As is evident, culture is one of the unique formulations of human beings that they endow and cherish. Culture represents every domain of human society, from the basic needs of life to their creative manifestations in the form of art, to the ideologies, value structures, beliefs and norms that pattern the life of the people in a systematic manner.

The study of cultures has always been a choice of anthropologists and sociologists, however, from past few years it has attracted much of their interest and attention due to rapid change and loss of many traditional values mainly through the process of globalization, which not only has receded the barriers in terms of cultural interaction across globe, but has also increased the homogenization of cultural traits throughout the world, particularly through unguided or unplanned communication revolution which has seriously influenced the indigenous cultural continuities.

It was in the preceding context that present study was initiated to assess and analyze the Kashmiri culture with the following specific objectives: [a] to develop a theoretical understanding of culture and culture continuity and change; [b] to highlight the major factors of change and continuity in global and Indian context; [c] to make a historical assessment of culture change and continuity in Kashmiri society; [d] and to highlight sociologically the various factors and processes contributing to change and continuity and its implications on the Kashmiri society.

Following the above mentioned thematic framework in the study, the first chapter deals with the understanding of the concept of culture and culture continuity and change. It also includes the theoretical understanding of various
processes of change. The second chapter is based upon the methodology adopted during the course of this study. The chapter third is based on the 'literature review', including the works which give a clear understanding of Kashmir society, particularly in its historical context. The chapter four is based upon the findings of the study based on the information collected from the field-study as well as from the information that was collected from the written sources like books, reports and journals. The chapter five draws the concluding remarks about the major findings of the study.