

# Shamanism And Tantra In The Himalayas

Trekking in the Himalayas  
Into the Heart of the Himalayas  
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Ecology and Man in the Himalayas  
Climate Change in the Himalayas  
Mining in the Himalayas  
Man and Development in the Himalayas  
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The Himalayas  
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Up the Himalayas: An American's Treks in the Indian Mountains  
Climate Change in the Himalayas  
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Migratory Small Ruminant Farming System in the Himalayas-Peculiarities, Problems, Prospects, Climate Effects, Nutrition and Health  
Wandering in the Himalayas  
In the Himalayas and on the Indian Plains  
Water Resources in the Himalayas  
In the Shadow of the Himalayas  
Addressing the Climate Crisis in the Indian Himalayas  
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each year the himalayas attract millions of visitors who follow myriad paths among splendid forests and icy peaks in search of ancient monuments and breathtaking panoramas this handy volume presents 15 of the best routes in the himalayas from the biafo and hispar

glaciers to the annapurna sanctuary and the rongbuk and kabshung valleys at the base of everest providing concrete advice on the necessary equipment best times to embark on a trek how and when to hire a guide and much more this addition to the popular white star guides series safely steers readers through this challenging and ever fascinating area throughout the book spectacular photographs demonstrate the awe inspiring natural beauty that has insider information on each region featured in the book indices of useful addresses and key destinations in the himalayas provide essential information for travelers with its portable format detailed information and inspiring illustrations this is an invaluable resource for outdoors enthusiasts nature lovers and hikers traveling to the himalayas

when jono lineen s brother died in tragic circumstances he gave up a comfortable life moved to the himalayas and over eight years immersed himself in the cultures of the world s highest mountains the experience culminates in his book into the heart of the himalayas a fascinating memoir that traces his solo trekking odyssey from pakistan to nepal across thousands of kilometres of mountain terrain no one has ever before attempted to walk the length of the western himalayas alone but jono s intentions were more psychological than physical it was about integrating the himalayan culture he had grown to love assimilating the wisdom of the place and coming to terms with his loss jono s openness with everyone he meets on the trail from pakistani military officers to tibetan lamas and naked hindu saddhus lies at the heart of one of the most complete portraits of the himalayas ever written jono lineen a lone disarming man crosses borders religions castes languages and philosophical boundaries to find the way to embrace his future

the present volume emphasizes the importance of studying the structure and functioning of ecological systems and their mode of reaction on exposure to human intervention in the himalayas it stresses the impact of man on his environment and vice versa considered in the areas of biological and adaptative entity as well as a social cultural and economic being

climate change in the himalayas vulnerability and resilience of biodiversity and forest ecosystems explores and assesses issues affecting species survival in the rich forests of the himalayan region this book characterizes current biodiversity statuses related ecosystem services and provides new evidence and solutions for climate change effects on himalayan animals and plants written by regional and international experts on climate change ecosystems and the himalayas this book analyzes current species threats loss of habitats and carbon effects it identifies critical areas requiring special attention and provides workable solutions for protection and ecosystem services as many plant and animal species continue to be classified as extinct due to climate change urbanization and failing ecosystems analyses and techniques in this book offer resolutions for sustaining current

risks and curbing future risks these can also be applied to other biodiverse at risk regions of the world offers nature based solutions along with policy and governance measures such as the application of the unfccc paris agreement provides mitigation and adaptation processes for current and future climate change impacts includes a focus on soil sustainability

himalaya the world s most prominent mountain system of the world is a source of sustenance for the social cultural and economic development of population across different countries unscientific small scale mining for harnessing reounrces including minerals has caused ecosystem damage therefore an integrated and holistic approach to deal with the resource management is required this book makes a focussed effort to explain how mining in the himalaya is practiced with discussions pertaining to critiques and lacunas of mining and environmental practices status of mining practices in himalaya is included along with the legal environmental repercussions of mining

contributed articles

historically treated as an amorphous borderland and marginal to the understanding of democratic politics and governance in south asia southeast asia and northern asia the himalayan region in the last 50 years has become an active political laboratory for experiments in democratic structures and institutions in turn it has witnessed the evolution of myriad political ideologies movements and administrative strategies to accommodate and pacify heterogeneous ethnic national identities routeing democracy in the himalayas highlights how through an ongoing process of democratisation the western liberal ideologies of democracy and decentralisation have interacted with varied indigenous politico cultural ideas and institutions of an ethnic nationally diverse population it also reviews how formal democracy regular elections local self governing structures protection of the rights of minorities and indigenes freedom of expression development of mass media and formation of ethnic homelands all have furthered participatory democracy empowered the traditionally marginalised groups and ensured sustainable development to varying degrees the book provides ethnographic and historical vistas of democracy under formation at work being contested and even being undermined showing how democratisation thematically stitches the independent himalayan nations and the indian himalayan states into a distinctive regional political mosaic combining new perspectives from comparative sociology political anthropology and development studies the volume will be useful for policy makers as well as specialists researchers and students in sociology anthropology area studies development studies and tibet and himalayan studies

the present volume throws light on various dimensions of the himalayan life and cultrure

there are twelve chapters in the book where various facets of the himalayan culture viz the needed ethnographic researches institutions of polyandry cultural zones and frontiers of the himalayas the sacred complexes of the himalayan shrines urgent anthropological researches environmental studies religion highland culture tribal stratification land holding pattern etc have been scientifically discussed by the specialists and experts of the himalayan studies

mineral building materials and regionally related methods of processing are an essential part of building culture throughout the himalayas based on transregional knowledge transfer raw materials have been able to find an ecologically and economically optimised destiny in particular local applications for this study samples were collected as raw material or originated from certain building components samples were analysed according to their material properties and architectural application traditional building techniques were examined and their correlation with traceable material qualities studied clay specific properties such as colour grain size distribution grain shape hardness plasticity organic additives or bulk and clay mineral properties were used as comparative parameters this study gives fresh insight into the interaction between technical requirements environmental resources and material implementation it is the first scientific approach in studying the himalayan earthen heritage in a wide scope and connecting material research and cultural heritage from various perspectives in particular archaeology architecture research on materials and building techniques

up the himalayas an american's trek in the indian mountains is an inspiring and informative guide to trekking in the indian himalayas written by pasquale de marco an experienced trekker and mountaineer this book provides everything you need to know to plan and execute a successful trek in this awe inspiring mountain range with stunning photography and in depth information this book covers everything from the basics of trekking in the himalayas to the challenges of high altitude mountaineering you'll learn about the different types of treks available the best time to go and the essential gear you'll need you'll also get tips on how to acclimatize to the altitude and avoid altitude sickness once you're prepared the book takes you on a virtual trek through some of the most popular trekking routes in the himalayas you'll visit the everest base camp trek through the annapurna circuit and explore the remote zaskar valley along the way you'll learn about the people who live in the himalayas their culture and their traditions but up the himalayas is more than just a trekking guide it's also a celebration of the beauty and majesty of the himalayas with its stunning photography and evocative prose this book captures the essence of this incredible mountain range and leaves you with a deep appreciation for its natural wonders whether you're an experienced trekker or simply an armchair traveler up the himalayas is the perfect book for you it's an essential resource for anyone planning a trek in the himalayas and it's

also a beautiful and inspiring read for anyone who loves the mountains key features in depth information on trekking in the indian himalayas stunning photography and evocative prose covers everything from the basics of trekking to the challenges of high altitude mountaineering includes tips on how to acclimatize to the altitude and avoid altitude sickness takes you on a virtual trek through some of the most popular trekking routes in the himalayas celebrates the beauty and majesty of the himalayas if you like this book write a review

this book analyzes the issues associated with climate change in the himalayas the purpose of choosing the himalayas as a focus is because it is a particularly fragile mountain system highly sensitive to climate change impacts and it contains one of the largest human populations affected by climate change the book provides extensive data and information regarding the climate history of the himalayas and the current effects of climate change on himalayan weather systems and on human and animal populations in the region the book begins with an overview of global climate change with discussions of data trends and international initiatives then segues into a history of climate changes and weather trends in the himalayas weather systems of the himalayas both past and current are analyzed and detailed through climate models seasonal observations of weather fronts and overviews of various climate scenarios the book then discusses climate change impacts and signat ures specific to the central himalayan region where the largest effects of impacts are observed readers will discover analysis presented on water resources meteorological changes biodiversity agriculture and human health along with perspectives of management and policy this book will appeal to researchers studying climate science climatology environmental scientists and policymakers

this book teases out the reasons for and the socio economic impacts of different types of migration on contemporary rural households and individuals the author creatively depicts the dynamic microcosm of one village in the north indian kumaun himalayas near the border with chinese tibet giving voice to the life stories of a range of migrants through this ethnography migration is revealed as a fundamental part of the multifaceted 21st century changes which the village is experiencing from elderly women to unemployed men young farm women and local children the book demonstrates how village life is continually constituted socially and economically by overlapping migration patterns including outmigration return migration in migration and even non migration extending the argument the author demonstrates that the village microcosm is linked to many other villages which are microcosms in their own right as well as in relation to the main village across a spatial hierarchy the theoretical implications of the study are teased out to inform our understanding of rural urban migration trends and impacts more generally and as such the

book will be of interest to researchers of the south asian region but also of internal migration in the global context

this edited book summarizes numerous research studies on remote sensing and gis of natural resource management for the himalaya region done by indian institutions and universities over the last decade it gives an overview of hydrometeorological studies on himalayan water resources and addresses concerns in the development of water resources in this region which is dealing with an increased pressure in population industrialization and economic development while the source of some of the major rivers of india are found in the himalayas the glaciers and water bodies in the region are continuously shrinking leading to a depletion of water and deterioration of water quality this is affecting a population of up to 2.5 billion people the ecosystems have been under threat due to deforestation loss of biodiversity expansion of agriculture and settlement overexploitation of natural resources habitat loss and fragmentation poaching mining construction of roads and large dams and unplanned tourism spaceborne remote sensing with its ability to provide synoptic and repetitive coverage has emerged as a powerful tool for assessment and monitoring of the himalayan resources and phenomena this work serves as a resource to students researchers scientists professionals and policy makers both in india and on a global level

this book highlights the animal rearing system that follows a seasonal migratory cycle and in which the animals are reared in the alpine pastures during summer and are returned to the base camps at lower hills with the onset of winter the initial chapter presents the unique features of the prevailing animal farming system in the hills and aims at providing a brief overview of the history of pastoralism the book also describes how the pastoral system has served livelihood of people living in high mountains the peculiarity and features of this system in different countries place of ruminants in hill agriculture historical aspects of pastoralism and tribes practice of shepherding grazing rights of herders current status of migratory livestock system problems and constraints and strategies for their amelioration the chapters also provide information on principal minerals limiting small ruminant production causes of salt hunger in migratory animals grazing at alpine pastures nutritional status of common pastures and feeds variation of grass mineral profile and crude protein content with altitude another chapter describes how the animals adapt to altitude and migration stresses during ascending and descending journey the chapters of the book give current information on parasitic infestations and other diseases and disorders of migratory small ruminants ranking of dominant parasites information on verminous bronchitis peste des petit ruminant ppr and persistent abortion due to chlamydia infection there is a separate chapter on helminth and protozoan vaccines for small ruminants approaches to control parasitic infections like breeding for resistance to parasites and current status of vaccine use

an authentic account of the travels of swami tapovan maharaj on foot in the himalayas deeply embedded in it is the sacred philosophy of the upanisads while providing one a panoramic view of the magnificent awe inspiring himalayas

kurt meyer is a fellow emeritus of the american institute of architects meyer first travelled to the himalayas in the 1970s with his wife pamela deuel meyer they lived in nepal for a decade where they researched the life of john claud white as well as the art and culture of the artistic tharu people of nepal

this book focuses on the traditional ecological knowledge in addressing the current climate crisis in the indian himalayas local or indigenous people in the himalayas through their low carbon producing lifestyles contribute very little to the climate crisis however at the same time they bear the brunt of this crisis way more than many others it is important to learn about their traditional ways of life and the knowledge that they hold regarding ecology and environment traditional ecological knowledge and associated belief systems are given increasing attention across the globe in recent times toward addressing some of the grave environmental concerns climate change is one such concern the rising consideration of concepts such as ethnoecology and ethnobotany signifies the scientific socio cultural and economic potential of the traditional ecological knowledge systems it is indisputable that these knowledge systems have the ability to provide important insights towards tackling many present day environmental distresses including several climate change challenges in this book the authors concentrate on such traditional ecological knowledge systems in the indian himalayan region and try to figure out their significance in relation to the modern science overall the authors attempt to write a book where the relevance of traditional ecological knowledge systems could be addressed and communicated to a larger audience both academic scientific and non academic

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