

REACH LADAKH BULLETIN

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August 1-15, 2020

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Brief News

HBCA, Leh, demands inclusion of Bhoti script in 8th Schedule

LEH: Delegation of Himalayan Buddhist Cultural Association met Lieutenant Governor, R K Mathur on July 30 at Raj Niwas.

The delegation put forward 28 years long pending demand of inclusion of Bhoti script in 8th schedule of Indian constitution and opening of Kailash route via Ladakh. A copy of memorandum highlighting detail rationalization of their demand was submitted.

R K Mathur assured to take up the matter for due consideration.

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Courtesy Tsetan Angmo



Correction and clarification

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Ladakh youth anxious about lack of job opportunities in UT set-up

Demand job reservation, separate Public Service Commission for Ladakh

Stanzin Dasal

LEH: With just a few more days left to celebrate the first anniversary of the creation of Ladakh as a union territory, people of Ladakh expressed mixed responses over the parliamentary enactment but remain determined in their demand for safeguards to protect lands, job, environment, and culture.

Apprehensions among Ladakhi youths, especially on employment generation and recruitment in the new Union Territory set-up is increasing as the administration has so far not issued any notifications related to jobs.

More than 5,000 posts, including 1,000 gazetted posts, are lying vacant in different departments of UT Ladakh. Youth from Ladakh alleged that the much-promised UT status has created more chaos and confusion among them. They complained that youth are facing a crisis as there are limited job opportunities in the new Union Territory set-up.

Jigmat Paljor, Coordinator, LEAF, said, "It is disheartening to see the current situation. Youths are concerned about their future as there has been no job opening so far. Moreover, there is no job policy in UT Ladakh. When we got the status of a union territory, there were huge expectations and new hope of employment opportunities. However, the youth of Ladakh have been left vulnerable."

Jigmet also questioned the transfer of employees on deputation from UT Jammu and Kashmir. "Transfer of officials



On December 12, 2019 students leading a protest demanding six schedule for Ladakh.

on deputation at this point of time is understandable, but what about employees such as assistants, guards, and drivers who are also being deputed from outside Ladakh. What is the logic behind this?"

Rigzin Samphel, Commissioner Secretary, UT Ladakh, said, "Ladakh is starting from a scratch after the formation of UT Ladakh and it will take time for things to get back on track. Hopefully, the new domicile law or reservation policy for Ladakh will be issued by the Home Ministry in a month or two."

The administration of UT Ladakh is also understaffed and most of the officials are looking after 3 to 4 departments whereas many departments are still without any head. Outsourcing staff to cope up with the shortage of manpower until a permanent solution is found seems to be the only alternative at the moment.

Umang Narula, Advisor to the Lieutenant Governor, UT Ladakh, wrote a letter to the Government of UT Jammu and Kashmir on June 30 requesting deputation of officers/ officials against the vacant post in Ladakh for a period of two years.

In April and May, as many as 110 doctors

were recruited from different parts of the country under the National Health Mission (NHM) scheme. On July 20, Jammu and Kashmir administration issued an order to transfer 108 officials on deputation to different departments in Ladakh, including General Administration, Education, Finance, Rural Development, and Panchayati Raj, Housing and Urban Development, Power development, Transport, Food Civil Supplies, and Consumer Affairs, Revenue, Public Work (R&B), Tourism, Culture Department, Jal Shakti and School Education.

Ladakh Student Educational & Environmental Action Forum submitted a copy of the memorandum to Lieutenant Governor, R K Mathur on December 18, 2019, in which they expressed their concerns regarding recruitment in UT Ladakh. They also highlighted the importance of a separate PSC for UT Ladakh.

Ladakhi youth are concerned about the outsourcing of employees from other parts of the country by the UT administration. Voices have also been raised demanding a separate Public Service Commission for Ladakh so that aspirants from the region can apply for a gazetted post.

On July 24, student associations with the support of all the religious and political organisations called a strike against discrimination in jobs and recruitment. The protest was staged in response to the decision taken by Jammu and Kashmir Bank in which candidates from Ladakh are no longer eligible to apply for the newly advertised posts in J&K Bank. However, according to a press statement issued by J&K Bank Chairman and Managing Director (CMD), R K Chibber, the Bank will initiate a recruitment drive for filling up posts of Probationary Officers and Banking Associates for Ladakh as well.

The press statement reads, "Candidates from UT Ladakh have been left out after the Bank had recently announced a recruitment drive for J&K UT. But let me assure them that they shall also have a chance to showcase their talent and add value to the vibrant human capital as the bank shall shortly come up with a notification after meeting all regulatory norms and launch a special recruitment drive for Ladakh UT as well."

Saif Ali Khan, a youth leader from Kargil district, said, "It has almost been a year since Ladakh was declared as a union territory but job policy and recruitment board are still lacking. Unemployment is a major concern in Ladakh and many are still waiting for job openings".

Talking about reservations, Saif said that Ladakh need safeguards to protect land and job. "Ladakh needs a domicile law favouring people of the region," he added.

Aam Aadmi Party formally launched in Leh, Ladakh

Sets eyes on Hill Council election



Stanzin Dasal

LEH: Expanding the footprints, Aam Aadmi Party (AAP) formally launched in Leh, Ladakh on July 22 in presence of Rajesh Sharma, Co-incharge AAP, J&K, Ladakh.

AAP leader Durgesh Pathak also interacted with the new members and welcomed them through video conferencing.

Former Police IG, Tsering Phuntsog; Former President, ALTOA Rinchen Namgyal; Skarma Tokdan, Itfekar Husian, and Tashi Angchuk with many other youths joined the party.

Welcoming the members into the party, Rajesh Sharma said that the party will work for the welfare of the general public following the developmental model like in Delhi. He said that the prime focus is to understand the demands and aspirations of the people of Ladakh and to work on it.

He expressed the need for safeguards in Ladakh region because of its strategic importance, unique cultural identity, and scattered population. He assured to raise the demand of people.

Setting its eye to fight upcoming Hill Council, Leh election, Rajesh Sharma said that the AAP is looking forward to contesting from all the constituencies.

Retired I G Tsering Phuntsog stated that the launch of AAP in the region gives new hope and change in the political scenario. He said that both the BJP and Congress party have not been able to live to people's expectations. Slamming the present ruling government BJP for the poor state of the economy, he said that various initiative such as demonetization, GST imposition has created more chaos in the country.

AAP Spokesperson Rinchen Namgyal and Coordinator Skarma Tokdan also spoke on the occasion.

Kargil Vijay Diwas: L-G Mathur pays tributes to war heroes



L-G Mathur paying tribute to the Kargil war heroes at War Memorial Stupa, Skyatsags, Leh.

Reach Ladakh Correspondent

LEH: Lieutenant Governor, R K Mathur paid rich tribute to the martyrs of Kargil war on the 21st anniversary of Kargil Vijay Diwas, observed every year on July 26 to commemorate India's victory over Pakistan in 1999.

A wreath-laying ceremony was held at War Memorial Stupa, Skyatsags, Leh.

R K Mathur said, "This day reminds us of the grit, valor, and dedication of Kargil war warriors who fought till their last breath to defend our motherland. I salute the indomitable courage and innumerable sacrifices of Indian Armed Forces in safeguarding the nation amidst challenging situations and protecting the country's pride."

Remembering the war heroes from La-

dakh who gave supreme sacrifice defending the country during the Kargil war, Lt. Governor honoured 50 Veer Naris (war widows). He lauded the people of Ladakh for rendering selfless services during Kargil war and said that it's a proud moment for all of us.

He also interacted with the gallantry award-winning war veterans and Ex-servicemen.

On July 26, 1999, Indian Armed Forces won one of the fiercest battles in 'Operation Vijay' with Pakistan in Kargil.

Gyal P Wangyal, CEC, Hill Council, Leh; MP Ladakh, Jamyang Tsering Namgyal all the political and religious heads, war veterans and ex-servicemen were present on the occasion.

Haji Sadiq Ali Sadiq, renowned writer, poet, passes away

Reach Ladakh Correspondent

KARGIL: Eminent Balti poet and writer, Haji Sadiq Ali Sadiq passed away on July 25 at his residence in Balti Bazar.

Hill Council, Kargil led by Feroz Ahmed Khan, CEC; Baseer ul Haq Choudhary, DC, Leh, writers, poets, and intellectuals of Ladakh condoled the sad demise of renowned personality.

Late Sadiq Ali Sadiq received State Award in 2009 and J&K Cultural Academy Award in 2007 for his work in Balti language and literature. He has contributed enormously towards the preservation and promotion of the Balti language, heritage, culture, and literature.

Expressing sorrow and grief, Feroz Ahmed said that Sadiq's contribution towards the preservation and upliftment of Balti poetry in Ladakh would be long



remembered. He said that his death has left a huge void in society which is difficult to fill.

The deceased during his lifetime wrote numerous poems, short stories, research-oriented articles, and other literary pieces in the Balti language. He played a vital role in the development and promotion of Balti language and literature in the genre of poetry and short story writing. His publications include Sada-e-Sadiq, a

collection of his self-composed ghazals, qasidas, behre taweels, nazams, marsiyas and patriotic songs in four volumes namely Rdyangsa na Brangsong, Sambhi Byaboon, Sning Sod na Rgamo, Stan a Kho.

Recalling his literary contributions, the writers, poets, and intellectuals stated that the deceased has rendered his whole life for promotion and preservation of the vernacular languages and literature. His contributions will be remembered at all times to come.

Ladakh Academy of Art, Culture and Languages, Kargil and Leh, literary and cultural organizations as well as poets and writers of Balti, Shina Dardi and Purgi languages expressed their sympathies with the bereaved family in this hour of grief and prayed for peace to the departed soul.

L-G inaugurates COVID-19 testing facility at DIHAR



Reach Ladakh Correspondent

LEH: COVID-19 testing facility established in adherence to the safety standards and advisories of ICMR at DIHAR campus, Leh was inaugurated by Lieutenant Governor R K Mathur on July 22.

Dr. O P Chaurasia Director, DIHAR; Brig. JB Singh, Commandant 153 GH; Dr. Padma Gurmet, Director, NRISR, Leh; Dr. Mutup Dorjey, CMO, Leh and his team of doctors from SNM Hospital, Col. Manoj Batra, Nodal Officer of COVID Testing Lab and Dr. Tsering Stobdan, Sr. Scientist DIHAR were present.

R K Mathur lauded the efforts put in for establishing the COVID-19 testing facility in DIHAR and procurement of required materials and machinery in the right quantity at the right time. He thanked Dr. G Sathesh Reddy, Chairman, DRDO & Secretary, Department of Defence, R&D for making this facility available at DIHAR. He expressed hope that it will augment the testing capacity in Ladakh and would help in keeping a close monitoring of the infected persons.

Also, he inquired about the bio-safety aspect of the testing

facility and exhorted to ensure all precautionary measures to minimize cross-contamination and safety of researchers, health professionals, and the environment.

While inspecting the testing facility, Dr. IP Kumar, Scientist 'F' from INMAS, Delhi informed that the facility is capable of screening 50 samples per day. Besides, it can be utilized for training manpower for COVID testing. It has two robust validated Bio-safety Cabinets (B2 type) for virus neutralization and RNA isolation which would be carried out in dedicated rooms. The downstream processing of samples would be done in the Pre-PCR lab and RT-PCR lab.

Dr. O.P. Chaurasia, Director, DIHAR said that apart from the utility of the facility in addressing the ongoing pandemic, this facility will be of great significance to address future bio-threats and carrying out R&D activities pertinent to agro-animals diseases.

UT Administration aims at making Ladakh self-sufficient, says L-G

Reach Ladakh Correspondent

LEH: Lieutenant Governor, R K Mathur chaired an introductory meeting with the Director and faculty of IIT, Jammu on July 30 at Raj Niwas.

Commissioner Secretary, Education, Rigzin Samphel, Secretary IT Ravinder Kumar, PK Vijayan Dean, R&C and IR, IIT Jammu, and Dr. Bhogilla Satya Sekhar, Assistant Professor, Mechanical Engineering, IIT Jammu attended the meeting. M S Gaur, Director, IIT, Jammu attended the meeting through video conferencing.

R K Mathur welcomed IIT Jammu for proposing technological and scientific initiatives in Ladakh. He said that a lot of knowledge generation has already been done in Ladakh and stressed on



During an introductory meeting with Lieutenant Governor, R K Mathur, Director and faculty of IIT, Jammu.

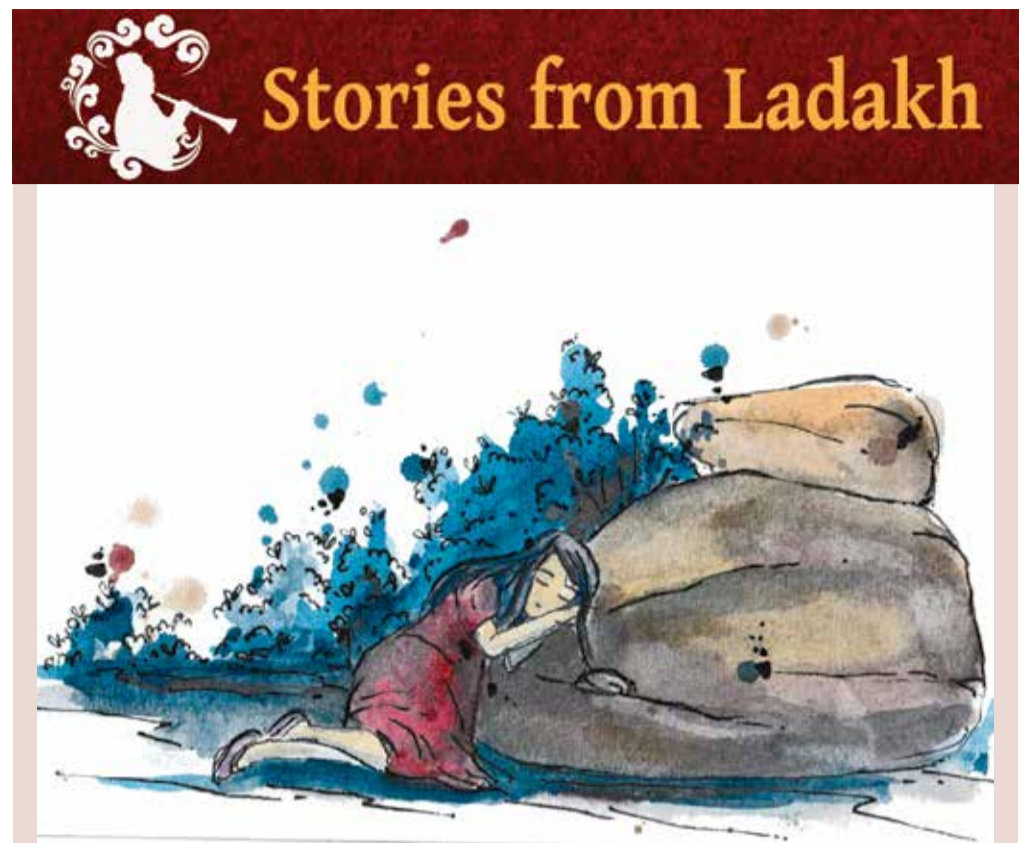
its integration and application on the ground for benefits to the local populace.

He further added that Ladakh could be the starting point with the objective to address the common needs with certain differentials of all Himalayan mountain states.

Mathur stressed on the need to make Ladakh functional round

the year by way of technological intervention in providing the people with modern facilities during the harsh winter months. He advocated for a local self-sufficient solution and to integrate traditional wisdom and practices with technological advancements.

IIT, Jammu was advised to consider these thoughts and come up with a suitable proposal.



By Richa Maheshwari & Athulya Pillai

I have a story to tell. A story that dates back to a time when girls in Ladakh were not encouraged to study.

It is a story about a girl from the Nurla village in Sham. A girl who dreamt of studying further than post matriculation, even when studying till Class 10 was an uphill battle for her. She used to plead with her father, "Let me study till Class 10. At least till Class 10."

One day, her father warned her not to go to school anymore and insisted that she get married. She felt very sad and started walking towards her family orchard that was a mile away from her home. On the way, she cried and had unending conversations with herself. In her despair, she decided to cut her hair and become a nun. She found a huge pholong (big stone), laid her hair across it, and attempted to chop it off by striking a small stone against it. Alas! She failed. She cried so much that she fell asleep under that pholong and woke up at dusk.

She was a rebel and refused to get married. She even broke an engagement, the offer of which was accepted by her father without her knowledge. For this, her father had to pay a sack of barley to the boy's side in return for the barley wine they had brought for the marriage proposal.

When her name was taken off the school list because she was unable to attend classes during the summer fieldwork, her Kashmiri Pandit teacher stood up for her. He said that she is a smart student with the potential of doing well in the future and allowed her to sit for her exams. Despite all odds, she finished her matriculation and got a job as a schoolteacher.

Although her dream of studying further remained a dream, eventually other things fell into place. She met a jolly man, got married, and worked tirelessly for the education department for forty years. In those days, when traveling outside Ladakh was a big deal, she took her parents for trips around India and Nepal. Her father, who had always thought that education was not important for girls, realized just how wrong he was.

She eventually retired after contended work tenure, but the memory of the pholong is still etched deeply in her mind. She revealed this to me recently when I asked her about the biggest disappointment in her life. She is my 71-year-old lovely mother. Maybe that is the reason that she has always pushed my sister and me to pursue all of our dreams.

Storyteller: Dr. Tundup Dolker, Hemis Shukpachan

Follow storiesfromladakh on Instagram for more such stories.

Turtuk -Bogdang people switches to BJP, gives jolt to Congress, NC

Ladakh BJP President, JTN welcomes all, assures overall development in the area

Reach Ladakh Correspondent

TURTUK: Leaders, activists, supporters, and people of the entire Chorbat area including Turtuk, Bogdang, Nakpo Thang, Lchangmar, Chalunkha, Garadi, Tyakshi and Thang villages of Nubra valley led by its elected Councillor, Gulam Mehdi and Gh. Haider, Chairman BDC Turtuk joined Bharatiya Janata Party on July 30 in presence of Member of Parliament/State President Jamyang Tsering Namgyal.

Leaders and different individuals of the area shared they are delightful towards party policy, "Saab ka Saath, Saab ka Vikas and Saab ka Vishvas."

Jamyang Tsering Namgyal assured overall development in the area including Education and



Health facilities, Telecommunication and Road Networks, improvement of the rural economy, and other important aspects of development.

He further assured to complete and deliver all the schemes initiated by the Modi Government and assured early connection of the long pending demand of Tur-

tuk-Hanu road.

BJP District President of Nubra, Stanzin Delik; Vice President of Leh, Advocate Tashi Gyalson; BJP Mandal Presidents of Chorbat, Sarpanch Anayat; BJP Mandal President of Diskit, Tsetan Namgyal; Councillor Diskit and Hunder constituency along with other leaders were present.

Advisor Narula chairs preparatory meeting for Independence Day



Advisor, Umang Narula convening preparatory meeting for the Independence Day celebration.

Reach Ladakh Correspondent

LEH: Preparatory meeting for the Independence Day celebration was convened by Advisor, Umang Narula with all the officials of Union Territory of Ladakh at the DC office conference hall on July 27.

Keeping in view the spread of COVID-19 pandemic, Independence day will be celebrated in a distinct manner and as per guidelines/advisory issued by the Ministry of Home Affairs.

Umang Narula said that while organizing various programmes

and activities, it is imperative to follow certain preventive measures such as maintaining social distancing, wearing masks, proper sanitization, avoiding large congregations, protecting vulnerable persons, etc. The congregations at the programme shall be small and participation shall be only by invitation. For the general public the programme will be webcast.

Only limited programmes will be performed which includes unfurling of National flag, playing of National Anthem and presentation of Guard of honor

by the Ladakh police etc. The traditional March-past by armed forces, NCC contingent & student, cultural show and prize distribution ceremony will not take place given the precautions to be observed.

Umang Narula assigned various responsibilities to departments and committees and instructed the concerned HODs to undertake the responsibility efficiently.

Commissioner Secretary GAD, Rigzin Samphel; Inspector General of Police, S.S Khandare; Deputy Commissioner Leh, Sachin Kumar Vaishya; Chief Conservator of Forest, Preet Pal Singh; Secretary, Rural Development, Ravinder Kumar; Representative of Defence, Air force, and HODs of concerned departments attended the meeting. Secretary/Divisional Commissioner, Ladakh, Saugat Biswas; Deputy Commissioner, Kargil, Baseer Ul-Haq Choudhary and HODs of Kargil district attended the meeting over video conference.

Hill Council, Leh, signs MoU with LEDeG for water, sanitation, and local toilet pilot projects

Reach Ladakh Correspondent

LEH: Hill Council, Leh and Ladakh Ecological Development Group Ladakh (LEDeG) signed a Memorandum of Understanding on July 23 to implement four major pilot projects in the urban area of Leh.

The projects include integrated 24x7 decentralized water and sanitation project, demonstration of an improvised model of community-based Ladakhi toilet, Integrated water, sanitation and hygiene centre for Municipal sanitation workers, and Multiple community stand post based water supply system in Leh.

Gyal P Wangyal, CEC, Hill Council, Leh, and Executive Director LEDeG, Ishey Tundup signed the documents in presence of ADC, Leh, Dr. Zahida Bano, Ven. Lobzang Nantyak, Councilor, Upper Leh, Asma



Gyal P Wangyal, CEC, Hill Council, Leh and Executive Director LEDeG, Ishey Tundup after signing the MoU.

Yousuf, Project Manager, BORDA and Tashi Lundup Documentation and Publication, LEDeG.

Executive Director LEDeG about the aim and objective of the pilot projects. Funded by BORDA, LEDeG will target to complete these projects in the next three months, and based on the success of these projects, similar projects will be proposed for the coming years.

He requested CEC to ensure full support and cooperation from the concerned govt. agencies in the timely implementation of the projects.

Gyal P Wangyal thanked LEDeG for coming up with these pilot projects in Leh city. He hoped that such important projects will go a long way in improving and solving water, sanitation, and toilet facility problems in Ladakh.

Body of missing girl found in Indus



Team during the search of missing girl body in Indus river.

Reach Ladakh Correspondent

LEH: A body of a 22-year-old missing girl recovered from Indus River on July 20.

Police station Leh on July 19 received the report of the girl being washed away in the Indus River at Phey village. Police personnel along with Union Territory Disaster Response Force (UTDRF), Leh rushed towards the spot and searched for the body till late night. Failing to recover the body on the same day, the police team resumed the search for the body from early morning on July 20. After all efforts, the team succeeded to find the body 3 km down from the site of the occurrence.

The body was shifted to SNM Hospital and after proper medical and legal formalities handed over to the family of the deceased.

Inquest proceedings under section 174 CRPC has been initiated at Police Station Leh in this regard.

Delegation demands use of Bhoti language in educational institutes, UT administration

Reach Ladakh Correspondent

LEH: A team of delegation from Ladakh Buddhist Association, Ladakh Gonpa Association, and Ladakh Cultural Forum put forth demands related to Bhoti language and its use in educational institutions and UT Administration during a meeting with Lieutenant Governor, R K Mathur on July 29.

The delegation requested creation of an independent faculty of Ladakh Studies with a focus on Bhoti language at Ladakh University and to implement teaching in mother tongue at primary level schooling as per National Education Policy in Ladakh along with introducing innovative teaching methods.



Delegation from Ladakh Buddhist Association, Ladakh Gonpa Association, and Ladakh Cultural Forum with Lieutenant Governor, R K Mathur at Raj Niwas.

They also highlighted the importance of ensuring Bhoti interpretation provision in different sectors of UT Administration for the convenience of common people and effective governance.

Acknowledging the need to preserve and promote the Bhoti language as an integral part of the

rich cultural heritage of Ladakh, R K Mathur assured to consider their proposal.

Meanwhile, a delegation led by LBA and Senior Buddhist Advocates of Bar Association, Leh also requested certain amendments in Ladakh Buddhist Succession to Property Act.

Advisor Narula sets sights on expansion of helicopter services in Ladakh



Reach Ladakh Correspondent

LEH: Advisor Umang Narula reviewed the functioning of Civil Aviation and Cultural Academy on July 29.

Rigzin Samphel, Commissioner Secretary; Deputy Commissioner Leh, Sachin Kumar Vaishya were present in the meeting. While, Deputy Commissioner Kargil, Baseer-Ul-Haq Choudhary attended through video conference.

Rigzin Samphel briefed about the availability of helipad facilities at various locations across the Union territory.

Umang Narula instructed Deputy Commissioners to submit proposals for the development of helipads at different locations along with hanger facilities at important locations. He asked them to design the hangar facilities in consultation with Pawan Hans Ltd. Also, he asked Commissioner Secretary, Civil Avi-

ation to ensure expenditure of funds under Special Development Package earmarked for the development of helipads.

The meeting also discussed the operation of heli-services on new routes. Narula asked Commissioner Secretary Civil Aviation to explore the starting of heli services on Drass-Srinagar, Kargil- Zanskar, Leh- Changthang, and other routes.

While reviewing the Cultural Academy, Narula was informed about various activities of the Academy, such as Ladakhi Dictionary Project, Village Histories of Ladakh, Digitization of Publications, and various others.

The Advisor asked Commissioner Secretary, Culture to submit fresh proposals for the constitution of the academy as an autonomous body.

Tourism department organises 3-day photography workshop

Reach Ladakh Correspondent

LEH: A three-day 'Photography workshop' organised by Department of Tourism, Ladakh was inaugurated by Tsering Sandup, Deputy Chairman, Hill Council, Leh on July 29

The duration of the course is scheduled short, keeping in view the increasing COVID-19 cases in the district and restriction of mass gathering.

Tsering Sandup expressed gratitude to the Tourism department for coming up with such a skill development initiative. He informed that nearly 11 crore amount of fund has been sanctioned for tourism promotion in Ladakh. After Ladakh was declared as a separate Union Territory several workshops and skill development programmes have been planned for this year but due to the uncertain circumstances, most of the programme has been postponed and canceled.



Deputy Chairman, Tsering Sandup addressing the participants during the photography workshop.

He further added that Ladakh has many unexplored scenic beauties and photographers have good opportunities to explore with the context of Ladakh. He said that from such workshop, the photophile would be benefited by the experience of the experts in the field.

Assistant Director Tourism, Jigmet Namgail elaborated on the concept of organising such programmes for the benefit of photographers as such programmes not only chisel their talents for the competitions but also enrich their personalities and enhance

their skills to perform better in life.

He also informed that the Tourism Department has charted out several such programmes for the larger benefit of the people of Leh district as COVID-19 cases increase in Ladakh this is the minute program of the Tourism Department during the pandemic.

Stanzin Khakyap, Resource Person also spoke on the occasion and explained the theoretic and practical session of the workshop to the participants.

World Breastfeeding week 2020: Support breastfeeding for a healthier planet



Dr. Yangchan Dolma

Mother and child constitute 57.5 % of the total population and is a vulnerable section of the society. Breast feeding is the cornerstone of Infant and Young Child Feeding (IYCF) for survival and development of child and maternal health. Breast milk contains all the nutrients needed in first 6 months of life and is an uncontaminated nutritional source. Studies have shown that malnutrition has been directly or indirectly responsible for 60% of all deaths among children less than 5 years annually. Over two third of these deaths is associated with inappropriate feeding practices and occurs during first year of life.

World breastfeeding week is a global campaign to raise awareness and galvanise action on themes related to breast feeding. Starting from the year 1992, the awareness campaign is celebrated every year on theme basis from August 1-7. Since 2016, it is aligned with sustainable development goals (SDGs) 2030. In 2018, World Health Assembly (WHA) resolution endorsed world breast feeding week as an important breast feeding promotion strategy.

This year the World breastfeeding week is themed, "Support breastfeeding for a healthier planet." The objective of this campaign is to inform people about the link between breastfeeding, environment and climate change, engage with individuals and organisations for greater impact and galvanise action on improving the health of people through breast feeding.

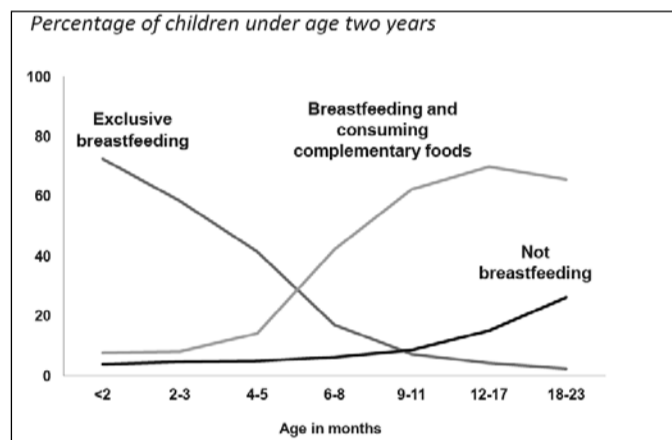


Figure: Breast feeding practices by age. (Source: National Family Health Survey (NFHS IV), MoHFW)

National Family health survey (NFHS IV) 2015-16 shows that in our country, only 50% of infants under 6 months are exclusively breast-fed. (Figure). To address the various issues related to breast feeding and complimentary feeding, during the tenth five year plan, National guidelines on Infant and young child feeding (IYCF) was launched in 2004. As a global public health recommendation, IYCF emphasize on cost effective interventions like early initiation of breastfeeding immediately after birth and preferably in 1st hour of life, exclusive breast feeding for first 6 months of life, timely introduction of complimentary feeding after the age of 6 months, continue breastfeeding for 2 years or beyond, active feeding of children during illness and principles of feeding in HIV exposed and infected infants.

The benefits of breast feeding are tremendous for the mother as well as the baby.

Benefit to the baby:

- 1) Improved growth and nutritional status.
- 2) Increase bonding
- 3) Low risk of overweight and obesity
- 4) Less diarrhoea (loose stools) and respiratory infection.
- 5) Improved cognitive(thinking) and motor development
- 6) Lower risk of chronic disease like Diabetes Mellitus, Heart disease, Asthma and cancers.

Benefit to the mother:

- 1) Faster maternal recovery and weight loss after delivery
- 2) Lower risk of maternal cancer(ovarian and breast cancer)
- 3) Less depression after delivery.
- 4) Less likely to become pregnant in early months.

The IYCF Interventions emphasise on three areas of action:

1. **Protection:** By implementation of the IMS (Infant Milk Substitute) act. Health care providers must not allow the health systems to be used for promotion of infant milk substitute or any baby food by companies manufacturing such foods and bottle feeding.
2. **Promotion:** By proving adequate and accurate information and counselling to all women, family and community members.



3. Support: By providing support measures for sustained appropriate feeding through maternal protection.

The government has set up IYCF counselling centres in outpatient areas in many District hospitals (DH) and Community health centres (CHC). Nutritional rehabilitation centres (NRC) to address the feeding practices of severely malnourished and counselling facilities have been established in many parts of India. Beneficiaries can avail benefit of breast and complimentary feeding counselling during pregnancy (Antenatal care) and routine immunization of their babies or from Anganwadi centres during village health and nutrition day (VHND).

Looking at the tremendous benefit to both the mother and child from evidence based medicine, every effort should be made at the individual, family, society and health care delivery system to discourage artificial feeding and promote exclusive breast feeding for the first six months and complimentary feeding thereafter for better maternal and child health outcome.

The writer is an Assistant Professor and Head Department of Community medicine, Government Medical College, Kathua, Jammu.

You can send your comments at yangchendolma12@gmail.com

Advisor Narula reviews financial achievements under Agriculture Technology Management Agency



Meeting of the UT Level Sanctioning Committee convened by Advisor Umang Narula.

Reach Ladakh Correspondent

LEH: A meeting of the UT Level Sanctioning Committee (UTLSC) for Agriculture Technology Management Agency (ATMA) and Rashtriya Krishi Vikas Yojana (RKVY) of Ladakh was convened by Advisor to Lt. Governor UT-Ladakh, Umang Narula on July 23.

Umang Narula reviewed the physical and financial achievement under ATMA for the year 2019-20. He advised that there should not be any shortfalls in future in achievements of targets and benefits/outcomes

of the schemes must percolate at the grass-root level to the farming community.

The UTLSC approved the action plan of Ladakh with the allocation of ₹ 273.08 lakh and exhorted the departments for effective time bond implementation as per the guidelines and cost norms of the scheme.

Tarvinder Singh, Director, Horticulture/Agriculture presented Action Plans of Agriculture/Horticulture department & Animal/Sheep Husbandry department with tentative allocations of ₹ 184.53 lakh, ₹ 52.97 lakh and ₹ 35.58 lakh respectively under different components.

He informed that the Ministry of Agriculture and Farmers Welfare, GoI, New Delhi has conveyed a tentative ceiling of ₹ 270 lakh as 100 percent Government of India share for Ladakh under ATMA component of Sub Mission for Agriculture Extension under Krishonnati Yojana for 2020-21 for Ladakh.

Besides plan proposals of the Agriculture Department, Horticulture Department, Animal and Sheep Husbandry Department, Fisheries Department, and SKUAST, Leh were also discussed under Rashtriya Krishi Vikas Yojana (RKVY). It was decided that the Ministry of Agriculture and Farmers Welfare would be approached for allocations under RKVY for 2020-21.

CEC, Leh, reviews physical, financial achievement under power sector

Reach Ladakh Correspondent

LEH: A review meeting of the power sector was convened by Gyal P Wangyal, CEC, Hill Council, Leh on July 25 at Council Secretariat.

Gyal P Wangyal took stock of the physical and financial achievements of the power sector under various centrally sponsored schemes and Capex Budget of Hill Council Leh 2020-21.

He reviewed the progress of ongoing transmission line projects including the extension of 66 KV main power grid lines to connect rural areas and completion of substations and transformers in the rural and urban areas of Leh district.

Going through all the new and ongoing projects, Gyal P Wangyal sets a deadline for the completion of all the projects. He directed executing agencies to complete the projects in rural areas on priority so that far off and un-electrified villages could be electrified at the earliest.

Progress of projects under Capex Budget 2020-21 being executed by PDD and LREDA was also reviewed. He stressed to achieve maximum progress in the coming months.

Chief Engineer, PDD Leh, G. A. Mir; General Manager, NBPS (NHPC), Alchi, P. P Singh Wilkh; Chief Manager, Power Grid, Sukhdev Singh; SE, PDD Leh, Tsewang Paljor; Project Director LREDA, Tsewang Thinlas; Execu-



Gyal P Wangyal, CEC, Hill Council, Leh reviewing the power sector.

tive Engineer, PDD, Tundup Spalzung and concerned executing engineers of Tata Projects Ltd, Power Grid and REC Power Distribution Company Limited (REC PDCL)

SoulSpeak

P.P. Wangchuk

Need to go for your real self



Of all the searches, the search for one's real self is the most difficult search. As if possessed by madness, most of us go on searching for everything but not for our own soul. That is why we are never happy, and are in a constant state of 'dazed and lost feeling.'

A friend says one can 'Google' for anything but not for one's self! I liked it so much that I could not resist writing this piece.

There is no doubt that finding yourself is the most important thing for any person. That is because until we know ourselves, we can never get to know others and the world outside in a correct perspective. Knowing yourself is like using the right specs that give you a perfect and correct picture.

And, once you start knowing yourself, half the 'battle of life' is won. The other half, since you are on the right track and with the right perspective, will be quite easy to win. But what is this 'battle of life'? In a narrow sense, it means the 'mission of your life' that could be anything, depending upon one's bent of mind, and to some extent, on one's background and upbringing.

When you say 'Life's mission accomplished', you are referring to certain objectives you had set to be achieved and those have been fully fulfilled. But, if you really ponder over life's mission, there is nothing like having achieved everything. We achieve things in a limited sense, and that does not really give you the real satisfaction of the ultimate fulfilment.

The ultimate fulfilment is the realisation of complete freedom from the chains of this worldly rigmarole so that you are one with the world, and everything around you and far beyond a part of your essential existence.

So, getting to know the 'real you' is as important as life itself. Because life has no meaning until you self-discover yourself. That is why Aristotle had said: "Knowing yourself is the beginning of all wisdom." And, similarly, American novelist Ralph Ellison had said: "When I discover who I am, I'll be free."

Courtesy: WongWorld

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

In Conversation with Stanzin Mutup, Traditional Sculpture

Interviewed by Stanzin Dasal

Q. Describe your journey as an artist, starting with your studies in Tibetan traditional sculpture.

I love art and have the artist in me right from my very childhood days. Artwork in Buddhist monasteries including spectacular statues, wall paintings, and other artifacts, has always attracted me. You can say I got inspired by those rich artworks and decided to learn it. After class 8th, I pursued 6 years degree course in Tibetan traditional sculpture from the Central Institute of Buddhist Studies, Leh Ladakh. In 2014 I completed my studies.

From 2015 I have been working as a professional and created several projects such as 5 feet statues of Sakya Pandita and Gyaltsab je (one of the key disciples of Je Tsongkhapa), 2 feet statue of 4th Panchen Lama Lobsang Chokyi Gyaltsen at Tashi Lhunpo Monastery, Bylakuppe, Karnataka. Along with my colleague, I sculpted 13 feet statue of thousand armed Arya Avalokiteshwara and 5 feet statue of 4th Gyalwang Drukpa at Thukjey monastery in Tsokar, Changthang. Likewise, I completed many other sculptures for different monasteries in Ladakh.

Q. Tell us about the process of making your artwork? What type of material do you prefer to use and are these materials available in Ladakh?

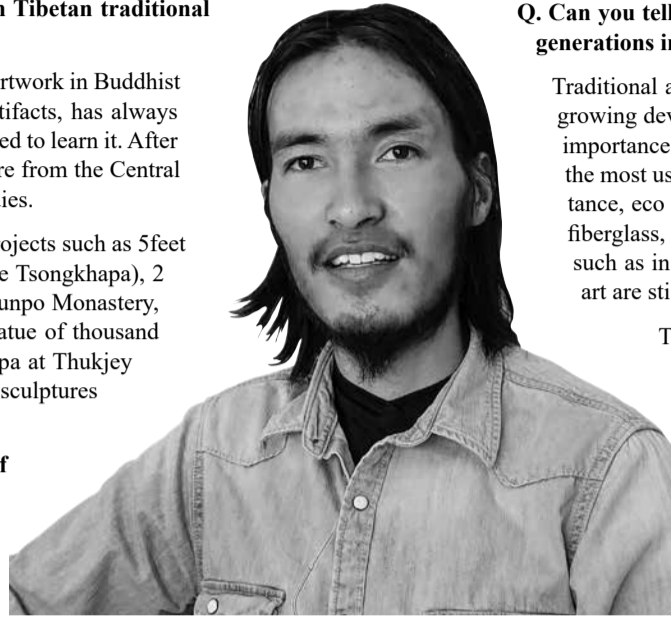
I prefer working with clay which is the prime material for the sculpting process. Along with it, other material such as cotton, jute, wood, iron is used. All these materials are easily available in the region.

Right from the molding of clay into the desired shape till the final colouring, the whole of my sculpting process is handmade; there is no use of machinery.

Q. You also worked on the restoration project at different places. Share the experiences and the need for restoration.

My interest in the restoration of old statues and artifacts is as equal as the sculpting process. Ladakh has centuries-old monasteries, statues, and paintings which is rare and precious. Many of the old heritages are being restored and many are still in need. I restored old statues in Nubra valley, Stok, and Shey Palace. Some of those statues were 100 years old and while working on it extra care is needed because we have to keep the originality intact.

Like it is said, 'learning never ends', I experienced many things while doing restoration work. The material used, structures and many other



MESSAGE TO THE READERS

“Pursue what you are interested in wholeheartedly, keep patience, work hard and success is yours. Also, there is an immense need for support and encouragement at all levels.”

things of ancient art benefits me in my work further.

Conserving art is about saving old heritage which gets deteriorated due to environmental factors as well as human vandalism. Restoration is very much different than creating a new project, it got risk and needs more time (depending on the pieces). It is all about passing the ancient glory to future generations.

Q. Can you tell us about the status of traditional art in Ladakh? Are today's young generations interested in it?

Traditional art holds a very important place and is valued more in Ladakh. With the growing development, it is very obvious to see changes in our lives but the need and importance of traditional art are not fading away. Earlier to make statues, clay was the most used resource and is also believed that clay made idols to have more importance, eco friendly, and spiritual value. In today's world, we see the use of cement, fiberglass, fake bronze & brass and many other. With time we see many changes such as in the use of different materials but the need and importance of traditional art are still there.

There is a demand but we need more and more of local sculptures to carry forward. In this fast-growing world, many of the youths look for easy money, and also the thinking of an individual's family or society to get full-time job hinders many to pursue art for long. Many after learning art discontinue it

Q. Brief us the potential we have in traditional art and how to promote it further?

There is great potential in traditional art which needs to be promoted further. At present, in Ladakh, one can pursue traditional art professionally from the Central Institute of Buddhist Studies which is the only institute available so far. Apart from that many learn from private teachers. There is a need for more institutes for art with proper facilities so that aspirant artists can have an option to pursue the course professionally. The introduction of art is needed right from childhood days like other subjects.

There is a need to make the importance of art known, in order to develop interest. Many take traditional art as the last option to learn if got nowhere that perception needs to be changed. The artist plays an important role in society and to be a good artist one has to be skillful, hardworking, determined, and patience.

Q. What are you working on now and what are your future plans?

At present, I am working on a sculpture making project of Thiksey monastery and Mulbekh. My plan is to learn restoration work professionally and continue with it.

District Magistrate, Kargil, contains Kargil town area

Reach Ladakh Correspondent

KARGIL: With the death of one COVID-19 positive patient, Baseer ul Haq Choudhary, District Magistrate, Kargil issued an order regarding containment of the Kargil town area on July 25.

The containment zone comprising of the town area is hereby notified with a map with immediate effect. Along with the Containment zone, Goma Kargil, Baroo, Poyen, Shilikchey, Bagh-e Khomeini, and Andoo have been notified as Buffer Zones.

The order states that the objective of notification of this Containment/Buffer Zone(s) is to stop transmission of COVID-19.

BMO Kargil was directed to divide the whole of Containment Zone into sectors for the ASHAs, Anganwadi Workers, and ANMs who will be performing active house-to-house surveillance daily to identify persons with COVID-19 symptoms. Also, he was asked to conduct contact tracing of the patients immediately and submit the list to the office of the Chairman District Disaster Management Authority (DDMA) and District Magistrate (DM) Kargil immediately.

For the supply of essential/non-essential commodities within the Containment Zone, a committee of the officers comprising the Tehsildar Kargil (Mob No:

9622745236) as the Chairman with the Block Medical Officer, Kargil (Mob No: 9419887842), Naib Tehsildar, Kargil (Mob No: 9419818866) and S.H.O. Kargil (Mob No: 6005327100) as members has been constituted.

The committee has been directed to maintain close coordination with the Nodal Officer, Essential Supplies (ACD) Kargil for essential supplies, Accounts Officer to DC Kargil for medicines and Control Room DC Office Kargil for any kind of demand and supply of essential/non-essential commodities in the Containment Zone as well as in the Buffer Zones on the numbers of the Control Room DC Office: 01985-232263 as well as In-charge Control Room, Habib 9419176827 and Bashir 9797915202.

The order further reads that surveillance activities including active surveillance of containment zone and passive surveillance of buffer zones, rapid antigen test of all high-risk contacts and symptomatic suspects, and RTP-CR of all rapid antigen-positive cases shall be strictly followed in the Containment Zone.

According to the order, surveillance activities including review of ILI/SARI cases reported in the last 14 days by the District Health officials to identify any missed case of COVID-19 in

the community and enhanced passive surveillance for ILI and SARI cases in the Buffer Zone through the existing Integrated Disease Surveillance Programme (IDSP) are to be strictly followed in the Buffer Zones.

In case of any identified case of ILI/SARI, the sample should be collected and sent to the designated laboratories for testing COVID-19.

All health facilities in the Buffer Zones will be listed as a part of the mapping exercise. All such facilities both in Government and private sector (including clinics) shall report all suspect cases of COVID-19 on daily basis in the prescribed format already circulated to the Control Room, reads the order.

Measures such as personal hygiene, hand hygiene, and social distancing shall be enhanced through enhanced IEC activities in the buffer zones.

The order reads that all the offices (both Government and Private) within the Containment Zone shall remain closed till further orders. All the officers who have been assigned duties shall keep themselves prepared as per the guidelines and Standard Operating Procedure (SOP) issued by the Administration of Union Territory, Ladakh.

MIMC honours COVID-19 frontline warriors



Bhikkhu Sanghasena, Inspector General of Police, Ladakh, Satish Khandare and Ven. Lobzang Nyantak during the honouring ceremony of COVID-19 warriors.

Reach Ladakh Correspondent

CHOGLAMSAR: Mahabodhi International Meditation Centre (MIMC) honoured COVID-19 warriors on July 15 for their selfless and hard-work rendered during the testing time of the pandemic.

Founder and Spiritual Director MIMC, Ven. Bhikkhu Sanghasena also honoured Inspector General of Police, Ladakh, Satish Khandare for the formation of Ladakh Police. He was conferred with Lifetime Achievement Award for his years of loyal and dedication in service of the nation and also for his personal contribution in the formation of the Ladakh Police.

Medical, Police, Information and Public relation departments,

media fraternities, and other organisations & individuals were also honoured with citations and cheques.

Satish Khandare appreciated MIMC for dedicating Mahakaruna Charitable Hospital as COVID Hospital. He further appreciated the long journey of MIMC in nurturing and taking care of the economically poor and emotionally weaker section of the society.

“I assure people that Ladakh Police will strive to live up to the expectations of its people with an effort to emerge as the people friendly force by working hard to extend a helping hand to the people in need”, added Khandare.

Ven Bhikkhu Sanghasena congratulated people of Ladakh for

the formation of Ladakh Police, expressed gratitude to the medical fraternity for their selfless attitude, the police, media and other organizations and individuals for their share of contributions during the darkest hours of COVID pandemic.

He further stressed on promoting compassion, love, and brotherhood for overcoming the pandemic and for the world peace. He reassured that MIMC will stand ready for all help and cooperation to fight against the deadly virus.

Also, in recognition of the huge contributions made towards the well-being of the people of Ladakh in their own ways, Hill Council, Leh; UT administration; Medical Superintendent, SNM Hospital, Leh, Dr. Tsering Samphel; Department of Information & Public Relations, Leh; Doordarshan Kendra, Leh; All India Radio, Leh; Press Club, Leh; Live to Rescue Centre (for their contribution towards voiceless animals during the lockdown); two dedicated staff of MIMC and the two nurses of the Health Department Leh received Mahakaruna Award.

MIMC donated ₹1 lakh in CEC COVID Relief Fund, ₹2 lakh to the health care unit of Ladakh, ₹1 lakh each to Press Club, Leh and Live to Rescue. Also, PPE kits & COVID relief materials worth ₹2 Lakh for the police force was donated.

CEC, Hill Council, Leh, visits Kungyam constituency



Reach Ladakh Correspondent

LEH: Gyal P Wangyal, CEC, Hill Council, Leh conducted a two-day tour to Rong block and visited Liksey, Tukla, Tarchit, Himya, Tiri, Kumdok, Kerey, Chumanthang, Kotsa, Maye, Skidmang, Kesar, Nee and Kungyam villages on July 27 and 28.

Executive Councillors, Phuntsog Stanzin and Konchok Stanzin, BDC Rong, Jigmet Yontan, and sub-divisional level officers and engineers headed by ACD Leh Sonam Chosjor and SDM Nyoma Jigmet Raftan were present.

Remembering Former CEC also Councillor Kungyam, Late Dorje Motup, Gyal P Wangyal said that Late Dorje Motup was one of the tallest leaders of the Changthang region whose vision for the overall development of Changthang region particularly Rong block can't be forgotten. He said that the developmen-

tal works carried out under the leadership of Late Dorje Mutup especially road connectivity, mobile connectivity, and other basic facilities are visible in almost all the villages of Rong block.

Gyal P Wangyal assured people that the absence of Councilor in Kungyam Constituency will not affect developmental activities in the Rong block. He said that EC Education Konchok Stanzin is looking after the Kungyam Constituency in close coordination with BDC Rong.

Responding to the demand for installation of mobile towers in most of the villages, he said that out of 24 towers sanctioned for Leh district under USOF recently, three towers are sanctioned at Kungyam, Tukla and Skidmang villages respectively which will be installed in coming months.

Konchok Stanzin said that Hill Council, Leh has given a due share of funds for Rong Block

in Capex and SDP budget including ₹ 1:00 crore under CD Normal under Rural Dev. Sector. He said that keeping in mind the good attendance of local labourers engaged with Army and BRO in Rong region, a Labour awareness/registration camp will be organised in the Rong block in coming days so that labour of Rong region could also avail the insurance, incentives and scholarship benefits for their children through Labour department, Leh.

Phuntsog Stanzin farmers about the aim and objectives of the Mission Organic Development Initiative of Ladakh initiated by Hill Council, Leh. He appealed farmers of the Rong region to avail of all the benefits including large commercial polycarbonate greenhouses.

Also, he urged farmers to convert their command area land into agricultural land and assured them of giving assistance through Soil Conservation department.

MP lays foundation stone for improvement, up-gradation of T01 to Tegar road

Inaugurates 82-meter-long motorable bridge at Rongdo

Reach Ladakh Correspondent

NUBRA: Foundation stone for the improvement/up-gradation of road from T01 to Tegar under Pradhan Mantri Gramin Sadak Yojana (PMGSY) was laid by Member Parliament, Jamyang Tsering Namgyal in presence of Deputy Chairman Hill Council, Leh, Tsering Sandup on July 16 at Tegar area of Nubra Sub Division.

Councilor Panamik, Rigzin Lundup area BDC chairperson, Lobzang Gytso, and villagers were present.

Jamyang Tsering Namgyal said that the up-gradation of road is stretched over a length of 3.54 km and its sanctioned cost is approx. ₹3.45 crore under the Pradhan Mantri Gramin Sadak Yojana (PMGSY) scheme.



MP Ladakh laying the foundation stone for improvement, up-gradation of T01 to Tegar road, Nubra.

The road is the long pending demands of Panamik constituency. Area Councilor, BDC chairperson, people of Teggat village & its adjoining areas thanked MP, Ladakh for executing the project.

Enroute to Rongdo, Jamyang also visited Tsati and Chamshen village where Public representatives and village heads demanded blacktopping of Tsati road

and other major and minor developmental works. MP Namgyal also inspected the newly built hydroelectric project of Chamshain village.

He also inaugurated 82-meter long Rongdo motorable bridge built at a cost of ₹6.15 crores by the executing agency, PWD.

Delegation of All-Changthang Pashmina Growers Cooperative Marketing Society meets L-G



Reach Ladakh Correspondent

LEH: A delegation led by Konchok Stanzin, EC, Animal and Sheep Husbandry along with Chairman and Secretary of All Changthang Pashmina Growers Co-operative Marketing Society (ACPGCMS), Leh met Lieutenant Governor, R K Mathur on July 20 at Raj Niwas.

A copy of memorandum demanding early procurement of

new dehairing machine and to augment the revolving fund for the purchase of raw Pashmina by All Changthang Pashmina Growers Co-operative Marketing Society was submitted. Also, they requested to review and implement the sanctioned Changthang Development Project and informed that the proposal stands submitted to Union Government through erstwhile

Jammu & Kashmir state.

Konchok Stanzin said that the Changthang Development Project is of utmost significance to preserve the traditional livestock rearing system and to benefit the nomads living near the border areas in Changthang and avoid their migration towards the city.

Lt. Governor assured to look into the matter.

Advisor Narula visits Kargil, takes stock of developmental activities

Reach Ladakh Correspondent

KARGIL: Advisor Umang Narula on a three-day tour to Kargil district visited Drass Sub-Division on July 19.

He interacted with various delegations of Mushkow valley and adjoining villages. The delegation demanded the installation of mobile towers in the area, macadamization of link roads, and opening up of Mushkow valley for domestic & foreign tourists.

Umang Narula said that UT Administration is fully committed to address the developmental needs and grievances of the people living in the villages.

He took stock of the screening activities being carried out at the COVID-19 screening point



Advisor Umang Narula convening meeting with Feroz Ahmed Khan, CEC, Hill Council Kargil and Baseer Baseer-ul-Haq Choudhary, DC, Kargil.

at Meenamarg. Expressing satisfaction on the overall arrangements and screening activities, he asked the screening team to continue the good work with professionalism and alertness to contain the spread of Coronavirus.

Umang Narula also visited the

Drass War Memorial and paid tribute to the martyrs of the Kargil War.

Later, he reviewed the ongoing developmental activities in the district and discussed it with Feroz Ahmed Khan, CEC, Hill Council, Kargil, and Baseer-ul-Haq Choudhary, DC, Kargil.

PUBLIC NOTICE

Whereas, Mohd Mussa S/o Mohammad Sadiq R/o Bogdang Nubra, Leh, Ladakh has claimed that his name has been wrongly recorded as Mussa Ali instead of Mohd Mussa as well as his father's name has been also wrongly recorded as Mohd Sadiq instead of Mohammad Sadiq in the his contractor card bearing number "A-196".

Whereas, he has produced an affidavit duly verified by Notary Public, Leh for making necessary correction in his contractor card.

Hence, notice is hereby served through Press to file objection if any in this regard to the office of District Superintending Engineer, PWD Circle, Leh within 7 days from the date of the publication of this notice.

PUBLIC NOTICE

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

List of Executive members of the Society:

S.No	Name	Parentage	Residence	Designation
1	Tundup Dorje	S/o Tsering Sonam	Chushot Shamma	President
2	Mohd Abbas	S/o Talib Ali	Chushot	Vice-President
3	Ali Akbar	S/o Mohd Raza	ChushotYokma	Secretary
4	Rigzin Gurmat	S/o Tsewang Dorjay	Mundik Stakitse Kargil	Joint Secretary
5	Tsewang Tundup	S/o Tsewang Paljor	Chushot Shamma	Cashier
6	Haji Mohd Raza	S/o Late Haji Modh Hussain	Chushot Shamma	Event Organiser
7	Abdul Rahim	S/o Mohd Raza	Chushot Shamma	Media Organiser

Objection if any, in this regard may kindly be submitted to General Manager Industries, Leh UT Ladakh within a period of 21 days from the publication of the Notice.

President
'UT LADAKH POLO ASSOCIATION' Leh, Ladakh



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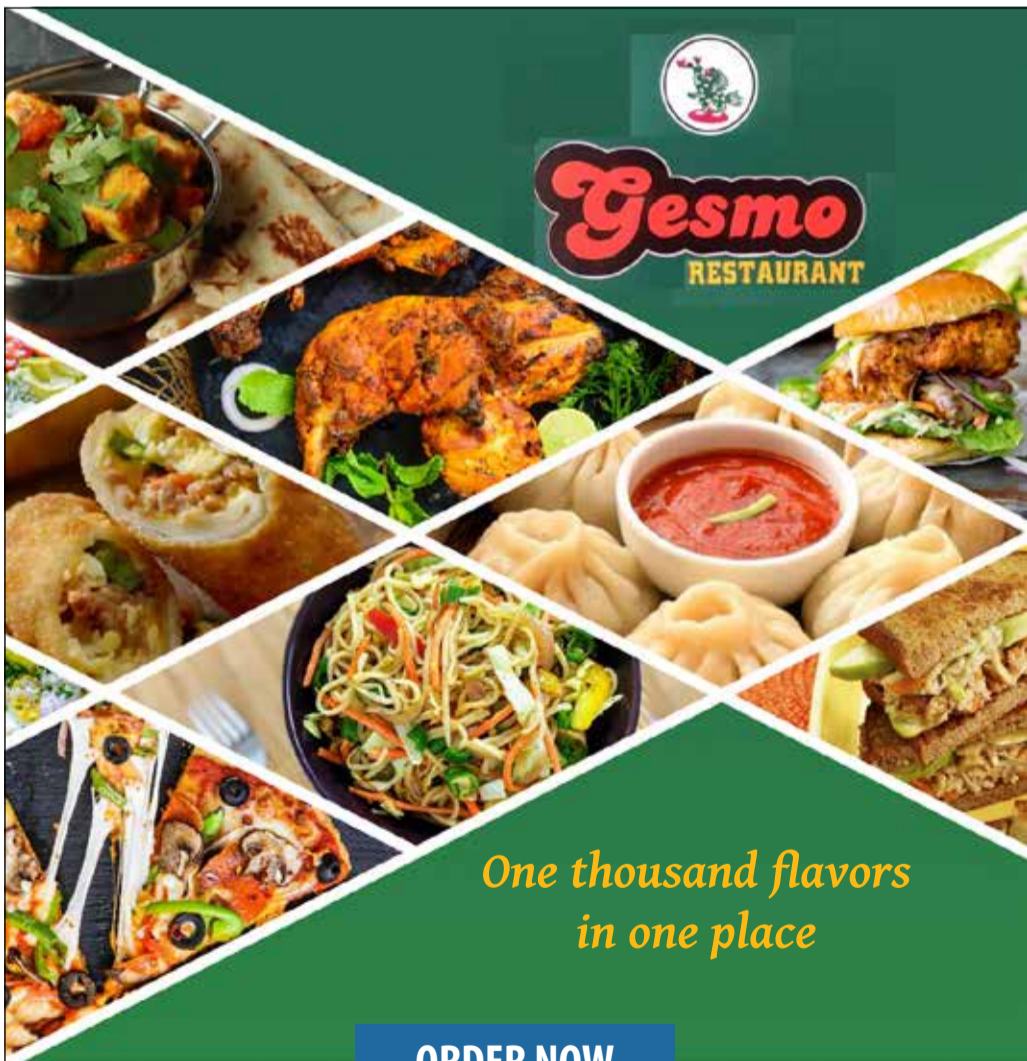
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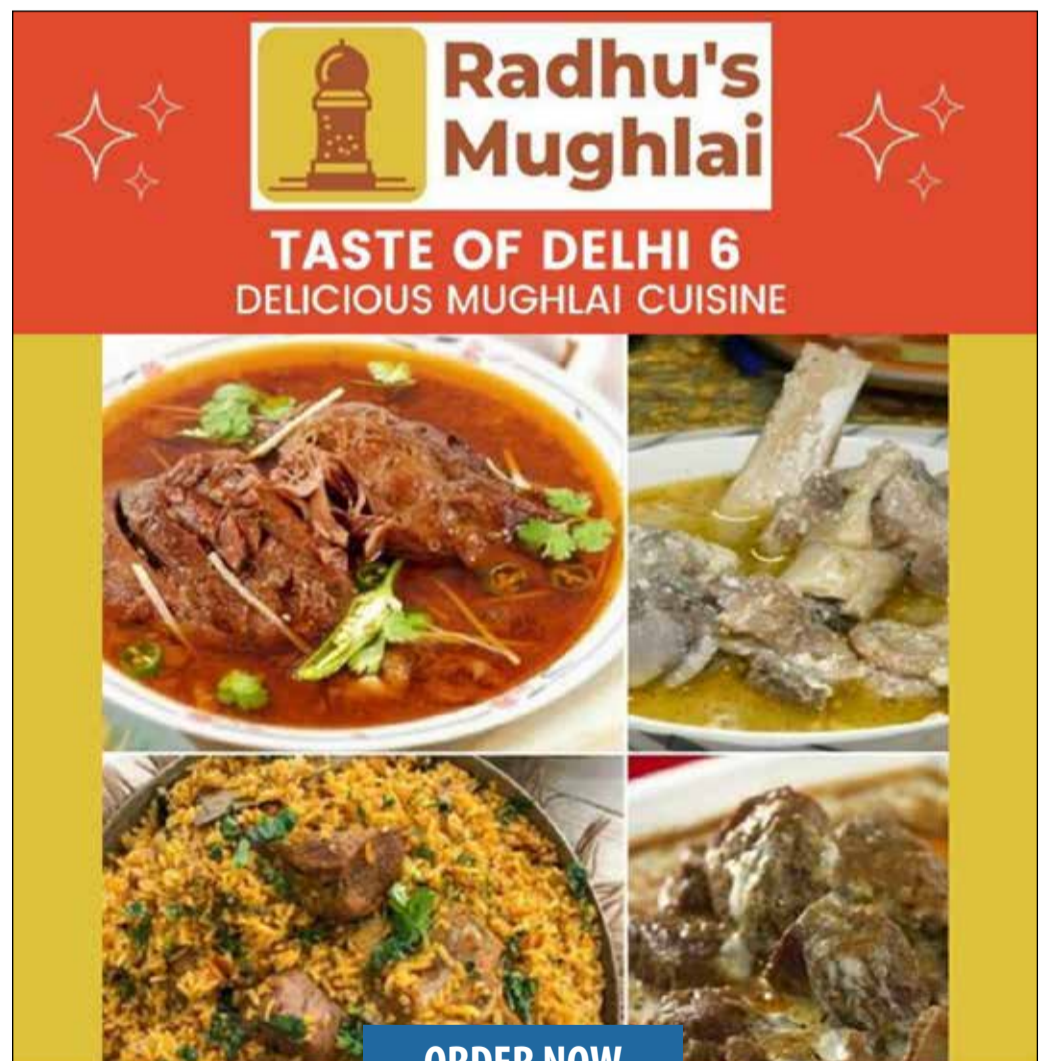
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