

+91 9815591973 support@examlife.info



- 
- 
- Home
- UPSC
 - Current Affairs IAS
 -   
 - Quiz IAS
 -   
 - UPSC News Editorial (/Eng)
 - Answer Writing ( /Eng)
 - UPSC Essay (/Eng)
 - UPSC GS (/Eng)
 - UPSC GS 1 ( /Eng)
 - UPSC GS-2 ( /Eng)
 - UPSC GS-3 ( /Eng)
 - UPSC GS-4 ( /Eng)
 - Kurukshetra ( /Eng)
 - Yojana ( /Eng)
 - IAS Strategy for Prelims
 - General Studies
 - CSAT
 - IAS Strategy for Mains
 - IAS GS 1
 - IAS GS 2
 - IAS GS 3
 - IAS GS 4
 - IAS Test Series
- Himachal HPAS
 - Himachal Daily Current Affairs
 -   
 - Daily Himachal GK Quiz

- Himachal News Editorial (Hindi/Eng)
- Answer Writing (Hindi /Eng)
- Himachal Essay (Hindi/Eng)
- Giriraj
 - Magazine
 - Giriraj Quiz
- Himachal Pradesh
 - Himachal Pradesh
 - Himachal Pradesh Government Schemes
- HP Government Schemes
- Himachal Pradesh Government Schemes
- Syllabus Prelims Himachal HPAS
 - GENERAL STUDIES
 - CSAT
 - English
 - Hindi
- Syllabus Mains Himachal HPAS
 - English,Hindi,Essay & One Optional
 - HPAS GS 3
 - HPAS GS 2
 - HPAS GS 1
- Himachal HPAS Test Series
- All You need to Know about Himachal HPAS
- HARYANA HCS
 - Haryana Current Affairs
 - Himachal Pradesh Government Schemes
 - HCS Quiz
 - Himachal Pradesh Government Schemes
 - Haryana News Editorial (Hindi/Eng)
 - Answer Writing (Hindi /Eng)
 - Haryana Essay (Hindi/Eng)
 - HR Government Schemes
 - Himachal Pradesh Government Schemes
 - Syllabus Mains Haryana HCS
 - Syllabus Prelims Haryana HCS
 - HCS Prelims Test Series

- [Punjab PCS](#)
- [Punjab PCS Current Affairs](#)
- [Daily Quiz Punjab PCS](#)
- [Punjab News Editorial \(Eng\)](#)
- [Answer Writing \(Eng\)](#)
- [Punjab Essay \(Eng\)](#)
- [All you need to know about Punjab PCS Exam 2021](#)
- [Syllabus Prelims Punjab PCS](#)
 - [General Studies](#)
 - [Prelims GS 1](#)
- [Syllabus Mains Punjab PCS](#)
 - [PCS GS 1](#)
 - [PCS GS 2](#)
 - [PCS GS 3](#)
 - [PCS GS 4](#)
 - [Online PUNJAB PCS TEST SERIES 2020](#)
- [CSAT](#)
 - [CSAT English](#)
 - [Punjab PCS CSAT](#)
- [Concept Mindmaps](#)
 - [Polity \(Hindi / Eng\)](#)
 - [Geography \(Hindi / Eng\)](#)
 - [Environment \(Hindi / Eng\)](#)
 - [History \(Hindi / Eng\)](#)
 - [Economics \(Hindi / Eng\)](#)
 - [Science and Technology \(Hindi / Eng\)](#)
 - [CSAT Concepts \(Hindi / Eng\)](#)
 - [Maps \(Hindi / Eng\)](#)
 - [Art and Culture \(Hindi / Eng\)](#)
 - [International Affairs \(Hindi / Eng\)](#)
 - [Punjab PCS Concepts](#)
 - [Himachal HPAS Concepts \(Hindi / Eng\)](#)
 - [Haryana HCS Concepts \(Hindi / Eng\)](#)
 - [Rajasthan RAS Concepts \(Hindi / Eng\)](#)
- [Concept Quiz](#)
 - [Polity Quiz \(Hindi/Eng\)](#)

- Geography Quiz (हिंदी/Eng)
- Environment Quiz (हिंदी/Eng)
- History Quiz (हिंदी/Eng)
- Economics Quiz (हिंदी/Eng)
- Science and Technology Quiz (हिंदी/Eng)
- CSAT Concepts Quiz (हिंदी/Eng)
- Maps Quiz (हिंदी/Eng)
- Art and Culture Quiz (हिंदी/Eng)
- Punjab PCS Concepts Quiz
- Himachal HPAS Concepts Quiz (हिंदी/Eng)
- Haryana HCS Concepts Quiz (हिंदी/Eng)
- Rajasthan RAS Concepts Quiz (हिंदी/Eng)
- Mains
 - UPSC Answer Writing (हिंदी/Eng)
 - HPPSC Answer Writing (हिंदी/Eng)
 - Haryana HCS Answer Writing (हिंदी/Eng)
 - Punjab PCS Answer Writing
- Exam Blogs
 - UPSC Exam Blogs
 - Himachal Exam Blogs
 - Punjab exam Blogs
 - Haryana Exam Blogs
 - Rajasthan Exam Blogs
 - E-Magazine
 - E-Magazine for HPAS
 - हिमाचल प्रदेश का हिंदी-हिंदी
 - E-Magazine for Punjab PCS
- UPCOMING EXAMS
 - National Exams
 - Himachal Pradesh Exams
 - Punjab Exams
 - Test Series Planner
- About US
- Sign Up
- Login
- facebook 

▪ instagram 

▪ youtube 

MENU

Click on Drop Down for Current Affairs

Topics Covered



- What is the news?
 - About the Marathon:
 - Who organized the event and what is its nickname?
 - Nickname of this marathon and Its Significance:
 - Significance of this event:
 - What impact it created?
 - A Global Recognition:
 - Looking Ahead:
 - Conclusion:
 - About Pangong Lake:
 - Why Pangong Tso is a saltwater lake?
 - QuizTime:
 - Are you Ready!
- Read the Below Instructions Carefully:
 - Please Rate!
 - Mains Questions:
 - Question 1:
 - Model Answer:
 - Question 2:
 - Model Answer:
 - Relevance to the UPSC Prelims and Mains syllabus under the following topics:

What is the news?

- Ladakh, the land of high-altitude beauty and rugged terrain, recently witnessed a historic event – India's first and world's highest frozen lake marathon on Frozen Pangong Lake.
- The first of its kind, marathon is an attempt to make the Guinness World Record for the world's highest frozen lake marathon.
- India's first frozen Lake Marathon is being held at a height of 13,862 feet. The starting point of the 21km marathon was at Lukung which will culminate at Maan village.
- This unique feat of endurance and adventure not only pushed the boundaries of human potential but also showcased Ladakh's growing prominence as a hub for extreme sports and tourism.

About the Marathon:

- The marathon, held on February 20, 2023, saw 75 participants, both domestic and international, brave the sub-zero temperatures and challenging icy terrain to compete in the 21-kilometer race. With Pangong Tso frozen at an altitude of roughly 13,862 feet, the runners faced not only the physical demands of the course but also the additional challenges of thin air and extreme cold.

Who organized the event and what is its nickname?

The Pangong Tso Frozen Lake Marathon was jointly organized by the following entities:



- **Adventure Sports Foundation of Ladakh (ASFL):** This non-profit organization promotes adventure sports and eco-tourism in Ladakh. They played a crucial role in conceptualizing and executing the event.
- **Ladakh Autonomous Hill Development Council – Leh (LAHDC Leh):** This is the local government body responsible for the development of Leh district in Ladakh. They likely provided administrative and logistical support for the marathon.
- **The Tourism Department:** This department under the Jammu and Kashmir government likely supported the event to promote tourism in Ladakh.
- **14 Corps of the Indian Army:** The Indian Army

likely provided logistical support and ensured the safety of participants during the event.

Nickname of this marathon and Its Significance:

- The Pangong Tso Frozen Lake Marathon was also nicknamed “The Last Run.” This nickname was chosen to highlight the event’s focus on raising awareness about climate change and the potential future melting of the Himalayan glaciers, including Pangong Tso itself. It serves as a reminder of the urgency to combat climate change and protect these unique natural wonders.

Significance of this event:

- This event was more than just a competition; it was a testament to the spirit of adventure and the growing popularity of Ladakh as a destination for unique sporting experiences. The marathon not only attracted athletes but also generated significant interest from tourists and adventure enthusiasts, potentially boosting the region’s economy and promoting winter tourism.

What impact it created?

- **Promoting Sustainable Tourism:** The marathon aimed to promote winter tourism in Ladakh, traditionally a summer destination. This diversification can provide much-needed economic opportunities for local communities during the off-season while minimizing the environmental impact of concentrated tourist activity in the summer months.
- **Highlighting Climate Change:** Nicknamed “The Last Run,” the event served as a stark reminder of the receding Himalayan glaciers and the urgency of addressing climate change. The stark beauty of the frozen lake, a potential consequence of glacial retreat, served as a powerful visual message for global audiences.
- **Boosting Local Economy:** The influx of participants, crew, and spectators generated revenue for local businesses, including hotels, homestays, and shops. This economic boost can contribute to the development of the region and improve the livelihoods of its inhabitants.
- **Showcasing Adventure Potential:** Ladakh’s successful hosting of the marathon showcased its potential as a destination for extreme adventure sports. This can attract niche tourism, further contributing to the region’s economic development and global recognition.

A Global Recognition:

- The Pangong Tso Frozen Lake Marathon aimed to not only be a national first but also set a world

record. The event successfully achieved its goal, securing its place in the **Guinness Book of World Records** as the world's highest frozen lake half marathon. This global recognition further underscores the significance of the event and positions Ladakh on the map of international adventure sports.

Looking Ahead:

- The success of the inaugural edition paves the way for future iterations of the frozen-lake marathon, potentially attracting even more participants and spectators. This event serves as a catalyst for promoting winter tourism in Ladakh, showcasing its breathtaking landscapes and offering unique experiences for adventure seekers worldwide. Additionally, it encourages the development of infrastructure and support systems to cater to this growing segment of tourism, potentially creating new opportunities for local communities.

Conclusion:

- Ladakh's first frozen-lake marathon was a resounding success, pushing the boundaries of human endurance and adventure. It not only garnered global recognition but also served as a testament to the region's potential as a hub for extreme sports and winter tourism. As Ladakh continues to embrace such innovative events, it can further solidify its position as a must-visit

destination for adventure enthusiasts and nature lovers worldwide.

About Pangong Lake:

- Pangong Lake, situated at a height of almost 4,350m, is the world's highest saltwater lake. Its water, which seems to be dyed in blue, stand in stark contrast to the arid mountains surrounding it. Extending to almost 160km, one-third of the Pangong Lake lies in India and the other two-thirds in China.
- Pangong Lake, one of the most famous lakes in Leh Ladakh, derives its name from the Tibetan word, "Pangong Tso", which means "high grassland lake". You could spend hours in contemplation here, and still not have enough of its beauty. Pangong Lake is also known to change colors, appearing blue, green and red at different times.



(Pic:google img)

Some of the key features of Pangong Tso Lake:

- Location: Ladakh, India and Tibet, China
- Length: 134 kilometers (83 mi)
- Width: 5 kilometers (3.1 mi) at its broadest point
- Area: 699.3 square kilometers (270.4 sq mi)
- Climate: Cold and dry, with temperatures ranging from -40°C (-40°F) in winter to 10°C (50°F) in summer
- Wildlife: Birds such as black-necked cranes, Tibetan wild asses, and marmots

Why Pangong Tso is a saltwater lake?

Unlike most freshwater lakes found at high altitudes, Pangong

Tso is indeed a saltwater lake. This unique characteristic is attributed to several factors:

- **1. Geological History:** Millions of years ago, the region where Pangong Tso lies was likely part of a vast Tethys Sea. As the Himalayas rose due to tectonic plate movements, this seafloor was uplifted, forming the Tibetan Plateau and isolating bodies of seawater within depressions like Pangong Tso. Over time, these isolated bodies of water became landlocked and couldn't drain into the oceans.
- **2. Lack of Drainage:** Unlike most freshwater lakes, Pangong Tso is an endorheic lake, meaning it has no outlet to the ocean or any other external body of water. This isolation prevents the water from replenishing or flushing out dissolved salts.
- **3. Mineral Richness in Rocks:** The surrounding mountains are rich in various minerals, including salts like sodium chloride, magnesium sulfate, and potassium sulfate. As rainwater and snowmelt flow through these rocks, they dissolve these minerals, carrying them into the lake.
- **4. Evaporation:** The high altitude and dry climate of the region contribute to high evaporation rates. As water evaporates from the lake's surface, the dissolved salts become more concentrated, increasing the salinity over time.
- **5. Limited Freshwater Input:** The limited freshwater input from streams and glaciers feeding the lake further contributes to the higher concentration of salts compared to freshwater lakes.

In essence, the combination of geological history, lack of drainage, mineral-rich surroundings, high evaporation, and limited freshwater input create the unique conditions that make Pangong Tso a saltwater lake at such a high altitude.



Examlife

On Whatsapp Now

Introducing Examlife Channel - Your Ultimate Destination for Daily Most Important Current Affairs and Quiz! Follow Examlife Channel today!



QuizTime:


🚩 📄

0 votes, 0 avg

0

Are you Ready!

Thank you, Time Out !

Created by  **Examlife**
General Studies
CURRENT AFFAIRS QUIZ

Read the Below Instructions Carefully:

- Click on - Start Quiz
 - Attempt all questions (You can attempt or leave)
 - After Attempting Last Question.
 - Enter Name & Email
 - Click on - Check Result
 - Scroll down - Check out Solutions too.
- Thank you.

Loading ...



1 / 6

Category: **General Studies**

The primary purpose of the "The Last Run" marathon held in Ladakh was to:

- Promote winter tourism in the region.
- Raise awareness about climate change.
- Set a new world record for the highest marathon.
- All of the above.

Prev

Finish

Next

2 / 6

Category: **General Studies**

In which state/union territory is Pangong Tso Lake located?

- Jammu and Kashmir

Himachal Pradesh

Ladakh

Sikkim

Prev

Finish

Next

3 / 6

Category: **General Studies**

How can future events like the frozen lake marathon contribute to sustainable development in Ladakh?

By attracting large investments in tourism infrastructure.

By prioritizing economic benefits over environmental concerns.

By focusing solely on promoting adventure sports.

By adopting responsible practices and integrating with the local community.

Prev

Finish

Next

4 / 6

Category: **General Studies**

What is the unique characteristic of Pangong Tso Lake mentioned in the editorial?

It is the deepest freshwater lake in India.

It is the largest saltwater lake in the Himalayas.

It is the world's highest brackish water lake.

It is the only frozen lake in India accessible for tourism.

Prev

Finish

Next

5 / 6

Category: **General Studies**

What is the biggest challenge associated with hosting events like the frozen lake marathon in Ladakh?

- Attracting a large number of participants.
- Finding sponsors for the event.
- Ensuring minimal environmental impact.
- Marketing the event effectively.

Prev

Finish

Next

6 / 6

Category: **General Studies**

Which of the following statements is NOT TRUE about the Ladakh frozen lake marathon?

- It was held at the world's highest altitude for a half marathon on a frozen lake.
- It attracted international attention to the beauty and vulnerability of Ladakh.
- It was primarily a competition for professional athletes.
- It aimed to generate revenue for local businesses in the region.

Prev

Finish

Check Rank, Result Now and enter correct email as you will get Solutions in the email as well for future use!

Check the Result

Your score is

0%

Restart quiz

Please Rate!

Send feedback

Mains Questions:



**Below Mains
Question**

Write in Comment Section

Question 1:

Critically evaluate the significance of the first-ever frozen lake marathon held at Pangong Tso in Ladakh. Discuss the potential benefits and challenges associated with such events in the fragile Himalayan ecosystem. (250 words)

Model Answer:

The first-ever frozen lake marathon held at Pangong Tso in Ladakh in February 2023 was a unique event with both potential

benefits and challenges.

Benefits:

- Promoting sustainable tourism: The marathon aimed to attract tourists to Ladakh during the off-season, promoting responsible and eco-friendly tourism practices.
- Raising awareness about climate change: Nicknamed "The Last Run," the event highlighted the vulnerability of Himalayan glaciers and the urgency of addressing climate change.
- Boosting the local economy: The marathon generated revenue for local businesses and communities, promoting economic development in the region.
- Encouraging adventure sports: The event showcased Ladakh's potential as a destination for adventure sports, attracting enthusiasts and promoting outdoor activities.

Challenges:

- Environmental impact: The marathon's infrastructure and waste management require careful planning to minimize environmental impact on the delicate ecosystem.
- Safety concerns: Running at high altitude with extreme weather conditions poses significant health risks for participants, requiring robust safety measures.
- Cultural considerations: The event needs to be sensitive to the local culture and traditions of Ladakh, ensuring community involvement and respecting their way of life.
- Strain on resources: Managing a large influx of tourists during the off-season can put pressure on local resources like water, sanitation, and waste disposal.

In conclusion, the frozen lake marathon presents a unique opportunity to promote sustainable tourism, raise environmental awareness, and boost the local economy. However, it's crucial to address potential challenges through careful planning, responsible conduct, and community engagement to ensure the event contributes positively to the fragile Himalayan ecosystem and the well-being of local communities.

Question 2:

The frozen lake marathon at Pangong Tso has been registered in the Guinness Book of World Records as the world's highest. Discuss the potential of such extreme adventure sports in promoting adventure tourism in India, highlighting the associated risks and mitigation strategies. (250 words)

Model Answer:

India boasts diverse landscapes and climatic conditions, offering immense potential for extreme adventure sports like the frozen lake marathon. These events can contribute to:

- **Boosting adventure tourism:** They attract adrenaline seekers and niche tourists, generating revenue and creating jobs in associated sectors like hospitality, equipment rentals, and guiding services.
- **Promoting regional development:** By attracting tourists to remote areas, these events can stimulate economic growth and infrastructure

development in those regions.

- Enhancing brand image: Successfully hosting such events can project India as a destination for adventure enthusiasts, attracting foreign investment and promoting the country's image globally.

However, extreme adventure sports also come with inherent risks:

- Health risks: Participants face potential dangers like altitude sickness, hypothermia, and injuries due to challenging terrain and weather conditions.
- Environmental concerns: Improper infrastructure and waste management can harm fragile ecosystems, requiring sustainable practices and responsible conduct.
- Safety challenges: Ensuring proper safety measures, including trained personnel, emergency response protocols, and adequate equipment, is crucial to minimize risks.

Mitigation strategies:

- Developing robust regulations: Implementing safety guidelines, environmental impact assessments, and permit systems for such events is essential.
- Promoting responsible conduct: Educating participants about potential risks, encouraging responsible behavior, and emphasizing respect for the environment are crucial.
- Investing in infrastructure: Upgrading infrastructure in remote areas, including medical facilities and emergency response systems, is necessary to handle potential emergencies.
- Building local capacity: Training local communities in safety protocols, waste management, and sustainable tourism practices can ensure their

participation and benefit from such events.

In conclusion, extreme adventure sports like the frozen lake marathon hold immense potential for promoting adventure tourism in India. However, addressing associated risks through responsible planning, robust regulations, and community engagement is essential to ensure the safety of participants, minimize environmental impact, and contribute to sustainable development in the region.

Remember: These are just sample answers. It's important to further research and refine your responses based on your own understanding and perspective.

Relevance to the UPSC Prelims and Mains syllabus under the following topics:



UPSC Prelims:

- **Geography: Questions related to:**
 - Environmental issues:** This could involve topics like climate change, its impact on Himalayan ecosystems, and the need for sustainable development practices.
- **Tourism:** Prelims might ask about the contribution of tourism to the Indian economy, different types of tourism (e.g., adventure tourism), and their

potential benefits and challenges.

- **Indian Heritage and Culture:** Questions might touch upon the cultural aspects of Ladakh and the importance of preserving the region's unique traditions and heritage while promoting responsible tourism.
- **General Science and Technology: Environmental impact assessment:** Prelims might test your understanding of the importance of environmental impact assessments for development projects, including those related to tourism infrastructure.
- **Current Affairs:** Questions based on recent news articles or reports related to adventure tourism, environmental concerns in the Himalayas, or sustainable development initiatives could be asked.

UPSC Mains:

- **General Studies Paper II (Governance, Constitution, Polity and Social Justice):** Issues related to development of tourism: This section might touch upon the potential of adventure tourism for regional development, responsible tourism practices, and the need for sustainable development in fragile ecosystems.
Environmental protection and conservation: This section could encompass discussions on the impact of tourism on the environment, the need for environmental impact assessments, and mitigation strategies for minimizing ecological damage.
- **General Studies Paper III (Indian Economy and Social Development):** Infrastructure development: This section might indirectly address the need

for infrastructure development in remote areas to support tourism activities and ensure safety for participants.

Role of tourism in the economy: This section could discuss the contribution of tourism to the Indian economy, including job creation and revenue generation, particularly in the context of promoting adventure tourism.

- **General Studies Paper IV (Ethics, Integrity and Aptitude):** Case studies: The UPSC might present a case study related to the ethical dilemma of balancing economic benefits from adventure tourism with environmental concerns and the well-being of local communities. Candidates would be expected to analyze the situation, identify potential risks and benefits, and propose solutions based on ethical principles.



*Click here to read in
Hindi.*

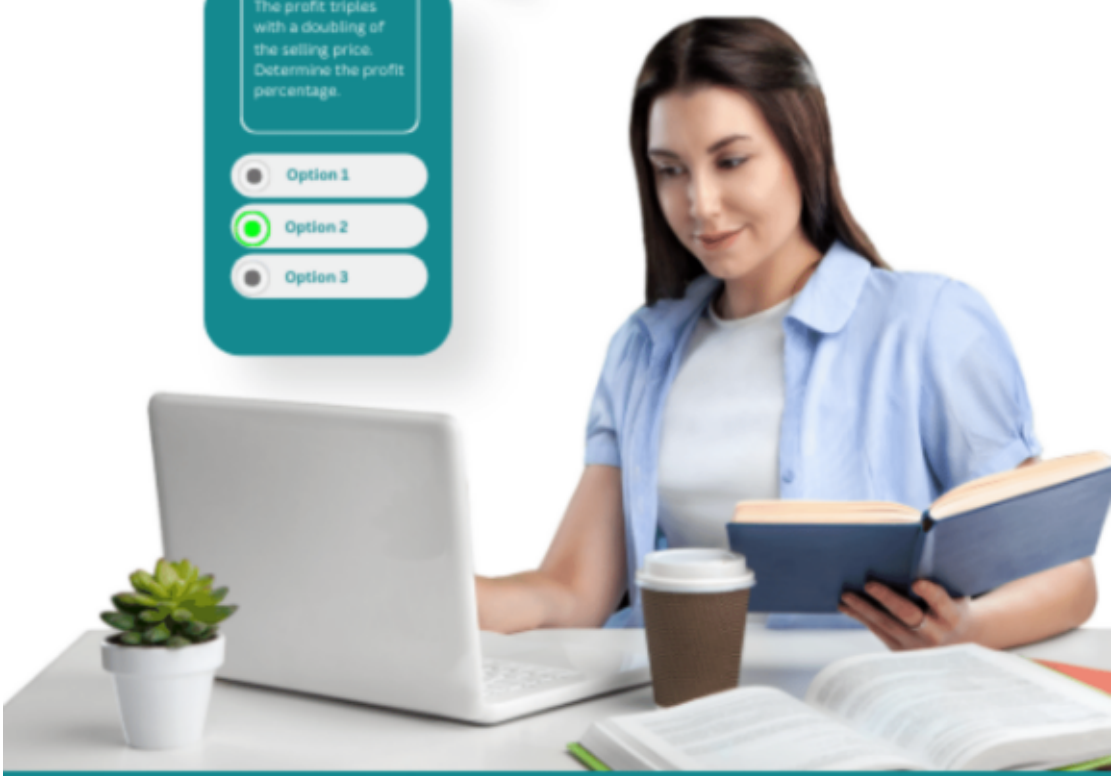
[CLICK HERE](#)



Quiz Time

The profit triples with a doubling of the selling price. Determine the profit percentage.

- Option 1
- Option 2
- Option 3



Try Quiz Now

START



UPSC

- National Current Affairs
- UPSC Quiz
- Editorials
- Mindmaps
- E-Magazine
- Free Mock Test
- Prelims Test Series

संसाधन

- [संसाधन](#) [संसाधन](#) [संसाधन](#)
- [संसाधन](#) [संसाधन](#)
- [संसाधन](#)
- [संसाधन](#)
- [संसाधन](#)
- [संसाधन](#) [संसाधन](#)
- [संसाधन](#) [संसाधन](#)

Examlife Online Prelims Test Series

Enroll Now

Himachal HPAS

- HP Current Affairs
- HPAS Quiz
- HP Editorials
- HP Mindmaps
- HPAS E Magazine
- HPAS Free Mock Test
- HPAS Prelims Test Series

उत्तर प्रदेश प्रश्नपत्र

- उत्तर प्रदेश प्रश्नपत्र
- उत्तर प्रदेश प्रश्नपत्र
- उत्तर प्रदेश प्रश्नपत्र
- उत्तर प्रदेश प्रश्नपत्र
- उत्तर प्रदेश प्रश्नपत्र
- उत्तर प्रदेश प्रश्नपत्र
- उत्तर प्रदेश प्रश्नपत्र

Punjab PCS

- Punjab Current Affairs
- PPSC Quiz
- Punjab Mindmaps
- Punjab Editorial
- Punjab E-Magazine
- PPSC Free Mock Test
- PPSC Prelims Test Series

Haryana HCS

- Haryana Current Affairs
- HCS Quiz
- HCS Editorials
- HCS Mindmaps
- HCS E-Magazine
- HCS Free Mock Test
- HCS Prelims Test Series

उत्तर प्रदेश प्रश्नपत्र

- उत्तर प्रदेश प्रश्नपत्र
- उत्तर प्रदेश प्रश्नपत्र
- उत्तर प्रदेश प्रश्नपत्र
- उत्तर प्रदेश प्रश्नपत्र

- [UPSC](#)
- [Haryana HCS](#)
- [Himachal HPAS](#)
- [Punjab PCS](#)
- [CSAT](#)
- [Contact us](#)
- [About us](#)
- [Privacy Policy](#)
- [Haryana HCS](#)
- [Himachal HPAS](#)
- [Punjab PCS](#)
- [CSAT](#)
- [Contact us](#)
- [About us](#)
- [Privacy Policy](#)

Useful Links

- UPSC
- Haryana HCS
- Himachal HPAS
- Punjab PCS
- Contact us
- About us
- Privacy Policy
- Haryana HCS
- Himachal HPAS
- CSAT
- Contact us
- About us
- Privacy Policy

Social Media



ExamLife Online Prelims Test Series

Enroll Now

- Punjab PCS Exam ([Click Here](#))
- Himachal HPAS Exam ([Click Here](#))
- [Punjab PCS Exam](#) ([Click Here](#))
- UPSC Preparation ([Click Here](#))
- [UPSC Preparation](#) ([Click Here](#))

© 2024 www.examlife.info. All Rights Reserved.