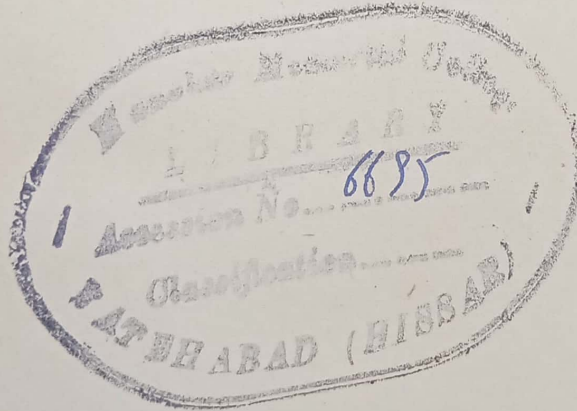


# THE KINGDOM OF GODS UTTARAKHAND

*Giri Raj Shah*



*Abhinav Publications New Delhi 1975*

## Contents

<i>Foreword</i>	vii
<i>Preface</i>	ix
<b>Chapter I : The Lure of Himalayas</b>	<b>1</b>
Mountaineering as a Sport—Courage lies in Adventure	
<b>Chapter II : Mountaineering as a Sport</b>	<b>3</b>
Requisites for Climbing—Equipment—Members of Expedition — Leadership — Health — Acclimatisation — Reconnaissance — Weather — Element of Safety — Hazards in Mountaineering — High Altitude Sickness — Weather — Smoking and Drinking — Ice and Snow Hazards — Frostbite — Dehydration — Chilblinis — Trenchfoot — Sunburn — Pulmonary Odema	
<b>Chapter III : Himalayas—The Divine King of Mountains</b>	<b>8</b>
The Geography—The Great Himalayas—The Middle Himalayas—The Outer Himalayas—The Moisture Reservoir of India—Water System—Flora and Fauna	

<i>Chapter IV : Story of Himalayan Pilgrimage</i>	16
Early Beginnings of Mountaineering in India— Sherpas—the Spiders of Himalayan Climbing— Advent of Indian Mountaineering	
<i>Chapter V : The Land and People of Uttarakhand</i>	23
The Land — The People — Definite Traces of History—Lakhamandal Dynasty—Harsha's Reign— Sway of Tibetan Arms—Advent of Katyuris — The Kingdom of Garhwal — Gorkha Invasion of Uttarakhand—Ascendancy of Chands—Restoration of Chand Rule—Uttarakhand Today	
<i>Chapter VI : Kedarkhand—The Valley of Gods</i>	42
The Legend—Pauri-Garhwal and Chamoli Districts —Painkhanda — the Abode of Gods — Valley of Flowers and Hemkund Lokpal—Mana — the Throne of Gods—Kedarnath Valley — the Home of Jyotir- lingas — Bhagirathi Valley — Yamunotri Valley and its Inhabitants — Hari-Ki-Doon — the Play- ground of Gods — Jaunsar-Bawar and its Dreamy Inhabitants	
<i>Chapter VII : Culture of Kumaon</i>	61
Melody of Maidens—Art and Music—Fairs and Festivals—Economy—Political Aspirations	
<i>Chapter VIII : Northern Indian Borderland and Its Inhabitants</i>	67
Ehotiyas — Kailash-Mansarovar—Vyas-Chaundans Rang-Bhang—Munsiyari—Joshimath—The Jads of Uttarkashi	

<i>Chapter IX : Uttarakhand in Retrospect</i>	76
Spotlight on Basic Problems — Disappearing Folklore — Political Neglect — Economic Degrada- tion — Illiteracy — Agriculture — Irrigation—Forests and Hill Economy — Animal Husbandry — Trans- portation — Social Problems — The Place of Women — Insanitation, Lack of Hygiene and Poor Health — Water Scarcity — Task Before Us	
<i>Appendix</i>	87
Some Major Peaks and their Indian Climbers— Chronology of Katyuri, Panwar and Chand Kings— Holy Places in Uttarakhand — Important Heights and Distances from Rishikesh—Some Important Distances	
<i>Bibliography</i>	102
<i>Index</i>	103