

REACH LADAKH BULLETIN

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Sachin Kumar Vaishya

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Fortnightly Special

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Brief News

6th LAHDC, Leh, election: COVID patients, doctors, paramedics on duty to vote on October 18

LEH: Absentee Voters under Notified Essential Services which includes doctors, paramedics, officials on duty and COVID-19 patients, in COVID Hospitals, Covid Care Centre, Institutional quarantine, etc. & Absentee Voters under Home Quarantine/Home Isolation to cast their vote on October 18.

A training program to the ANMs under the supervision of DC/Election Authority, LAHDC Election was held on October 14 at DC Conference Hall Leh.

Election Authority/DC, Leh said that the secrecy of votes must not be compromised at any cost.

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World Mental Health Day: Substance abuse a growing concern in Leh

SNM Hospital's Department of Psychiatry releases first report on substance abuse

Stanzin Dasal

LEH: On World Mental Health Day, the Department of Psychiatry, SNM Hospital, Leh highlighted the growing concern of the mental health problems, including depression, drug addiction, and suicides in the Ladakh region.

The day themed, 'Mental Health for All-Greater Investment Greater Access' was observed by the Health Department under the National Mental Health Programme, UT Ladakh on October 10 at DC Office Conference Hall.

The first report on the substance use scenario in Leh district compiled by the Department of Psychiatry, SNM Hospital, Leh-Ladakh was also released.

World Mental Health Day is observed with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health.

The day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

Dr. Padma Angmo, (MD Psychiatry) Psychiatrist and State nodal officer, National Mental Health Program UT Ladakh highlighted the rising cases of mental health. She said that the region is witnessing increasing cases of substance use disorder over the last few years which is not just limited to alcohol or tobacco but drugs like opioids, cannabis, etc.

She stressed the timely intervention at all levels be it, family members, to the stakeholders like health, education social welfare and police departments, NGO's and religious organisations to control the menace of drugs.

Dr. Padma informed that 825 new cases of mental health and 2556 new and follow up cases were recorded in



During the release of the first report on substance abuse in Leh.

Psychiatry and de-addiction OPD, SNM hospital since March 2018-September 2020.

Distribution of the patients according to the clinical diagnosis:		
Diagnosis	825 new cases	%
Psychosis	119	
-Schizophrenia/ psychosis NOS/ schizoaffective disorder	96	14.42
-Acute Transient Psychotic Disorder	23	
Bipolar affective disorder	26	3.15
Major depressive disorder	220	26.66
Anxiety disorder	155	18.78
Somatiform disorder	23	2.78
OCD	20	2.42
Substance use disorder	107	12.96
Others	155	18.78

Distribution of the patients according to the substance abuse in Leh		
Substance of abuse	No. of patients	%
Alcohol	58	54.20
Tobacco	20	18.69
Cannabis	21	19.62
Opioids	9	8.411
Inhalants	7	6.54
Sedatives and hypnotics	9	8.41
Cocaine	0	00
Others	2	1.86

Talking about the way forward, Dr. Padma recommended a detailed, well planned epidemiological study of the prevalence, need for de-addiction policy, restriction on supply, strict implementation of laws, awareness, train-

...Continues on Page 3

Courtesy Tsean Angmo



Correction and clarification

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

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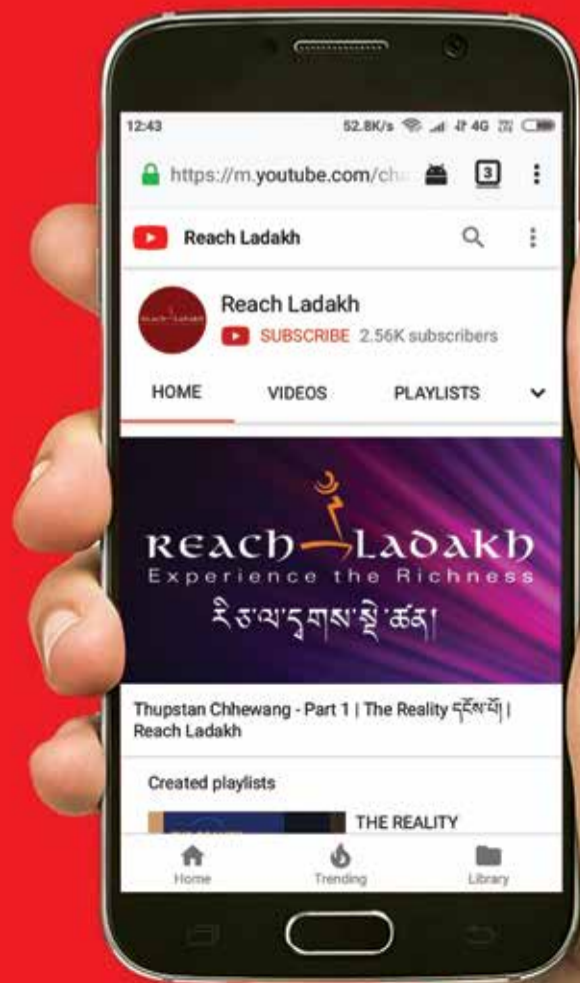


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Russian olive 'Sarsing'



By **Sonam Phuntsog**, Research Scholar from Achinathang

Russian olive locally known as 'Sarsing' in Ladakh is a high resilient aromatic plant. Scientifically named *Elaeagnus angustifolia*, Russian olive is also known as Guner in Shina language and Ber in Hindi. Commonly found in parts of Central Asia, like Iran, Russia, Kazakhstan, Turkey, Gilgit, Baltistan, the plant is also very common in the Ladakh region especially in the Sham belt.

In Ladakh, a folk song on 'Sarsing' is also sung, and is believed that when the flower of Sarsing blooms and spreads its fragrance all around, the melted glacier water starts flowing in the streams.

Sarsing because of its high resilience can survive in drought to minus temperatures. The plant helps in converting drought soil into fertile soil because it attracts termites, which help to loosen the soil around roots. Interestingly, Sarsing starts bearing fruits after three years of planting the tree.

Medicinal uses of Sarsing

The plant is famous for its medicinal application. The berry is useful in treating flu, fever, cough, diarrhea, joint pain, ulcer, gastric problem, kidney problems, etc. Not just the berry, the leaves of the plant are considered being a good source of vitamin and are used as tea leaves. It also acts as a pain killer. The roots of the plant are used to treat kidney problems. Oil is produced from the seed and is also used as medicine.

Ladakh Cycling Club and Association meets L-G Mathur



Reach Ladakh Correspondent

at Raj Niwas.

LEH: A team of delegation from Ladakh Cycling Club and Association met Lieutenant Governor, R K Mathur on October 14

President and General Secretary of Ladakh Cycling Club and Association submitted a copy of memorandum highlighting

various issues to the Lieutenant Governor.

They expressed the need to promote cycling at a mass level to achieve the goal of making Ladakh carbon neutral. Also, they requested R K Mathur to consider provision for separate cycling track, subsidy or incentives for students from poor financial background to buy bicycle, well-equipped infrastructure and training to promote cycling as a sport, support in carrying cycling awareness campaigns in villages, and to get affiliation of Ladakh Cycling Club and Association with Cycling Federation of India.

Press Club Leh appoints new executive members

Reach Ladakh Correspondent

LEH: Press Club Leh held its general body meeting today, and elected new executive members on October 4.

Former president of Press Club Leh Morup Stanzin shared with members his experience as the president of PCL and the task accomplished during his tenure. He expressed his gratitude to the PCL members for their support and assured to work for the welfare and promotion of PCL. The members also expressed their gratitude to the former president for his selfless dedication and hard work and for taking PCL to a new height. The members unanimously



elected Stanzin Dasal, Editor, Reach Ladakh as a new president; Phuntsog Angmo, News Reader AIR and Rigzin Namgyal, Correspondent Gultistan as Vice Presidents; Nissar Hussain, Correspondent News 18

as the general secretary; Jigmet Janspal, Correspondent Greater Jammu as the organiser, Diskit Dolma, News Reader AIR, as the accountant and Morup Stanzin, former President Press Club Leh as the spokesperson.

UT administration all set to establish Engineering College in Kargil

Reach Ladakh Correspondent

LEH: A meeting for the starting up of an engineering college in Kargil district of Ladakh was convened by Advisor Umang Narula on October 14.

Commissioner/ Secretary Higher Education, Rigzin Sampheal; Secretary Technical Education, Ravinder Kumar; Deputy Commissioner Kargil, Baseer-ul-Haq Chaudhary and the Registrar University of Ladakh, Imteaz Kacho attended the virtual meeting.

Umang Narula stated that after setting up the University of Ladakh in the Union Territory, the administration of UT Ladakh has initiated the process of setting up of an engineering college in the region. The engineering college to be located in Kargil has been approved under the Special Development Package. UT Administration has requested the Vice-Chancellor of Kashmir University to provide support in establishing the engineering college in Kargil. Consequently, Prof. S. Muzaffar Ali Andrabi, Dean, School of Engineering, University of Kashmir had visited Kargil recently.

Deputy Commissioner Kargil will be designated as the Nodal Officer for setting up of the engineering college. The Commissioner/ Secretary Higher Education shall initiate the preparation of a DPR for this college.

Umang Narula directed that land should be identified at the earliest by the DC Kargil so that DPR can be prepared timely. He impressed upon the commencement of the college as soon as possible wherein he suggested starting the courses in the



already available buildings of the Degree College Kargil by introducing two courses such as Civil Engineering and Computer Science by augmenting the existing infrastructure.

He further directed that a detailed report has to be prepared regarding the various issues viz courses to be introduced, an affiliation of the college, intake capacity, fees, mode of admission, syllabus of the course to be prepared, engagement of faculty, etc.

On the suggestion of Commissioner Secretary, Rigzin Sampheal it was decided that an expert committee be constituted which will work on every detailed aspect of the college.

Registrar Ladakh University suggested that a conditional affiliation can be granted to set up the college followed up by the formal affiliation in the later stage.

World Mental Health Day observed in Kargil

Feroz Khan stresses on friendly relations between parents, children to discourage drug abuse



Feroz Ahmed Khan, CEC, Hill Council Kargil addressing the gathering during the World Mental Health Day.

Reach Ladakh Correspondent

KARGIL: Office of the Medical Superintendent, Government District Hospital Kargil observed World Mental Health Day themed, 'Drug and Substance Abuse' on October 10 at Tourist Facilitation Centre, Biamathang.

While expressing grave concern over the rising number of cases related to drug abuse especially among the youth, Feroz Ahmed Khan, CEC, Kargil urged parents to strive hard to fill the communication gap between them and their children, keep a constant eye on their daily activities and try to understand their choices in terms of their career decisions and support them fully to boost their morale.

EC, Health, Muhammad Ali Chandan sharing the experiences of his student days said that while our students go outside for higher studies and in case if they are not able to achieve their career goals, a negative tendency builds up which pushes them to take wrong steps. He said that at

such point in time, we should be very cautious about our steps and refrain ourselves from taking the wrong path.

He also proposed that the Health Department, Education Department, and various religious organisations should come together and hold similar programmes at the school level in the future.

DC Kargil, Baseer ul Haq Choudhary while speaking on the occasion underlined the need to strengthen the family institution. He said that family as an institution plays a pivotal role in shaping our moral and ethical character and hence parents as well as children must come together and build this institution strong enough so that trust is built between them.

Meanwhile, the representatives of AJUIAK and IKMT urged the youth not to indulge in drug and substance abuse which as per the religious perspective are sinful activities.

They stressed that people should

obey sharia laws, abstain from self-harm which is strictly prohibited in religion, and follow the teachings of the Quran.

Nodal Officer Mental Health District Hospital, Kargil, Dr. Fatima Nissa elaborated upon the stigma attached to mental health in society. She said initially people were quite hesitant to talk about their mental health as they had a certain phobia but gradually with the help of counseling programmes at the community level people started coming to us.

She further stated that the numbers of mental disorder cases have gone up in the district during the lockdown period which needs to be addressed and the department is taking required steps on this front.

A memento of appreciation to Razia Bilquis who has been volunteering for the last several years to help out the youths who have indulged in drug abuse was presented.

Students of Munshi Habibullah Mission School Kargil raised anti-drug slogans such as, "Don't be a slave to drugs", "Stop drugs today and live tomorrow", "Drug is a poison that kills my ambition" etc.

Chief Medical Officer (CMO), Kargil, Dr. Munawar Hussain Wazir expressed gratitude to the guests, participants, and students for the successful culmination of the programme.

He assured that Health Department Kargil will make continue efforts to free the society from mental disorders, drugs, and substance abuse.

MOU signed to develop dairy sector in Ladakh



Reach Ladakh Correspondent

LEH: The Department of Animal Husbandry, UT Ladakh signed an MoU with National Dairy Development Board (NDDB) on October 6 to carry out a benchmark survey for the development of the dairy sector in Ladakh.

The benchmark survey is one of the prerequisites

for the implementation of the centrally sponsored National Programme for Dairy Development (NPDD), which is being implemented throughout the country. Ladakh has been allotted with funding of ₹ 11.33 crore for the development of the dairy sector.

Under the MoU, the NDDB team will impart training to the officials of the Animal Husbandry Department for a survey, monitoring, and supervision of the survey.

The MoU was signed by Administrative Secretary, Animal Husbandry and Cooperative Departments, UT Ladakh, Ravinder Kumar in presence of Dr. Stanzin Rabgais from Directorate of Animal Husbandry and Dr. Stanzin Thakchos, OSD with Administrative Secretary UT Ladakh, in the office chamber of Administrative Secretary, Civil Secretariat, Leh.

Ladakh celebrates Wildlife week spreads awareness on protection, preservation



Reach Ladakh Correspondent

LEH: Spreading awareness about the wildlife of Ladakh, Wildlife Week celebration was organised by Ladakh Science Foundation in collaboration with Ladakh Regional Centre, Leh of G. B Pant National Institute of Himalayan Environment (NIHE) from October 3 to 8.

The week was celebrated to raise awareness about the wild animals and species found in Ladakh, preservation and protection of wild animals, especially in the Himalayan region.

Dr. R.S Rawal, Director, G.B Pant NIHE inaugurated the program virtually from Almora, Uttarakhand.

Dr. Subrat Sharma, Sr. Scientist

and Head of Ladakh Centre, Leh of G.B Pant NIHE-Leh; Nawang Thinles, Director, LSF; Dr. Suresh Rana, Scientist, G.B Pant NIHE and Tsering Tashi (ISRO), Founder-LSF were present during the inaugural session.

A webinar on various topics related to wildlife was organised during the weeklong event. Webinars on 'Mammals of Ladakh' by Dr. Tsewang Namgyal, Director, Snow Leopard Conservation, Leh; 'Plants of Ladakh' by Dr. Suresh Rana, Scientist, G.B Pant NIHE, Ladakh Regional Centre, Leh; 'Rescue & rehabilitation of wild animals in Trans Himalaya' by Khenrab Phunchok, Wildlife Department, Leh; 'Birds of Ladakh' by Lobzang Visuddha, Chairman, Wildlife Conservation & Birds

Club of Ladakh, Leh was held.

Online debate competition on 'Status of wildlife and need for its conservation in Ladakh' and quiz competition for school students was also organised.

In debate competition, Meha-naaz Fatima scored first position, while Tsewang Chosdon and Sonam Norboo scored the second and third position, respectively. In quiz competition, Tsewang Chosdon scored first, Rigzen Angmo second, and Stanzin Angmo scored third position.

The first, second and third winners were awarded with cash prize of ₹1500, ₹1000 and ₹750 respectively. Certificate of participation was also distributed to all the participants.

Advisor Narula launches Ladakh e-Gazette portal

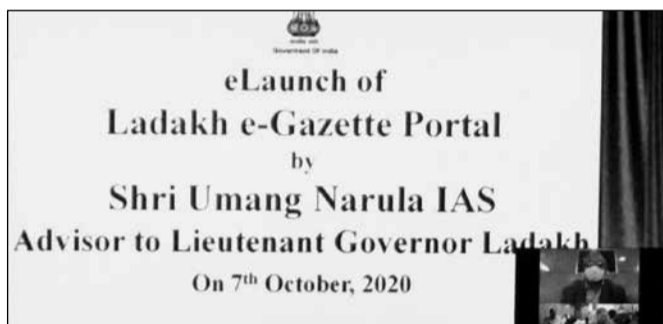
Reach Ladakh Correspondent

LEH: Advisor Umang Narula launched the Ladakh e-Gazette portal through video conference on October 7.

It is an authorized legal document of the Administration of Union Territory of Ladakh. All parts, sectors, and Sub-section of the Ladakh Gazette are uploaded in the e-Gazette website by the concerned department which can be accessed free of cost by the general public being available in the public domain. The URL of the Ladakh Gazette website is <http://egazette.ladakh.gov.in>.

Advisor Narula asserted that e-gazette is an indispensable part of government functioning. The publication of the notifications, government orders, and other important circulars in the gazette make people aware of the functioning of the government.

He further added that Smart Ladakh is an intrinsic part of the vision of UT Administration



During the launch of Ladakh e-Gazette portal through video conferencing.

which aims at making all offices digital. The e-gazette is also an important step in making Ladakh a smart and a digital-friendly place. In this direction, the UT Administration is also heading to launch an e-office application in Ladakh.

Advisor Narula appreciated the team of NIC for developing the e-gazette software and adapting it for Ladakh.

Vishnu Chandra, DDG & HOG, NIC Hq Delhi stated that e-gazette is a major initiative taken by the UT Administration of Ladakh and it is also a proud

privilege for NIC to deliver the e-gazette portal for Ladakh.

He further explained in detail that this was an initiative for publication of the gazette notifications of the Union Territory of Ladakh. The Ladakh Gazette Notifications are published by the General Administration Department.

Scientist-F, Pradeep Kumar Gupta; Scientist-E from Ministry of Housing and Urban Affairs, Harish K. Gupta; Scientist-E/DIO Leh Phunchok Paldan and ADIO NIC Leh, Tashi Tundup participated in the launch programme.

Workshop on Solid Waste Management held in Kargil



CEC, Kargil Feroz Ahmed Khan distributing the sanitation kits to the sanitation workers of the MC, Kargil.

Reach Ladakh Correspondent

KARGIL: A workshop on Solid Waste Management for Safai Karamcharis of Municipal Committee, Kargil was held on October 6 at Tourist Facilitation Center (TFC) Bemathang.

The workshop was organised by Ladakh Ecological Development Group (LEDeG) with support from BORDA and in collaboration with Municipal Committee, Kargil.

Feroz Ahmed Khan, CEC, Kargil hailed the initiative of LEDeG, BORDA and MC Kargil for organizing the workshop. He expressed optimism that it will prove instrumental in enlightening the sanitation workers about various specialized methods of solid waste management and efficient cleaning and sanitization techniques.

Lauding the untiring efforts of the Safai Karamcharis of MC Kargil, Feroz Khan said that it was

only due to their tireless and dedicated services that Kargil was recently awarded the best city in the North Zone during the Swachh Sarvekshan 2020. While acknowledging the services of the Safai Karamcharis as well as the Water Tanker Drivers who carry out cleanliness services and deliver drinking water at doorstep in minus 20-25 degrees, he said that their services are indispensable for the proper upkeep of Kargil town.

He urged the sanitation workers to take maximum benefit from the workshop and said that Solid Waste Management is a major issue that needs to be dealt with in a very professional manner.

A sanitation kits were also distributed among the sanitation workers.

President MC Kargil, Zaheer Hussain Babar expressed gratitude to LEDeG for organizing the workshop and said that it will go a long way in instilling confidence among the sanitation workers. He expressed hope that the organizers would hold similar programs in near future.

Executive Director LEDeG, Eshey Tundup highlighted the objectives of the workshop and underlined the notable services being rendered by the Safai Karamcharis of MC Kargil towards the proper cleanliness and sanitization of Kargil Town.

During the workshop, several capacity building activities including skits, team building activities on segregation of wastes, discussions, video screening besides other related activities were held.

Ladakh Science Foundation celebrates World Space Week

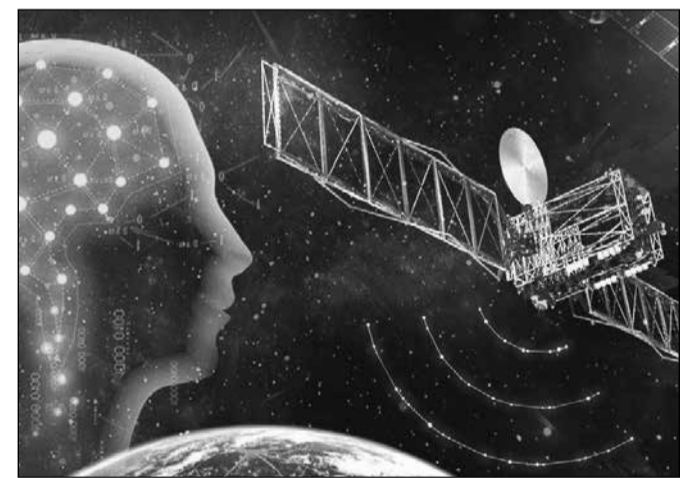
Reach Ladakh Correspondent

LEH: Celebrating the World Space Week, Ladakh Science Foundation (LSF) organised a webinar/seminar highlighting the essence of World Space Week celebration, Satellites & its application, and Space opportunities for youngsters on October 10.

The webinar was conducted by Tsering Tashi (Scientist in ISRO), Founder Director, LSF.

A Space Quiz program was also conducted for the students in which Norboo Tsering won the first position, Chunzin Angmo and Aftaf Hussain scored second and third position, respectively.

UN General Assembly proclaimed World Space Week to celebrate the contributions of space science and technology



to the betterment of the human condition. Space Science and Technology & their applications are increasingly being used to support a wide range of United Nations activities, and also to the implementation of recommendations of major world conferences

and as well as support towards sustainable development. United Nations Office of the Outer Space Affairs (UNOOSA) mandated with outer space activities.

World Space Week is celebrated all over the world from October 4 to 10 every year.

World Mental Health Day: Substance abuse a growing concern in Leh

...Continued from Page 1

ing the grass-root level health workers, involving local association, societies, and religious organisation.

Many of the mental health cases go unreported in the region reason being less awareness, ignorance, and stigmatization. Stigmatization is a major concern because many people see mental health issues as something to be embarrassed or ashamed of. Many consider people suffering from mental health issues as abnormal, violent, and weak. Thus, many steps back to support and help them.

Dr. Phuntsog Angchuk, Director of Health informed about the plans of establishing a de-addiction centre in both Leh and Kargil district. He

shared the concerns of rising mental health issues in Ladakh.

Rajiv Pandey, SSP, Leh expressed his concern over the rising substance abuse case in the region and stressed on having corrective measures. He said that the responsibility lies on everyone to curb the issues.

He spoke about the enforcement of the Narcotic Drugs and Psychotropic Substances Act 1985 and assured all support from the Police, department to curb the issue.

District Legal Service Authority, Religious heads, and others also shared their opinions.

The increasing case of mental health issues because of the COVID-19 pandemic was also highlighted.

Response, resilience and recovery – the three-dimensional strategy for mental health

By Dr. Shwetambara Sabharwal

"We didn't think we would see a crisis like this in our lifetime," is what I hear on repeat during my sessions. And I couldn't agree more. The virus has not just infected a significant percentage around the world, but exposed a way larger percentage to unimaginable stress.

The elevation in reports of transient anxiety, situational depression, obsessive thinking, psychosomatic illnesses, panic attacks, suicides, domestic violence and general psychological distress has skyrocketed. Within a few months, the crisis has hit us over and over again. Within a few months, we have endured emotions like shock, grief, fear, panic, sadness, anger, isolation, confusion, trying to keep our heads above the water as the next wave raises its hood over us. We seem to be in the eye of a storm that refuses to calm down. Surely, such a time was never imagined by any of us.

According to the new edition of the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*, one may experience situational depression if they have emotional or behavioural symptoms that develop within three months of a stressful life event. Sadly, the pandemic now has been around long enough for a lot of people to be diagnosed with this or to put them on psychiatric treatment for symptomatic relief.

While we work against time to find a vaccine for the virus, we need to pay attention to the aftermath of this pandemic, as it continues to push a large population into emotional despair and mental disease. While the priority is to reduce fatality, and control the spread of Covid-19, can we not start work on reducing, controlling and preventing mental illness, that is fast reaching alarming numbers? Our response to the crisis, our readiness and recovery, is what I see as some solutions and want you to think about.

A psychological crisis is a life event that an individual perceives as stressful to the extent that normal coping mechanisms are insufficient. And today, we find ourselves coping with multiple crisis situations.

The threat of a deadly virus, loss of jobs, economic ambiguity, loss of loved ones, not being able to tend to sick family members, bad news from world over, social isolation, hunger and racial violence, is constantly around us.

While we feel like sitting ducks in the viral invasion, figuring out work and finances, with vulnerable parents and kids at home, we are bound to feel the heat compounding by the day. We are bound to be overwhelmed.



Can we change this passive or reactive endurance of stress? Can we respond to crisis in ways that can not only help us cope, but also ready us for more? Can we fight better?

I suggest a three-dimensional defence strategy:

Response

Stress is an evolutionary healthy response of our body to fight back. Over the years, we started to respond in the same way to imagined or perceived stress (eg. "my boss doesn't like me"), along with any other real stress that came our way (eg. job loss), but it wasn't really a sabre-toothed tiger. So even thinking of a stressful situation, imagining a loss, perceiving threat, we release the same stress hormones that we would when we had to run for our life to save ourselves from becoming a wild animal's lunch. These stress hormones reduce our immunity, make us hyper alert to fight or flight, stop other processes that don't seem urgent to deal with (growth, thinking, reproduction, etc) and cause psychological symptoms, which is what is causing the elevated transient anxiety and situational depressive disorders.

Honestly speaking, we have been living with stress. Relationships, work, finances, or all of these, we already had bucket loads of cortisol in our bodies. The reason we are bending at our shins is because we didn't deal with that and now there is ship loads more! Stress is recurrent, acute and fast becoming chronic.

So the first thing I suggest is to compartmentalise stress. Respond to it one at a time. The ones we can do something about, and the ones we

have no control over. Deal with it one blow at a time.

Come to think of it, until we see a tiger we do not need to run. I can thus also suggest differentiating between real and perceived threats. Unless the virus gets us, let us give our cortex and adrenals a break and not think we have it, by imagining it. Yes, it's lurking around, but we do not need to respond until we really face it.

Our body also self-regularises with the help of a few techniques. Breathing, yoga and meditation release pleasure hormones, increase oxygen in the tired brain and create a healthier environment in our bodies, in other words, beat the response to stress. Exercise, healthy eating, adequate sleep and purposeful activity are all associated with happy neurotransmitters!

Solutions are not some precious undiscovered vials of antidote or antiviral shots, locked up under high-security vaults, they are in our minds and our lifestyles. Reverse stress consequences by not reacting, not running, respond by breathing and analysing, rationalising and recognising real versus perceived threats. When the stress is real and close, be rest assured you will survive with the help of the surge of an effective well-rehearsed response to stress.

Resilience

This is truly a tough time to talk about this, develop it and practice it. But it is also true that no one develops resilience in good times. It is not a trait or gene that makes you resilient, doesn't run in families and sadly is not contagious. It needs to be experienced and practiced against the tide, against every tired bone, nerve and sinew in our hurting bodies and it needs to be committed to. Resilience is our resolve and ability to keep our eyes on the road, our chin up, to fight or float, to persevere, not once not twice but every time something takes you down.

I often get asked in therapy by patients, "Doctor, why me?" And my answer is, "Why not you?" It is the acceptance that bad things can happen to us, the understanding that we are not beyond the reach of pain, misfortune or suffering. It is the readiness to face that hit with a prepared mind and strong commitment to bounce back. Resilience needs rationality. It needs us to shift focus on what is okay, better, not bad or actually good in what is happening. Since resilience is a way of perceiving life it readies you not just for one crisis, but for whatever comes your way. All you have to do is look within and open up that will and determination to keep yourself afloat.

...Continues on Page 6

Chehlum -e- Hussaini procession held across Kargil



Mourners in the procession of Chehlum -e- Hussaini procession.

Reach Ladakh Correspondent

KARGIL: Commemorating the martyrdom of Hazrat Imam Hussain (A.S) and his faithful companions in the battle of Karbala, Chehlum e Hussaini procession was taken out with religious fervor on October 8.

The mourners in the processions were wailing and beating their chests in the memory of Imam Hussain (A.S) and his 72 com-

panions who made supreme sacrifices to uplift truth, righteousness, justice, and human values.

Proper observance of COVID-19 SOPs was put in place by the District administration. Fewer number of processions were taken out in Kargil town and other parts of the district this year with a limited number of mourners.

The processions were organised under the banner of Anjuman

e Jamiat ul Ulema Isna Ashariya, Kargil (AJUIAK)/ Islamia School Kargil, and Imam Khomeini Memorial Trust (IKMT). The scholars highlighted the essence of the martyrdom of Imam Hussain (A.S) and the message of the triumph of good over evil which emanates from the tragedy of Karbala.

Meanwhile, special prayers were also made for peace and tranquility in the world and to free humanity from the deadly COVID-19 pandemic.

The scholars of AJUIAK and IKMT Kargil expressed gratitude to the UT Administration Ladakh, LAHDC Kargil, and District Administration Kargil for regulating the Chehlum processions amidst proper observance of SOPs.

The scholars of AJUIAK, IKMT, and other religious organizations urged people having symptoms

to get their test done to contain the spread of the COVID-19 pandemic. Also, they asked people to ensure proper observance of COVID-19 preventive measures and SOPs to keep themselves, their family, and the society at large safe from the coronavirus disease.

The processions were held under the close supervision and coordination of the Magistrates, Police Officers, Nodal Officers, Management Committee members, and volunteers of AJUIAK and IKMT to ensure the implementation of SOPs properly.

Chehlum processions were also held at Sub Divisional headquarter Drass, Sankoo, Shakar Chiktan, and several other parts of the district amidst proper observance of COVID-19 SOPs with the participation of a limited number of mourners.

Meeting on rationalization of protected areas boundaries held in Leh

Decisions on protected areas of Ladakh must balance development, national security, and biodiversity conservation says, Mathur

Reach Ladakh Correspondent

LEH: A meeting on rationalization of boundaries and final notification of protected areas of Ladakh was convened by Lieutenant Governor, R K Mathur on October 6 at Raj Niwas.

Advisor Umang Narula; Secretary Law & Justice/Chief Conservator of Forests, Preetpal Singh; Commissioner Secretary Forest, Ecology and Environ-

ment, Rigzin Samphel, and Chief Wildlife Warden Md Sajid Sultan joined the meeting through video conferencing.

R K Mathur said that Ladakh is a crucial region concerning national security, rights of indigenous communities, as well as critical biodiversity. He directed to get clarity from the Ministry of Environment Forest and Climate Change over the issues of appli-



cability of various environmental laws like the Forest Conservation Act, 1980, and Wildlife (Protection) Act, 1972 for Ladakh.

To ascertain the requirements of land for protected areas, he instructed to take scientific/ technical opinion from the Wildlife Institute of India. Also, he asked the meeting of Wildlife Board to get inputs for rationalization of boundaries, settling of rights, the inclusion of critical habitats and exclusion of towns and villages from protected areas, etc.

...Continues on Page 6

SoulSpeak

P.P. Wangchuk

Never let others feel bad



If you want to lead a good, harmonious life, never try to belittle others. Let us remember the rule of the thumb that one can't succeed by belittling others. If you want to succeed, let others too succeed.

Actually, it is your negativity and jealousy that compels you to do wrong things like making others feel bad. If you change your mind-set and take pleasure and inspiration from others' success, you too will get into a healthy competitive race, and all will be in a win-win situation. Winning others too with you should give you great pleasure.

In other words, it comes down to respecting others, whatever situation they are in. That is why Anglo-Irish novelist Laurence Sterne had this to say: "Respect for ourselves guides our morals, respect for others guides our manners." That surely means that morality and manners are locked in together. A man of good manners has a natural bent of mind that can't but lean towards others with love and affinity.

One has to be morally strong in order to cultivate the other virtues like understanding, a feeling for others' sentiments and love for carrying every one along. It is like building a good and efficient army team that goes to war to win it and come back to receive a thunderous applause.

In other words, one has to have what American author Shannon L Alder says: "No boundary or barrier surrounds the heart of a person who loves his self and others." And, such persons are full of humility that makes one respect others. As they say, a great person is one who likes you for what you are.

The true measure of a man is to see how he treats you under all kinds of conditions. Fair-weather friends are many around us, and one has to be 'highly selective'.

And, this much is a proven fact that if you are good, the bad guys around you can't afford to be bad for long. One must never forget this.

Courtesy: WongWorld

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

In Conversation with Sachin Kumar Vaishya (IAS), Deputy Commissioner/ Election Authority, Leh

Interviewed by Stanzin Dasal

Q. Tell us about the preparation for the 6th LAHDC election?

Preparation for the 6th LAHDC, Leh election, including the provision of infrastructure, distribution of election materials, assigning election duties, safety, and security at polling stations, etc. are all in full swing. Training for all the polling parties, Returning Officers (ROs), Assistant Returning Officers (AROs) are all being put in place. For the first time, the Hill Council election will be conducted through EVM machines. There are 295 polling stations and around 88,000 registered voters.

All the guidelines/ SOP are issued by the Election Commission of India (ECI) followed by SOP/guidelines laid by the MHA is put in place as the election is being held amidst the COVID-19 pandemic.

Q. What measures and precautions have been taken for voting during the COVID-19 pandemic?

Detailed guidelines for conducting elections during the COVID-19 pandemic have been issued. Social distancing, face mask, access to sanitization measure for voters, reducing the number of people in the nomination process, and polling officials are focussed upon. A person with a disability (PWD) and a person whose age is more than 65 years are given an option to take part in the election through the Postal ballot. Needed measures have been taken to avoid the crowd at the polling station on 22 October, polling day.

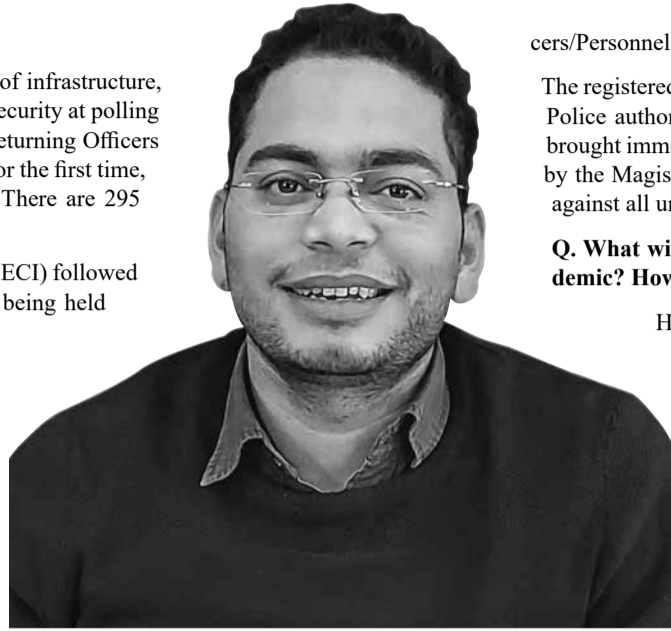
Conditions are laid down to carry out election campaigning/road shows by the political parties and election candidate such as restricting door to door campaigning to 3 persons, maximum 9 vehicles per candidate shall be allowed for road shows, only 3 vehicles shall move at a time with an interval of 15 minutes and vehicles can carry only 50% passengers the total carrying capacity,

We are also ensuring larger public spaces for election-related activities, such as during the voting and counting day.

Q. Brief us about the Model Code of Conduct.

The Model Code of Conduct (MCC) is enforced and is mandatory for all political parties as well as for the independent candidates to follow the MCC in letter and spirit till the election process is over.

Various mechanisms have been put in place such as obtaining prior permission for organising meetings and rallies by the political parties and the independent candidates, permission shall also be manda-



MESSAGE TO THE READERS

“Cast your vote ethically. Also due to the prevailing COVID-19 situation, I appeal everyone to adhere to all the precautionary and safety measures.”

tory for using motor vehicles for all kinds of campaigning/electioneering purposes, no rallies/public meetings of a political nature shall be permitted in the district without prior permission, liquor, cash, food, and consumer goods shall not be distributed by any organization/Political Parties, Independent Candidates, etc. in any case, public premises and government structures like buildings, electric poles, road dividers, etc shall not be defaced by posters, flags, and banners, private structures shall be used only with the prior consent of the owners.

Officers/Officials on election duty like Magistrates and Police Offi-

cers/Personnel will be on surveillance and inspection will be carried out.

The registered/licensed liquor shops shall inform the Magistrate concerned, Excise, and Police authorities about their daily sales of liquor; and, bulk sales shall be specially brought immediately to the notice of the authorities. Stringent legal action will be taken by the Magistrates on duty and the State Tax officer, with the assistance of the police against all un-registered/unlicensed Bars/Liquor shops.

Q. What will be the different challenges for holding the election in times of pandemic? How the administration is coping up?

Holding elections in times of pandemic is a bit challenging as you have to ensure a smooth election process along with reducing the spread of the virus. Because of the COVID-19, we have to increase the number of all logistics to contain the spread of the virus. The expenses have also increased because we have to make the protective gear, sanitizers, gloves, thermal scanners, Face mask, etc accessible. Also, this time we had to increase the voter section for postal ballot.

Most important is that we have to make sure that the SOP's and guidelines to be implemented strictly. Challenges are there but we will put the best effort to overcome all the hurdles.

Q. How you are ensuring a free and fair election process in the district?

All the mechanisms, such as the implication of Model Code of Conduct, guidelines/ SOP's, flying squads, checking teams are in place to ensure a free and fair election. But along with the system, voter awareness on the importance of election is very important to make the election free and fair. People should have a clear conscience and should vote ethically. I appeal everyone to cast their vote wisely and also bring in to notice of the administration if any malpractices are happening.

Q. What steps have been taken to ensure that persons with disabilities have access to the electoral process?

Making the electoral process accessible to the person with disabilities is very important because they also enjoy the Right to vote. To make it accessible, this time we have ensured the postal ballot system to the specially-abled people who have registered for it and those who are left out will cast their vote on polling stations where all the needed measures will be made available.

Fortnight Highlights



Rural Development Department Leh on the direction of DC Leh conducted a special clean-up drive at Saboo-Mahabodhi-Choglamsar Bypass road.



Inauguration of 5 KV capacity solar rooftop power plant at Kendriya Vidyalaya, Trespone, Kargil.



Intensified checking of vehicles through FSTs/SSTs ahead of the 6th LAHDC polls to ensure stringent implementation of the Modal Code of Conduct (MCC).



Election Authority, LAHDC Elections 2020 convenes a joint meeting of Zonal/ Sectoral Magistrates & Police Officers for free, fair, and smooth conduct of the elections.



Padma Tamchos (Atam) elected as President of Leh District Cricket Association unanimously by 15 Jammu and Kashmir Cricket Association (JKCA) registered teams from Leh.

Webinar on 'Disasters in Ladakh: Vulnerability & Preparedness' held



Reach Ladakh Correspondent

LEH: Observing International Day for Disaster Risk Reduction, a national webinar on 'Disasters in Ladakh: Vulnerability & Preparedness' was held on October 13.

The webinar was jointly organised by Ladakh Regional Centre of GB Pant National Institute of Himalayan Environment (GBP NIHE), Leh, National Institute of Disaster Management, New Delhi, and Ladakh Science Foundation, Leh Ladakh.

Saugat Biswas, Divisional Commissioner and Secretary, Disaster Management, UT Ladakh; Dr. R S Rawal, Director GB Pant NIHE, Uttarakhand; Ma-

yor General Manoj Kumar Bindal, Executive Director NIDM and Prof. Surya Prakash, NIDM spoke on the occasion.

Discussion was held on the need to have a good disaster risk governance to save lives, reduced numbers of disaster-affected people, and reduced economic losses. The requirement of a clear vision, plans, and competent empowered institutions acting on scientific evidence for the sustainable development of Ladakh is also discussed.

The panelists were Dr. Ajit Roy, Scientist Head Department of Disaster, IIRS/ISRO, Dehradun; Dr. Reno J Thayen, Scientist, National Institute of hydrology, Roorkee; Sonam Lotus, Scientist, Head, Meteorological centre, Srinagar, J&K; Dr. Subrat Sharma, Scientist, Head, Ladakh Regional Centre, GBPNIE, Leh and Tsering Tashi, Scientist in ISRO, Founder LSF.

The outcomes and the recommendations of the seminar will be submitted to the administration of UT Ladakh for consideration.

Meeting on rationalization of protected areas boundaries held in Leh

...Continued from page 4

Mathur emphasized to follow the process of rationalization of boundaries and settlement of rights as per due legal procedure that shall entail inviting claims from all the stakeholders.

He impressed upon dealing with the violations of the Forest Conservation Act, 1980 and/or Wildlife (Protection) Act, 1972 in a manner that paves

the way for putting in place proper administrative procedures for undertaking and clearing activities such as mining, stone crushing, and the building of tourism infrastructure.

Mathur further affirmed that any decision on Ladakh must balance developmental requirements, national security, and biodiversity conservation. A timeline of two months to frame these issues for further action as per the law was given.

Response, resilience and recovery – the three-dimensional strategy for mental health

...Continued from page 4

Recovery

It is such a powerful word, and I wish I could talk about recovery from deadly viruses. Sadly, that will take some time. What I mean by recovery here though is that if we choose lessons and growth from pain, distress and disaster, we can recover. Recovery is about dropping your past or better yet, learning from it, in both cases, shifting the focus to our present. A time zone we need to invest in if we want to feel alive and able. Recovery doesn't mean healing. It means learning. It doesn't mean absence of stress, it means acceptance of stress. It doesn't mean gaining control, it means embracing the lack of it. Spiritual growth and mindfulness is recovery. When a patient comes to me for grief counselling after losing a loved one, it is not that the departed comes back. When a person gets depressed over a relationship lost, I do not guarantee that things will

change. When a lady suffers PTSD post a sexual assault, and seeks help, it is not that I can erase the abrasions and violation. But they do recover. And that happens with a resolve to let go, to accept the pain, to live the journey, to learn, to grow, to adapt and to choose to keep going without carrying the burden of the crisis.

Bombarded with news of death and distress around us, occupation loss, sadness and frustration within family, friends, the community and the world, no end in sight and pain coming in waves, our responses need to aim at survival, staying afloat, hope and resilience. The grit that we are ready and will bounce back no matter what, as the human race has through thousands of calamities, wars, tsunamis and earthquakes. And as far as recovery is concerned, the way you define it will make all the difference.

The article is originally published in Indian Express on July 10, 2020. (The author is a Mumbai-based psychologist and psychotherapist).

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Joint Deputy Director

I.T.B. Force, Leh

NOTICE



I Stanzin Kunfan S/o Nawang Rigzin R/o Skara, Leh Ladakh Proprietor M/S GESMO NOODLES applying for registration as packer under trade mark Noodle with the Assistant Controller legal meteorology department Leh. Any objection in this regards may file their report in writing within seven days from date of publication of this notice.

L-G Mathur meets ALTOA, discusses winter tourism in Ladakh



Reach Ladakh Correspondent

LEH: Lieutenant Governor, R K Mathur convened a meeting on the prospects of promoting winter tourism in Ladakh with the Tourism Department and All Ladakh Tour Operators Association (ALTOA) on October 2.

R K Mathur shared his thoughts about developing Ladakh as a world-class tourist destination with unique selling points such as its pristine mountains, the wildlife, and hot springs. He stressed on formulating an achievable plan for the next year

and working towards achieving positive results using proper marketing channels and developing world-class infrastructure and providing high-end services.

Stating that safety, security, and communication are vital for tourism, he emphasized imparting quality training from world-renowned experts to adventure sports guides. He said that practicing responsible tourism must be the core.

Taking into consideration the success of Winter Conclave 2020, Commissioner/Secretary

Tourism Rigzin Sampheal proposed to extend it to a week-long event with its expanse in Kargil.

General Secretary ALTOA, Deleks Namgyal through a PowerPoint presentation apprised L-G of the present scenario of Ladakh's winter tourism and the possible new tourism products to develop it while overcoming challenges such as extreme weather conditions, climate change, lack of infrastructure, etc. He also put forth a list of ideas for execution such as ice climbing, ice skating, snow sculpting, nature walks, wildlife sighting, etc.

Director Tourism, Kunzes Angmo; President ALTOA, Tsetan Anghuk; General Secretary ALTOA, Deleks Namgyal; Assistant Director Tourism, Kargil, Agatawaha and ATO Kargil, Ghulam Rasool were present during the meeting.

Multilingual Hussaini poetic recital session concludes in Kargil

Reach Ladakh Correspondent

KARGIL: A two-day-long District Level Multilingual Hussaini Mushaira organised by Ladakh Academy of Art, Culture and Languages, Kargil concluded on October 7 at Language Centre New Academy Complex.

Around 40 seniors, as well as novice poets across the district representing Urdu, Balti, Purgi, and Shina Dardi languages, participated during the two days programme.

On the last day, around 20 poets rendered their poetic compositions, paying tribute to the martyrs of Karbala and reflecting upon the philosophy of martyrdom.

Vice-Chairman of Religious Affairs, Imam Khomeini Memorial



Trust (IKMT), Sheikh Bashir Ahmad Shakir congratulated the academy for organising the two-day literary event. He stated that such gathering provides an ideal platform for the poets to share their fresh literary endeavors.

Sheikh Bashir also stressed the poets, writers, and intellectuals

to further fortify their efforts towards bringing out positive attitudes and enlightenment in society through their creativity.

District Cultural Officer Kargil, Muhammad Ali Tak expressed gratitude to all the participants for making the 2-day literary event successful.

Gandhi Jayanti: DC Kargil flags off Fit India Movement Run



Baseer ul Haq Choudhary flagging off Fit India Movement Run on Gandhi Jayanti.

Reach Ladakh Correspondent

KARGIL: On the 150th Birth Anniversary of Mahatma Gandhi, Deputy Commissioner/ District Magistrate and Chief Executive Officer, LAHDC, Kargil, Baseer ul Haq Choudhary flagged off Fit India Movement Run at Indoor Stadium, Kargil.

The 2 km run after passing

through different locations of Kargil town culminated at Sports Authority of India (SAI) Training Center Bagh e Khomeini.

Deputy SP Headquarter, Kargil, Chinba Samstan, officers of District and Police Administration besides the athletes of SAI Training Center Kargil participated in the Fit India Movement Run. The

participants of the run highlighted the importance of cleanliness and hygiene of surroundings besides exercise and jogging for a happy and healthy life.

Baseer ul Haq Choudhary underlined the importance of adopting the principles of Gandhiji and inculcating them in the younger generation to pass them on to the posterity in their true essence to bring values and morality. He urged people to enthusiastically participate in the Fit India Movement initiated by Prime Minister Narendra Modi across the country to realize the ambition of the Father of the Nation Mahatma Gandhi towards a clean and fit India.

He also said that there is a need to adopt continued cleanliness habits to ensure a clean environment and healthy life and every individual ought to play his part in this regard.

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