


**REPORT OF MONTHLY ACTIVITY**  
**UNDER EK BHARAT SHRESHTHA BHARAT ACTIVITIES**  
**DURING MAY 2024**

**MAY 2024**

<b>Sr. No.</b>	<b>Activities by India Tourism Offices / CIHMs / IITM</b>	<b>Month of Activity</b>	<b>Proposed Activity</b>	<b>Details of the Activity</b>	<b>Paired States involved</b>	<b>No. of Participants / Attendees</b>	<b>Any other relevant information</b>
<b>1.</b>	IHM CHENNAI-600 113 TAMIL NADU	APRIL 10.05.24	<b>ESSAY WRITING COMPETITION on "TOURISM IN LADAKH"</b>	<p>1.As per the guidelines issued by the Ministry, an essay writing competition on "Tourism in Ladakh" was organized on 10.05.2024.</p> <p>2.The session started by welcoming the audience</p> <p>3.A brief note on EBSB and its importance was shared</p> <p>4. Papers were distributed to all the participants</p> <p>5. The outline and rules of the competition were announced</p> <p>6. The start time and end time was carefully monitored</p> <p>7.The Nodal officer concluded by giving vote of thanks.</p> <p>8.The event was conducted in the training restaurant</p>	<b>IHM CHENNAI (Tamil Nadu) AND IHM SRINAGAR (Jammu-Kashmir &amp; Ladakh)</b>	42	<p><b>Coordinators:</b> Mrs. R. Parimala, Principal i/c Dr. J. Eugene, Lecturer, IHM Chennai Mr. Vishesh Anna Joshi, Lecturer</p> <p><b>Annexure:</b> <b>1. Pictures taken during the session</b></p>

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**INSTITUTE OF HOTEL MANAGEMENT CATERING TECHNOLOGY & APPLIED NUTRITION**  
 Tharamani, Chennai - 600 113.

Name: NIKITA JOSEPH Class Test: \_\_\_\_\_  
 Course: \_\_\_\_\_ Subject: \_\_\_\_\_  
 Date: \_\_\_\_\_ Time: \_\_\_\_\_ Signature of Invigilator: \_\_\_\_\_


Tourism in Ladakh

The tourism in Ladakh is an absolute delight for nature lovers as well as adventurers. Ladakh is home for many motorcycle gang as they ~~had~~ travel through all the Snowy mountain.

Ladakh is famous for its breathtaking landscape, the crystal clear skies, the highest mountain passing, Buddhist Monasteries and Festival.

The most loved attractions in Ladakh are Pangong Tso, Diskit Monastery And Truksey Gompa. They can see the majestic Himalayas, Serene Pangong Tso lake etc making it a paradise.

The best month to visit Ladakh is during the summer season from month April to July. The temperature being between 15°-30°c.



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Name: Aisling Thomas Class Test: \_\_\_\_\_  
 Course: \_\_\_\_\_ Subject: \_\_\_\_\_  
 Date: \_\_\_\_\_ Time: \_\_\_\_\_ Signature of Invigilator: \_\_\_\_\_

LADAKH

Ladakh, known as the "Land of High Passes", offers the tourists eyes with its breath taking landscapes and rich culture heritage. It is fulfilled with great views in snow and lake create resources no poet can explain. It also have the main mountains like Truksey & Hemis Monks valley a well known place among the adventure seekers who ~~love~~ High peak altitude pass the Khardung La, and indulging in winter sports. Ladakh's unique topography offers opportunities for trekking, mountain biking and river rafting. Its culture is distinct from the rest of India, with a primary population of Buddhist and Muslims and a main language of Ladakhi with influence from Urdu and Tibetan. High altitude make Ladakh's temperature to drop to -5°c in winter night, snowfall happens from December to February.

The Indian government has recently declared some areas of Ladakh open for international tourism. These areas are relatively more distinct for culture and adventure tourism. The tourism industry in Ladakh is in its early stage of development, but there are number of hotels and guesthouses that cater to tourists. The region is also home to number of restaurants that serve Ladakhi cuisine. If a person is into adventure tourism Ladakh would be in his or her bucket list.


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 Course: \_\_\_\_\_ Subject: \_\_\_\_\_  
 Date: \_\_\_\_\_ Time: \_\_\_\_\_ Signature of Invigilator: \_\_\_\_\_

Tourism in Ladakh

In the farthest reaches of India, lies a spectacular abode of cold mountains, topped with snow-white peaks and dotted with the picturesque Tibetan Buddhist monasteries, that narrates a well-written story of culture, history, and breath-taking scenic nature! Ladakh, a union territory, that has been newly established by the government, is bordered by the Tibet region in ~~east~~, the Indian state of Himachal Pradesh in the south, Jammu to the west. Ladakh has a rich history, that has been associated with Buddhism, giving rise to the ethnic culture and establishment of famous monasteries, like the Likir Monastery, Phyang Gompa, Hemis monastery and many more.

By Geography, Ladakh sits comfortably at a height of over 9000 ft, that translates to over 3 kilometers above sea level. One can easily infer the climatic conditions of Ladakh, and has been a favourite spot for tourists and motorist from around the country, as well as over the parts of the globe. It constitutes the Himalayas, and also the upper Indus River valley. The formation of the mountain region, is believed to have happened about a period of 45 million years, by the folding of the Indian & Eurasian plate. Earthquakes are common in this region, suggesting the gradual formation of newer peaks. Some of the highest motorable passes are present in Ladakh, that paves way for tourists from around the world, like the Khardung La Pass (5359 metres above sea level), and various other passes like the Chang La, Namsumik La, etc. The region is also home to lakes that offer a breath-taking and out of the world experience, like the Pangong Tso Lake & Tso Shiri, which has been a prime location for various film shootings, thereby leading to tourism in the region. Ladakh, is also seen as an abode by tourists

**Students participating in the ESSAY WRITING COMPETITION on "TOURISM IN LADAKH"**