AKH BULLE

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Fortnightly Special

Reminiscing a mountain of dreams achieved

Fortnightly Special

Covid-19: Ladakh all set to have testing lab soon



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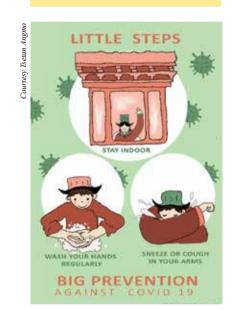
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Brief News

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Covid-19: Ladakh all set to have testing lab soon

Rinchen Angmo Chumikchan

LEH: The UT Ladakh administration is going to set up soon a BSL -2 laboratory in Chushot. This will be the first Molecular Diagnostic laboratory in Ladakh..

Since Ladakh doesn't have a BSL-2 laboratory, the Covid-19 case samples had to be sent to Delhi which takes two-three days to receive the report. As on April 29, 1949 samples have been sent to Delhi.

Besides COVID-19 testing, the new lab will work for a number of other important tests in Leh itself. In future, the lab equipment will be incorporated with the upcoming Medial College at Leh.

A team from SNM Hospital, Leh, including two doctors and four laboratory technicians, has been sent to PGI, Chandigarh, for a week's training.

Dr. Sonam Angmo, Head of the Pathologist Deptt, says, "We received one-week training at PGI, Chandigarh, in the Virology Department. The experience and exposure were really good. We were provided hands-on training. There is a lot of difference between practical and theory".

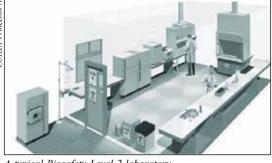
Besides, Dr Phuntsog Angchuk, Director, Health, UT, Ladakh, says that Prof Kunzang Chorol, from AIIMS, will also come here and train them in the beginning.

"Basically, we need microbiologist but we don't have it here in Ladakh, so we have sent two pathologist and four lab technician for training from PGI, Changidarh. The fully-equipped BSL-2 lab is compliant with the Indian Council of Medical Research (ICMR) standards.

"Initially, we will conduct the tests here and send the same samples to Delhi as well to compare the results. This is the normal practice for any new laboratory", says Dr Angchuk.

The importance of a lab in Ladakh:

Earlier, the samples had to be sent to Delhi by flight, leading to delay and heavy expenditure, but now such tests



A-typical-Biosafety-Level-2-laboratory

can be conducted in Ladakh itself, after some time.

Rigzin Samphel, Commissioner/ Secretary, Health, in an interview with Reach Ladakh, said, "It is very important to have such laboratory here in Ladakh. We have already taken up the issue with the government. As of now, we are sending the samples to Delhi and we receive the reports within one or two days.'

Echoing the same views, Dr Angchuk says that "this is a milestone and is very important to have a laboratory in Ladakh because no one is able to say anything about this virus. For how long will it stay and whether it will be in wave 1 or wave 2. Right now, the virus is under control in Ladakh."

Jamyang Tsering Namgyal, MP, also believes that it is very important to have a laboratory here in Ladakh. "I had committed to UT Ladakh to get the laboratory. This was one of the top priorities of UT Ladakh."

Talking about the expenditure, he says, "The cost on us UT Ladakh Administration is almost nil because half of the equipment were brought from ICMR and the other half were donated by Pernod Ricad Company through their CSR funding. We have mobilized the resources, otherwise it would have cost around 50 lacs to 60 lacs to set up the laboratory."

Talking about the certificate of ICMR, he says, "When the lab is ready, the UT Ladakh administration will send the papers and I will intervene in getting the certificate from ICMR."

Scope of the laboratory:

Once the lab gets functional, it will be able to undertake many other tests like H1NI, influenza, needles, swine flu etc. Virology and pathological test also can be done.

Dr Sonam Angmo says, "Right now, we have Coronavirus cases and it is confirmatory for reverse transcription-polymerase chain reaction (RT-PCR). Besides, that we can do H1NI, influenza, needles, swine flu and others. In future also, it will be beneficial for us. We will have a proper virology set-up.

"Five rooms are enough for it. You need one room for bio hazard, decontamination room, PCR and others. It will take some time to set up. Let's hope that it will get started soon", adds Dr Sonam Angmo.

Talking about the generation of bio hazard waste, Dr. Angchuk says, "Not many wastes will be generated from this lab. What we can do is that we can bring an incinerator or autoclave to dispose that. The quantity of the waste will be not much."

Jamyang Tsering Namgyal and Dr Angchuk inform that the lab will be set up at Chushot in the forest budgeted accommodation (Guest House) which is 200-300 mtr away from Imam Bargha and not in use.

Dr Angchuk also says that work has already been started by PWD and PDD. PDD has already completed the installation of 100 kv transmitter. And other works like internal wiring, installation of sink will be done by Ladakh Development Authority as the building was constructed by them.

For the installation of the machines, expert engineers will be brought, and it would be completed within a





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Singge-la pass to open mid-April, to create history

DC lauds Khaltse Admin and 81 RCC



Snow clearance work going on at Singge-La pass

Reach Ladakh Correspondent

Leh: The snow clearance work on the Singge-La pass (16,500 ft. approx.) has been completed for the first time in the mid-April. It is open for vehicular movement from April 20.

Singge-La pass serves as the lifeline for the people of the trans-Singge-La villages including Lingshet, Dipling, Neyraks, Youlchung and others and remains closed for around six months every year due to heavy snowfall.

Sachin Kumar Vaishya, Deputy Commissioner, Leh said the team of Civil Administration and Vijayak has left no stone unturned to accomplish the mission in a shortest possible time.

"The team of 81 RCC headed by Brig. Amit Singh Sohal, Project Vijayak Chief Engineer was working in close coordination and supervision of the district administration Leh. This is for the first time that the snow clearance work on the Singge-La (pass) has been completed in the mid-April", said Sachin.

He further said that the daunting task of snow clearance under the chilling weather condition would not have been possible without the coordinated efforts of project Vijayak and civil administration headed by Tsering Motup, SDM Khaltse and enthusiastic team of PWD headed by Ghulam Nabi, Executive Engineer, Khaltse.

The team also had MK Jain,

Commander 16 BRTF; Badwal as per the guidelines.

Besides, on the direction of Sachin Kumar, Deputy Commissioner, Leh Sir-sir La pass which connects Photoksar village remained more or less connected with Headquarter Khaltse during the entire winter months.

He congratulated the people of the Trans Singge-La area and hailed the entire team of Civil Administration and 81 RCC.

Kishan, Officer Commanding 81 RCC, other officers, Junior Engineers, 15 operators and 20 labours who had worked relentlessly with dozers, proclaims and JCBs for 40 days in severe cold. At the same time, the lockdown measures were strictly followed

Stories from Ladakh



By Richa Maheshwari & Athulya Pillai

We met Sonam, a very cute little guy in 2nd standard, on the bus. We just bonded. He insisted that we go with him to his home in Garkon, and even began to cry when he asked us not to get down at Dha. But we were so selfish - we wanted to go to Dha, so that is what we were going to do.

After Dha, we decided to walk the five kilometres to Garkon to surprise Sonam. Have you guys been there? The entire village is built in a hill. From the outside, you will not realize that there is a village or any human habitation there. It is as if someone did not want the world to know that it exists. When we arrived, we started asking people if they knew where Sonam lived. They were like, "which Sonam?"Luckily we had taken a photo with him so we showed that.

Sonam got super overwhelmed to see us. He took us to his house and introduced us to his father and his two sisters. They insisted that we stay with them. Sonam's father must have been wondering about what to give us to eat because he offered us all the dried fruits they had. He told us about his fields and crops. He was not very old. Maybe in his late 20s.

The kids were playing and looking at videos of the places we had been to on our phone. They were clicking photos with us. They even took us to a secret swimming pond. When we returned, we saw that the father had called a couple of his friends. There were four people around the stove, cooking for the three of us!

We were slightly amused because none of this was expected. I mean, normally when you go to a place, you order food, stay in a hotel, and then come back to your regular life. We had never expected that something like this would happen. That we could enter someone's personal life. There is so much intimacy in that.

At night, we took our sleeping bags to the terrace. There was a mountain on each side, and in the center, there was a patch of sky with stars. This was not a very usual sight for us. Sleeping on someone's terrace was not usual but it was happening. And we were enjoying ourselves. I don't know if it is the lens I wear to see my Ladakh trip, but there was a lot of magic to the things that happened there.

Storyteller: Jinesh Bagadia, Mumbai

Do you have a story that you would like to share with us? Write to us at: hello@nyiska.com For more stories, follow us on Instagram @storiesfromladakh

Ladakh to explore economic models of agro/medicinal-based industries



Reach Ladakh Correspondent

Leh: A meeting was convened by Rigzin Samphel, Commissioner/ Secretary Agriculture and Horticulture UT Ladakh with experts from various sections of agriculture and horticulture from both government and private organizations to brain-storm on April 25.

"Due to COVID-19 pandemic, the time has come to explore all the economic models of Ladakh

because tourism alone cannot be the source of income, it being seasonal and mostly adversely affected-sector in this situation," stated Samphel.

He further said that it is important to understand the key potential of aromatic and medicinal plants and to begin to implement on the ground the documentation that had been researched so far.

After a discussion on various requisites of National Ayush Mission (NAM), sectors of agriculture, horticulture, floriculture, medicinal plants, and importance of carrying out research work in different areas, Samphel gave directions for inspection of sites for medicinal and aromatic plants plantation; and identification of sites for floriculture in both Leh and Kargil districts.

Complete ban on spitting in public places: DM

Reach Ladakh Correspondent

Leh: An order regarding the complete ban on spitting in public places was issued by Sachin Kumar Vaishya, Chairman District Disaster Management Authority/ District Magistrate on April 24.

The order reads, "That in exer-

cise of power conferred under section-34 of Disaster Management Act, 2005 as well as in continuation to a previous order; it is hereby ordered for-complete ban on spitting in public places".

In case of violation, fines prescribed in exercise of power under Section-51B of Disaster Management Act, 2005 will be:- non-wearing of face cover in public places and work places will invite a penalty of ₹ 500 and spitting in public places would also invite a penalty of ₹ 500.

All SDMs/Executive Magistrates and Police Personnel shall ensure the compliance of the order.

Advisor Narula reviews Direct Benefit Transfer Schemes



Reach Ladakh Correspondent

Leh: To discuss issues related to Direct Benefit Transfer schemes, a meeting was convened by Umang Narula, Advisor UT Ladakh on April 23.

The meeting was attended by Rigzin Samphel, Commissioner/Secretary, Saugat Biswas, Divisional Commissioner Ladakh; Tahir Hussain, Director Finance, & Phunchok Paldan, District Informatics Officer Leh.

Umang Narula enquired about the flow of funds under the DBT schemes and issued instructions that the Administrative Departments should put in place the requisite structures needed for the flow of funds under DBT schemes.

The departments were asked to take up the matter with nodal officers in the Central government regarding linking of their respective portals with PFMS of Ladakh for direct flow of funds to Ladakh. The Finance Department was instructed to hold meetings and training with all the departments with regard to the flow of funds under DBT.

The issue of creation of separate linkages for Ladakh on various portals under different schemes of the Government of India was also discussed during the meeting. The departments were asked to take up the matter of transfer of legacy data from Jammu & Kashmir and the creation of separate linkages with the concerned central government ministries. The Departments were also asked to take up the matter of transfer of funds lying with the government of Jammu & Kashmir.

Advisor asked the departments to examine the possibility of implementing such Individual Beneficiary Oriented Schemes which are presently not under implementation in Ladakh. He also asked the departments to identify more transactions that can be done through DBT mode.

It was informed that under Pradhan Mantri Garib Kalyan Yojna, 10,041 Jan Dhan beneficiary accounts have been credited with ₹ 500 during the month through DBT mode. Also, 8,946 PMUY beneficiary accounts have been credited with the refill cost for the month.

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Div. Com. reviews Ramzan arrangements in Ladakh



Reach Ladakh Correspondent

Leh: A review meeting regarding the arrangement for the holy month of Ramzan-ul-Mubarak was chaired by Saugat Biswas, Divisional Commissioner Ladakh today.

The distribution of free ration to the PHH/AAY card-holder and labours both locals and migrants under Pradhan Mantri Garib Kalyan Yojna was also reviewed. Biswas directed the concerned officers of Public Health Engineering and Power Development Department for providing welltimed basic necessities during the holy month.

He also directed to appoint nodal officers to redress grievances of the general public by reaching out to them telephonically.

Biswas urged the Deputy Commissioners of Leh and Kargil to render uninterrupted services of water, electricity and essential commodities to the public during the days of the holy month of Ramzan.

Baseer-ul-Haq, DC, Kargil updated that under PMGKY nearly 80% of free ration has been distributed and the remaining will be covered in the coming week and the distribution of LPG, supply of essential commodities and vegetables are also being carried

Regarding the Know Your Customer (KYC) under PMUY, Baseer-ul-Haq said, "Verification of 6,500 beneficiaries out of 8,850 has been completed and the remaining will be verified in a

As mitigation measures of COVID-19, DC Kargil also added that it has been decided unanimously by the religious heads of Kargil in favour of restriction on gathering for prayers at mosques during the Ramzan month.

Sachin Kumar, Deputy Commissioner Leh also apprised that the second phase of free distribution of ration to the beneficiaries under PMGKY will commence shortly regarding the verification

Sachin said that almost all of the verification has been completed in Leh district under PMUY. He also assured that water, electricity and essential commodities have been taken care of with special attention for holy Ramzan

Dr Vinod Kumar, SSP Kargil also explained the procedure of trans-shipment of convoys and movement of trucks carrying essential commodities. He also updated that police stations and police force has been sensitised for ensuring no mass-gathering during the holy month.

Saugat Biswas directed for engagement of Self Help Groups (SHG), NGOs and ITI students to speed up the production of face-masks on large scale in both the districts.

The officers from Kargil attended the meeting through video conference.

L-G convenes review meeting with Hill Council, Leh & Kargil

Reach Ladakh Correspondent

Leh: A review meeting was convened by RK Mathur, Lieutenant Governor with Chief Executive Councillors of Hill Council, Leh and Kargil through video conference on April 22.

Umang Narula, Advisor to LG; Rigzin Samphel, Commissioner Secretary; Saugat Biswas, Divisional Commissioner; S. S. Khandare, Inspector-General of Police, Ladakh also attended the meeting.

During the detail discussion on the status of COVID-19 in Ladakh, Rigzin Samphel, informed about COVID-19 patients, people in quarantine and surveillance, quarantine facilities, dedicated COVID-19 hospitals, logistics and action taken by the Administration under the guidelines of Government of India. He informed that a plan is under process to bring the Ladakhi patients, pilgrims, students and others back to Ladakh at the ear-

Also, it was informed that 112 doctors will be inducted on a contractual basis to augment the medical personnel. He emphasized on starting the work on setting up of the Medical College in Ladakh on a war footing with future situations in view.

He further added that a 200 Junior Engineers will also be engaged on contractual basis on priority.

Saugat Biswas spoke about the

present status of stocking of essential commodities in Leh and Kargil. He said that strict surveillance, screening and sanitizing of the trucks coming from Srinagar carrying these commodities are being ensured by the Administration and Police



Radha Krishna Mathur, Lieutenant Governor convening a review meeting with Chief Executive Councillors of Hill Council, Leh and Kargil through vid-

the Hill Councils.

District plan for 2020-21 with a Capex Budget of ₹464.85 crores for both the Hill Councils was discussed during the meeting.

R K Mathur requested both the Hill Councils to submit their plans within April 2020 and exhorted all the departments to submit their outstanding liability files for clearance in a timebound manner.

He also emphasized on clearing liabilities under MGNREGA and directed the Deputy Commissioner/ CEO, LAHDC, Leh and Kargil to commence various developmental works and flagship schemes including PMGKY in their districts.

To address the shortage of fresh vegetables during winter months in Ladakh, the meeting decided to start with polycarbonate greenhouses through the departmental scheme in both the dis-

Deputy Commissioners of both the districts were directed to provide all necessary help to the farmers and to ensure adherence to the COVID-19 advisory during cultivation.

Umang Narula highlighted the

department in coordination with need for greater synergy at all levels in carrying out the developmental activities more efficiently in the region. He said that with the opening of Zojila for traffic movement and resuming of Air services could pose serious challenges in the control of COVID-19. He stressed on having a concrete plan for the optimum facility in terms of quarantine, screening, testing and logistics.

> R K Mathur thanked the two Councils, Panchayats, village Nambarders, volunteers of NCC, NSS, NYK, NGOs and religious organisations for their cooperation and support in battling the novel coronavirus pandemic.

> He said, "It's our joint efforts that today Ladakh has set an example for the rest of the country in controlling the spread of COVID-19 exhibiting unity, patience and responsibility towards one's own and nation's duty."

He also exhorted everyone to be compliant with GoI instructions and to be fully alert and careful and to use the Arogya Setu app. He reiterated that the people must wear a mask in public places, ensure social distancing and public hygiene even when the situation normalizes.

CEC chairs meeting on pre-plan formulation of capex budget 20-21 for Leh district

Reach Ladakh Correspondent

Leh: To discuss pre-plan formulation of Capex budget 2020-21 for Leh, Gyal P. Wangyal, CEC, Hill Council, Leh convened a meeting of Executive Councillors with Rigzin Samphel (IAS), Commissioner Secretary Finance UT Ladakh at Council

Secretariat on April 20.

The meeting was attended by Tsering Sandup, Deputy Chairman; Phunchok Stanzin, EC Agriculture; Konchok Stanzin, EC Education; Mumtaz Hussain, EC Minority Affairs; Sachin Kumar, Deputy Commissioner, Leh; Tahir Hussain, Director Finance Accounts & Treasury and Tsewang Gyaltson, CPO, Leh.

Discussion about confusions and ratification regarding overlapping /duplication of projects reflected in ₹ 332 crore Capex budget of Hill Council, Leh, State Sector and Special Development Project (SDP) of UT Ladakh were held.

PUBLIC NOTICE

We the following persons, propose to register a Non-profitable NGO under the name and Style as **'LADAKH PARA SPORTS ASSOCIATION**' with the Registrar of Societies UT Ladakh under Society Registration Act 1860.

S.No	Name	Occupation	Designation	Contact
1	Krishna Singh, Leh	Businessman	President	9813078677
2	Naveen Dalal, Leh	Sports Promoter	Secretary General	9467215451
3	Sachin Dalal, Leh	Sports Coach	Treasurer	8882749998
4	Nagender Singh , Kargil	Sports Promoter	Vice President	8059591744
5	Deepak Kumar, Kargil	Businessman	Vice President	9215151572
6	Stanzin Cholden, Leh	Social Worker	Executive member	9906994030
7	Tsewang Gyatso(Leh)	Businessman	Executive member	9797309753

Objection if any, in this regard may kindly be submitted to the Registrar of Societies Director Industries & Commerce UT Ladakh within 21 days from the date of publication of this notice.

President

'LADAKH PARA SPORTS ASSOCIATION' Leh UT Ladakh

Snow leopard kills 37 sheep, goat at Yourgo village



Killed sheep and pashmina goats at Yourgo village.

Reach Ladakh Correspondent

LEH: A snow leopard attacked and killed 37 sheep and pashmina goats at Yourgo village in Durbuk block on the intervening night of April 19. The leopard entered the livestock shed of Tsering Dorjay.

Konchok Stanzin, EC Wildlife immediately sent a wildlife team to Yourgo village to catch the snow leopard.

EC Konchok said that it is a huge loss of livestock which is the only means of sustenance for the nomad family and directed Wildlife Warden Leh to assess the livestock loss for giving timely compensation. He also instructed Wildlife Warden, Leh to provide corral pen to the family in protecting the remaining livestock.

EC Konchok also directed Dr. Tundup Namgyal, DSHO, Leh to sanction a unit of sheep/goat to the affected family to recover the loss. Revenue department Durbuk was also directed to assess the livestock loss.

This is the fourth wildlife attack on livestock within a period of one month killing up to 170 livestock in the district including 52 pashmina goat kids in a wolf attack reported in the same village (Yourgo) on March 30.

Finance Director conducts workshop on PFMS for CEC, ECs of Hill Council, Leh



Reach Ladakh Correspondent

LEH: To enhance the use of accounts as a single platform for payment Public Financial Management System (PFMS) has been introduced from April 1 in Union Territory of Ladakh which is a web-based online transition system for fund management and e-payment of GoI.

To sensitize the executive members of Hill Council, Leh about the PFMS, the Directorate of

Finance Department Ladakh as per the direction of Radha Krishna Mathur, Lt. Governor conducted a workshop about the PFMS to Gyal P. Wangyal, CEC and Executive Councillors of Hill Council, Leh on April 28 at Council Secretariat.

Tahir Hussain, Director Finance Accounts & Treasuries Ladakh; Simerjeet Singh, District Treasury Officer Leh gave a presentation about PFMS to the executive members of Hill Council Leh and said that the main objective of PFMS is to establish an efficient fund flow system and expenditure network which also provides stakeholders with a reliable and meaningful management information system.

Jigmet Namgyal, CCF, Hill Council, Leh gave a live demo of online billing cycle under PFMS to the CEC and ECs and also apprised about the operation of PFMS in Ladakh headed by Chief Controller of Accounts (CCA) followed by Principal Accounts Officer, Pay and Accounts Officer, Drawing and Disbursing Officer and program division.

Besides, workforce, GFR Rules, Sanction Cycle under PFMS, the meeting also discussed types of tenders including open, limited and single, CVC guidelines and other financial rules.

PMUY beneficiaries to get free LPG cylinders for three months

Reach Ladakh Correspondent

LEH: In the wake of the prevailing situation, the beneficiaries of Prime Minister Ujjwalla Yojna scheme will get free LPG cylinders for the next three months from April to June 2020, with one LPG cylinder each month.

"The advance payment for the

same will be sent to the registered bank accounts. On receiving SMS, the beneficiaries are required to book the cylinder via IVRS or SMS and use the money sent to their accounts to make online payment or make the payment to the delivery man," reads the press release.

The second booking can be made only after fifteen days of refilling of the first because the second refill can be made only after the first refill of the cylinder. All the beneficiaries are informed to make use of the benefit being provided by the Government and are also requested to stay home, stay safe

L-G pledges masks to Antodaya beneficiaries & migrant labourers out of L-G fund

Reach Ladakh Correspondent

LEH: R.K. Mathur, Lieutenant Governor of Ladakh, donated two reusable cotton masks each to two Antodaya beneficiaries and three migrant labourers from Doda district working in Ladakh while flagging off a campaign of distributing masks to all Antodaya beneficiaries and migrant labour in Ladakh out of the LG Fund on April 28 at Raj Niwas.

Umang Narula, Advisor to LG; Rigzin Samphel, Commissioner/ Secretary Health Ladakh, and Saugat Biswas, Divisional Commissioner, Ladakh attended the program among others.

LG Mathur announced that about 30,000 Antodaya beneficiaries and 14,000 migrant labourers working in Ladakh will be provided two masks each out of the LG fund. He complimented the various voluntary organisations and self-help groups who are involved in producing the masks in both Kargil and Leh districts and asked them to ensure that the required masks are produced on time.

Lt. Governor said that masks will be provided to the needy beneficiaries in keeping with the Prime Minister's advice to all the citizens of the country to wear masks at all times as a precautionary measure against the spread of novel coronavirus. He also exhorted all the people



R.K. Mathur, Lieutenant Governor of Ladakh donating cotton masks to migrant labourers from Doda district working in Ladakh

of Ladakh to download and register on the Arogya Setu App as a mandatory step to stay safe from the infection of COVID-19 pandemic.

Umang Narula informed that out of the LG fund, financial assistance of ₹10,000 each is being provided to five needy patients undergoing treatment outside Ladakh. He added that this fund is also being used to provide financial assistance to other needy patients and students in financial distress who are stuck outside Ladakh during this period of lockdown.

"All such cases for financial assistance received on the Ladakh-connect App which is available on connect.ladakh.gov. in and through the various helplines will be examined under a

due process and recommended for approval of assistance by LG", he added.

Saugat Biswas apprised that the masks are being produced by various Self Help Groups under NRLM from Thiksey and Rambirpur in Leh district and Minji, Shilikchey, Latoo, Chutumail (Youlthak), Chanigund, Hardass, Hardass Gound (New), Hardass Thang (New) and Akchamal (New) in Kargil district.

He also informed that ITI, Handicraft & Handloom Departments of the twin districts, R-SEIT Leh, Ama Tsogspa of Nyoma and Anlay, various NGOs, PAGIR, ALTOA, SEWA, YDA from Leh are also producing masks under the supervision of District Magistrates of Leh and Kargil districts respectively.

CEC launches 'MP JTN Cares Initiative' to fight COVID-19 in Ladakh



Reach Ladakh Correspondent

LEH: Gyal P. Wangyal, CEC, Hill Council, Leh launched 'MP JTN Cares Initiative' at Council Secretariat Leh today afternoon. Jamyang Tsering Namgyal, MP Ladakh joined the launching programme through video conference.

'MP JTN Cares Initiative' aimed to aware public about COVID-19 pandemic and information regarding Pradhan Mantri Garib Kalyan Package. Besides a kit containing two bottles of 100 ml sanitizers, masks and pamphlet written both in Bhoti and English

language highlighting the dos and don'ts will be delivered to every household which is under Covid-19 containment zones in Ladakh region and to the front line workers initially, "reads the press release.

Wangyal thanked Jamyang for his initiative to ensure the safety of each and every people of Ladakh from COVID-19.

Jamyang Tsering Namgyal said that UT Administration Ladakh and both the Hill Council of Leh and Kargil are doing their best to combat COVID-19 pandemic in Ladakh and said that this initiative of mine is to supple-

ment the efforts of all the stakeholders in Ladakh in the fight against the pandemic.

"In the first phase around 2 lacs masks, 20,000 (100ml) sanitizers will be distributed in Covid-19 containment zones and front line workers in Ladakh. Besides, 5 Ltrs sanitizer with masks will also be delivered to all the 334 medical centers of Ladakh", said Jamyang.

Jamyang further said that the kit of mask and sanitizers will be delivered to all the households which are under Covid-19 containment zones and will be made available at the areas recommended by the medical department including tea stalls along the national highway when roads will open for traffic. The kit will also be delivered to about 2,000 police personals of Ladakh, Councillors of Hill Council, Leh and Kargil and all the govt. employees who are deployed in fight against COVID-19 and media persons.

Earlier, CEC handed over the kits to Executive Councillors for distribution in their respective villages which are under containment.

Councillors of Hill Council, Leh, workers of BJP Leh headed by President BJP Leh Dorjey Wangchuk were also present.

SoulSpeak

P.P. Wangchuk

Take full charge of your life



When you say, 'Take full charge of your life', you mean that you need to control your life in a manner that goes well with the objectives of your life. And the objectives are those that you have resolved to achieve in life. It is quite possible that one has many things to achieve in life, and most of them may come at different stages of life, depending upon your priorities and de-

termination.

To give an example from my own experience, I had set, broadly, five things to make a success story, resolved soon after my university days. Now that all those resolutions, except for one, are accomplished, I have set for myself another set of resolutions that need to come true before I have to bid bye-bye to dear life!

I know I am fully responsible for all the pluses and minuses of my life, and, therefore, I also know that I have to be fully responsible now onwards too. That makes me feel that I can't blame anyone, even circumstances, for whatever goes wrong.

As a result, one gets one more chance to succeed, fully knowing well that you and you alone are responsible for your successes and failures. That means that only a sense of full control of your life helps you do things directed at achieving your goals.

It is quite possible that you may have to take a series of endless steps, one by one, determinedly, in order to reach your goal. That is normal and such things have happened with most of the achievers. A continuous effort, meticulously planned, is the only way to go as one can't sit back and keep crying.

In such cases, one can do one thing: Look within, and see how many good things have happened in your life. You will get a new ray of hope, and it is quite likely that you pick up the threads where you left them. And your dream would be about to be realised!

Courtesy: WongWorld

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

Delegation of LBA, women wing, calls on L-G

Reach Ladakh Correspondent

Leh: Ladakh Buddhist Association, Women Wing representatives called on R.K. Mathur, Lieutenant Governor of Ladakh on April 25.

The delegation submitted a memorandum regarding early evacuation of the stranded pilgrims, patients, students and elderly people of UT Ladakh stuck in different parts of the country due to the nationwide lockdown.

The delegation comprises of Rinchen Angmo, LBA Women Wing President and Tsering Dolker, General Secretary.

They also applauded efforts of UT Administration, Hill Council, Health Department and frontline health workers for combating the COVID-19 pandemic in Ladakh and assured their full support.



Reminiscing a mountain of dreams achieved



Thinles Norboo

As the Covid-19 lockdown has forced us to stay indoors to ensure that the dreaded virus can be contained. This unprecedented lockdown has made people value their freedom which was taken for granted before they were confined to their houses. And, today, most of us, including celebrities, do reminisce our dream journeys on

social media. In these 'throwback' times, wouldn't it be wonderful to retrace the journey of Tsering Ladol who had conquered the great Mt. Everest, the earth's highest mountain at the young age of 15.

Tsering Ladol spent her childhood in the Changthang region in Ladakh, located 270 km southeast of Leh district. Inhabited by Changpas, the pastoral nomads who practice yak, sheep and goat rearing as a part of their subsistence, Changthang was completely undeveloped during that time. "I completed my primary school in Changthang after which I had shifted to Spituk. Post my Class X exams, I went to Leh for higher studies. It was while studying in the Girls Higher Secondary School in Leh that I got the opportunity to join National Cadet Corps (NCC)," says Tsering, who believes that the spark for mountaineering took off when she became a cadet.

Tsering was born in one of the highest and toughest regions of the world. She grew up looking at the great Himalayas and trekking through the steep mountains. The relationship between Tsering and mountains was an old one, so the idea of climbing mountains wasn't completely new for her. It came naturally to this young girl who was fascinated by the snow-clad, sky-touching peaks.

"I was well aware of the strength, both physical and mental, required to climb the Mount Everest. However, it was my fascination towards exploring the greatness of this tough terrain that pushed me towards climbing Mt. Everest; and to my surprise, I was able to scale it in my first attempt," shares Tsering, recalling the journey of her lifetime, adding that the credit for her success certainly goes to Dr. Norboo and his family members with whom she had stayed in Spituk.

The scaling of the summit isn't as easy as it appears when one starts putting it into words. One has to live the experience to understand the diversity and severity of challenges the journey throws at those trying to put their foot on Everest.

"I had received adequate training in Phyang, Siachen Glacier, in Uttarakhand and Delhi. This prepared me to scale Everest from the



Tsering Ladol on top of Mt. Everest

North face which is from China's side and is considered to be hardest," says Tsering.

Cadet Tsering Ladol was part of the Indian Army's Women's Everest Expedition which conquered the world's highest peak on June 2, 2005. The team which set out to conquer Mt. Everest consisted of 9 members, 5 men and 4 women. Apart from Tsering Ladol, the other 3 women members were Capt. Sipra Majumdar, Capt. Ashwini Pawar and Dechen Lhamo from the Nepal special frontier force. They were the first women from the Indian Army to have taken part in such an expedition

While climbing, it wasn't only the adrenaline rush but also the fear of the dead bodies she saw on her way that kept her going. "There were so many dead bodies lying on the journey to the peak. Suddenly, a scary thought started haunting me. I was asking myself if I had gone there to die? I had already climbed 8,500 meters when my head torch fell on the face of a dead person. Even today I don't remember if I was hallucinating or that dead person started laughing at me! Somehow, I started moving ahead, and when I looked back after a while, that dead person seemed to be following me. I gathered all my strength and managed to climb towards the peak. I still think as if that dead person was there to make my journey easier. It was on June 2, 2005, that I had completed the journey to the greatest mountain peak," says Tsering who was so overwhelmed after completing the summit that she couldn't open eyes for several minutes.



Tsering Ladol in 2nd position in Snow Skating at Khelo India Winter Games held at Gulmarg in March 2020.

It was the moment that made her think that she had conquered all her dreams and fears, but that feeling was momentary. Soon after coming back, Tsering's priority was to get a government job keeping in mind the poor financial condition of her family. It is important to note here that in 2005, there were not many employment opportunities in Ladakh. Tsering applied for many jobs – from the highest to the lowest post - but nothing turned out in her favour.

"I received awards and recognition for my feat, but my priority was to get a job at which I failed. I was enlisted in State Award 2005, Raksha Mantri Padak in 2008 and the Himalaya Hero award in 2018. All these awards and no job disappointed me a little," rues Tsering, but the champ she is, she continued to break the gender stereotypes and is today working as a snow skating instructor in Gulmarg, Srinagar.

Tsering's journey from the remote journey of Changthang to scaling the heights of the gigantic mountain is truly inspirational. She is one of those several courageous women who have challenged and ventured into the territories which were earlier meant only for men. She has set an example for the younger generation in Ladakh and has inspired them to leave no stone unturned when it comes to achieving their life goals!

(This article was written under the Sanjoy Ghose Media Fellowship, 2019)

(Charkha Features).

Fortnight Highlights



A team of Police Station, Leh headed by Sonam Angchuk, SHO Inspector on April 28 seized huge quantities of illegal liquor from various locations in Leh city.



Screening of stranded passengers of Zanskar going on for COVID-19 at Akshow screening post by the Medical team lead by Dr. Zangpo, BMO Zanskar with the help of Dr.Omkar of 126 RCC BRO.



Gyal P. Wangyal, CEC, Hill Council, Leh on April 27 flagging -off four SRTC Buses from NDS Stadium Leh carrying 100 stranded passengers of Zanskar region to Zanskar who were stranded in Leh due to lockdown.



Gyal P. Wangyal, CEC, Hill Council, Leh along with Tsering Sandup, Deputy Chairman and Konchok Stanzin, EC Education calls on LG Mathur at Raj Niwas requesting for early evacuation of stranded people to Leh.



PM Modi interacting with the Sarpanches and village heads via Video Conferencing. Greets people of the nation on the occasion of National Panchayati Raj Day on April 24 and also launched e-gram Swaraj portal.

Div Com, Ladakh, assesses labour requirements with engineers, contractors; shares lockdown advisory



Reach Ladakh Correspondent

LEH: Saugat Biswas, Divisional Commissioner, Ladakh convened a meeting today to discuss arrangements regarding carrying out of various works in both the districts of Ladakh after the recent relaxation advisory issued by MHA which came into effect on April 20.

Deliberations were also held for the roadmap for the coming working season amidst COVID19.

After a threadbare discussion with the Chief Engineers of Public Works, Public Health Engineering, Power Development Departments and Presidents and members of Contractor Associations of both

Leh and Kargil districts, Div Com urged contractors to submit projection of requirement of labours in a skill-set wise list, and supply requirements to work out a proper roadmap to utilize the current working season.

As per MHA guidelines works on construction activities, irrigation facilities, and all kinds of industrial projects in rural areas will be allowed while the continuation of on-going works in construction projects, within the limits of municipalities shall be allowed where workers are available on-site (in-situ) and no workers are required to be brought at the worksite daily.

Saugat Biswas impressed upon the contractors to ensure strict follow-up of the lockdown advisory of face mask, water and soap for the labours on the work sites. And also ensure a complete ban on smoking cigarettes, gutka and spitting in places throughout the working season.

Kargil based officers and members of Contractor Association attended the meeting through video conference.

DM, Kargil, orders prohibition on selling, buying of frozen chicken

Reach Ladakh Correspondent

KARGIL: Baseer ul Haq Choudhary, District Magistrate, Kargil issued an order on April 29 banning the selling and buying of frozen chicken in the district.

The order states that as intimated by official sources from the Government of Jammu and Kashmir, frozen chickens stored since October/November 2019 are being supplied to Ladakh by road. Therefore, in the interest of public health it has been ordered that there shall be com-

plete a ban on selling and buying of frozen chickens in the entire district.

The order further states that only live chickens shall be allowed to be transported from Srinagar/Jammu to Kargil and the Market Checking Squad already constituted by the DM's office shall ensure that no frozen chickens are sold in the market.

Vide the order, all the Sub Divisional Magistrates and Executive Magistrates on duty have also been directed to ensure that no

frozen chickens are sold in their respective jurisdictions.

"Any Vendor/Outlet/Shop/Individual found selling frozen chickens shall be booked, fined and punished under law", reads the order.

Moreover, Assistant Director, Food, Civil Supplies and Consumer Affairs Department Kargil has been directed to inform and coordinate with the members of the Market Checking Squad to immediately conduct frequent market checking.

Administration distributes free ration to migrant labourers in Leh district



Labourers waiting their turn to get free ration provided by the administration.

Reach Ladakh Correspondent

LEH: In the second phase of distribution of free ration amidst lockdown, District Administra-

tion, Leh is continuously providing free ration to the migrant labourers in Leh district on April 24 Free ration including Rice- 1875 kgs, Dal- 750 kgs and Edible oil- 375 litres were distributed among 375 migrant labourers at Sankar of Leh city. 250 kgs of potato were also distributed among the labourers. Soaps and face masks are also being distributed among them.

The administration, under the directions of Sachin Kumar, District Magistrate, Leh is reaching out to every migrant labour in the district to ensure the motto of 'no one should sleep empty stomach'.

PUBLIC NOTICE

We the following persons, propose to register a Non-profitable NGO under the name and Style as 'LADAKH POWERLIFTING ASSOCIATION' with the Registrar of Societies UT Ladakh under Society Registration Act 1860.

S.No	Name	Occupation	Designation	Contact
1	Stanzin Namgyal, Leh	Businessman	President	9596814133
2	Sachin Dalal, Leh	Sports Promoter	Secretary General	8882749998
3	Suresh Kumar, Leh	Sports Coach	Treasurer	8307867501
4	Lobzang Paldan, Leh	Sports Promoter	Vice President	7051349541
5	Tsewang Gyatso(Leh)	Businessman	Vice President	9797309753
6	Stanzin Cholden, Leh	Social Worker	Executive member	9906994030
7	Jigmet Namgail, Leh	Social Worker	Executive member	8059261886

Objection if any, in this regard may kindly be submitted to the Registrar of Societies Director Industries & Commerce UT Ladakh within 21 days from the date of publication of this notice.

President

'LADAKH POWERLIFTING ASSOCIATION' Leh UT Ladakh

Advisor reviews functioning of UT Control room & Connect Ladakh portal

Reach Ladakh Correspondent

LEH: Umang Narula, Advisor Ladakh on April 20 reviewed the functioning of COVID 19 Command Center Control Room and connectladakh.gov. in portal at the UT secretariat.

He interacted with the officers and staff of the control room and enquired about its functioning. Tashi Tsetan & Dr.T. Thinless, Nodal Officers of the control room briefed the Advisor that apart from the submission of timely daily reports to various ministries of the Government of India and senior officers of the UT Administration, the control room addresses the local grievances of the people of Ladakh regarding requirement of food supplies, ambulances and home delivery of essential supplies etc.

The grievances are raised by the public on the dedicated wattsapp number (8803699624), phone number (01982-258960-61-62) of the control room and also through email (utladakhcovid19@gmail. com). It was informed that a total of 150 grievances received by the control room were attended and action required was taken.

Saugat Biswas, Divisional Commissioner Ladakh also briefed the Advisor that apart from dedicated officers, the UT control room is supported by NCC volunteers and a dedicated call centre. The call centre makes call to the home quarantined people on a daily basis to check their health status.

He also presented the status of functioning of the portal, connectladakh.gov.in which is emerging as



the leading interface between the Ladakhis living outside Ladakh and the UT Administration for addressing their grievances. Nodal Officer from the Information Technology Department Sedol informed that till date 6,088 residents of Ladakh have registered on connect.ladakh.gov.in portal and 928 grievances have been received through the portal, out of which 908 grievances stand redressed.

Biswas apprised the Advisor that all such grievances which requires personal intervention and liaison with the state authorities of host state, are referred to concerned liaison officers who resolve the issues through personal intervention. Issues such as essential food supplies, health care attention, appointment with doctors, free ambulances, provisioning LPG are a few of the many grievances that stand redressed.

Advisor Narula suggested a few value additions in the portal to make it more effective. He instructed for daily submission of summary reports of the grievances redressed through the portal.



THE ADMINISTRATION OF UNION TERRITORY OF LADAKH OFFICE OF THE DIRECTORATE HEALTH SERVICE LADAKH

(Email Id: dhsladakhhr@gmail.com)

Advertisement Notice No:-08/DHS/H&ME of 2020 Dated: 27-04-2020

Subject: ADVERTISEMENT NOTICE FOR CONTRACTUAL APPOINTMENT OF DOCTORS UNDER (NHM) UT-Ladakh 2020-21

Applications are invited on behalf of Health and Medical Education Department UT-Ladakh, for contractual posts of Medical Officers and Consultants as mentioned in (annexure I), under NHM Programme as per the permissibility vacant posts approved under ROP (NHM) for the year 2020-21, vide No: F.No:M-11016/9/2020-NHM-II, dated:15/4/2020.

The application shall be addressed to the Director Health Service Ladakh on the prescribed form. Application form, advertisement details and list of supporting documents can be downloaded from the www.lehnic.in. Interested candidates shall apply on the prescribed format and submit along with supporting documents as prescribed, by mail on dhsladakhhr@gmail.com within a period of 20 days from the date of advertisement.

Eligibility criteria:				
Name of the Post	Eligibility criteria			
Medical Officer	MBBS degree from recognized institution. Registration certificate from Indian Medical Council			
Pediatrician	MBBS degree from recognized institution. Post graduate degree from recognized institution. Registration certificate as pediatrician from Indian Medical Council			
Gynaecologist	MBBS degree from recognized institution. Post graduate degree from recognized institution. Registration certificate as gynaecologist from Indian Medical Council			
Anaesthetist	MBBS degree from recognized institution. Post graduate degree from recognized institution. Registration certificate as anaesthetist from Indian Medical Council.			

Terms and conditions:-

- All the appointments are on contractual based under NHM Ladakh. The initial term of contract shall be up to 31st March 2021 and further renewal/termination is strictly on the basis of performance and continuation of the scheme.
- Honorarium will be negotiable depending on the level of difficulties of the post and maximum negotiation for Zangskar and Lingshed.
 The applicant shall apply for a post of a particular health institution and cannot apply for more than one post.
- The engagement shall strictly be for the particular post per the annexure I, and it is non-transferable in any circumstances.
- Local Candidate shall be given preference.
- The selected candidate shall have to sign a contract with the appointing authority as per NHM guidelines.
- If a contractual appointee at any time willfully neglects or refuse to perform duty, his/her service shall immediately be terminated without serving any notice and he or she shall not be entitled to any salary for such period.

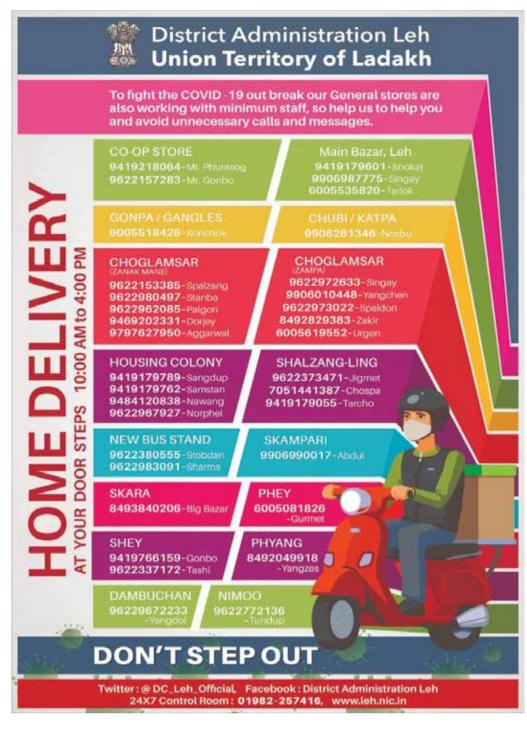
For any query, candidates may contract on the given contract details:

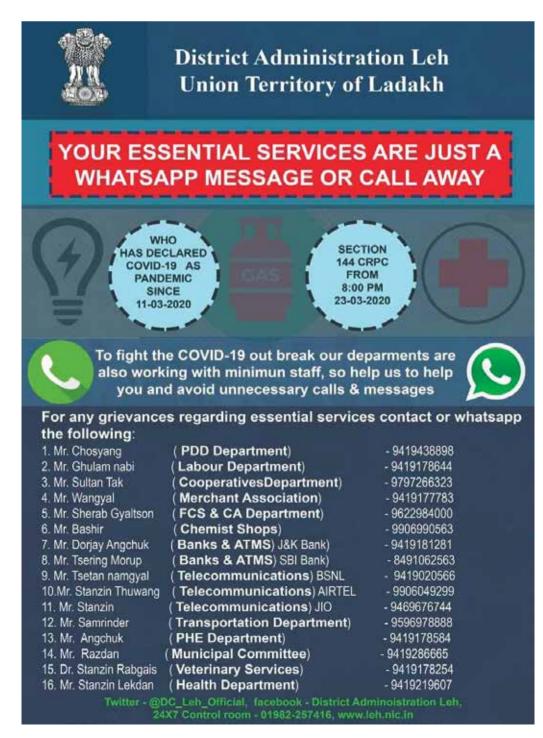
- 1. Mail ID: dhsladakhhr@gmail.com.
- 2. M.No: 9906988901
- 3. M.No: 9906015331

No:-DHS/NHM/HR/ Dated:

-sd-Dr.Phuntsog Angchuk Director Health Service, Ladakh.









District Administration Leh

@DC_Leh_Official

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www.leh.nic.in





in collaboration with Ladakh Cooperative Society, FCS & CA Dept., Merchant Association Leh and Overland Escape



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