Religion is considered to be an important part of culture and civilization of any particular Society. Like other tribals, the Khasis have their own religion known as “Ka Niam Khasi”. Religion is concerned with man’s life, it is an attitude packed with emotion and sentiment; it also expresses the feelings of the human mind. Religion is treated as something sacred as an individual realizes the important aspects in his day to day life.

The Khasi religion did not have any written and conventional documents in the past. It was passed on by word of mouth from one generation to the other through oral tradition. It was with the coming of the Christian Missions that the Khasi writers tried to document some of the aspects of the Khasi Religion and to put them into writing. This has enabled the people who no longer follow Khasi religion, to know about the Khasi Religion, its traditions and customs.

It is found that there is a transition in the thought and mindset of the Khasis living in those days, where some of them have converted to other faiths and left behind their indigenous faith. It is because of the conflicts arising of the coming of the
missionaries, some eminent Khasi writers would like to revive the Khasi Culture and tradition. Due to no-availability of written records, these writings will now become sources of information about the Khasi Religion and other related matters of Khasi faith. The religious ideas and practices inherited for generations tend to lose many things in the passage of time and finally it may face extinction. Other factor which stands as an obstruction to the Khasi Religion is the impact of Christianity which was more prominent and had a shaking effect on many aspects of the Khasi traditional culture and Religion.