**Leh - Ladakh**

**Cultural Delights and Festivals**

Customs - Traditions - Rituals - Ceremonies

Religion

Institutions

Works of art

Nature and serenity reside in harmony in Leh Ladakh, thus, making it a travelers’ paradise

Buddhist and Tibetan culture dominate Ladakh

Welcome

**Hemis Festival**

Being the most popular festival of Ladakh, it takes place in the month of June to celebrate the birth of Guru Padmasambhava, the founder of Tantric Buddhism in Tibet. This 3-day festival sees the monks dressed in colorful attire and facial masks who perform the sacred dance drama of his life and mission.

**Religion**

Buddhism is the largest religion in Leh, followed by over 43.8% of people. Hinduism is the second-largest religion with 35.4% adherents. Islam and Sikhism form 15.14% and 2.7% of the population respectively

Shanti Stupa

**Regional Tadka – Leh Ladakh**

**(Cultural Delights and Festivals)**

Jullay! Khamzang inalay?. Means - Hello! How are you?

Nye Ming-A Hafsah Khanum in LEY. Means - My name is Hafsah Khanum

Welcome to Regional Tadka - Leh Ladakh. Today we will talk about the Festivals and Cultural delights of Leh Ladakh.

Leh is a city in the Indian Union territory of Ladakh. It is the largest city and the joint capital of Ladakh.

The inhabitants of Leh Ladakh are originally Dards from the Indo-Aryan ethnicity.

The overall culture of Ladakh bears a striking resemblance to the Tibetan culture, due to the close proximity of the two nations.

Ladakhi, Tibetan, Urdu and Balti are the official languages of Ladakh. However, Tibetan and Ladakhi are most common languages spoken by the locals.

Buddhism is the largest religion in Leh, followed by Hinduism, Islam, and Sikhism.

Some of the Festivals of Leh Ladakh are:

Hemis Festival: This is celebrated at Hemis Monastery. It honors Guru Padmasambhava. The highlight of this festival is the colourful masked dance performed by the lamas.

Losar Festival: This Marks the Ladakhi New Year with music, dance, and feasting. It’s a time for family gatherings, religious ceremonies and cultural performances.

Sindhu Darshan Festival: This celebrates the river Sindhu with cultural programs, traditional music and dance performances.

Leh Ladakh’s Cultural Delights include:

Traditional dance like Losal Shona and rhythmic tunes of Surna and Daman.

Ladakhi Cuisine with hearty dishes like Thukpa(noodle soup) and Momos.

Monastic Life, Local Handcrafts & Nomadic culture

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Tibetan and Ladakhi are the most commonly spoken languages.

Buddhism is the largest religion in Leh.

Leh Ladakh’s Cultural Delights include traditional dance like Losal Shona and rhythmic tunes of Surna and Daman. Monastic Life, Local Handcrafts & Nomadic culture are also part of their culture.

Some of their important Festivals are:

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Losar Festival: This Marks the Ladakhi New Year with music, dance, and feasting.