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Beautiful landscapes, love, and culture is what BR Hills is made of.

Celebrating People

A Glimpse Into The Lives Of Forest-Dwelling Soligas In Karnataka

A culture preserved by the tribes inhabiting the lush green forests across the Chamarajnagar district of Karnataka, read about the forest-dwelling indigenous Soliga community

Jahnavi Uppuleti

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Biligiri Ranganna Betta or BR hills, are a group of tiny hills flocked together, filled with culture and vibrance of the Soliga community in the state of Karnataka. Soligas are a forest-dwelling indigenous community, who are spread across Chamarajnagar district, Karnataka.



The main occupation of Soligas is to collect minor forest products (NTFP) like gum, honey, soap nuts, root and tubers, tamarind etc. Jahnvi Uppuleti



I happened to stay in these beautiful hills for six weeks, exploring and cherishing the Soliga culture. During my stay in these hills, I was awestruck to see the beauty of the forest every day, where my day begun with beautiful sunrises, followed by a brunch served by the Soligas, which usually included a curry and *Ragi mudde*. And a day filled with tiny adventures of exploring a culture that has been preserved by these Adivasis. The nights were filled with starry gazes in the sky and not to forget wild boars crossing my path, if I happened to sit outside the tiny hut I was living in.





Soliga people follow naturism and animism along with following Hindu practices Jahnvi Uppuleti



A month and half in these mesmerising forests, I also had a chance to interact with the Soligas about various aspects in their lives, their culture, their lifestyle and also about exploitation. Let's take a look at the life in BR hills through my camera lens.



Their settlements are known as 'haaDi' and 'pooDu'. Jahnvi



Soligas use more than 300 herbs for the treatment of various ailments at home through foraging Jahnvi Uppuleti





According to 2011 Census, population of Soliga is about 33,871 in Karnataka and 5,965 in Tamilnadu. Jahnavi Uppuleti



The authenticity of these hills is survived by the local Adivasi culture and the beautiful flora and fauna. It's a perfect get away into the hills which will not only bring you solace, but will also introduce you to Soliga culture and cuisine. Adivasis need attention from people countrywide to make a living

need attention from people country wide to make a living out of tourism, tourism that is sustainable and not a threat to their environment. If you are in search for a place with tranquillity and warmth, you should definitely head to BR hills for this vacation.

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