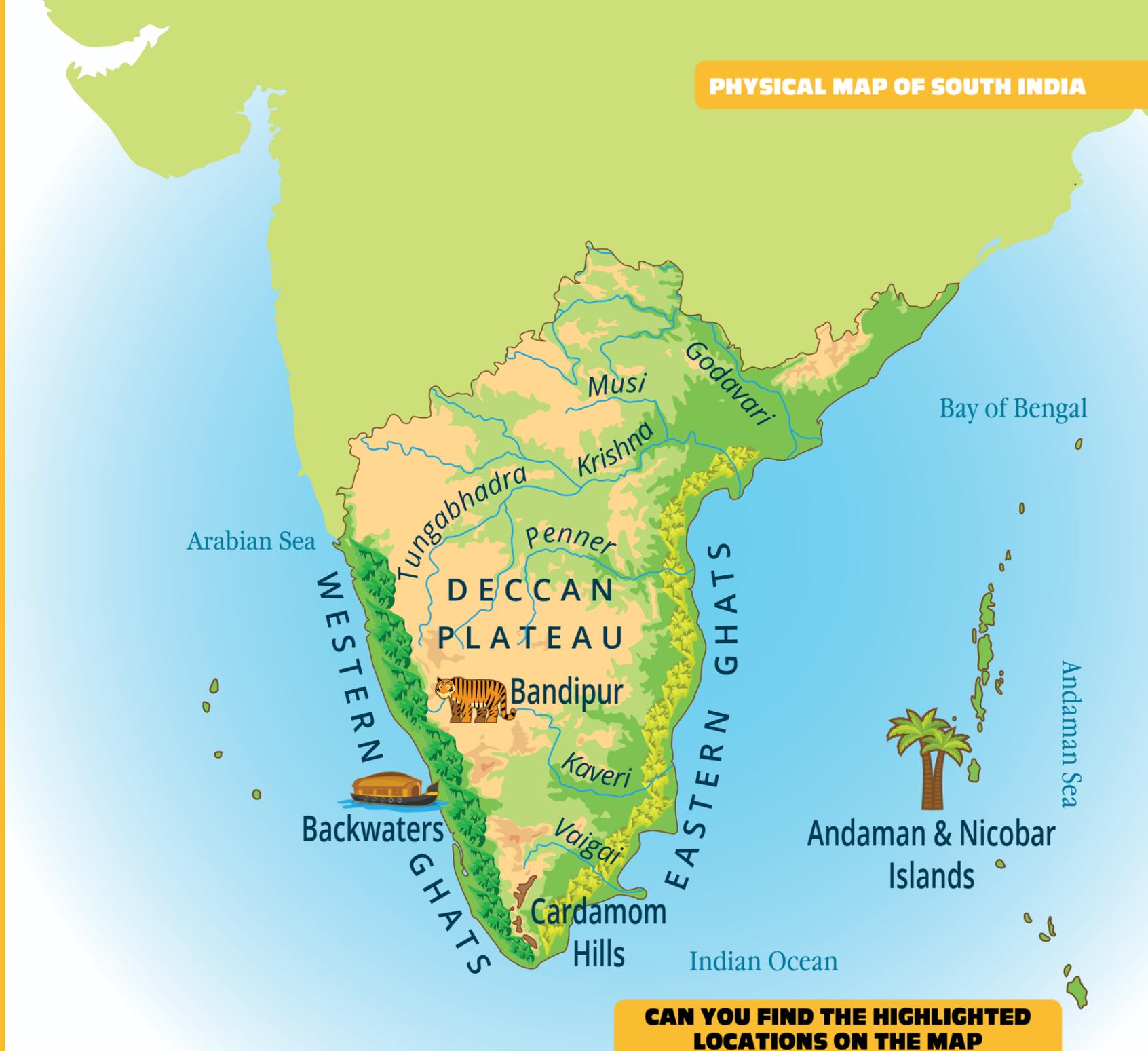
PHYSICAL

South India is a peninsula shaped like an inverted triangle. It is enveloped by two mountain ranges – the Eastern and Western Ghats, between which lies the Deccan Plateau. On the map, can you find the names of the seas on either side of South India?



House Boat on the Backwater

SIGHTS OF SOUTH INDIA



PHYSICAL MAP OF SOUTH INDIA

CAN YOU FIND THE HIGHLIGHTED LOCATIONS ON THE MAP



Cardamom Hills are a mountain range located in southeast Kerala and southwest Tamil Nadu. Spices such as cardamom and pepper are grown here. **Do you know which spices go into your favourite foods?**



Bandipur Tiger Reserve, in Karnataka, was established in 1974. It is a large forest, and is home to tigers & other endangered wildlife. **If you go to a forest, which animals would you like to see?**



The **Kaveri river** flows from Karnataka into Tamil Nadu. It is the largest river of Tamil Nadu.



Andaman and Nicobar islands in the Bay of Bengal are known for their white-sand beaches, tropical rainforests and coral reefs. **Have you ever been on a beach?**



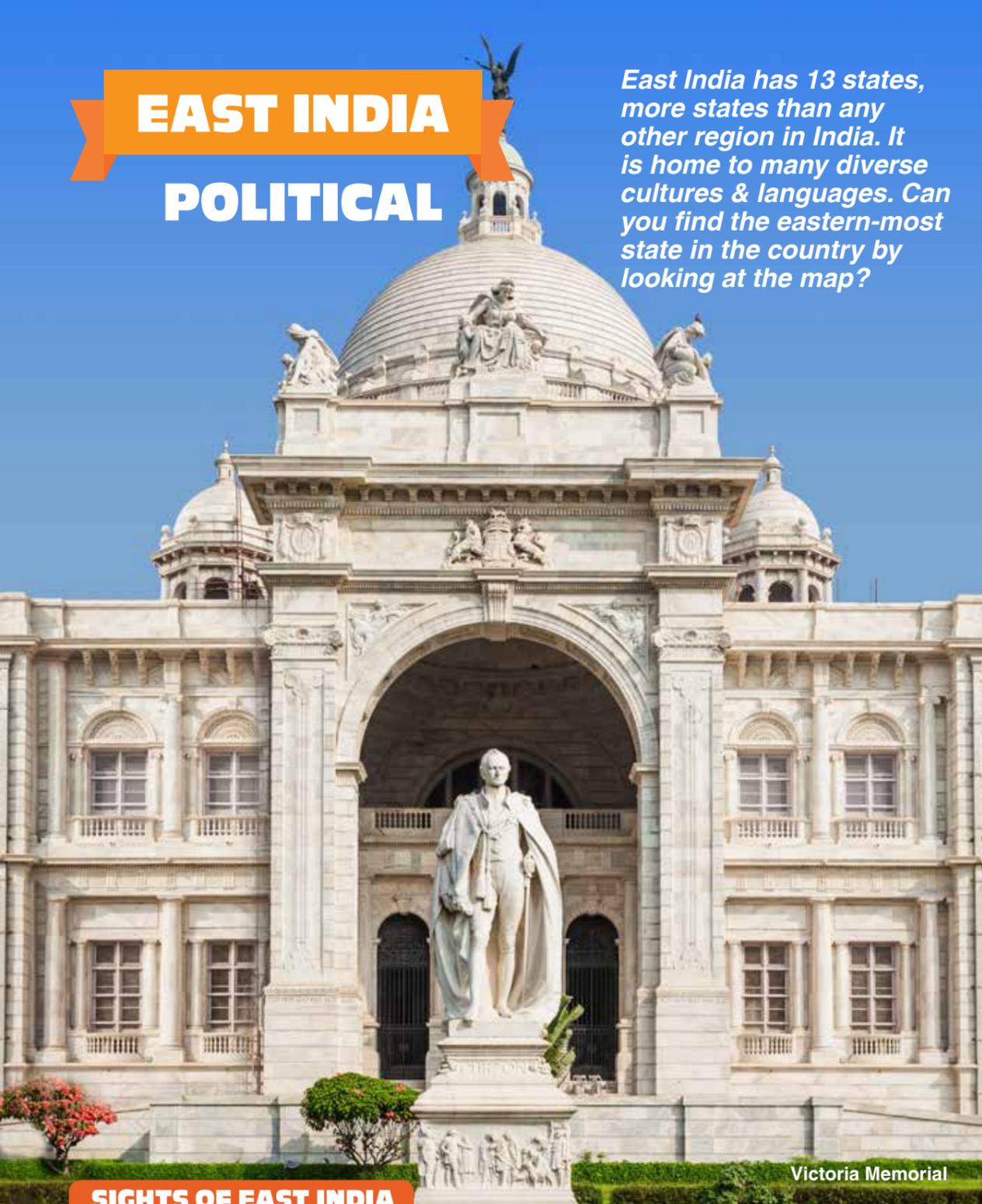
South India is flanked by two mountain ranges on each side – the **Western Ghats** and the **Eastern Ghats**.



The state of Kerala is famous for its **backwaters**. The backwaters are formed when freshwater from rivers meets the seawater from the Arabian sea.

EAST INDIA POLITICAL

East India has 13 states, more states than any other region in India. It is home to many diverse cultures & languages. Can you find the eastern-most state in the country by looking at the map?



Victoria Memorial

SIGHTS OF EAST INDIA



Bihar has several important Buddhist sites. Bodhgaya in Bihar is a Buddhist pilgrimage site where Gautam Buddha obtained enlightenment.



Chhattisgarh has minerals in abundance which makes it the most important electrical power and steel producing state of India. **Can you name three things made of steel that you use?**



Bhubaneswar, the capital of Odisha, is called the Temple city of India. It was home to more than 600 temples in the medieval times.



Mawsynram, in Meghalaya, receives the highest rainfall in India. It is also called the wettest place on Earth. **Does it rain a lot where you live? which month does it rain?**



Kolkata was the capital of British India from 1772 to 1911. Kolkata has several buildings built in the colonial era that stand even today.



The north-eastern states of Meghalaya, Arunachal Pradesh, Nagaland, Tripura, Assam, Manipur and Mizoram together are called the Seven Sisters of India. **Look at the map and name the capitals of all of these states.**

FIND ON THE MAP

STATES

1. Arunachal Pradesh
2. Assam
3. Bihar
4. Chhattisgarh
5. Jharkhand
6. Manipur
7. Meghalaya
8. Mizoram
9. Nagaland
10. Odisha
11. Sikkim
12. Tripura
13. West Bengal

POLITICAL MAP OF EAST INDIA



CAN YOU FIND THE HIGHLIGHTED LOCATIONS ON THE MAP

EAST INDIA

PHYSICAL

Most of East India is very fertile and green. This is because of the tropical climate and the two major rivers, Ganga and Brahmaputra, flowing through here. Himalayas cover the northern side of this region. Can you find Brahmaputra river on the map?



Tea Gardens

SIGHTS OF EAST INDIA



The **Hooghly river** is a tributary of Ganga. It is important as it provides a continuous supply of water to the plains of West Bengal for irrigation and human consumption.



Kanchenjunga, in Sikkim, is the highest mountain in India. It has a height of 8,586 meters. **Do you know which is the highest mountain in the world?**



A delta is the small patch of land that is found where the rivers meet the sea. The **Ganga-Brahmaputra delta** is the largest delta in the world. It is also one of the most fertile regions in the world.



The **Brahmaputra** is one of the major rivers of India. It originates in Tibet and enters India from the state of Arunachal Pradesh. **Look at the map and name the other major rivers of East India.**



Kaziranga National Park, in Assam, is home to the world's largest population of Indian one-horned rhinoceroses.



The **tea gardens** in Assam produce the world famous Assam tea. **How many members in your family drink tea regularly?**

PHYSICAL MAP OF EAST INDIA



CAN YOU FIND THE HIGHLIGHTED LOCATIONS ON THE MAP

WEST INDIA

POLITICAL

West India includes the largest Indian state, Rajasthan, as well as the smallest Indian state, Goa. It is home to Mumbai, India's financial capital. Can you find the three coastal states of Western India on the map?



Gateway of India

SIGHTS OF WEST INDIA

POLITICAL MAP OF WEST INDIA



FIND ON THE MAP

STATES

1. Gujarat
2. Goa
3. Madhya Pradesh
4. Maharashtra
5. Rajasthan

UNION TERRITORIES

1. Daman & Diu
2. Dadra & Nagar Haveli

CAN YOU FIND THE HIGHLIGHTED LOCATIONS ON THE MAP



The state of **Rajasthan** is the largest state in India and is famous for its grand forts.



Porbandar, in Gujarat, is the birthplace of Mahatma Gandhi. His birthday is celebrated in India as Gandhi Jayanti. **Do you know on which day we celebrate it?**



Mumbai is the capital city of Maharashtra. Built on the Arabian Sea coast, it is also called the financial capital of India.



Goa is India's smallest state. Its long coastline and beautiful beaches make it a very popular holiday destination. **Which place would you like to go on a holiday?**

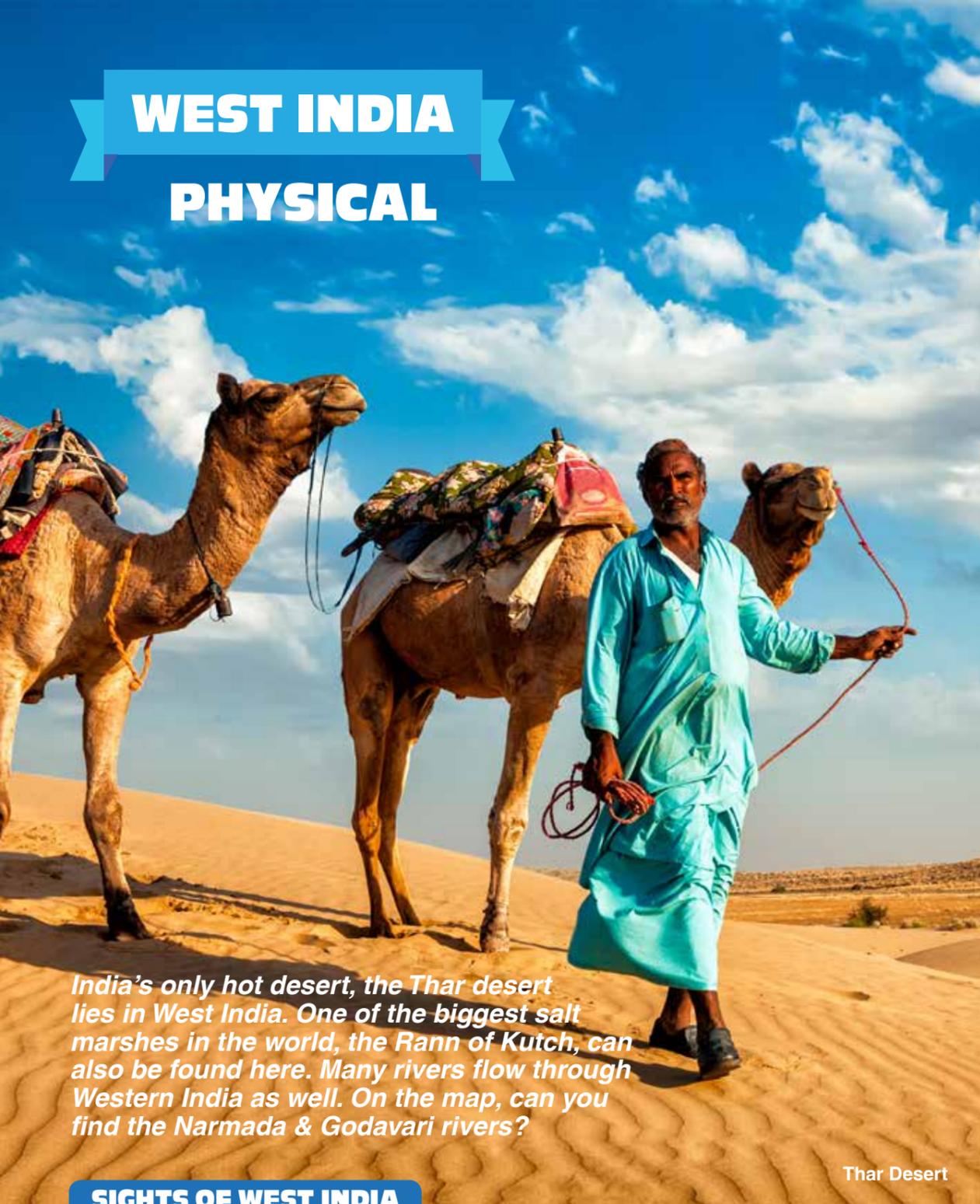


The city of **Nagpur** is the winter capital of Maharashtra. It is famous for its oranges and is also called the Orange city. **What is your favourite fruit? Try finding out where it comes from.**



The state of **Madhya Pradesh** is located in the centre of India and is also called the 'Heart of India'.

WEST INDIA PHYSICAL

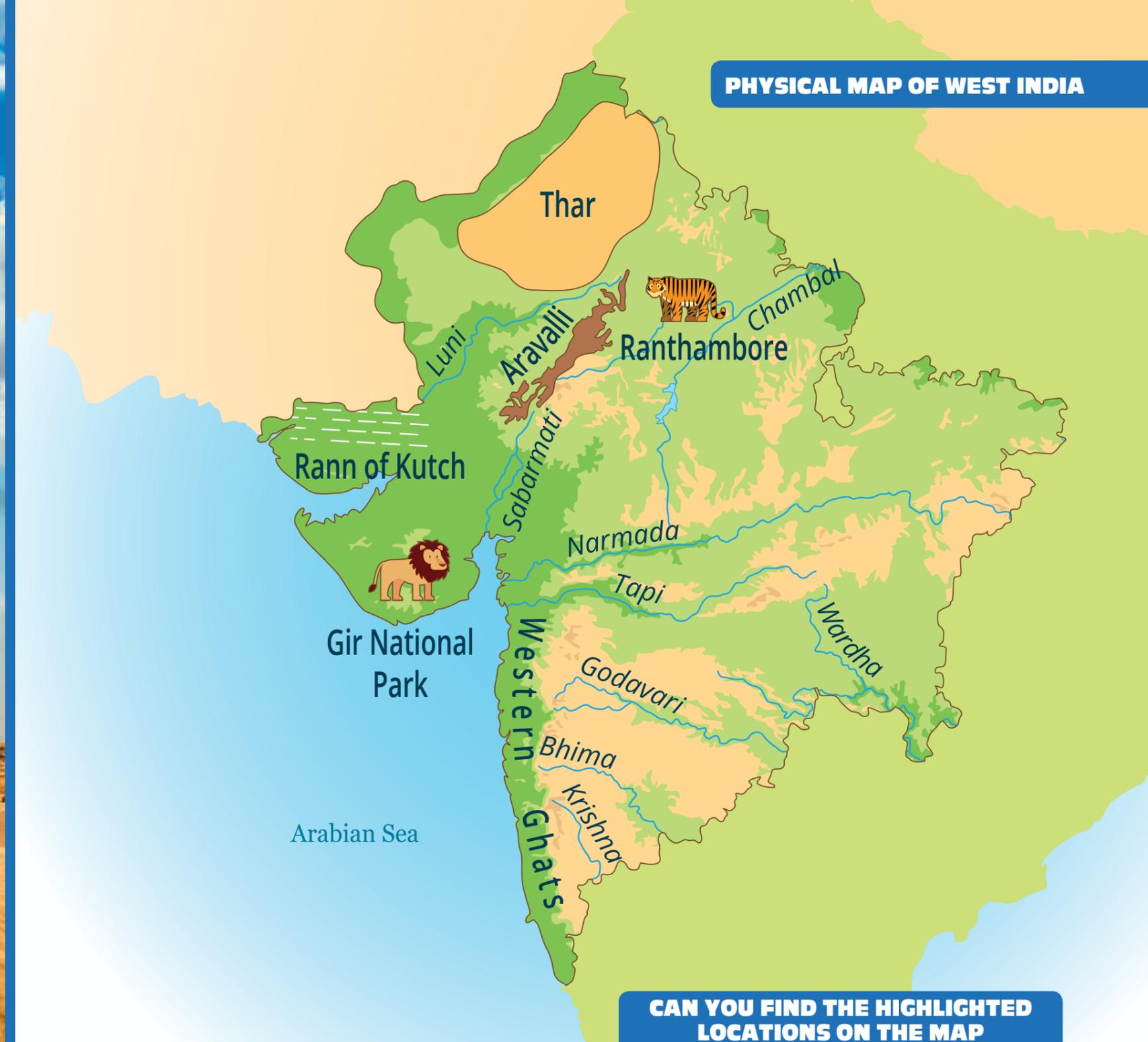


India's only hot desert, the Thar desert lies in West India. One of the biggest salt marshes in the world, the Rann of Kutch, can also be found here. Many rivers flow through Western India as well. On the map, can you find the Narmada & Godavari rivers?

Thar Desert

SIGHTS OF WEST INDIA

PHYSICAL MAP OF WEST INDIA



CAN YOU FIND THE HIGHLIGHTED LOCATIONS ON THE MAP



The **Thar desert** covers an area of 200,000 square kilometres. It is the world's 17th largest desert. **Do you know which animal is commonly found in the Thar desert?**



The **Rann of Kutch** is a salt marsh in Gujarat. It is one of the largest salt marshes in the world.



Ranthambore National Park is a large tiger reserve. Here tigers can be easily spotted in their natural habitat. **Have you ever seen a wild animal in its natural habitat?**



The **Sabarmati river** is famous because during India's independence struggle, Mahatma Gandhi established his ashram on its river banks.



The **Gir National Park**, in Gujarat, is the only place in the world where the Asiatic lion is found. **Do you know how a national park is different from a zoo?**



The **Aravalli range** of mountains stretches for 692 km across Western India. It is rich in minerals such as copper.

SYMBOLS OF INDIA



The Bengal tiger is the **National Animal** of India. It is an endangered species, with less than 4000 tigers left in the country.



The **National Flag** of India is a tricolour of saffron, white and green. The Ashoka Chakra, a 24-spoke wheel, in navy blue is at its centre. Saffron indicates courage & sacrifice, white indicates purity & truth, and green indicates growth & auspiciousness.



The Lotus is the **National Flower** of India. It is a sacred flower and has been an auspicious symbol of Indian culture since ancient times.



The Indian peacock is the **National Bird** of India. Peacocks have beautiful blue and green feathers which they spread into a large fan while dancing.



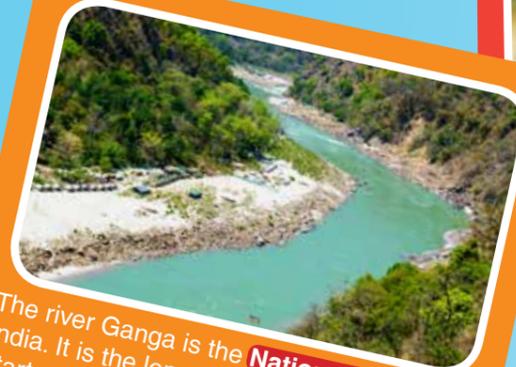
The Indian Banyan tree is the **National Tree** of India. It is unique because of its expanding roots. It also has medicinal properties.



The **National Emblem** of India is an adaptation of the Lion capital of Ashoka. It comprises of 4 lions standing back to back. The words 'Satyamev Jayate', meaning 'truth alone triumphs' are written below the figures.



Mango is the **National Fruit** of India. India is home to more than 100 varieties of the fruit.



The river Ganga is the **National River** of India. It is the longest river of India that starts at Gangotri in Uttarakhand and eventually flows into the Bay of Bengal.



DANCES

The origins of dance in India go back thousands of years. Sculptures and paintings showing various dances can be found in ancient temples and forts. Have you seen any Indian folk or classical dance?



Bharatanatyam was a dance originally performed in the Hindu temples of Tamil Nadu. Its now a famous classical dance form, generally performed by a solo female dancer.

DANCE MAP OF INDIA



CAN YOU FIND THESE ON THE MAP

Match the images with the icons



Bhangra is a folk dance of Punjab. It was traditionally performed to celebrate the harvest season.



Ghoomar is performed by women of Rajasthan to worship the Goddess Saraswati. They dance in circles & display their colourful ghagras.



The word **Kathak** means "to do with stories" & Kathak dancers communicate stories through dance. It originated from North India.



Manipuri dance originated in the state of Manipur. It is particularly famous for its enactment of the love story of Radha and Krishna, called Raslila.



Garba is a Gujarati dance. It is performed around a centrally lit lamp or a picture of the Goddess Shakti.



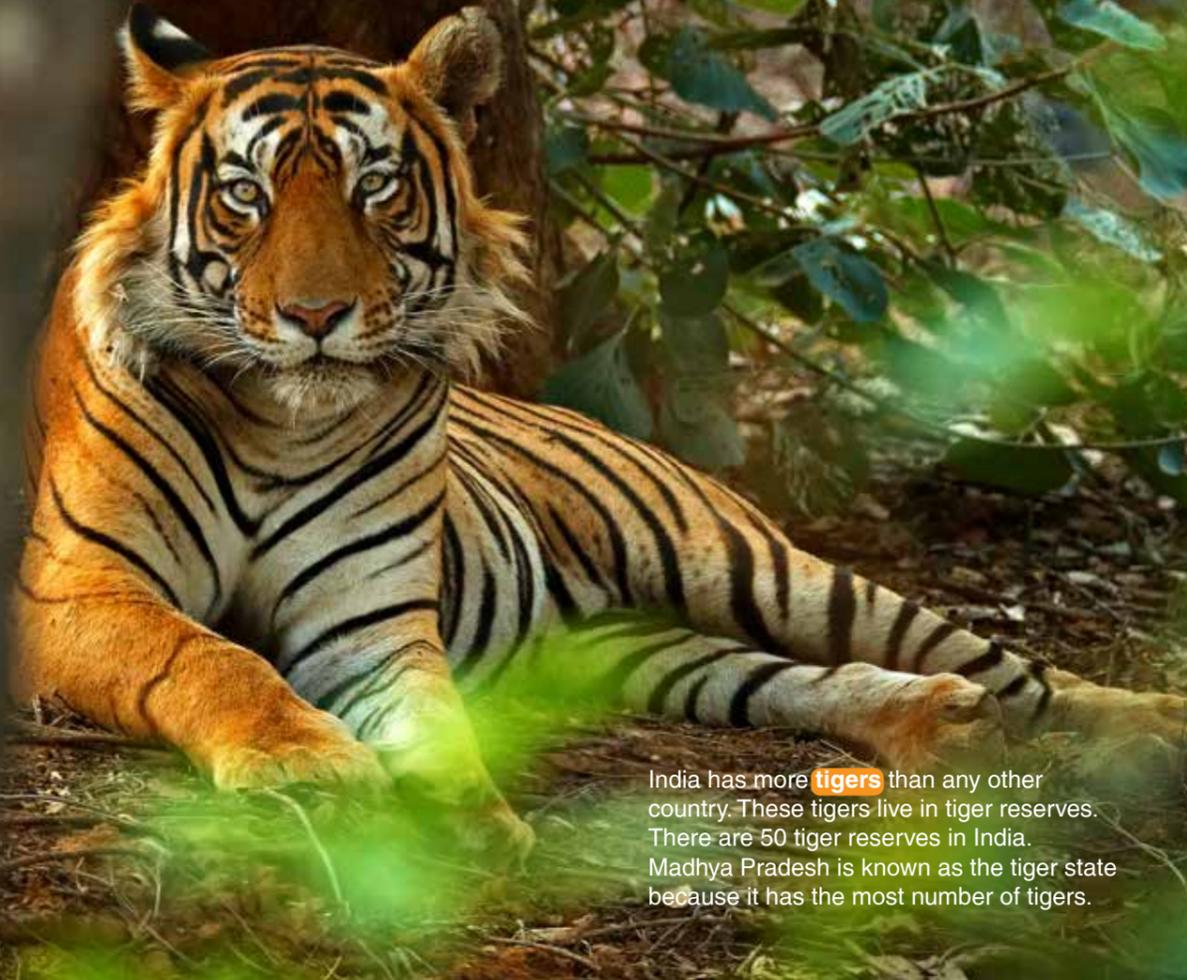
The **Odissi** dance is from the state of Odisha. It is performed to express the religious stories of Lord Vishnu as Jagannath.



Kathakali is a dance drama from Kerala. It is performed by dancers who wear colourful make up, costumes and face masks.

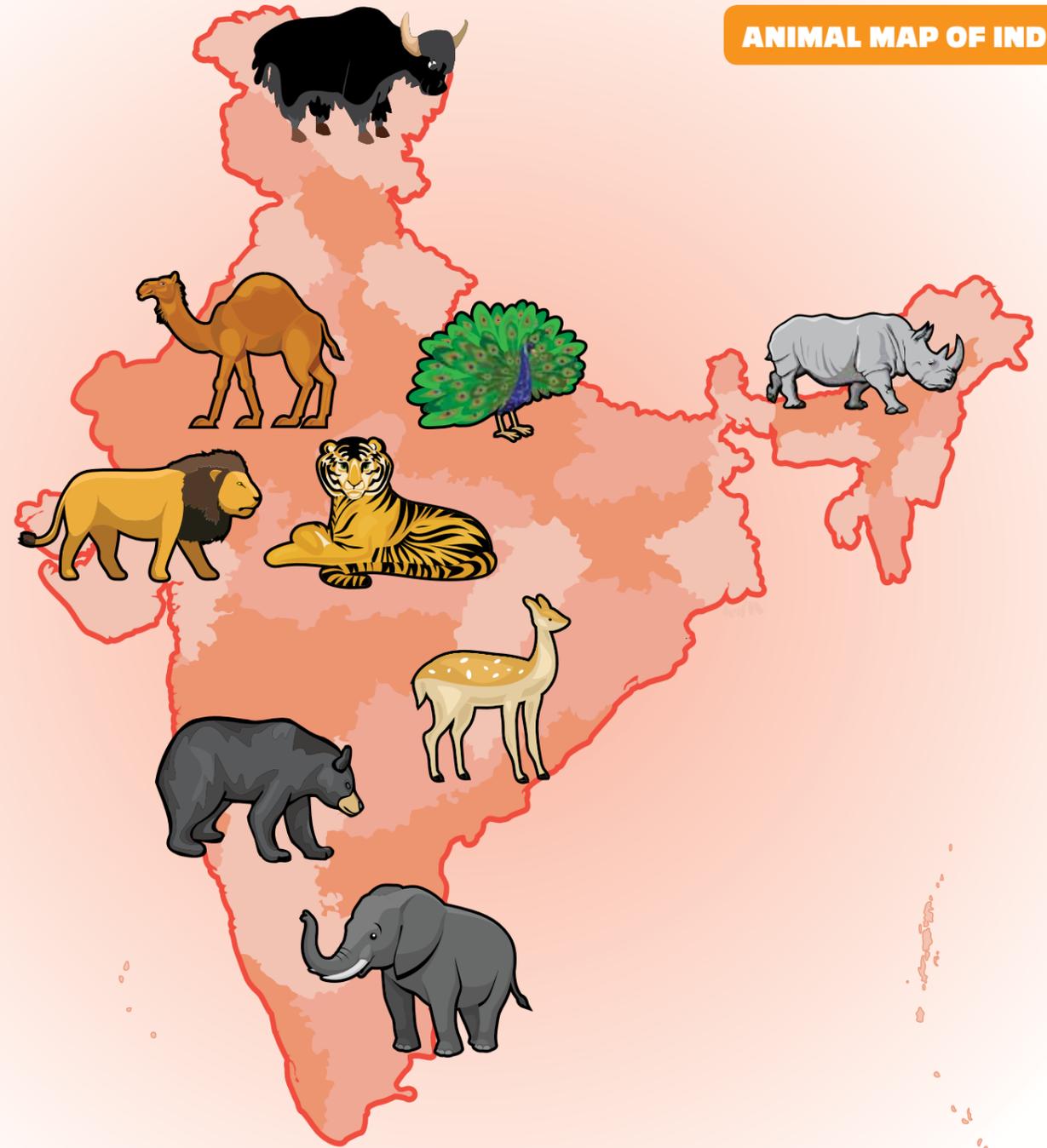
ANIMALS

India has varied habitats and large forests, making it home to a vast number of birds & animals. See the animals on the map, which one do you find the fiercest, and which one do you find the gentlest?



India has more **tigers** than any other country. These tigers live in tiger reserves. There are 50 tiger reserves in India. Madhya Pradesh is known as the tiger state because it has the most number of tigers.

ANIMAL MAP OF INDIA



CAN YOU FIND THESE ON THE MAP

Match the images with the icons



Camels are found in the Thar desert. They are called the 'ship of the desert' because of their ability to survive days without food or water.



The **Asiatic lion** is found only in Gir, Gujarat. There are only about 500 of these lions left in India.



Elephants are the largest land animals in the world. While elephants are common across India, they are found in large numbers in the jungles of South India and North East India.



The **yak** is a long-haired animal found in the Himalayan region. Yaks belong to the cattle family & are domesticated for their milk & wool.



Sloth bears are found across India. They are more common in the Western Ghats. These bears have black fur. They eat insects and fruits.



The **Indian rhinoceros** is a very large animal with a single horn on its nose. It is mostly found in Kaziranga in the state of Assam.



Peacocks are large beautiful birds found throughout India. They are known to do a dazzling dance which shows off their long feathers.



Chital is a type of deer found all over India. It is also called spotted deer because of the bright white spots all over its body.

MONUMENTS

India has a lot of beautiful monuments which capture the country's rich history. The monuments also show us how the buildings of that time and place used to be. Look at the photos below, and see how each monument is unique.



The **Taj Mahal** is an ivory-white marble mausoleum, built on the banks of the river Yamuna in Agra. It is now regarded as one of the Seven Wonders of the world.

MONUMENT MAP OF INDIA



CAN YOU FIND THESE ON THE MAP

Match the images with the icons



The **Golden Temple** is a Gurudwara located in Amritsar. It is one of the most revered spiritual sites of Sikhism.



Hawa Mahal or the "palace of winds" is located in the pink city of Jaipur. It is made of pink and red sandstone and has 953 Jharokhas or windows.



The **Great Sanchi Stupa** is an ancient Buddhist monument commissioned by emperor Ashoka. It is located in Madhya Pradesh.



The **Gateway of India** is an arch monument located in Mumbai. It was constructed to commemorate the visit of King George V and Queen Mary to India in 1911.



Red fort is a historic fort in the city of Delhi. It was the main residence of the emperors of the Mughal dynasty for nearly 200 years.



The **Charminar**, built in the year 1591, is a monument and mosque located in the center of Hyderabad



Victoria Memorial in Kolkata is a large marble building. It is dedicated to the memory of Queen Victoria and is now a museum.



Meenakshi Temple is a historic temple situated in Madurai, Tamil Nadu. It is dedicated to Goddess Parvati and God Shiva.

NOTE FOR PARENTS

- Designed as a first atlas for kids, this comes with colourful maps and lots of fun facts. Every page also has simple text to read aloud.
- This atlas comes with more than 80 real world photographs to give children a peek into the people, animals and monuments around India.
- Fun activities such as finding animals on the India map and matching photos to icons are designed to make children relate better to the map of the country.
- This is a reference book. Your child may not want to finish this book in one go. This book should be picked up again and again.
- 30+ questions to stimulate conversations with your child.

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Note - The maps shown in this atlas are designed to be an initial reference for little children and may not be complete or accurate.