

 UPKAR'S

Comprehensive Coverage of
JAMMU & KASHMIR
and
LADAKH

By

Dr. Gulam Mohammed Sheikh

UPKAR PRAKASHAN, AGRA

Introducing Direct Shopping

Now you can purchase from our vast range of books and magazines at your convenience :

- ▶ Pay by Credit Card/Debit Card or Net Banking facility on our website www.upkar.in OR
- ▶ Send Money Order/Demand Draft of the print price of the book favouring 'Upkar Prakashan' payable at Agra. In case you do not know the price of the book, please send Money Order/Demand Draft of ₹ 100/- and we will send the books by VPP (Cash on delivery).

(Postage charges FREE for purchases above ₹ 100/-. For orders below ₹ 100/-, ₹ 20/- will be charged extra as postage)

© Publishers

Publishers

UPKAR PRAKASHAN

Head Office : 1 State Bank Colony, Near Khandari, Agra-Mathura Bye-pass, **AGRA**–282 005

Regd. Office : 2/11A, Swadeshi Bima Nagar, **AGRA**–282 002

Phone : 2530966, 2531101

E-mail : care@upkar.in, **Website :** www.upkar.in

Branch Offices :

4845, Ansari Road, Daryaganj,

New Delhi—110 002

Phone : 011–23251844,

43259035

Paras Bhawan

(First Floor),

Khazanchi Road,

Patna—800 004

Phone : 0612-2303340

16-11-23/37, Moosarambagh, Teegan

Guda, Opp. RTA Office Main Road,

Beside—Union Bank

Hyderabad—500 036 (T. S.)

Phone : 040–24557283

8-310/1, A. K. House, Heeranagar,

Haldwani, Distt.—Nainital—263 139

(Uttarakhand) **Mob. :** 7060421008

- *The publishers have taken all possible precautions in publishing this book, yet if any mistake has crept in, the publishers shall not be responsible for the same.*
- *This book or any part thereof may not be reproduced in any form by Photographic, Mechanical, or any other method, for any use, without written permission from the Publishers.*
- *Only the courts at Agra shall have the jurisdiction for any legal dispute.*

ISBN : 978-93-89664-75-1

Code No. 3063

Printed at : UPKAR PRAKASHAN (Printing Unit) Bye-pass, AGRA

Preface

In the heart of the Indian subcontinent lies a land of enchanting beauty, rich history, and diverse cultures - Jammu and Kashmir and Ladakh. Nestled among the majestic Himalayan mountains, this region has captivated the imagination of travelers, scholars, and explorers for centuries. From the snow-capped peaks of the Kashmir Valley to the vibrant traditions of Jammu and the rugged landscapes of Ladakh, Jammu and Kashmir is a microcosm of India's cultural, geographical, and historical diversity.

This comprehensive book, meticulously curated for competitive examinations, takes you on a journey through the multifaceted tapestry of Jammu and Kashmir and Ladakh. Divided into two parts - Part A focusing on Jammu and Kashmir and Part B delving into the distinct Ladakh region - this book seeks to provide an in-depth understanding of the region's history, culture, governance, geography, environment, society, and economy.

Part A (Jammu and Kashmir) begins by unraveling the historical narrative of this region, from the ancient civilizations that once thrived here to the legacy of the Dogra rulers and the princely state's intricate past. The rich cultural heritage of Jammu and Kashmir is explored through its festivals, folk music, dances, languages, literature, arts, crafts, and cuisines. It also delves into the lives and aspirations of the resilient people who call this land their home.

The political landscape is dissected in detail, covering the significant Jammu and Kashmir Reorganisation Act of 2019, the unique constitutional provisions, and its transformation into a Union Territory. The book offers insights into the legislative, executive, and judicial structures, as well as the grassroots governance through Panchayati Raj institutions.

Part A further explores the geography and environment of Jammu and Kashmir. It describes the diverse topography, climate, rivers, lakes, mountain ranges, passes, glaciers, and the breathtaking natural beauty that makes it a tourist's paradise. Conservation efforts and the unique wildlife sanctuaries and national parks are also highlighted.

The societal and economic aspects of Jammu and Kashmir are comprehensively covered, including topics such as the Indus Water Treaty, land reforms, transportation networks, industries, energy resources, agriculture, horticulture, education, healthcare, and famous personalities hailing from the region. The book also touches upon the region's contribution to the Sustainable Development Goals and its vibrant sports culture.

Part B (Ladakh) is a tribute to the captivating region of Ladakh, which boasts its own distinct history, culture, and geography. It takes readers on a journey through Ladakh's historical evolution, its unique festivals, music, dances, languages, literature, and culinary delights.

The political landscape of Ladakh is explored, from its emergence as a Union Territory to the functioning of the Ladakh Autonomous Hill Development Council. The book offers insights into the judicial system, administrative setup, and the geographical and environmental aspects, including the region's pristine lakes, rivers, glaciers, and national parks.

Society and economy in Ladakh are also discussed in detail, covering transport networks, industries, energy resources, agriculture, horticulture, animal husbandry, wildlife, and the region's contributions to centrally sponsored schemes and sports.

This book is more than just a compilation of facts and figures; it is a tribute to the resilience, diversity, and cultural richness of Jammu and Kashmir and Ladakh. It is a resource designed to equip readers with a comprehensive understanding of this captivating region, making it an invaluable companion for aspirants preparing for competitive examinations or anyone seeking to explore the beauty and complexity of Jammu and Kashmir and Ladakh. We hope this book not only informs but also inspires a deeper appreciation for this magnificent part of India.

—Dr. Gulam Mohammed Sheikh

Contents

● Jammu and Kashmir Current Affairs	1–13
● Ladakh Current Affairs	14–16

Part-A : Jammu and Kashmir

1. History and Culture of Jammu and Kashmir Regions	2–37
1. History of Jammu Region.....	2
2. History of Kashmir Region	4
3. History of Jammu and Kashmir under Dogra Rulers	8
4. Princely state of Jammu and Kashmir	13
5. Historical Sources of Jammu and Kashmir Regions	14
6. Fairs and Festivals of Jammu and Kashmir Regions	17
7. Folk Music and Dances of Jammu and Kashmir Regions	18
8. Languages and Literature of Jammu and Kashmir Regions	21
9. Arts and Crafts of Jammu and Kashmir Regions	23
10. Cuisines of Jammu and Kashmir Regions	24
11. The People of Jammu and Kashmir Regions	25
● Multiple Choice Questions	26
2. Polity and Governance of Jammu and Kashmir Regions	38–62
1. Jammu and Kashmir Reorganisation Act, 2019	38
2. The Constitution of Jammu and Kashmir	51
3. Special Status (Article 370) to Jammu and Kashmir.....	52
4. Emergence of Jammu and Kashmir as Union Territory	53
5. Legislature of Jammu and Kashmir	53
6. Executive of Jammu and Kashmir	55
7. Judiciary of Jammu and Kashmir	56
8. Panchayati Structure in Jammu and Kashmir	57
● Multiple Choice Questions	58
3. Geography and Environment of Jammu and Kashmir Regions	63–120
1. Physiography of Jammu and Kashmir	63
2. Demographic Profile in Jammu and Kashmir.....	67
3. District Profile of Jammu and Kashmir	69
4. Topography of Jammu and Kashmir	79

5. Climate of Jammu and Kashmir	79
6. Soils of Jammu and Kashmir	82
7. Rivers in Jammu and Kashmir	85
8. Lakes in Jammu and Kashmir	87
9. Mountain Ranges in Jammu and Kashmir	91
10. Passes in Jammu and Kashmir	94
11. Glaciers in Jammu and Kashmir	94
12. National Parks in Jammu and Kashmir	95
13. Wildlife Sanctuaries in Jammu and Kashmir	98
14. Conservation Reserves and Wetlands in Jammu and Kashmir	101
15. Tourism in Jammu and Kashmir	101
16. Tourist Places in Jammu and Kashmir	103
17. Historical Places in Jammu and Kashmir	106
18. Adventure Tourism in Jammu and Kashmir	107
19. Tribes and Tribal Population in Jammu and Kashmir	108
● Multiple Choice Questions	109
4. Society and Economy of Jammu and Kashmir Regions.....	121–188
1. Indus Water Treaty	121
2. Land Reforms in Jammu and Kashmir	121
3. Transport Network in Jammu and Kashmir	122
4. Industries and Industrial Estates in Jammu and Kashmir	124
5. Power (Energy Resources) in Jammu and Kashmir	135
6. Minerals of Jammu and Kashmir	139
7. Irrigation and Irrigation Projects in Jammu and Kashmir	142
8. Agriculture and Allied Sector in Jammu and Kashmir	145
9. Horticulture in Jammu and Kashmir	149
10. Floriculture in Jammu and Kashmir	151
11. Apiculture in Jammu and Kashmir	153
12. Sericulture in Jammu and Kashmir	154
13. Animal Husbandry in Jammu and Kashmir	156
14. Flora (Forests) of Jammu and Kashmir	158
15. Fauna (Wildlife) of Jammu and Kashmir	160
16. Education and Health System in Jammu and Kashmir	161
17. Famous Personalities of Jammu and Kashmir	164
18. Centrally Sponsored Schemes and Programmes	168
19. Sustainable Development Goals	170
20. Sports and Awards	170
● Multiple Choice Questions	171

Part-B : Ladakh

1. History and Culture of Ladakh Region	190–205
1. History of Ladakh Region	190
2. Historical Sources of Ladakh	193
3. Fairs and Festivals of Ladakh	194
4. Folk Music and Dances of Ladakh	195
5. Languages and Literature of Ladakh.....	197
6. Arts and Crafts of Ladakh	198
7. Cuisines of Ladakh	200
● Multiple Choice Questions	200
2. Polity and Governance of Ladakh Region	206–211
1. Emergence of Ladakh as Union Territory	206
2. Ladakh Autonomous Hill Development Council (LAHDC)	206
3. Judiciary System of Ladakh	208
4. Administrative Setup in Ladakh	208
● Multiple Choice Questions	209
3. Geography and Environment of Ladakh Region	212–229
1. Physiography of Ladakh	212
2. Demographic Profile of Ladakh	213
3. District Profile of Ladakh	214
4. Topography of Ladakh	215
5. Climate in Ladakh	216
6. Soils of Ladakh.....	216
7. Rivers in Ladakh	217
8. Lakes in Ladakh.....	218
9. Glaciers in Ladakh.....	219
10. Passes in Ladakh	220
11. National Parks in Ladakh.....	223
12. Wildlife Sanctuaries in Ladakh.....	223
13. Conservation Reserves in Ladakh.....	224
14. Tourism in Ladakh	225
15. Historical and Tourist Places in Ladakh	225
16. Adventure Tourism in Ladakh	227
17. Tribes and Tribal Population in Ladakh	228
● Multiple Choice Questions	228

4. Society and Economy of Ladakh Region	230–240
1. Transport Network in Ladakh.....	230
2. Industries in Ladakh	230
3. Power (Energy Resources) in Ladakh	231
4. Minerals of Ladakh.....	232
5. Irrigation in Ladakh	232
6. Agriculture and Allied Sector in Ladakh.....	233
7. Horticulture in Ladakh.....	234
8. Apiculture in Ladakh	234
9. Animal Husbandry in Ladakh	235
10. Flora (Forests) of Ladakh.....	235
11. Fauna (Wildlife) of Ladakh	236
12. Centrally Sponsored Schemes and Programmes	237
13. Sports in Ladakh	237
● Multiple Choice Questions	238
