

List of Tables

<u>Table No.</u>	<u>Heading</u>	<u>Page</u>
1	Reasons for Migration of the Plainsmen, 1989	30
2	Migration of the Plainsmen in Sikkim, 1989	32
3	Rural-Urban and Male-Female distribution of Plainsmen in Sikkim, 1981	34
4	Districtwise distribution of Plainsmen, 1981	36
5	Townwise distribution of Plainsmen, 1981	38
6	Communitywise distribution of Plainsmen, 1981	39
7	Growth of Infrastructure in Sikkim, 1971-81	108
8	Increase of Infrastructural facilities in the Urban Centres of Sikkim, 1971-81	109
9	Growth of Industries in Sikkim, 1981	111
10	Frequency of respondents' visit to their native places, 1989	172

List of Figures

<u>Figure No.</u>	<u>Heading</u>	<u>Page</u>
1	Acculturation of the Plainsmen and Hillmen	174
2	Interaction of the Plainsmen with the Hillmen	175
3	Orientation of the Plainsmen	175