



Chillai Kalan

Why in News

One of the harshest winter periods of 40 days, called Chillai Kalan, has begun in Kashmir.

Key Points

▪ About:

- It is the harshest winter period in Kashmir starting from 21st December to 29th January every year.
- Chillai Kalan is **a Persian term that means 'major cold'**.
- Chillai-Kalan is followed by **a 20-day long Chillai Khurd (small cold)** that occurs between January 30 and February 18 and a **10-days long Chillai Bachha (baby cold)** which is from February 19 to February 28.
- The 40-day period brings **a lot of hardships for Kashmiris as the temperature drops considerably** leading to the freezing of water bodies, including the famous Dal Lake here.
- During these 40 days, **the chances of snowfall are the highest** and the maximum temperature drops considerably. The minimum temperature in the Valley hovers below the freezing point.

▪ Impact on Daily Life of Kashmiris:

- Use of **Pheran (Kashmiri dress)** and a **traditional firing pot** called Kanger increases.
- Due to subzero temperature, **tap water pipelines freeze partially during this period** and world-famous Dal Lake also freezes.
- Kashmiris celebrate with sumptuous Harissa, a **dish made of lean mutton mixed with rice** and flavoured with spices like fennel, cardamom, clove and salt.
- Besides, they frequently consume **dried vegetables as there is shortage of fresh supplies** due to blocking of roads following heavy snowfall.

[Source: TH](#)

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