

**LIST OF MAPS TABLES AND FIGURES**

<b><u>Ser No</u></b>	<b><u>Item No</u></b>	<b><u>Contents</u></b>	<b><u>Page No</u></b>
1.	Table 1.1	Ecosystems classified according to source and level of energy.	10
2.	Table 1.2	Levels and Types of Action.	21
3.	Figure 1.1	Interactions between the man-environment system.	22
4.	Figure 1.2	The human settlement human ecology model.	23
5.	Map No 1	Map of Sikkim.	49
6.	Map No 2	Physical setting of Rangit Basin.	50
7.	Map No 3	Catchment Area Upper Rangit Basin.	51
8.	Figure 2.1	Annual Rainfall in the Rangit Catchment.	52
9.	Figure 2.2	Methodology for Catchment Characterisation.	55
10.	Satellite Plate 1.1	Vegetation and Land Cover Classification Rangit Catchment, Sikkim.	58
11.	Table 2.1	Vegetation and Land Cover Distribution in the Upper Rangit Basin.	59
12.	Table 2.2	Biomass Strata Distribution Pattern in Catchment Area.	59
13.	Table 2.3	Important Peaks and Passes in Sikkim.	62
14.	Table 2.4	Tista Tributaries.	63
15.	Table 2.5	Districtwise General Information : 1991 Census.	68

16.	Table 2.6	Indigenous Fermented Foods of the Sikkim Himalaya.	72
17.	Table 2.7	Eighth FYP (1992-1997) : Outlay and Expenditure.	82
18.	Table 2.8	Agriculture : Area Under Different Land Use in Sikkim As per Agriculture Census.	84
19.	Table 2.9	Operational Holding 1990-91 Highlights.	85
20.	Table 2.10	Operational Holdings by Type : Area (Hec).	85
21.	Table 2.11	Availability of Land per Head in Sikkim (in Hec).	85
22.	Figure 3.1	Designs over Doors and Windows.	100
23.	Figure 3.2	Traditional Carving Over Cantilever Capitals.	100
24.	Figure 3.3	Prayer Wheel.	103
25.	Figure 3.4	Prayer Flags : Symbolic Designs.	104
26.	Figure 3.5	Tashiding Market, Monastery and Chortens (Plates 1 to V).	107
27.	Figure 3.6	Chorten of Enlightenment.	130
28.	Figure 3.7	Chorten of 'Heaped Lotuses'.	131
29.	Figure 3.8	Chorten of Multiple Auspicious Doors	132
30.	Figure 3.9	Chorten of Great Miracle.	133
31.	Figure 3.10	Chorten of Descent from Heaven.	134
32.	Figure 3.11	Chorten of Reconciliation.	135
33.	Figure 3.12	Chorten of Victory.	136
34.	Figure 3.13	Chorten of Nirvana.	137

35.	Photos	Present status of Khecheopalri Lake.	153
36.	Table 5.1	Bush Type Fodder Grasses.	190
37.	Table 5.2	Fodder Trees in Home Gardens and Farms.	191
38.	Figure 5.1	Socio-economic Aspects of Home Gardens.	194
39.	Figure 5.2	Ecological Aspects of Home Gardens.	195
40.	Table 5.3	Important Wild Plants sold in Ravangla Market.	198
41.	Table 5.4	Important Wild Plants sold in Namchi and Gangtok .	199
42.	Photos	Photos showing Rhythms of Ravangla folk market.	201
43.	Table 5.5	Indigenous Fermented Food of the Sikkim Himalaya.	206
44.	Figure 5.3	Raksi : Distillation Apparatus.	207
45.	Table 5.6	Traditional Non-fermented Food of the Sikkim Himalaya.	211
46.	Figure 5.4	Chappani and Septu made-up of bamboo stripes.	231
47.	Table 6.1	Role, Responsibilities and Activities of Different Groups in Sikkim Bio-diversity and Eco-tourism Project.	263
48.	Figure 6.1	Tourism Interactional Web.	265
49.	Table 6.2	Summary of Impacts of Tourism on Mountain Environments of Upper Rangit Basin.	281