



**GOVERNMENT ARTS COLLEGE FOR WOMEN
(AUTONOMOUS),
PUDUKKOTTAI-622 001., TAMIL NADU, INDIA**

**(An Autonomous Institution Affiliated to Bharathidasan University)
Re-Accredited (3rd Cycle) with 'B++' Grade by NAAC**

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Date: 27.03.2022

EK BHARAT SHRESHTHA BHARAT MONTHLY REPORT

With the motto of establishing Unity in Diversity of our Nation to maintain strengthen the fabric of traditionally existing emotional bonds between the people of our country, the Government of India has instigated the nationwide programme called **Ek Bharat Shreshtha Bharat**.

Based on MHRD's methodology, each state is paired with some other state to exchange their various field of knowledge for example, (language, literature, cuisine, festivals, cultural events, tourism etc.) Accordingly, Tamil Nadu is paired along with Jammu & Kashmir.

This inspired our **EBSB Team** which has been effectively working on the Ek Bharat Shreshtha Bharat (EBSB) conducting various activities every month since June 2020. The EBSB team of our college planned to give an aesthetic joy to the students, a visual tour series with various themes. For the month of **March 2022 Visual Tour Series – 2 : Sports and Adventures of Kashmir** was presented to the students.

Details

Report for the Month : **March 2022**

Topic : **Visual Tour Series – 2 : “Sports and Adventures of Kashmir”**

Beneficiaries: Students of Government Arts College for Women (A), Pudukkottai -1, Tamilnadu.

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VISUAL TOUR SERIES – 2: “SPORTS AND ADVENTURES OF KASHMIR”

Water Adventure Sports/Activities



The lakes and rivers of Jammu and Kashmir are mostly fed by melting glaciers. At high altitudes, these waterways are fast paced. A few of them make their way through the rocky landscapes of Zaskar and Ladakh, perfect for **White Water Rafting**. The river Indus and River Zaskar are the major rivers that are used for **Wild Water Rafting, Parasailing, and Swimming**. Pahalgam is one of those locations, where facilities for **Angling, Canoeing and Kayaking** are provided. The most popular activity in the lakes of J&K is **Trout Fishing**. If one seeks peaceful and relaxing holidays, Dal Lake and Nagin Lake offer a wonderful experience of living on **Houseboats and Shikara Rides** for local sightseeing.

Land Adventure Sports



The mystical lands of Zaskar and Ladakh, are the best places for **Mountaineering** and several other sports. The snowy slopes and rocky mountains are perfect locations for . The steep hills of the Himalaya and Karakoram range are equipped with all the facilities relating to these sports. Gulmarg is a world famous hill station for skiing. The route of Sonmarg to

Pahalgam is covered with dense alpenes, ideal for trying out **Alpine Skiing**. Apart from this, sports like **Cross Country Skiing, Snowboarding and Ice Skating** have unlimited possibilities in the entire Kashmir valley. In Ladakh and forested hills of Jammu, one can enjoy **Bungee Jumps, Mountain Cycling, Jeep Safaris and Cave Exploration**. Apart from all such adventures, Gulmarg has one of the world's highest green golf courses.

Aero Sports



Sports like **Paragliding, Hot Air Ballooning, Air Surfing and Sky Diving** are becoming increasingly popular with the youth. Zanskar, Sanasar and few other parts of jammu are hot spots for hot air ballooning. One can find several training camps that are set up for Paragliding.

These adventure activities can be endorsed in any season. Jammu and Kashmir, the paradise on earth, is not only about natural beauty and romantic weather, but the best adventure sports.