



MOUNTAINS & PLATEAUS OF INDIA



COMPLETE UPDATED NOTES (JKSSB / SSC / UPSC)



I. MOUNTAINS OF INDIA

India ke mountains mainly **tectonic movements, folding, faulting aur volcanic activity** se bane hain.



A. HIMALAYAN MOUNTAIN SYSTEM

(Young Fold Mountains)



Formation

- Indian Plate + Eurasian Plate collision
- Cenozoic Era



Length

- ~2400 km (Indus → Brahmaputra)
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1 PARALLEL RANGES OF HIMALAYAS



1. Trans-Himalayas

- Great Himalayas ke north mein
- Oldest ranges
- Cold desert region

Ranges:

- Karakoram
- Ladakh
- Zaskar
- Kailash

Peak:

- **K2 (Godwin Austin)** – 8611 m
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2. Greater Himalayas (HIMADRI)

- Highest & continuous range
- Permanent snow cover

Important Peaks:

- Mount Everest
 - **Kanchenjunga (Highest in India – undisputed)**
 - Nanga Parbat
 - Nanda Devi
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3. Lesser Himalayas (HIMACHAL)

- Height: 3500–4500 m
- Hill stations & valleys

Ranges:

- Pir Panjal
- Dhauladhar
- Mahabharat

Valleys:

- Kashmir Valley
- Kangra Valley
- Kullu Valley

4. Shiwalik Range (Outer Himalayas)

- Southernmost
- Youngest Himalayan range
- Unconsolidated sediments

Special Feature:

- **Duns** (Dehradun, Patlidun)
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★ 2 REGIONAL DIVISION OF HIMALAYAS (VERY IMPORTANT 🔥)

👉 Rivers ke basis par

Division	Between Rivers	Alternate Name
Punjab / Kashmir Himalayas	Indus – Satluj	Western Himalayas
Kumaon Himalayas	Satluj – Kali	Central Himalayas
Nepal Himalayas	Kali – Teesta	Highest section
Assam Himalayas	Teesta – Dihang (Brahmaputra)	Eastern Himalayas

🧠 Fact:

Teesta River Nepal aur Assam Himalayas ko divide karti hai.

🟢 B. PURVANCHAL HILLS (EASTERN HILLS)

- Himalayas ka eastern extension
- Fold mountains

Ranges:

- Patkai Bum
 - Naga Hills
 - Manipur Hills
 - Mizo (Lushai) Hills
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🟢 C. PENINSULAR MOUNTAIN SYSTEM

(Old Fold / Residual Mountains)

1 Aravalli Range

- Oldest fold mountains in India
- Highly eroded

Extent: Delhi → Gujarat

Highest Peak: Guru Shikhar (Mt Abu)

🔥 Exam Keyword:

👉 Relict / Residual Mountains

2 Vindhya Range

- North India aur South India ko divide karta hai
 - Watershed region
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3 Satpura Range

- Narmada aur Tapi ke beech

Highest Peak: Dhupgarh

4 Western Ghats (SAHYADRI)

- Arabian Sea ke parallel
- Continuous & steep

States: Maharashtra, Karnataka, Kerala

Highest Peak: Anamudi

Important Gaps:

- Thal Ghat
 - Bhor Ghat
 - Pal Ghat (Kerala ka only gap)
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5 Eastern Ghats

- Bay of Bengal ke parallel
- Discontinuous & irregular

Highest Peak: Mahendragiri

6 Nilgiri Hills (VERY IMPORTANT 🔥)

- Western Ghats + Eastern Ghats ka junction
- Known as Blue Mountains

Highest Peak: Doda Betta

II. PLATEAUS OF INDIA

Plateaus = elevated flat lands, mostly **volcanic & erosion origin**

A. PENINSULAR PLATEAU

1 Central Highlands

- Aravalli aur Vindhya ke beech

Includes:

- Malwa Plateau
 - Bundelkhand Plateau
 - Baghelkhand Plateau
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Malwa Plateau (VERY IMPORTANT)

- Chambal River basin

Special Feature:

- Chambal Ravines
 - Known as Badlands
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2 Deccan Plateau

- Largest plateau of India
- Triangular shape

Bounded by:

- Western Ghats
- Eastern Ghats

Deccan Trap

- Volcanic origin

- **Basaltic Rock**
- Black soil (Regur)

3 Chota Nagpur Plateau

- Mineral-rich region
- “Storehouse of minerals”

States: Jharkhand, Odisha, Chhattisgarh

4 Meghalaya Plateau

- Detached from Peninsular Plateau
- Extension of Chota Nagpur

Hills:

- Garo
- Khasi
- Jaintia

Fact:

👉 Mawsynram – Wettest place on Earth

III. COASTAL PLAINS (PLATEAU LINKED)

A. Western Coastal Plains

Between **Western Ghats & Arabian Sea**

Coast	State
Konkan	Maharashtra
Kanara	Karnataka
Malabar	Kerala

- ✓ Narrow
- ✓ Estuaries
- ✓ Heavy rainfall

B. Eastern Coastal Plains

Between **Eastern Ghats & Bay of Bengal**

Coast

Northern Circars

Coromandel Coast

- ✓ Wide plains
- ✓ Delta formation (Mahanadi, Godavari, Krishna, Kaveri)

📍 IV. IMPORTANT PASSES (STATE-WISE 🔥)

🟢 Jammu & Kashmir / Ladakh

Pass	Kis-kis jagah ko jodta hai	Extra Exam Point
Zoji La	Srinagar ↔ Leh	Kashmir Valley ko Ladakh se jodta hai
Banihal Pass	Jammu ↔ Srinagar	Jawahar Tunnel isi pass ke neeche
Khardung La	Leh ↔ Nubra Valley	One of the highest motorable passes

🟢 Himachal Pradesh

Pass	Kis-kis jagah ko jodta hai	Extra Exam Point
Rohtang Pass	Kullu ↔ Lahaul–Spiti	Beas & Chenab basins ko separate karta hai
Shipki La	Himachal Pradesh ↔ Tibet (China)	India–China border pass

🟢 Sikkim

Pass	Kis-kis jagah ko jodta hai	Extra Exam Point
Nathu La	Sikkim ↔ Tibet (China)	Old Silk Route ka part
Jelep La	Sikkim ↔ Bhutan	Trade route

🟢 Arunachal Pradesh

Pass	Kis-kis jagah ko jodta hai	Extra Exam Point
Bomdi La	Arunachal Pradesh ↔ Lhasa (Tibet)	Strategic border pass

⚠️ MOST IMPORTANT EXAM CONFUSION

🏔️ K2 vs Kanchenjunga

Question **Correct Answer**

Highest peak of India **K2 (PoK)**

Highest peak in India (undisputed) **Kanchenjunga**

Highest peak of Indian Himalayas **Kanchenjunga**

👉 Always options ke hisaab se mark karo

📄 FINAL EXAM KEYWORDS (LAST PAGE REVISION)

- Himalayas → Young Fold Mountains
- Aravallis → Relict / Residual Mountains
- Western Ghats → Sahyadri
- Nilgiri Hills → Junction of Ghats
- Deccan Trap → Basaltic Lava
- Malwa Plateau → Chambal Badlands
- Eastern Ghats → Discontinuous
- Western Ghats → Continuous