

REACH LADAKH BULLETIN

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Brief News

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Leh gears for third phase of Panchayat election

Polls for five blocks including Chuchot, Thiksey, Leh, Nimmo, and Saspol will be held on November 24

LEH: The date of filing nomination papers for the 3rd phase of Panchayat election in 234 panch constituencies for 32 panchayat halqas in Leh district commenced from October 29.

The last date for filing nominations is November 5 and scrutiny will be done on November 6. The last date withdrawal is November 8.

The candidates wishing to contest the Panchayat elections can file their nominations papers before the designated Returning Officers and Assistant Returning Officer at their notified headquarters.

EJM College students demand affiliation with Jammu University

Stage peaceful protest against changes in exam dates

Showing anger over the unprecedented changes brought in the exam dates of students studying at Degree College, Leh, a peaceful protest was organised by all the students studying at EJM College on October 25. **P3**

Correction and clarification

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Hill Council, Leh, chairman Dorjay Motup resigns

Final decision on new CEC will be taken by BJP party High Command



Left to right; BJP MLA Sat Paul Sharma, Chering Dorjay, MLC and Jamyang Tsering Namgyal, District President during the press conference at BJP party office, Leh.

Stanzin Dasal

LEH: After assuming the CEC, LAHDC seat for eight months, Dorjay Motup, CEC, LAHDC, Leh citing a health issue resigned from the post on October 28.

Addressing a press conference, Sat Paul Sharma, BJP MLA said that he accompanied Dorjay Motup, CEC to submit the resignation on medical grounds to Avny Lavasa, Deputy Commissioner / CEO LAHDC, Leh.

He said that the new CEC will be elected soon as per the Hill Council Act.

Talking about the work being hampered due to deteriorating health of Dorjay Motup, Chering Dorjay, MLC said,

"Many councillors and party workers were concerned about the developmental activities being affected in the district. Also, Dorjay Motup himself realised and decided to resign".

He said, "Other than medical issues there is no other reason for the resignation. The decision is taken and accepted by the party to carry forward all the developmental activities of the region effectively and efficiently".

Talking about the appointment of new CEC, he said that the councillors will be taken into confidence but the final decision will be made by the BJP Party High Command. He further added that to ap-

...Continues on Page 2

Congress wins all 13 wards in Municipal Committee elections in Leh

BJP draws a blank in Leh and Kargil



The 13 newly-elected members during the oath-taking ceremony held at the DC Conference hall.

Rinchen Angmo Chumikchan

LEH: In the first-ever urban local bodies (ULBs) elections held in Ladakh, the Congress has bagged all the 13 wards in Leh. The party has won five wards in Kargil while independents were declared elected to eight wards. The BJP has got a drubbing from the Congress and has failed to win even a single ward in both the districts. The results were declared on 20 October in the twin districts.

A closer look at the results also shows that there are signs of reinvigoration of the Congress, and there are reasons for the BJP to worry about its positions in the 2019 elections.

Against all odds, the Opposition has carved out a fighting space for itself. The Congress has managed to demonstrate that it is still a reckoning force.

Tsering Namgyal, District Congress Committee President, says "We were expecting 7-8 seats only but on the results day, we were quite surprised. People have voted for us and we are hoping to serve them with dedication. Since, it's held in Ladakh for the first time, we need to understand the whole functioning of the Municipal Committee and work accordingly.

Leh district witnessed only 54.2 % voting while Kargil district recorded

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One-day conference of sculptors and painters held in Leh



Traditional and modern artist during the discussion.

Rigzin Wangmo

LEH: A day-long sculptors and painters conference was organised by Jammu and Kashmir Academy of Art, Culture and Languages Leh on October 17 at Lotsava Auditorium, Culture Academy.

Contemporary, traditional painters and sculptors were invited to discuss various ways and means to promote traditional art forms.

Tsewang Paljor, Special Officer, Cultural Academy said, "A person who knows any art form is great. The older generation has

done wonders in art. The people who are into contemporary art have the essence of the Ladakhi culture. This will not only benefit Ladakh but the person itself will be known for the work in this particular field. This will only be possible when two generation artists will contribute together".

Chimat Rigzin, Traditional Sculptor said, "Parents should keep a close look at their children when they draw certain images on the wall. This will help the child to grow in the field of their interest instead of going in

other fields with no interest."

Mipham Otsal, Director LTO, Leh said, "The artist has to have the philosophy in whatever they do. The subject of an artist is never ending process as it is all about creativity. The artists should have an association to discuss every detail. Our demand in society is huge and we should be known for our work in our place."

Padmashree awardee Murup Namgail, Gen Thupstan Paldan, Mohammad Shafi Painter and modern sculptures and painters also spoke on the occasion.

Congress wins all 13 wards in Municipal Committee elections in Leh



...Continued from Page 1

78.15% voting for the municipal committees.

Namgyal says, "Whenever there are elections in Kargil, people take it in a festive mood and participate in the election which is very healthy for democracy and we should appreciate it. Sadly, in Leh, people took it very lightly and 50% have not taken it seriously which should not be the case. We need to look for the reasons and dynamics for low poll in Leh."

When asked about the clean sweep of the Congress, he says, "We didn't do aggressive campaigning except for some posters but we requested or sent messages to take the MC election seriously as it is very important for the development of Leh town."

"Today people are politically well aware and no political party can fool them and take them for granted. We cannot force family members to vote for any particular party like in the past as now people are well-educated. Besides, it seems that they weigh the candidates very cautiously. Our candidates were experienced and strong. This is a big responsibility and the leader should be capable enough to carry all the work smoothly. So, we have decided to appoint Dr. Ishey Namgyal as the President of MC", says Namgyal.

The oath-taking ceremony for the newly-elected members was held on 29 October at the DC Conference hall. Avny Lavasa, Deputy Commissioner, administered oath to the 13 elected members.

Namgyal further says that Municipal elections are like a semi-final for the upcoming 2019 elections and a litmus test for all the political parties. This election clearly indicates that people are not happy with the ruling party. The back-breaking rise in prices of fuels, LPG and ration curtailment has turned the life of aam admi miserable.

"We thought that the winning margin will be low but it turned out to be huge. Almost every candidate has won 200 votes on an average, and even on individual basis the margin was quite good. From this, we can make out that the minds of the people are changing. People want to send the message that they cannot fool them and take them for granted. The ruling party has left many promises unfulfilled," he adds.

While on the other hand, Jamyang Tsering Namgyal, President, BJP, says, "There was no shortage on the basis of performance on our part, be it work, development, and bringing additional funds. Our performance was far better than the previous Council's. Recently, before MC elections, we got 165 cr in languishing projects (physically and financially), got 55 cr for major projects like AMRUT. There were no lapses from our side".

He further says, "During our tenure, all the black-topping in the areas like housing colony, upper and lower Leh, Skalzangling to Spituk road under CRF were completed. In the last 3-4 years, we have done quite well. There can be many reasons for our failure this time but one thing is sure that if the results were based on development, then the BJP should have won all the wards. The Opposition has won because it resorted to gimmicks and lies."

"Surprisingly, even after working so hard like getting additional funds and bringing changes in the LAHDC Amendment Bill 2018, the vote goes to the Congress. This is not a question for the BJP alone to ponder over, it's a question for every voter too", says Jamyang.

It is clear now that public opinion in Ladakh has turned against the BJP despite having a majority in the Hill Council, Leh. This development has opened up many possibilities for the 2019 Lok Sabha elections.

Leh celebrates Ladakh rPal rNam Duston-2018 with zest and zeal

Dr. Tsering Norboo, conferred with Ladakh rPal rNam Duston-2018 award

Rigzin Wangmo

LEH: Commemorating Lotsava Rinchen Zangpo, the 3rd Ladakh rPal rNam Duston-2018 was celebrated with traditional fervour on October 19 at Nyerma Thiksey. The programmes of the annual festival started at Leh palace following Thiksey Nyerma later.

Dorjey Motup said, "The annual festival is being celebrated from three consecutive years. The aim of the festival is to honour great personalities of the region who in their respective fields have contributed to the welfare of the people and developing Ladakh. This year the festival is celebrated to pay tribute to Lotsava Rinchen Zangpo and his immense contributions in the rich culture, religion, art, script, and language of glorious Ladakh."

He further appreciated and expressed gratitude to all the villagers of Thiksey, Nang, Rambirpur, and Shey for their cooperation in making the event successful.

He later expressed his gratitude over successful conduct of this years' programme and appreciated the villagers of Thiksay, Nang, Ranbirpur, and Shey for their cooperation.

After visiting the Lhakhang at Thiksey Nyarma, Dorjey Motup inaugurated the photo exhibition of the great works of Lotsava Rinchen Zangpo.



Dr. Tsering Norboo receiving Ladakh rPal rNam Duston-2018 award.

Dr. Tsering Norboo, Physician Specialist conferred with Ladakh rPal rNam Duston-2018 award in recognition of his enormous service in the field of medicine.

Citing the example of doctor Norboo, Dorjey Motup asked the young generation to work hard and contribute to the development of the region.

Dr. Tsering Norboo said, "I feel fortunate for considering me on this auspicious day. I am highly motivated with the support of the people of Ladakh and dedicate my award to you all. Your support and faith in me made me do my work more easily and confidently. I will work for the people of Ladakh till my last breath."

Tsering Wangdus, Executive Councillor Agriculture and Ven. Thupstan Paldan also spoke on the occasion.

Ladakh rPal rNam Duston, 2018 was also celebrated in Alchi, Sumdha and Mangyu villages. Even after 1000 years, the imprints of the great works of Lama Lotsava Rinchen Zangpo are still well intact in these villages. The villagers especially the elders enthusiastically celebrated this event as a mark of their achievement in preserving the remarkable works of Lotsava Rinchen Zangpo for future generations.

As a mark of gratitude, the young people of Alchi, Sumdha and Mangyu villages honoured elderly people with the white scarf (Khataks) for their best efforts in preserving these treasuries of culture and religion.

Religious masters highlighted the life and contributions of Lotsava Rinchen Zangpo and stressed for the preservation and conservation of the glorious works.

Hill Council, Leh chairman Dorjey Motup resigns

...Continued from Page 1

point the new CEC the notification has to go from Ladakh Affairs department and it will take time since the secretariat has to move from Srinagar to Jammu.

Informing about the recent amendment of the LAHDC Act, he said by the time new CEC is appointed, Deputy CEC will be elected among the four Executive Councillors in a week or two to carry out the work of the Hill Council.

Dorjey Motup's health issue was prevalent during his appointment as new CEC and when asked about the same, Chering Dorjey said, "He was appointed unopposed by all the councilors and also, at that time his health was not so worse. It was in the past few months that his health gets deteriorated and resignation during medical treatment was also not

favourable. Now he decided to get some rest to recover well."

Dorjey Mutup the 7th Chairman/ CEC, LAHDC, Leh was elected unopposed on February 19, 2018.

The huge setback of BJP party in the recent MC election and the resignation of CEC are in the close heels.

When asked about the part observation and reason behind the massive loss of BJP in the recent MC election, Chering Dorjey said that the many of the developmental activities and schemes are not being able to implement and completed in time because it took time in rectifying and completing the pending works of Congress regime. The second reason he claimed was that the recent poll was held on communal line and also the recent shuffle in the party can be the reason behind the defeat.

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REACH Ladakh

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Reach Ladakh Bulletin is seeking an aspirant and young reporter to join the editorial team. The job is open for all; fresh graduates can also apply. However, preferences will be given to applicants with mass communication and journalism as their field of study. Good writing skills and computer literacy are major requisite.

Interested candidates should send their letter of interest or application and Curriculum Vitae to editor@reachladakh.com or visit our office at Reach Ladakh, Skara Yokma near airport road.

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Hindus celebrate Vijayadashmi in Leh



Demon king Ravana in flame during Dussehra festival in Leh.

Kunzang Chosdol

LEH: Dussehra was celebrated with great religious fervor by burning the effigies of Ravana, his brother Kumbkaran and

son Megnath on October 19 at Pologround in Leh.

The festival was organised by the Hindu Trust (Maha Sabha)

wherein Avny Lavasa, DC Leh was the chief guest.

Balvir Singh, President, Hindu Mahasabha trust said, "With the celebration of such religious events, we must introspect to improve our behavior and attitude for the good cause."

He further said, "In Leh, the firecrackers are banned due to which we face difficulties in getting the permission. This time we have brought only 800 firecrackers and are trying our best to minimize it in the years to come."

District officers, Political leaders, and Members of Hindu Maha Sabha Trust were present during the occasion.

Police observe Commemoration Day in Leh



Reach Ladakh Correspondent

CHOGLAMSAR: Paying rich tribute to the martyrs, Police Commemoration Day was observed on October 21 at Police Line, Choglamsar. Sargun Shukla, SSP, Leh read out the name of all the martyred policemen at a general parade.

Avny Lavasa, DC chief guest on the occasion offered wreath at the Martyr's memorial. Tsering Gyalpo, Commandant, 25th IRP, Sonam Dechen, SP, CID, Sonam Dorjey, Dy. SP, DAR, and other Police Officers and Jawans were present.

Avny Lavasa said that the day is an important occasion to show solidarity with the families of martyrs policemen and pay tribute to the sacrifices.

She said, "Generally we celebrate the valor and bravery of our army, but we also need to give equal recognition and acknowledgment to the contributions of our police and paramilitary forces".

She further added that a common citizen can also contribute a lot to the national development in a day-to-day life with good actions.

Talking about the Police Commemoration Day, Sargun Shukla said that the day is observed all over the country every year to remember and salute those gallant police personnel who had achieved martyrdom at Hot Spring in Eastern Ladakh in 1959 while defending the motherland and also those who gave their lives providing security to the people. The other purpose of observing the day is to take the pledge and uphold similar strength and courage they exhibited and serve the nation and its people with a similar character.

The kith and kins of martyr's policemen, ASI Sonam Dorjey, SGCT Gaulam Abbas, SI Stanzin Norboo, and CT Shabir Hussain were presented with a token of respect and encouragement. The students of Nari Niketan and Bal Ashram were also invited as guests.

Conference held to discuss issues related to civil-military relation in Leh

Reach Ladakh Correspondent

LEH: To further strengthen the existing cordial relation between civil and military in the Ladakh region, civil-military liason conference, 2018 was held on October 24 at 14 Corps HQ, Leh.

The conference was chaired by Dorjay Motup, CEC, and Lt. Gen Y.K. Joshi, GOC 14 Corps.

The conference was convened after a gap of two and a half years to discuss various issues involving Civil Military relation in Leh.

Issues regarding preferential treatment to Cooperative Marketing Society in the award of contracts for a supply of vegetables, fruits, fresh milk etc, 100 metre restriction of civilian construction near defence establishments, army tank exercise in Kharnak, untimely disengagement of local labour by army jurisdiction, stray dog menace, waste management, ban on firing by the army in Sher-

sherthang, removal of barricading on the national highway were highlighted.

Enhancement of salary of potters at Siachen, warm clothing, bravery certification, and 50 years limit for engagement of potters, allowing of tourists to visit restricted places through ILP/PAP in Hanu, Changthang, Tharuk, Sato Kargyam, Tyakshi, Sasoma to Warshi etc, streamlining of documentation process at Thoise airfield for passenger, making availability of transit stay at Thoise airfield for passengers, projects of Sadbhavna to be undertaken after due consultation with councilors of Hill Council, Leh and the recent decision of 50% relaxation in vintage clause were also discussed.

Tsering Wangdus, EC Agriculture, Tsering Sandup, EC Tourism, Mumtaz Hussain, EC Animal & Sheep Husbandry, Maj Gen MJS Tivana, Chief of Staff 14 Corps, Moses Kunzang, ADC other districts, and army officers were present.

Dorjay Motup reviews power supply scenario at NHPC, Alchi

NHPC asks for in-depth study to find out a concrete solution



Reach Ladakh Correspondent

ALCHI: To end frequent power cuts mainly during the peak evening hours and review work progress of the transmission lines in Shaam, Rong and other unconnected areas, Dorjay Motup, CEC visited NHPC, Alchi and discussed with the authority on October 25.

Dorjay Motup said that power scenario during winters remains more problematic due to exceeding demand for electricity and decreasing power generation. As a result, more complaints from the general public have been witnessing.

He said that NHPC Alchi is a single project at this moment which caters the demand of the maximum population of Leh district.

Such a prestigious project should run without any technical error if

possible and immediate solution should be ready at hand to meet any technical snag. He asked NHPC for in-depth study to find out a concrete solution, thus, ensuring uninterrupted power supply with the available power generation.

Also, the progress of the feasibility report on Sumdha-Chenmo line under DDUGJY and ongoing work of transmission line in Rong-Churgyud area under RG-GVY was reviewed and urged for early completion.

Gyal P Wangyal urged for streamlining the power supply by discharging their duties with full determination, dedication, and team spirit to ensure continuous power supply especially during peak hours in the evening. He stressed upon working in cooperation instead of playing the blame game.

The engineers informed that the sudden drop in temperature in recent days caused an additional 2 MW load. At present, a total of 21.7 MW is being generated from the project which caters to the need of power supply of the people. They appealed public to use electricity judiciously and wisely.

A detailed presentation on the current power scenario of the NHPC project was presented and crucial data concerning power supply were also exchanged.

Tsering Wangdus, EC, Agriculture also reviewed all the on-going power scenario of the entire Shaam region.

P.P Singh Walkh, Chief Engineer, NHPC, Ghulam Ahmad Mir, Superintending Engineer, PDD, Leh, Tsewang Paljor, Exn, PDC and Tundup Spalzan, Exn STD and other concerned engineers were present.

EJM College students demand affiliation with Jammu University

Stage peaceful protest against changes in exam dates

Reach Ladakh Correspondent

LEH: Showing anger over the unprecedented changes brought in the exam dates of students studying at Degree College, Leh, a peaceful protest was organised by all the students studying at EJM College on October 25.

Students submitted a memorandum to Dorjay Motup, CEC and requested to look into the matter. They demanded affiliation of the EJM College with Jammu University to avoid problems.

The students said that the EJM College, Leh being affiliated with Kashmir University causes lots of issues. The students are made to wait at least 4 years to get their results, and another year or two for their degrees wasting 3 to 4 years of students after completing their college which further affects their career.

Tundup Norbu, 1st Semester student said, "Our Hindi paper was



supposed to be held on October 13 which got postponed to 22, 24 and now to October 29".

"Rector of Leh has assured that student of Leh will not face the problem anymore but unfortunately we are facing the same problem again. It's been one and half month that our paper kept on

postponing," he added

The memorandum was passed by MLA, DC, Leh and Student Council of our college to the Satya Pal Malik, Governor, J&K regarding the long pending demand of affiliating the Degree College, Leh under Jammu University.

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It is hereby informed to the general public/viewers that Doordarshan channels are available on DTH platform at "DD free Dish" and Ladakhi programmes of Doordarshan Kendra, Leh on Kashmir channel of DTH from 6:30 PM to 7:00 PM daily.

More information in this regard is available on Doordarshan website "ddindia.gov.in"

EXPERT TALK

Is handing over smartphones to children a smart step?

By Rigzin Wangmo



Dr Stanzin Dawa, Principal, Lamdon Model Senior Secondary School, Leh: Handing over smartphones to children is neither a smart nor stupid step but why and how you are handing over the smartphone makes the difference. Handover the smartphones to children come with a great responsibility for parents. The smartphone is one of the dominant technologies of the 21st century. When we talk about school students, there are advantages and disadvantages of having a mobile phone. Students can improve themselves with the help of a mobile phone, or they can spoil their life with the same. It all depends on how they use mobile phones. For example, a knife is used for chopping vegetables and the same knife has the potential to take the life of a person or people.

Earlier, the parents had to worry about the kids not coming home on time as they used to play outside which has many significance for child's development but today the situation is opposite. Many children can play better cricket shorts than Virat and Sachin, they hit more sixes and fours but not on the cricketing ground only on the mobile. Even though they concentrate on their studies their mind goes to play stations and mobile phones. Nowadays I saw lots of students who are distracted by mobile phones.

Today many parents complain that their children are always busy with the mobile instead of studies and sports. I think children love it because they can download games and access to any videos or information. So, what will happen to the students who have their own mobile phone without knowing how to use it meaningfully? Simply they will play games and access to any videos and content. Spending hours on the mobile phone eventually affects a child's academic performance, physical and mental health. When a child is physically engaged in some constructive activities he/she will have proper growth and development. Sports can play a significant role in developing a child's life skills. They can learn multiple skills such as decision making, communication, interpersonal, coping with failure, discipline and working in a team environment.

Unfortunately, it is not true for playing unrestricted games on mobile which not only kills a child's time but also creativity in dealing with real-life situations.

The analysis of American Medical Journal has claimed that mobile phones emit radiation and have a negative impact on a child's mental health. Many parents casually hand over their mobile to children without realizing the negative effects. The child is neither prepared nor informed to use mobile appropriately. Hence, there is a high possibility that the child might misuse the technology inappropriately. Sometimes the children lock themselves in the room with a mobile without any supervision from elders and parents. It's an indication that the child might be using the mobile inappropriately. Most of the students who have free access to mobile are addicted to mobile phones in playing games, chatting with friends and browsing sites which are not appropriate for their age. Parents and students if they are busy with phones neither they have time for their children nor for studies respectively. The family culture trickles down from parents to their children. How much time are you spending with your child on a daily basis? How much time are you spending on the mobile? The parents should ask the following key questions to their children:

1. How was school today?
2. Did you learn any new knowledge or skills today?
3. Have you done anything good at school?
4. Do you need to improve in any specific area?
5. Can you show me your class work?
6. Have you got any homework?

The old-school model of passively learning facts and reciting them out of context is no longer sufficient to prepare the students to survive, excel and thrive in today's world. Solving highly complex problems requires that students have both fundamental skills and 21st-century skills. With this combination of skills, students become the catalyst for their own learning process, guided and mentored by a skilled teacher.

Keeping this into consideration schools need to introduce project-based learning that seeks to better prepare students for solving real-world problems and issues while teaching them what they need to know to succeed in school and life. Students should be assigned with locally relevant issues for project work. It will help them to understand real issues after taking extensive interviews with stakeholders and visiting various organisations. Besides understanding the causes, effects and the potential solution for the problem they will also learn about teamwork, problem-solving, research, time management, information synthesizing, and computer application. Instead of collecting facts and figures from the internet they will do an action based research on the real issue.

Schools having digital based education can consider mobiles with proper monitoring mechanism in place to ensure appropriate use of mobile, otherwise having mobile within the school campus is probably a cause of distraction for students.

Solutions:

- Buying a mobile phone for your children is easy, but think twice before you buy them.
- Parents should keep a close eye on children while using a mobile phone.
- Schools should create awareness on advantages and disadvantages of mobile for students and create a mechanism for safe use.
- Ultimately the child should be responsible enough to use the mobile appropriately and refrain from misusing it because the parents and teachers cannot be with them to monitor every time and everywhere.



P. P. Wangchuk, Scientist-D/DIO, NIC, Leh: The utility of the smart phones are valuable if handled properly. We all have no option but to adopt modern technology because if we avoid the technology we are marked as illiterate in society.

Positive impact

With the help of a mobile phone, one can obtain extensive knowledge. A child can get desired information; the device is portable and easy to handle as the internet services are embedded in the phone itself. Mobile phones help in education and also connect us with the world. Students can share homework and diverse information with each other easily.

Earlier we did not have access to information as we didn't have newspapers and the magazines. So, whatever the teachers used to teach in the class, students had to learn the same information. But today, students are bright as they verify the information on the internet. If the device is used judiciously, it has an ocean of information. Now-a-days, we have more nuclear families and both the parents are working where they handover phones to their children to get in touch with them.

Negative Impact

There are many appropriate and inappropriate contents while using internet services. The child might get access to the inappropriate information thus getting addicted later on. Constant monitoring of a child while giving access to mobile phone is a must to avoid any adverse effect.

Most of the students are seen playing games on mobile phones which weakens the eyesight and becomes addicted.

Also, it is immature when people take no time in capturing the acci-

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25 monk-cyclists spread message of 'Eat right India' in Leh



Reach Ladakh Correspondent

LEH: A total of 25 monk cyclist from Hemis monastery took part in the cycle rally on the second day of 'Eat Right India' movement under 'Swasth Bharat Yatra' on October 17 from NDS Stadium to Hall of Fame.

The rally was organised by Food Safety and Standards Authority of India under the Ministry of Health and Family Welfare. The programme was conducted under the direction of Dr. Abdul Kabir Dar, Commissioner, Food Safety J&K.

Avny Lavasa, DC, Leh flagged off the rally and congratulated the organising department for bringing up the concerned issues which are very important for the development of the country.

She said that it is crucial to discuss the problems of malnutrition,

obesity and other health related issues based on our unhealthy way of living.

"Compared to other places, where the fast-moving world binges on packaged, processed and junk food, Ladakh still have a healthy way of eating food. The use of chemical fertilizers is minimal and people stress on organic farming and products. It is good to start awareness so that the harmful effects of junk food and unhealthy way of food eating can be understood and ways can be framed to monitor them," she added.

She further wished successful completion of the 'Eat Right India' movement that is scheduled to end on January 27, 2019, at New Delhi.

Dr. A. C. Mishra, Joint Director, FSSAI Government of India informed that the Swasth Bharat Yatra is a cycle rally where cyclists will travel with health messages from 6 different locations of the country. More than 7,500 volunteer-cyclists will cover about 18,000 km covering almost all regions of the country to spread the message of healthy food habits.

They will also conduct various other programmes under the 'Eat Right India'.

Tamchos Gyurmet, Assistant Controller Food, FSSAI Leh also spoke on the occasion.

His Eminence Tsamthru Rinpoche, Commanding Officer NCC Col. A.M. Shinde, and other dignitaries were also present during the function.

Regional AWWA president, Northern Command, interacts with Veer Naris in Ladakh

Reach Ladakh Correspondent

LEH: Kalpana Singh, Regional President AWWA, Northern Command with the Veer Naris of the Ladakh Scouts Regiment on October 21.

Kins of these veer naris attained martyrdom during operation VIJAY and operation MEGHDOOT.

Kalpana Singh enquired about the welfare of the Veer Naris and expressed her happiness and satisfaction over various welfare schemes availed by them. She also appreciated their resolve to become self-dependent and ensure proper upbringing of their children.

Acknowledging the invaluable contribution and supreme sacrifice of the martyred soldiers, she assured the veer naris unstinted support of the organisation towards their welfare.

The veer naris will be visiting Bodh Gaya as a part of Capacity Building Tour organised by Fire & Fury Crops under Operation Sadbhavna.



Kalpana Singh, Regional President AWWA along with the Veer Naris.

SoulSpeak

P. P. Wangchuk

Grasp the feeling of divinity and purpose of life during walks



Now that Delhi is back with its soothing autumn weather, one gets a great thrill in the magic of morning or evening walk. Not only nature seems to be there to greet you, you also get a feeling of divinity all around you. Blessed are those who go into nature's lap, day in and day out, for complete surrender. It is not that one goes for a walk just because one is free and has nothing to do. Once you are in nature's lap, a whole lot of ideas rush in and you are spoiled for a choice.

For thinkers and writers, nature has an offer of bounties. They get a rush-in of ideas and the right atmosphere to think over issues of life and death.

When nature is in its full bloom, with all its 'elements' there to welcome you and be one with them, you feel blessed as if you were in heaven, where nothing but happiness and peace seem to be ruling your senses.

For me, a walk comes as an unusual way of not only walking to fitness and meditation to calm your mind, but also to meet and have hearty talks with my co-walkers. There are wonderful people around you, and befriending some of them gives a new hope and assurance that life is to be enjoyed and happiness is within reach only if we shed our egos and jealousies.

Life is, after all, a mission that is meaningful and purposeful. Life has, as I have been saying time and again, its meaning in the literal meaning of LIFE (live in full enjoyment). Until you work for yourself, nobody will come to your help. You have to device the ways and means that are in plenty to live a happy and fruitful life. Let's, therefore, waste our time no more, and take full charge of the rein of life to the right direction that makes it purposeful.

Courtesy: Hindustan Times

The author is a New Delhi-based Editor-at-large, columnist and professional speaker

In Conversation with Jigmet Dewa Lhamo, Artist

Interviewed by Rigzin Wangmo

Q. Tell us about your journey in acting for the film 'Chuskit'?

I played the lead character with paraplegia in the film 'Chuskit'. In an International Film Festival in Santiago, Chile, I have been awarded the 'Best Young Actress' award for the performance in the movie.

Q. How do you feel after you being recognised for the work that you have done so remarkably?

I never thought that I will receive the award for the best child actress. I was overwhelmed to receive the title and thankful to my parents as well as my school 'Druk Padma Karpo' for giving me this opportunity. I feel so lucky to meet people like Priya Ramasubban the Director, Shruti, Stanzin Dorjai Gya and Tsetan Angchuk. I will always be very grateful to them for helping me to live my dreams.

Q. How did you get selected for the movie?

I was extremely absorbed in singing and dancing from a very young age. One fine day my mother took me for an audition and luckily, I was selected. I feel so fortunate to have the support of my family in all the fields that I prefer. After acting in this film and receiving an award for the same, my interest in acting has developed more. The movie was shot in the month of September 2017 and took us one month and 5 days to wrap up the shooting.

We had workshops wherein demonstration about acting skills were given which made a lot simpler for me to express well in the movie.

Q. How easy or difficult was the entire process of shooting? Did you hesitate while facing the cameras?

This was the first time when I had to face the cameras. I got really scared but my mentors have encouraged me and backed me throughout the shooting. Now, the dread has completely taken a rear seat.

Though the shooting was easy, but during the emotional scenes, tears had to roll down my cheeks that were a little difficult and unusual for me.



MESSAGE TO THE READERS

“ Each one has a right to go to school and get an education. The disability must not be represented as an obstacle to learning. There is no word called impossible the word itself says that I am possible. Also, when you get recognized for your work, deal with it very calmly instead of boasting around. ”

Q. What have you picked up from the film?

We do not get everything so easily, hard work is a must. I have bagged abundance of knowledge and so far, I have developed enough confidence in acting.

Q. In future will you be interested in choosing your profession as an actor? Do you think others should also participate?

I will not say acting is good or bad to choose as a career but acting is not my career, my aim is to become either a Photographer or a Pilot. Yes, acting does play an important role in my life and rather than playing games I would love to do acting.

For others interested in acting should not hesitate in choosing acting as a career because we learn a lot of things.

Q. In our society one is always encouraged to study and give less importance to other activities. Do you think the young child should be encouraged to take part in other activities too?

Education is the most important part of life but having focus only on academic education should not be the case. Co-curricular activities are also important in schools. One should be made to participate in different activities to nourish the hidden talents. The gifted talent should not be wasted and instead one should continue to polish more and be a perfectionist. Many have the attitude of not sharing experiences which should not be the case. We must pass our own talent so that others may also get an opportunity.

Q. What was the film about? Where was the movie filmed?

The film is based on a story of a young girl, whose dream of going to school is tragically shattered by a mishap that leads to paraplegic. Despite being confined to life between the four walls with a company of her grandfather, she still dreams of going to school. Though her grandfather does not allow her but with the support of her father and brother she completes her schooling.

The movie was shot in the village of Sakti and Phey.

FORTNIGHT HIGHLIGHTS



Tikinder Panwar, Former Deputy Mayor speaking during the Peer exchange and expert talk on water and waste water in Hill town Leh.



Basant Rath, IGP Traffic reviews the traffic management during his surprise visit to the Kargil district.



Kashmir University turn deaf ears; students of EJM College protesting against the delay in issuing degree to the students.



Avny Lavasa, DC and Sargun Shukla, SSP receiving Director General of Police J&K Dilbag Singh, IPS in Leh.



Young girls participating in archery during the 10 days coaching camp followed by 3 days open tournament Sports for Peace and Development under Khelo India scheme 2018.

KNOW YOUR CULTURE

Doltok: Stone carved utensil

The traditional utensils crafted from stone were used by the inhabitants of Ladakh widely in the olden days. Turtuk region of the Nubra valley is famous for the stone-carved utensil.

The stone utensil has its own benefit. The food cooked in the traditional stone pot is rich in nutrients, chemical free and naturally filtered. In the olden days, foods are cooked on firewood and this artisanal kitchenware is best for slow cooking which helps in retaining the nutritive value. People while engaged in different household activities; keep the food to be cooked on firewood in the stone vessel. The stone pot was more like a concept of the pressure cooker. The stone pot claims of being toxin-free take time to heat up but once heated the food is cooked evenly enhancing the taste and also retain heat for a



longer duration. But unfortunately, the traditional stone pot was replaced by brass and copper. Nowadays, the changing lifestyle of the people and with the availability of plastic ware and non-stick utensils these are very rare to be found and used.

Margam: Traditional Butter storage



Ladakh was primarily depended on agriculture and livestock rearing. Milk products like butter, curd, and cheese are widely used. Butter was

not only used for eating purposes but preferred for religious purposes also. In ancient days, butter was packed tightly in a stitched animal skin and exported outside. Traditional Butter storage known as 'Margam' is made of wood. The box is made with the practical knowledge and skills of ancestors that claim to keep the butter fresh for more than months. Sources claim that the wood is of a special kind which helps in keeping the butter fresh for longer days. One of such traditional butter storage box is now found in the Central Asian Museum, Leh.

It is no longer used by people with the availability of plastic and steel ware.

Fire & Fury Corps celebrates Infantry Day

Wreaths laid in the honour of infantrymen who made supreme sacrifices, for the nation



Reach Ladakh Correspondent

LEH: Commemorating the martyrs who fought against Pakistani raiders in Jammu & Kashmir in 1947, 72nd Infantry day was celebrated with solemn by Fire & Fury Corps on October 27 at Hall of Fame.

Lt Gen YK Joshi, AVSM, VrC, SM, GOC Fire & Fury Corps laid the wreath and paid homage to the

brave soldiers who made supreme sacrifice for the nation.

Addressing the Infantry soldiers, including the veteran war heroes, during a special Sainik Sammelan, Lt Gen YK Joshi complimented the Infantrymen for the devotion towards duty and indomitable spirit while serving under difficult conditions. He acknowledged their

invaluable contribution in maintaining the sanctity of the nation's borders in the Ladakh region.

As a special mark of respect and acknowledgment of their bravery and invaluable service to the nation, 20 veteran war heroes including Ashok Chakra and Maha Veer Chakra awardees, who had fought during the 1962, 1971 and 1999 wars, were felicitated by the GOC-a Kargil War Hero himself.

Infantry Day is observed in commemoration of the first victorious military action led by the Infantry in Jammu and Kashmir after Independence to drive out Pakistani invaders. The troops of this battalion (4 Mechanised Infantry) were also part of the celebration.

The Infantry has a glorious history and an enviable combat record, having been awarded 17 Param Vir Chakras and 48 Ashok Chakras till date.

Manpower shortage hampers wildlife conservation in Kargil



Wildlife Department distributing firecrackers among the villagers to drive away brown bears and snow leopards.

Mansoor Hosan Beigh

KARGIL: The shortage of manpower in the Wildlife department, Kargil creates a major challenge in biodiversity conservation activities in the region. At present only three permanent officials and 20 casual workers for a landscape spread across 14,000 sq km.

Shahzad Ahmed, Wildlife Warden, Kargil acknowledged that one of the major challenges faced is the severe shortage of manpower.

In context of the human-wildlife conflict in Bodh Kharbo, he said,

“In an effort to prevent, I have personally supervised the distribution of firecrackers to every village facing such conflicts. The firecrackers help in driving away animals such as brown bears and snow leopards.”

He said that his staff members are doing their best to work with local villagers to address incidences of human-wildlife conflict in Kargil. But because of the shortage of staff, we are not able to reach all the villages.

The department compensates villagers who lose their livestock to large carnivores. In 2018, only 31 farmers have been com-

sated with around ₹2.50 Lakh.

When discussed with the Vikas Kundal, DC, Kargil for the low compensation, he promised to enhance the compensation after constituting a committee soon, Shahzad Ahmed added.

He informed that Kargil being rich in biodiversity, not a single protected area has been notified to conserve the environment. According to official documents, seven wildlife sanctuaries and two wildlife reserves were proposed in 1979 but no follow up action has been taken up in this regard.

Exhibition on Ladakhi proverbs held at EJM College

Reach Ladakh Correspondent

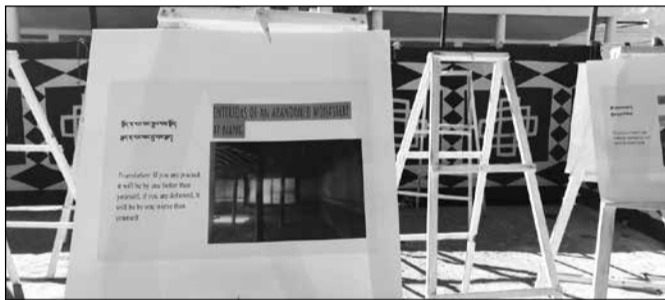
LEH: A group of young entrepreneurs, ‘Let’s Make Sense’ exhibited Ladakhi proverbs that are part of our folk culture on October 25 at Eliezer Joldan Memorial College.

The trio entrepreneurs, Tushita Pandey, Stanzin Paljor and Rinchen Angchok attempted their first exhibition on the intangible heritage of Ladakh.

Deskyong Namgail, Principal, EJM college inaugurated the exhibition and released a monograph of the exhibition namely ‘Words That Matter’.

Talking about neglecting heritage with time, he said that ancient proverbs are genuine experiences that are expressed in creative phrases from generation to generation.

He appreciated the efforts of the students who came up with the idea and urged students to learn from such efforts and experiences.



Tushita Pandey, Curator along with the exhibitors Stanzin Paljor and Rinchen Angchok expresses gratitude to the principal, college faculty and staff for their utmost support and suggestions for improvement.

Also, Tundup Dorje, Proprietor, Overland Escape and Reach Ladakh, Hotel Grand Dragon, Vis-sudha and Dr. Nordan Otzer from Ladakh Ecological Development Group for their timely help and sponsoring the exhibition.

Is handing over smartphones to children a smart step?

...Continued from page 4

dent scenes. People should be responsible enough while sharing images and information. Every individual has the right to expression. But an individual has to evaluate themselves whether they are doing the right thing or not. The technology may have influence our life, many people have become accustomed to the same but face interaction have rather become awkward.

Norms:

As per IT norms, if a person is caught sharing inappropriate videos he will be put behind the bars. Many people are not aware of the IT act and tend to do many things for their own entertainment. The law states that the admin of the group will be held responsible, so it is important for the admin to register themselves but where they have to register is yet not clear and no official notice is there.

In J&K, as of now, I have not heard about the establishment of the cyber cell. The Intelligence Bureau is dependent on the cyber crime cell and it must be instituted in the same place as the department has to monitors 24*7. Monitoring is also very complex.

The data works as per the gateway and that is the internet service provider. It is important to have a cyber cell to control and monitor. Kargil and Leh district have self-governance so such things must be brought in. In future, it will be difficult and will have a huge negative impact if the issues are not controlled. The cyber café are instructed to check the ID card of the person and to keep the copy of the same.

People sign up many browsing sites and do not check the terms and condition. It is very important to go through before signing in as we declare and agree which means we allow the company to use our data. Later on, we cannot claim that they have misused our content as we gave 100 percent undertaking.

Solutions:

- Parents must keep a proper check and balance while giving their child access to mobile phone
- The cyber cell is mandatory.
- Every individual should be responsible enough to understand its effect.

Grass-root coaching course in football held in Leh



Reach Ladakh Correspondent

LEH: To promote and develop football sports at the grassroots level, a coaching course of football for four days was started on October 26 at Kendriya Vidyalaya.

Grass-root football coaching course is a part of the Grass root programme of FIFA and is being organised by All India Football Federation (AIFF) in collaboration with J&K Football Association and District Youth Services and Sports Office Leh.

Gyal P Wangyal, EC Sports was the chief guest on the occasion.

Appreciating the step to come up with grass-root coaching course, Gyal P Wangyal talked about the importance of sports and its progress in the region. He highlighted the steps taken by J&K State Sports Council for launching the State Football Academy

in 2017, and then the Women State Football Association last year. The women football players brought laurel to the region by winning the State Football Association tournament recently.

He said, “The Council strongly feels that the Ladakh region should get its due share in sports and therefore, along with football, we also approached for cricket. Recently, cricket players of Ladakh are selected for state-level training.”

He further requested the representatives from FIFA, AIFF, and JKFA to give every possible chance and guidance to the sports players of Ladakh.

Addressing the participating Physical Education teachers and sports playing students, he urged them to draw optimum benefit from these training days to impart it further to their students

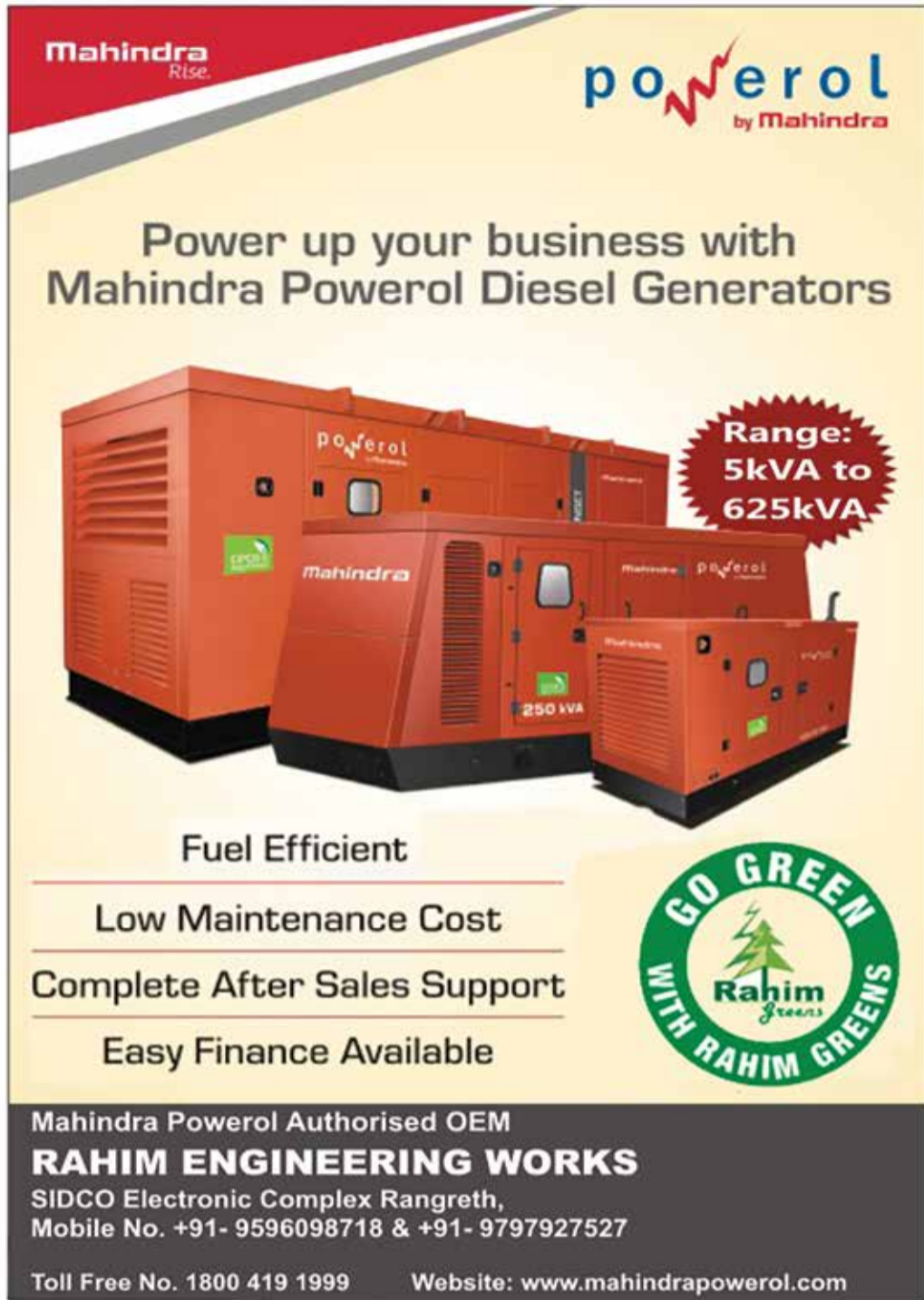
in their respective schools and wished them success in their endeavour.

Bilal Ahmad Panjabi, FIFA Development Officer, and Asstt. Gen. Secretary J&K Football Association, Intikhab Alam, AIFF Instructor, and Phuntsog Wangyal, Principal KV School were also present.

Appreciating the works of Coach, Tsering Tsomo, Bilal Ahmad said that Ladakh has potential but needs direction to cover further distance in this field.

Tsering Tsomo, coach informed that players could not participate out of Ladakh due to lack of funds. Gyal P Wangyal gave directions to submit expenses of such nature so that it can be placed in the plan.

Bilal Ahmad Panjabi and Intikhab Alam spoke about football and its opportunities.



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Tour Duration-29 Nights /30 Days

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30 Days
₹ 49,900
per person

Kathmandu Day 1 to 5

16th Dec 2018: Leh to Delhi and Delhi to Kathmandu
17th to 20th Dec: Visit to religious sites in and around Kathmandu



Lumbini Day 6 to 9

21st Dec: Kathmandu to Lumbini. O/N Lumbini (260 Km, 6 hrs)
22nd to 24th Dec: Visit to religious sites in and around Lumbini



Sravasti Day 10 to 11

25th Dec: Lumbini to Sravasti (O/N Sravasti) (198 Km, 5 hrs)
26th Dec: Visit to religious sites in and around Sravasti



Bodhgaya Day 12 to 16

27th Dec: Sravasti to Bodhgaya (O/N) (563 Kms, 13 hrs)
28th to 31st Dec: Teachings by HH the Dalai Lama



Rajgir & Nalanda Day 17 to 18

1st to 2nd Jan: Sightseeing of Rajgir and Nalanda



Kushinagar Day 19 to 22

3 Jan: Bodh Gaya to Kushinagar (O/N) (327Kms, 9 hrs.)
4 to 6 Jan: Visit to religious sites in and around Kushinagar



Sarnath Day 23 to 26

7 Jan: Kushinagar to Sarnath (O/N) (222 Kms, 5 hrs.)
8 to 10 Jan: Visit to religious sites in and around Sarnath



Delhi Day 27 to 30

11th Jan: Varanasi to Delhi by Flight. 12th Jan: Full day Sightseeing of Delhi. 13th Jan: Free day for shopping by own. Overnight Guest House. 14th Jan: Airport Transfer



INCLUSION

- Accommodation on sharing basis with all meals
- Flight tickets from Leh to Delhi to Kathmandu, Varanasi to Delhi and Delhi to Leh
- One Geshe for preaching, meditation & guiding at all places.
- Monument entrances throughout the tour
- One male and one female tour escort throughout the tour
- All Transportation by Non AC 40 Seater Coach
- One Ladakhi Cook throughout the tour
- All applicable monument entrances
- Delhi sightseeing with monument entrances and guide
- Tea and coffee breaks during the tour
- Domestic travel insurance
- Goods and Services Tax

For further details please visit

Overland Escape

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- Day 03: Pattaya Noong Nuch Village with Lunch. Overnight Hotel
- Day 04: Drive Pattaya To Bangkok. Overnight Hotel
- Day 05: Bangkok Half Day Bangkok City & Temple Tour with Lunch. Overnight Hotel
- Day 06: Bangkok Full Day Safari World & Marine Park with Lunch. Overnight Hotel
- Day 07: Bangkok Dream World+ Snow Town with Lunch. Overnight Hotel
- Day 08: Bangkok To Krabi By Flight & Transfer To Hotel. Overnight Hotel
- Day 09: Krabi Four Island Tour with Lunch By Long Tail Boat. Overnight Hotel
- Day 10: Drive From Krabi To Phuket. Overnight Hotel
- Day 11: Phuket City Tour with Lunch. Overnight Hotel
- Day 12: Phuket Phi Phi Island Tour with Lunch by Ferry. Overnight Hotel
- Day 13: Phuket James Bond Island Tour with Lunch by Long Tail Boat. Overnight Hotel
- Day 14: Free Day for Shopping. Overnight Hotel
- Day 15: Free Day for Shopping. Overnight Hotel
- Day 16: Fly To Delhi. Overnight Hotel
- Tour Ends

Price Includes:

- Flight Ticket from Delhi to Phuket to Delhi in Economy class
- Flight Ticket from Phuket to Bangkok & Bangkok to Krabi in Economy class
- 03 Nights' Accommodation in Pattaya with Breakfast
- 04 Nights' Accommodation in Bangkok with Breakfast
- 02 Nights' Accommodation in Krabi with Breakfast
- 06 Nights' Accommodation in Phuket with Breakfast
- Nong Nooch Village Tour + Ripleys Believe it or not - Pattaya
- Coral Island Tour + Join Speed Boat + Lunch + Alcazar Show with Normal Seating - Pattaya
- Half day Bangkok City Tour (Golden + Marble Buddha) - Bangkok
- River Kwai Visit with Tiger Temple - Bangkok
- Safari World + Marine Park + Lunch - Bangkok
- 04 Krabi Island Tour by Join Long Tailed Boat with Thai Lunch
- James Bond Island Tour by Join Long Tailed Boat with Thai Lunch - Phuket
- Phi Phi Island Tour by Join cruise Boat with Thai Lunch
- National Park fee for James Bond Island & Phi Phi Island

- Transfer from Bangkok airport to Pattaya hotel
- Transfer from Pattaya hotel to Bangkok hotel
- Transfer from Bangkok hotel to Bangkok Airport
- Transfer from Krabi Airport to Hotel.
- Transfer from Krabi to Phuket Hotel.
- Airport Transfers in Phuket
- One Local Sim Card on Arrival at Bangkok Airport
- International Travel Insurance & Thai Visa
- All hotel taxes + 5% GST included
- One Local Ladakhi Escort throughout the tour

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- Leh to Delhi to Leh Flight ticket.
- Lunch and Dinner except mentioned above
- Expense of personal nature
- Optional Tours / Services
- Any other item not included in "Package Inclusions"

Group	Departure from Delhi	Arrival in Delhi
01	15 January 2019	30 January 2019
02	12 February 2019	27 February 2019



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