

REACH LADAKH BULLETIN

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April 1-15, 2019

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Brief News

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Awareness on AIDS held in villages of Nubra

TURTUK: A sensitization and training programme on HIV/AIDS to the drop out youths was conducted from March 18 till 22.

The programme was organised by Nehru Yuva Kendra Leh in collaboration with AIDS control society under Health & ME Department J&K.

The awareness programme covered Bogdang, Turtuk, Tyakshi, Thang Chulungkha and Panamik area.



Correction and clarification

It is the policy of 'Reach Ladakh Bulletin' to correct significant errors as soon as possible. Please specify the edition, date, news item or the article.

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All communication must carry the full postal address and telephone numbers.

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Call for judicious use of water on World Water Day

LEDeG says water crisis in Leh town is caused more by mismanagement than declining water resources

Rinchen Angmo Chumikchan

LEH: The World Water Day was observed with the theme 'Leaving no one behind', in Leh on March 22. It was organised by Ladakh Ecological Development and Environmental Group in collaboration with Public Health Engineering Department, Leh.

The main theme was how to conserve water and putting a check on water wastage.

Sachin Kumar, ADC said, "The main reason to observe this day in the main market was to create more and more awareness among the people. Basically, we have been celebrating this day since 1933, but it is symbolic. When we talk about Leh as a district, increased population pressure, tourists and hotel and guest houses put a lot of pressure on the scarce resources. The question is whether the water in recharging in that proportion or not?"

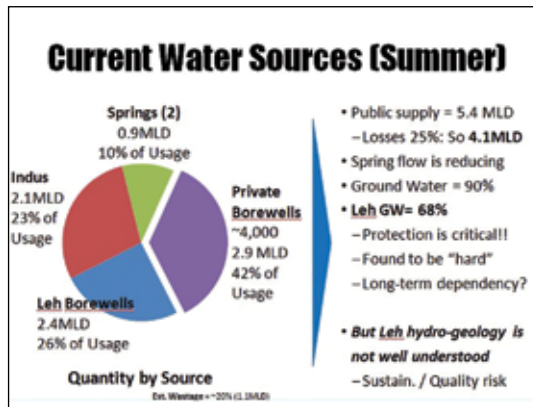
He added, "Due to scant snowfall, the groundwater table has depleted making it difficult for the people to get water for agriculture and domestic purposes. But this year there was enough snowfall. The groundwater extraction is huge as there are many bore-wells in Leh alone, and because of that water is not able to recharge. There are also cases of water contamination and the contamination of E.coli count has increased."

Talking about the future plans, Wangail Phuntsog, AEE, PHE, Leh said, "We are going to install metering system which can work in Ladakh's harsh climatic conditions. We are also looking for new technologies so that the water supply could be fully accessible to the people of Leh town. We have two major projects that are going on for Leh town for the augmentation of the water supply system".

He informed that the PHE Department alone had dug



Sachin Kumar, ADC along with Sageer Malik, Executive Engineer, PHE flagging off the awareness van.



Source: Ladakh Ecological Development and Environmental Group

more than 1,300 bore-wells/hand-pumps and handed over to public in Leh district. They have provided water facilities in the far-flung areas like Rupsho, Kharnak and Samad rokhan in Changthang.

He urged the public to use water judiciously, and said that they came across cases where people exploit groundwater using electricity, which wastes energy as well.

Recently, the Municipal Committee, Leh, decided to impose strict regulations on the new hotels and guest houses and made it mandatory for every hotel and guest houses to have a septic tank and clean it twice a year.

Fariha Yousuf, Training Assistant, LEDeG, said, "We did a survey in the summer season with the help of PHE department and found that the estimated total demand of water from tourists, locals and migrant labours is approximately 5.0 MLD out of which PHE is already supplying 4.9 MLD, and 25% of water is wasted. They are covering almost 97 per cent of the demand".

The LEDeG data mentions that the total supply is expected to grow by 12 MLD in 2022 and 15MLD in 2027.

"If we talk about crisis, actually we don't have a crisis. It's a mismanagement happening between the PHE and the local people", Fariha adds

Fariha said that "Equally alarming is that 90% of the groundwater is contaminated with chloride, nitrate, E.Coli and other pharmaceutical products and personal care products like shampoo, detergents, harpic and caffeine as well which directly shows that our groundwater is contaminated with wastewater from our toilets and bathrooms. It is easy for us to clean the surface water but once the groundwater gets contaminated deeply it is difficult for us to clean it. In future, it will be a great disaster if the groundwater gets completely contaminated."

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First-ever all-weather public convenience-cum-café at Zangsti



Anvy Lavasa deliberating the objectives of all-weather café cum public convenience at Zangsti.

Dawa Dolma

LEH: A well functional all-weather public toilet celebrated the triumph of the perfect combination of local techniques and modern architecture with passive use of renewable source of energy on March 23 at Zangsti.

The café cum public toilet was conceived and implemented by the District Administration in collaboration with Ladakh Ecological Development Group (LEDeG).

Anvy Lavasa, DC, chief guest shared the objectives behind setting up of the solar based public toilet in Leh. She said that the prime objective is to get away the social taboo that using a public toilet is unhygienic, poorly maintained and inaccessible to the people of Ladakh in the winter season.

The first all-weather public toilets at Zangsti and New Bus Stand are set-up to change these misconceptions.

With the collaboration of young architects and engineers from Ladakh Ecological Development Group (LEDeG) and members of Municipal Committee, Leh makes a competent team that results in functional, esthetically and sustainable eco-friendly Zangsti toilet.

Anvy Lavasa urged students of Leh to come up with such innovative ideas compatible with local needs and solutions.

She further requested people of Ladakh to exercise their voting rights by casting vote in coming election of the region on May 6 and voters who have not registered yet can do it by April 18.

...Continues on Page 3

Leh celebrates World Theatre Day with great enthusiasm

Theatre is a means that develops the body, speech and mind of an individual, says Mipham Otsal



Artist of play Horling staged during World Theatre day.

Stanzin Dasal

CHOGLAMSAR: Marking the celebration of World Theatre day, two plays 'Horling' and 'Khoj' directed and dramatized by Mipham Otsal, President, Ladakh Theatre Organisation was showcased on March 27 at Nagarjuna Auditorium, CIBS.

It was organised by J&K Academy of Art, Culture and Languages, Leh and Ladakh Theatre Organisation.

P T Kunzang, Vice President, LBA said, "Today Ladakh is famous and the identity of the people is alive because of the rich culture, tradition, and heritage. It is our responsibility specially the young generation to preserve and promote it."

He further appreciated the artist of the two plays specially the students for active participation and learning the art.

The play titled 'Khoj' was performed by the students who took part in two weeks theatre workshop organised by J&K Academy of Art, Culture and Languages, Leh.

Talking about the absence of theatre in education subject in the J&K Education system, renowned theatre expert, Mipham Otsal said, "Theatre is a means that develops the body, speech and mind of an individual. The development of these three aspects is essential to excel in any field or profession. In foreign countries, they teach the basic subjects to a child in a playful theatrical way which further develops the thinking ability and speech."

Highlighting lack of space and auditorium in Leh to showcase the talent of artists, he said, "For an artist, a place to showcase his / her talent is very important, but it is very unfortunate that we

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ADC, Leh convenes Rogi Kalyan Samiti meeting in Leh



Reach Ladakh Correspondent

LEH: In a meeting of Rogi Kalyan Samiti (RKS) of District Hospital Leh which was held under the chairmanship of Addl. Deputy Commissioner, Leh Sachin Kumar gave approval to a number of developmental works of SNM Hospital.

Developmental works of SNM hospital including formulation of a Master Plan for developing existing space of old abandoned building of the hospital and its adjacent areas in a planned manner for future relocation and expansion was approved during of District Hospital Leh on March 30.

Sachin Kumar, ADC, Leh chaired the meeting with Dr. Motup Dorjey, CMO, Leh; Dr. Tsering Samphel, Medical Superintendent, SNM Hospital, Engineers of executing agencies and other members of RKS.

Sachin Kumar also approved construction of shops for revenue generation for Rogi Kalyan Samiti, installation of dual split ACs in Operation Theatre and ICU, attendant shed, renovation and construction of local toilets, provision of water supply to the bathrooms of doctor's quarters and installation of 20 KV solar plants.

He also reviewed the new agendas of Rogi Kalyan Samiti and had a detail discussion with the health functionaries and executing agencies on different works such as establishment of paid ward, establishment of a burn ward, purchase of steel and cement benches for the patients, repair of Oxygen plant, comprehensive annual maintenance charges of CT Scan and other miscellaneous developmental works.

Dr. Tsering Samphel, Medical Superintendent, SNM Hospital, Leh presented the performance of SNM hospital.

He said that a total of 1,45,469 outdoor patients and 15,567 indoor patients were treated in SNM Hospital during the years 2018-19. 1673 major and 3269 minor surgeries, 2,00,126 Lab test, 10,858 Ultra Sound, 21,984 X-ray, 4,428 ECG, 359 Echo-cardiograph and 2,788 CT Scan were done at SNM during the same period. Giving details of maternal health service delivery and newborn & child health service delivery, he informed that 1,593 babies delivered in the hospital during 2018-19.

Detail information about finan-

cial and physical achievements under maternal health, child health, Pradhan Mantri National Dialysis, RKS united, Kayakalp, Human Resources and HDF were also presented.

Taking serious note of the present status of all the proposed works and other agendas, Sachin Kumar gave a deadline for completion of all these works. He urged upon the implementing as well as executing agencies to carry out all these developmental works with a responsible attitude by ensuring a quality outcome.

Terming health as the most important sector, he said that administration would keep close monitoring and supervision on the pace and progress of each work and also cautioned to fix responsibility if any of the concerned agencies fail to achieve the work within the given timeline. He also urged upon the CMO and MS, SNM Hospital to maintain closer coordination with the executing agencies.

Also, Sachin Kumar enquired about the role of ICDS in public health and asked them to bring out complete data about their welfare schemes and beneficiaries.

15-day basic cricket coaching camp for girls in Leh



Avny Lavasa while presenting trophy to the winning team.

Rigzin Wangmo

LEH: A 15-day basic cricket coaching camp for girls, under the scheme, Khelo India concludes on March 14 at NDS Sports ground in which 28 girls participated. The theme was 'Sports for peace & development'.

The basic coaching was organised by District administration Leh supported by District youth services & Sports Leh. The match was played between the Blue Team and Orange Team on the last day where Blue Team lifted the trophy.

Avny Lavasa, DC, Leh was the chief guest while Moses Kunzang, Additional District Development Commissioner, Leh was the guest of honour.

Avny Lavasa said, "Within 15 days the standard shown by the participants is indeed encouraging and I believe that more girls will participate in the future".

She advised everyone to play and participate in different sports.

Appreciating the participants, Moses Kunzang said, "It was a very exciting match. If we can produce such quality players in

15 days then in future we can have a brilliant team from Leh. We can learn many qualities from sports and it is very important to participate in any sports."

He also congratulated the players and coaches for the efforts they have put in.

Stonskit Dolma Captain, Blue team said, "This was my first cricket tournament and I feel great after winning the match. Nothing is impossible if we have the spirit."

Both the teams and coaches were felicitated in the end.

Call for judicious use of water on World Water Day

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Sageer Malik, Executive Engineer, PHE, said, "Everyone should get safe drinking water. And it is the responsibility of every citizen to use water judiciously."

Dr Iqbal, DHO, while briefing about water-borne diseases, said that contaminated water could cause many types of diarrheal diseases, including Cholera, and other serious illnesses such as Typhoid, and Dysentery.

"In order to make the public aware of water hygiene, we have sanitation and nutrition committees in 14 revenue villages of Leh district. They conduct monthly meetings to review the sanitation condition of a particular village and also review the water quality," he added.

In the absence of a policy and strict regulations, the challenges are bound to increase every year. Unless urgent measures are taken to save water, we are staring at a parched future!

Leh celebrates World Theatre Day with great enthusiasm

...Continued from Page 1

don't have space to perform, promote and develop the art."

Dr. Thupstan Nurboo, Assistant Editor, Culture Academy, Leh congratulating everyone on World theatre day spoke about the importance of theatre.

He said, "Theatre is included in 10 streams of knowledge 'Rig-nas Chu' but unfortunately it is neglected. There are many schools in the country where 'Theatre in Education' is made compulsory

subject to bring positive changes in one's life by inculcating positive attitude, thinking ability, language importance and many other aspects".

"Theatre is not just about entertainment it is considered as the mirror of the society through which they disseminate the reality among the people", he added.

The participant's students of theatre workshop also shared their experiences. Also, Tsewang Nurboo a student of Theatre workshop also presented a self-made Thanka painting to Mipham Otsal as a token of gratitude.

First randomization of EVM-VV PATs held in Leh

Reach Ladakh Correspondent

LEH: In presence of representatives of various political parties, the District Election Officer, Leh Avny Lavasa has done the first randomization of EVM/VVPAT machines at NIC office on March 26.

DC informed that at present there are 887 ballot units, 706 control units and 683 VVPAT in the district strong room. For total 294 polling stations in Leh district including 225 Polling stations in 48-Leh Assembly Constituency and 69 Polling stations in 47-Nubra Assembly Constituency, EVM/VVPAT has been randomly selected today.



In addition to that, 30% VVPAT and 25% EVM has been kept for reserved.

Additional Deputy Commissioner, Leh/Assistant Returning

Officer, Sachin Kumar, Deputy District Election Officer, Gafur Zargar, District Informatics Officer, Paldan and Master Trainers, EVM/VVPAT Thinles Dawa and Mohd. Ayub were present.

Avny Lavasa ensures strict implementation of MCC guidelines in Leh



Reach Ladakh Correspondent

LEH: To ensure strict checking on the implementation of Model Code of Conduct guidelines, Avny Lavasa, DC/ District Election Officer, Leh convened a

meeting with the different teams of Flying Squads and Static Surveillance on March 23.

Avny Lavasa urged upon all the members of static surveillance and flying squad teams to take

their responsibility seriously in ensuring free, fair and transparent Lok Sabha elections to be held on May 6, 2019, in Leh.

She stressed on close coordination between different teams and remain watchful on all political activities to avoid any violation of the code of conduct. Also, she asked good moral conduct of Govt. officials during the election process and to remain extra vigilant to uphold the credibility of Indian election institution.

Moses Kunzang, Additional District Development Commissioner, Leh and Nodal Officers were also present.

PLOT FOR SALE

Plot for sale in Karzoo Stakpa behind Kailash Guest House.

Plot Size: 1.5 Kanal. For inquiries contact: 9622967479

Zanskar demands separate district



All Party Coordination Committee addressing the media.

Reach Ladakh Correspondent

ZANSKAR: Demanding a district status for Zanskar subdivision, All Party Coordination Committee under the banner of Ladakh Buddhist Association, Zanskar organised a press conference cum protest on March 16 at Press Club Jammu.

Stressing on the need of separate district, Stanzin Lakpa said that Zanskar region is the only sub-division in the country which is 235 km far away and remains cut off for over seven months from its district headquarter and rest of world during winter months.

The speakers informed that Zanskar region spread over 7000 sq km area. Some villages within the region are situated more than 100 km far away from its sub-division headquarter, Padum.

They said that the region is in need of effective, accountable, efficient and good governance.

Phunchok Tashi said that even in the modern history of Ladakh three tehsils were created Leh, Kargil and Zanskar. Leh and Kargil were created as a separate district in 1979 and unfortunately, Zanskar still demands a separate district.

Citing an example of Upper Dibang district of Arunachal Pradesh, Skalzang Wangyal said, "Such district has around 8500 population and the geographical area is 3525 sq km and still given district status. In the case of Zanskar, the population is over 20,000 and geographical area is 7000 sq km".

Prof. Tsering Tandup said that in the era of development people of Zanskar are living in the worst condition because of lack

of facilities and absence of basic administration in Zanskar.

He reiterated a case of a mother who suffered because of poor health facilities and has to wait for heli services. After five days she got treated in Leh.

"The only solution for all these problems is to grant administration and good governance at the doorstep of Zanskar and is possible only if the government declares it as a district. Keeping these points into consideration we the people from Zanskar demands District Status for Zanskar Sub-Division", he added.

The speakers further appealed Governor, Satya Pal Malik to fulfill long pending demand of the people of Zanskar who are the sufferer and underprivileged section of Jammu & Kashmir State.

Saugat Biswas, Divisional Commissioner Ladakh reviews ongoing developmental work progress in Leh



Reach Ladakh Correspondent

LEH: The progress of ongoing works, welfare schemes and achievements of various departments in Leh district was reviewed by Saugat Biswas, Divisional Commissioner Ladakh on March 27.

Special emphasis was made on the work progress of Education, Health, Agriculture, Horticulture, Handicrafts and PWD department.

Saugat Biswas urged upon the head of the departments to have a thorough knowledge of all the schemes implemented by their department and office functions. He directed to adopt a strict follow-up mechanism for timely completion.

Detail information from each district officer about the respective departments, roles, priorities, functions, ongoing activities and progress of different State and Centre government-run public welfare schemes were carried out. The officers were directed to prepare a short video or slide presentation on the major departmental achievements and stressed professionalism to ensure an efficient work culture in government offices.

Avny Lavasa, DC, Leh gave a detailed presentation on the present state of languishing projects, Ayushman Bharat and PM-KISAN.

Informing about the sub-division and department wise projects under languishing, she said that the

languishing projects were taken up in three phases. The total number of projects submitted is 452, out of which 76 projects were approved with a sanctioned cost of ₹193.57 crore. A total of 223 projects remain pending and 153 projects were rejected.

Under Ayushman Bharat, Avny Lavasa informed that for Leh district total number of beneficiaries registered as per PM letter is 17,060. The number of beneficiaries registered so far is 11,305 and percentage achieved is 66%. Under PM-KISAN, total farms operating families including small and marginal farmers in Leh district is 21,542 out of which 6,003 is the tentative numbers of eligible farmers under the scheme.

Saugat Biswas took stock of the present status of each project and directed the officers to ensure timely completion considering the limited working days and tough geographic location of the region.

He strongly stressed upon the officers to ensure effective and timely tendering process assuring strict monitoring and follow up with concern authorities. The officers were instructed to ensure transparency and credibility in providing timely benefits to the actual beneficiaries at the grassroots level through Central and State-run public welfare schemes.

Moses Kunzang, Additional District Development Commissioner, Leh, Sachin Kumar, ADC, Leh and all HoDs were present.

ADC, Leh convenes District Consultative Committee meeting in Leh



Reach Ladakh Correspondent

LEH: District Level Review Committee & District Consultative Committee meeting of bankers of Leh for the quarter end held on March 18 at DC office, Conference hall.

Sachin Kumar Vaishya, ADC, Leh chaired the meeting.

Moses Kunzang, Additional District Development Commissioner, Leh, Abdul Rashid Bhat, Lead District Manager, Leh, officers of line departments and managers of different banks were present.

Sachin Kumar, giving reference to his tenure as SDM Khatse, talked about some of the issues being faced by the general public in far off villages as regards to banks.

Talking about the importance of reaching out banks to benefit actual deserving candidates, he said that banks can reach out to potential candidates through awareness camps. He stressed on the fact that the district administration is reachable even to the far-

these localities and that banks can avail the benefit of their access.

Observing the importance of Block Level Banking Committee meeting, he stressed on the importance of resolving any functional issues between banks and line departments beforehand. Also, he strongly pointed out the lack of information dissemination among all the stakeholders and lack of awareness among masses on various schemes under banking services.

He further reviewed the previous quarter performances and took a detail report from the concerned bankers and officials about NRLM, KVIB, KVIC, DIC, SC/ST, Handicraft, Handloom, and KCC.

Other agendas like the performance of banks under key areas relating to deposits, advances, P/S advances, and agriculture advances, assistance under government sponsored schemes, performance under KCC, banks performance under Mudra loan, disbursements under Stand up In-

dia scheme, were also reviewed and discussed.

Ram Kuwar, Assistant General Manager gave strict directions to all banks that in order to provide central and state-sponsored direct benefits, banks need to resolve the inactive accounts issue and also to make efforts to reach out to people and make them understand the benefits of opening accounts with banks.

The flow of credit to agriculture segment stands at ₹109.65 crore as on December 31, 2018, as against ₹ 108.01 crores as on September 30, 2018, indicating a growth of ₹ 1.64 crores over the previous quarter.

Tsering Wangmo, Director SBI RSETI presented the status/progress of RSETI through a detailed leaflet.

A certificate of appreciation to Lead District Manager Leh A.R. Bhat for achieving 100% target under the annual credit plan for the financial year 2018-19 was also presented.

Divisional Commissioner, Ladakh, reviews work progress of different projects in Kargil

Reach Ladakh Correspondent

KARGIL: Work progress of different projects taken up by various departments in the district was reviewed by Saugat Biswas, Divisional Commissioner Ladakh on March 26.

Saugat Biswas directed the concerned officers to take appropriate and efficient steps for timely completion of projects for optimum results.

It was informed that 61 projects amounting to ₹ 306.33 crores are under R&B sector, 32 projects amounting to ₹ 17.99 crores are under irrigation, 6 projects under PHE at a cost of ₹ 16.38 crore have been approved by the High Powered Committee (HPC). The projects include construction of 2 sub-district hospitals at a cost of ₹ 17.40 crore, Ice Hockey rink at Kurbathang worth ₹ 37.97 crore, motorable bridges of ₹ 9.60 crore, construction of irrigation khuls, lift irrigation schemes and protection bunds at a cost of ₹ 7.77 crore, construction of playfields, motorable bridges, link roads and buildings at a cost of ₹ 237.66 crore besides

the construction and reactivation of water supply schemes, water reservoir tanks and drilling of hand pumps at a cost of ₹ 15.89 crore.

Saugat Biswas directed the officers to submit all-inclusive details about the status of tendering for the execution of work on these projects. Officers were asked to prepare and submit the tender documents for all projects within a week's time so that necessary permission to carry out tendering process and allotment of works could be sought from the Election Commission of India keeping the guidelines during the model code of conduct.

He further directed officers to work with added zeal and enthusiasm to ensure that all projects are tendered out within the next 30 days with prior approval of the ECI.

The concerned officers were asked to gear up their men and machinery for quality and timely completion of these development projects keeping in view the limited working season in the district.

First-ever all-weather public convenience-cum-café at Zangsti

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Moses Kunzang, Additional District Development Commissioner, Leh highlighted the functional, collaborative and business model of the café, sales outlet and all-weather public toilet of Zangsti. It is the first type of toilet cum café that generates incomes to differently able people by selling crafts made from waste by people action group for inclusion and rights (PAGIR). Oriental Crafts, a self-help group from Nyoma block will use the space to sell and promote their products.

Moreover, its inclusive design has taken one step

further in accepting diversity and promoting inclusive society by constructing the ramp for people with special needs.

Interestingly, the sewage stored in the concrete septic tank of Zangsti public convenience will be treated at Faecal Sludge Treatment Plant, Leh and further use for irrigation purpose.

A short skit on the availability of public convenience and reduces open defecation in Leh was performed by EJM college students.

An interaction session was held to clarify doubts and seek feedback from the audience.

EXPERT TALK

Importance of Culture

By Rigzin Wangmo



Mipham Otsal, Director, Ladakh Theatre Organisation, Leh: Culture having the 10 streams of knowledge traditionally known as 'Rig-nas Chu' or 'Rigpai-gnas-bChu' is a well-defined culture. The 10 streams of knowledge do exist in some places. The presence of 10 streams of knowledge in Ladakh makes it a culturally diverse society. Today, when we proudly call ourselves as Ladakhi's it is all because of our ancestors who made a tremendous contribution towards society.

Theatre 'Izos-gar' is included in 10 streams of knowledge and is categorized into classical, contemporary and folk traditional. It contributes largely in an individual's life by improving rational thinking, language and many other aspects. Also, it helps in spreading awareness among the people.

Theatre remained neglected and to preserve it Ladakh Theater Organisation was established. From the primitive period the theatrical aspects were carried, and it has also transformed people. In few countries and metro cities of India, theater in education is a compulsory subject. It develops their body speech, mind and imagination. So when a child is developed in all the aspect they are successful in all fields. In Ladakh, people have less knowledge which is why theatre is ignored.

With change and development, people are failing to keep the culture intact. People became more individualistic and materialistic that they hardly contribute to the welfare of society voluntarily. It is necessary to have change but along with it the cultural preservation and promotion is a must. Ironically, the development and cultural identity does not go hand in hand in Ladakh. People should change with time but not at the cost of one's identity. Cultural extinct should not be the case rather cultural integration should be there. For example, one can make a good presentation and add more ingredients to change the taste of 'Paba' traditional food. Cultural assimilation could happen if we fail to maintain our own cultural and ethnic identity. The responsibility is not on the shoulder of one individual or a cultural organization but every Ladakhi has a greater role to play in conserving its culture and language.

Even though we focus Bhoti language to be included in the 8th schedule of the Indian Constitution, but people of Ladakh are not interest-

ed in preserving and promoting the language. Prior to demanding it, we should first bring improvement in ourselves.

The culture and identity are on the verge of extinction and people seem not to be scared and serious about losing it. It becomes very important to pass down one's heritage to the younger generation.

Solution

- Hill Council should make people aware of all the consequences. There is a need for discussion on how to protect our identity and culture.
- We Ladakhi should stop copying the western culture instead we should work on developing our own tradition.
- School should teach the student about the Ladakhi culture. Instead of teaching guitar and jazz, focus is needed on our own traditional instrument and music.

Message

"Parents are requested to bring up their children with moral ethics and cultural discipline to preserve and retain our roots and tradition."



Dr. Thupstan Norboo, Assistant Editor, J&K Culture Academy, Leh: Ladakh is known for its rich and unique culture which is manifested in our ideals, ideas, beliefs, values, folklore, folk songs and environment. It also manifests in the aesthetic quality and humanistic dimension of literature, music, drama, architecture, carvings, paintings and other artistic forms.

The culture of Ladakh is the distinctive way our people respond to, reflect upon and express their experiences of life. It emanates from our history and is reflected in our social values, family structure, belief systems, sense of social obligation, attitudes to work, the forms and manner of our artistic expressions, the food we eat, the clothes we wear; in short our behavioural patterns that historically mirror our responses to life.

Traditionally, Ladakh's culture can be broadly represented by certain well-defined streams of knowledge traditionally known as 'Rig-nas Chu' or 'Rigpai-gnas-bChu'. These ten branches of knowledge are classified into two known as five major and five minor knowledge systems. The five major streams of knowledge traditionally called as 'RignasChewaLnga' are: 'sDa-rigpa' (science of grammar), 'Tsadma-rigpa', (Science of logic), 'Nangton-rigpa' (science of spiritualism), 'bZo-rigpa' (Science of Art) and 'Sowa-rigpa' (science of herbal medicine). The five minor streams of knowledge (RignasChungwaL-

gna) are 'Snyan-ngag' (Poetry), 'Izos-gar' (Play), 'ngon-jod' (vocabulary/synonyms), 'rTsis' (Astrology) and 'sDeb-jor' (style of writing).

In fact, these ten sciences of knowledge are the blessed gifts of Nalanda tradition to the Himalayan Kingdom. It is said that all the objects of knowledge are included in the five major sciences; therefore, study of these streams of knowledge was indispensable for the overall development of a society. All the sciences of knowledge except 'Adyatmavidya' or the science of spiritualism (which refers to Buddhism) are secular in nature and hence can be studied by all irrespective of any religion.

Ladakh is rich in fine arts and paintings sculpture, wood carving and many more. Ladakhi language is recognized in the state. The books were published since 1976 and till now we have over 400 journals and academy has been publishing books and journals since then. One of which is Sheeraz which is available in the entire state in all recognized language. The Journal is an indigenous development.

Theatre is one among the five minor sciences of knowledge. The earliest form of theatre was Sanskrit Dramas. In Tibet, Drubchen Thangthong Gyalpo introduced Tibetan opera or ache lhamo in the 14th Century. The structure promoted by this great saint of Tibet gained considerable momentum in the neighboring countries of Tibet which include Ladakh. As many people of these regions have formed theatre groups like Ache Lhamo and Manepa in subsequent years. They usually dealt with historical events and lives of Buddhas and bodhisattvas.

Initially, they performed by travelling and later became popular under the name Manepa. People considered Manepa performance as a way of appeasing misfortunes besides serving as entertainment.

This tradition even lasted in Ladakh until the 1960s. Later certain repertoires based on Jataka tales etc. were staged on local platforms.

Before 1977, it is said there was no playwright in Ladakh whose play could be staged except Namther of Dowa Zangmo etc. by giving it a theatrical shape. But today we have few playwrights and theatre graduates who have been putting their continuous effort in preserving this knowledge system too.

With the opening of Leh branch of J&K Cultural Academy, efforts have also been made to preserve and promote theatre in Ladakh by organising theatre workshops and District Drama Festivals.

If we see the current scenario, Ladakh has opened to tourism, the emergence of cultural integration and western cultural influence are

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IN FOCUS

Be a responsible citizen become a voter



Stanzin Gya

It is an honour to be the District Youth Icon (Leh) of the Election Commission of India and it is my duty and heartfelt appeal to all the young and senior voters to exercise their voting rights. Elections are of utmost importance in any democratic country.

As we all know, democracy is defined as a government of the people, for the people and by the people. Voting in India is a constitutional right if one is a citizen of over 18 years of age.

However, it has been a tendency among voters, especially in the urban areas like Leh town, to treat the voting day as a holiday.

While skipping the vote may not seem to cause any harm, the long-term consequences will be disastrous. Some people will not

to go to cast their votes on Election Day saying that their vote won't be that important. They think that it is useless and a waste of time. But remember, 'one man one vote' says a lot. The reason to vote cannot be overstated. It puts each person on equal footing. A vote from a rich person has the same power as a poor person.

Young people have the same right to be heard as their elders. Voting gives you the right and voice, to have the say, who will be the next most powerful leader of your area or in the world. It is the single most effective way to make your voice be heard.

By not voting, you give away your right to influence the government totally. Imagine if the right to vote no longer existed, the country would no longer survive as a democratic nation. When a person does not vote, that

one individual citizen does not participate with the electoral process as with any other voter. What would happen if no one votes? Our democracy would end. So every vote can make a difference and that is why voting is essential for every individual whether he is a young or an old aged person, a man or a woman or a transgender, voting should be done.

The whole structure of Indian democracy is built on the foundation of voting. If citizens are not careful about casting their vote or worse, skip their vote altogether it will jeopardize the existence of democracy.

In every general election, a massive part of the votes come from the youth and some of them are the first time voters. Young people now-a-days are equipped with equal and better opportunities to access information and gain knowledge about the concept of democracy and politics. During General Elections 2019, India expects over 15 million first-time voters in the 18-19 year age group. New voters have the opportunity to deeply influence India's general election. The increased vigour of young voters is more likely to bring to the fore motivated candidates with national development aims. But, please remember that if you do not go to cast your vote on Election Day you will not have any moral rights to find faults with the governance later.

Voting is also an honour conferred on the citizens by the founding fathers. By exercising their right to vote, citizens demonstrate their respect for the history of the country.

SoulSpeak

P. P. Wangchuk

Facing the realities of life is the way to live life well



Let us remind ourselves that life is full of difficulties and pain; and one has to face so many realities on the way. Many among us would dare face the realities, but many more may prefer to keep their dreamy worlds intact. The point here comes as a proverbial reminder: No pain, no gain. Yes, until one learns to tackle the painful aspects of life, one can't hope to see the brighter side of life.

This, in a way, is a warning that unless we are fully grounded, we will have nothing but suffering and miseries in life.

Here, recalling Russian-American philosopher Ayn Rand can be fruitful: "You can avoid the reality, but you can't avoid the consequences of avoiding the reality." True, the moment you try to avoid the reality, you decide to stay put where you are. In other words, you have now turned yourself into a dead wood. And, with that, the very meaning of life and its mission take a big 'knock-out'.

As they say, 'today' has come as yet another chance for you to think and do better. But doing better necessarily means taking the obstacles head-on. The initial problem, mostly, is some kind of fear because of lack of understanding. And that gives rise to lack of confidence in surmounting the difficulties. Therefore, we must realise that we are here not to be dogged down by the difficulties but to show a brave face and live a worthwhile life.

Believe me, the kind of joy and satisfaction you get from your struggle can never be had from any other source. That is why we see that all the great people in the world had no hesitation in embracing the difficulties of life as welcome challenges.

Courtesy: Hindustan Times

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

In Conversation with Dr. Zahid Hussain, Consultant Pediatrician, SNM Hospital, Leh

Interviewed by Dawa Dolma

Q. What is Down syndrome and how many cases are there in Ladakh?

Down syndrome is the most common genetic disorder (chromosomal defect) that involves intellectual disabilities, birth defects and characteristic facial features. One in every seven hundred babies are born with this disorder and found in people of all races and economic strata. The constellation of abnormalities of people with Down syndrome was first published by Dr John Langdon Down in 1866 and hence the name was coined.

In 1959, Dr. Jerome Lejeune identified Down syndrome as a chromosomal abnormality and found 47 chromosomes in cells of individuals with Down syndrome instead of 46 in normal individuals. Later, it was found that the extra partial or complete chromosome 21 results in the distinct features of this syndrome hence also called Trisomy 21. Therefore, the UN General Assembly has officially declared March 21 as World Down Syndrome Day since 2011.

As per as estimate data of SNM hospital, the cases are 1:750 Down syndrome birth in Ladakh. This year so far we came across four babies with Down syndrome in SNM, Leh.

Q. What causes Down syndrome?

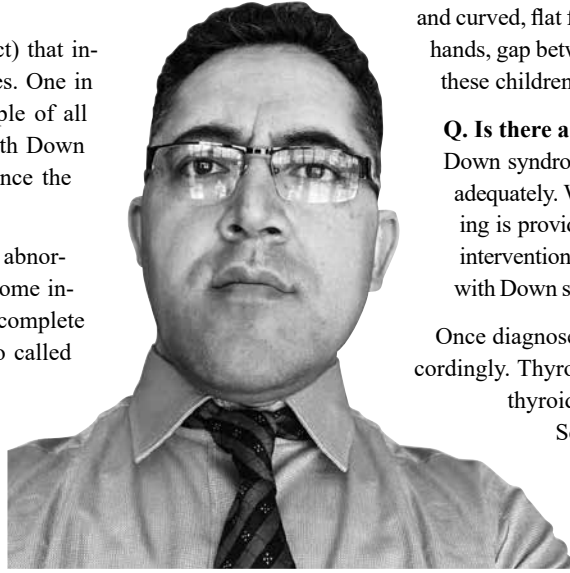
The most common mechanism of Down syndrome (Trisomy 21) is caused by abnormal cell division in either parent which results in the embryo after fertilization with an extra copy of 21 chromosomes in each cell.

Ninety-five percent of Down syndrome is caused by Trisomy 21, four percent by Robertsonian Translocation and one percent by mosaicism. Advanced maternal age and couple already having a child with Down syndrome have greater chances of giving birth to Down syndrome babies.

Q. What disabilities does a child or person with Down syndrome have?

A person with Down syndrome can usually do most things that an ordinary person can do. However, he/she has delay developmental milestone that includes intellectual disabilities, delayed physical development, visual impairments, speech disabilities, and hearing loss. People with Down syndrome have medical conditions which may affect any organ or organ systems of the body. There are increased risk of critical conditions like congenital heart disease, lung defect, thyroid problems, and abnormalities of stomach, intestines, and pancreas.

Down syndrome children are at higher risk of Blood cancers like Leu-



and curved, flat facial features, tongue protruded most of time, single crease on their palms, broad hands, gap between their big and small toe, loosen joints are some of the common body features these children have. Down syndrome, people are cheerful and smiles most of the time.

Q. Is there any cure or preventive methods for Down syndrome?

Down syndrome per se cannot be treated but the medical conditions associated can be treated adequately. We can offer screening of all pregnant women and at risk women. Genetic counseling is provided to them depending upon the screening results and risk factor. However, early intervention of first five years can prolong their growth and development. Nowadays, people with Down syndrome live longer, productive and healthier lives because of advanced diagnosis.

Once diagnosed, Down syndrome babies are screened for medical conditions and treated accordingly. Thyroid dysfunction is commonly found in them and it is essential to screen Hypothyroidism at birth, twelve months and every two years to treat thyroid dysfunction. Screening of heart defects is also critical and some may need early surgery and follow up.

Availability of treatment therapies includes physical therapy to help strengthen muscles and improve motor skills, occupational therapy to refine their sensory and cognitive abilities also speech-language therapy to improve the ability to communicate. These therapies are obligatory to not only evaluate developmental growth but also providing a potential to learn, think and grow.

Q. How can we make a difference in the lives of people with Down syndrome?

Living in an inclusive society is highly crucial and we can make a difference in the lives of people with Down syndrome from the fundamental institution of society that is family. Inclusive family where the child with Down syndrome should not be seen as a burden, they have capabilities and potentials to perform tasks, they just need extra time. Parents of Down syndrome kid needs regular counseling and pediatrician support.

They attend a special school that is primarily designed for children with special needs. According to their progress in academics, they move to a regular school in which inclusive education should be taught by valuing diversity. There are plenty of cases where adults with Down syndrome are doing extremely well in different categories of jobs and business around the world. These are examples of inclusive society and community. Hence, it is our responsibilities to set the framework for inclusion- either in the family, school and community rather than segregation as a general practice.

MESSAGE TO THE READERS

“Regular screening and medical checkups for people with Down syndrome is a must thing to do. They need love, support, inclusive school, society and education to unleash their full potentials in serving on boards.”

kemia, adults with Down syndrome have a higher incidence of Alzheimer’s condition.

Q. How can Down syndrome be identified?

Diagnosis of Down syndrome is made before and after birth with current medical knowledge. Down syndrome is diagnosed and confirmed with a test called Karyotype which studies chromosome number and arrangement. Before birth, screening of pregnancy at various weeks with ultrasound, blood tests, and advanced procedures can help in early detection. After birth, the characteristics appearance or behavior of people with Down syndrome have peculiar appearance like flat small head, small low set ears, depressed nasal bridge, eyes far off from each

FORTNIGHT HIGHLIGHTS



District Police Leh organised a cultural show under Civic Action Programme on March 29 at Main Market Leh.



SVEEP awareness programme held at different villages and schools of Turtuk and Panamik.



Students staging the play 'Khoj' on World Theatre Day after participating 20 days theatre workshop organised by J&K Academy of Art, Culture and Languages, Leh



Village Shara Phuktsey won 1st Prize in Ice Stupa competition.



Deputy Commissioner, Kargil, Baseer ul Haq Choudhary convened an introductory meeting with the Sarpanchs and Nambardars of the district in Kargil

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Orientation workshop for media fraternity held in Leh

Greater responsibility lies with the media for ensuring credible elections, says Avny Lavasa



Reach Ladakh Correspondent

LEH: An orientation workshop on media's role and responsibility to ensure free and fair elections was organised by the Prasar Bharati, Leh on March 31 at DC office conference hall.

News and Programme staffs of Prasar Bharati, Leh and Kargil district and the local media persons of Leh attended the workshop.

Avny Lavasa, DC/ District Election Officer, Leh said that a greater responsibility lies with the media for ensuring credible elections by disseminating realistic and rational information without being biased and subjective.

She sought full cooperation from both electronic and print media with the election authority for a transparent poll which is imperative to further deepen the democratic credentials of India which has a distinctive history of 70 years.

She said that with the evolution of strong and popular social media, the task of accurate reporting becomes more challenging for the media these days. Hence, asked media person to be more

careful and watchful on all political activities through responsible reporting. Also, maintaining self-regulation so that their works and actions are in the interest of larger society.

She also spoke on various rules of model code of conduct and answered various queries raised by media persons.

Moses Kunzang, Additional District Development Commissioner, Leh said that media is the most important and responsible stakeholder in holding free and fair elections and urged them to familiarize with the rules of Model Code of Conduct.

He highlighted other provisions of monitoring mechanism such as videography of polling, surveillance teams and flying squads on all polling process. He sought media's cooperation in maintaining law and order for peaceful conduct of the election.

Sachin Kumar, ADC underlined the importance of rights of voting and Model Code of Conduct.

Talking about the functioning of VVPAT, he said that it is a feedback mechanism to authenticate the vote as to whom it was actually cast. He strongly urged peo-

ple to have complete knowledge about the functioning of VVPAT.

Tsewang Rigzin, Journalist said that Leh for the first time is going for elections with a strong social media with 4G connection and urged upon all social media groups to become more careful and cautious by avoiding irresponsible statement, fake news, unwanted rumours and provocative messages.

Ramesh Chandra, Incharge, RNU, Prasar Bharati Leh urged for maintaining media's credibility and ethics by treating all political parties in an unbiased way. He impressed upon all his media colleagues to ensure the authenticity and credibility of all political news so that it would help in conducting fair and peaceful elections.

Zakir Hussain, Nodal Officer, Media Certification and Monitoring Committee (MCMC) gave presentation on the role and responsibility of MCMC in maintaining a peaceful environment for elections.

Thinles Dawa and Mohd. Ayub, Nodal Officers of EVM/VV PAT demonstrated the working and functioning of EVM/VVPAT machines.

EVM, VVPAT training programme held for media fraternity in Kargil

Reach Ladakh Correspondent

KARGIL: A training programme cum demonstration on Electronic Voting Machine (EVM) and Voter Verified Paper Audit Trail (VVPAT) for media persons was held on March 24 at Conference Hall, Baroo.

The training programme was a part of Systematic Voters' Education and Electoral Participation (SVEEP) activities in view of General Election, 2019.

Baseer ul Haq Choudhary, DC, Kargil focused on the role of media as one of the main stakeholders in the electoral process. He mentioned that the training and demonstration programme was specially organised to make them aware of the practical voting mechanism through EVMs and VVPATs.

A short film on Voter Education about EVM and VVPAT functioning in vernacular language and a promo on SVEEP activities was also launched.



Baseer ul Haq Choudhary urged the media persons to popularize the short film and promo through radio, cable TV as well as the social media platforms so that maximum number of people is informed about the practical voting mechanism through EVMs and VVPATs.

He further requested to sensitize people about EVM and VVPAT voting mechanism and spreading awareness among the public about the importance of voting to strengthen the tradition of democracy.

District Nodal Officer SVEEP and members of the media fraternity were asked to make special interviews and talk shows on the importance of voting as well as the practical demonstration of EVMs and VVPATs over Radio and cable TV.

The SVEEP activities are being carried out in full swing across the district. Training and demonstration on EVMs and VVPATs are imparted to the general public in all blocks including the far off areas like Drass, Tai Suru and Zanskar.

DC Kargil stresses for uninterrupted telecom and internet services

Focuses on smooth operation of online apps like cVigil, New Suvidha Portal during the election



Reach Ladakh Correspondent

KARGIL: In a meeting with all the telecom operators, Baseer ul Haq Choudhary, DC, Kargil stressed on to provide seamless and uninterrupted mobile, landline and internet services especially during the upcoming General Elections 2019.

The meeting was convened on

March 24 at DC office and representatives of Bharat Sanchar Nigam Limited (BSNL), Airtel and Jio telecom companies were present.

Baseer ul Haq Choudhary expressed unsatisfactory voice call and internet services by mobile operators in most of the areas. He warned the representatives

of telecom companies to take immediate necessary steps for streamlining the services or face criminal proceedings.

He underlined the importance of uninterrupted internet services for transmission of important election-related information and smooth operation of online apps like cVigil, New Suvidha Portal etc during the election process.

The telecom operators were asked to install boosters in all mobile towers to enhance their signal efficiency. Also, he urged upon to ensure no OFC breakdowns.

The representatives of telecom companies were asked to take all necessary and timely measures.

Expert Talk: Importance of culture

...Continued from page 4

highly found that results in cultural heterogeneity. Likewise, the Ladakhi folk song has lost its charm.

A few years back we witnessed a drastic change and people have accepted the change without thinking about the side effects and future thoughts. But today it is good to see that people are realizing especially the youths about the importance of culture and tradition. There is still a long way to go. People must give importance to restore our real identity. There is this urgent need where the stakeholders must have proper planning to avoid adverse consequences. Our society is copying the trend of other places, but first, we need to know our own cultural roots than one may learn about other culture. We have a fine example of Tibetan communities who have set an example everywhere in the world in preserving and protecting their culture and language.

Solution

- Material prosperity is important but should not be the goal. The scholars should impart the importance of culture so it will remain intact generation after generation.

- The scholar's biography should reach the children and let them know about history.

- If people give importance to their heritage, then there will be no threat of losing the culture. If people will not give importance, then naturally there is a threat to the culture.

Message

"The vernacular will appear in the 8th schedule only when the people of Ladakh use and maintain it. Otherwise, it becomes pouring gasoline on flames rather than water. Therefore, it is highly critical to maintain and preserve our own language and cultural identity."

PUBLIC NOTICE

I Stanzin Thupstan S/o Lobzang Tsering R/o Changspa M/S Text Ladakh Adventure applying for registration with the Assistant director tourism office Leh. Any objection in this regard may file their report in writing within seven days from date of publication of this notice.

DC Kargil launches mega plantation drive

Reach Ladakh Correspondent

KARGIL: In connection with World Forestry Day 2019, a plantation drive was launched by Baseer-ul-Haq, DC on March 22 at Degree College Kargil.

The plantation drive was organised by the Forest Division Kargil in collaboration with Degree College Kargil. 1 lakh saplings will be planted at various locations within two months.

Baseer-ul-Haq said that the plantation drive has been launched to enhance green patches in the district which is having only 0.05% green covers. The initiative will increase forest cover of the district and will also prove helpful in mitigating the ill effects of climate change and global warming.

He urged people especially students to work as ambassadors to carry forward the mission of plantation at their own level by planting saplings at schools, colleges and homes. Also, he stressed



upon every student to adopt a plant to enhance the chances of survival of the saplings.

He informed that all necessary measures would be put in place to ensure proper upkeep of the plants so that the plantation drive does not remain confined to the planting of saplings only.

DC also said that efforts will be made to involve other Government departments apart from the Forest Department and common citizens so that the mission of tree plantation is carried forward in the district.

Dr. Vinod Kumar, Superintendent of Police advised students

to plant more and more trees and contribute their bit in saving earth from the danger of disasters.

Meanwhile, the college authorities projected several demands like the provision of a playground, landscaping, early functioning of tribal girl's hostel, construction of a college auditorium and other related demands.

Baseer-ul-Haq assured the college authorities for requisite steps.

Students spoke on the importance of afforestation for human survival and lessening the impact of climate change and global warming.



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