



## Cultural Heritage of Ladakh Himalaya

By Prem Singh Jina

2009. Hardcover. Book Condition: New. 372 Ladakh, is an inhospitable region of Jammu and Kashmir State, has highly rugged mountainous terrain with cold for vehicular traffic for about six months during winter season. As a result foreign invaders were unable to destroy the Buddhist culture and heritage of Ladakh. This book is an attempt to study various buddhist monasteries of this region, based upon Tibetan inscriptions and rock or stone carvings. Thus, this excellent monograph is the outcome of author's field research work, who visited the different monasteries time and again since 1981.

About The Author:- Prem Singh Jina is the senior faculty member of the Economics Department in Central Institute of Buddhist Studies, Leh- Ladakh. He is a famous educationist and acclaimed international recognition in the field of Ladakh Studies. Dr. Jina attended 50 International and about 100 National Conferences. As a prolific writer he has written 28 books on Ladakh. His famous books are Tourism in Ladakh Himalaya, High Pasturelands of Ladakh, Ladakh: The Land and People, Ladakh : Past and Present, Famous Western Explorers to Ladakh, and Ladakh Profile. At present, Dr. Jina without any Government support is actively engaged in research work on Ladakh.

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