

REACH LADAKH BULLETIN

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Celebrating 9th anniversary of Reach Ladakh Bulletin

Stanzin Dasal

Another year has gone by, and we have had a myriad of emotions. Amid all the confusion and chaos, let me take a moment to pause and soak it all in. First of all, I would like to share that Reach Ladakh Bulletin has completed eight years. My, how time flies! Pitching and working on stories, going out in the field for reporting, meeting new people for interviews, and highlighting issues with the hope to make Leh a better place for people- the Reach Ladakh Bulletin team has done all these and more.

There were times when long working hours, working frantically to meet deadlines and all the usual stress that reporters go through while working on special stories, made us wonder why we joined this profession. The team experienced highs and lows, encountered both encouragement and criticism, worked with limited resources, and overcame uncertainties and stress. But we soldiered on, with the hope to provide latest and best news to our readers and subscribers. Looking back, I relish all those memories and cherish every byline that had my name.

2020 was a difficult year. The prevailing COVID-19 situation, climbing unemployment rate, crisis and uncertainty around the world made 2020 forgettable. But we must appreciate the hard work and dedication shown by the frontline warriors to keep us safe from COVID-19.

When the world was grappling with



COVID-19 virus and people were forced to stay indoors due to the nation-wide lockdown, it was social media and television that kept us going, informing us about the happenings around the world. Over the years, social media has emerged as a catalyst of change in the way we communicate and disseminate news across the world. The emergence and growth of social media as a powerful medium of communication has had a tremendous impact on news organisations. This also prompted us to start the Reach Ladakh YouTube channel. I feel truly ecstatic to share that we have 15,807 subscribers and the numbers are increasing

with each passing day. I am thankful to our readers and subscribers for showing faith and trust in us.

And, I would like to take this opportunity to thank our proprietor Tundup Dorjay who stood by us through thick and thin, and kept his publication afloat despite the numerous challenges he faced over the years.

We couldn't have come up with this anniversary issue with the guidance and help from Rinchen Angmo Chumikchan who was the founding editor of Reach Ladakh Bulletin. Her tireless effort and dedication helped Reach Ladakh to become one

of the top media houses in Ladakh. We would like to express our gratitude to her on this occasion.

I am unable to contain my excitement on celebrating the 9th anniversary of Reach Ladakh Bulletin. I am sure our dedicated readers, contributors and supporters share the same emotion. We promise that we shall continue to strive for fair, honest and objective reporting.

MILESTONES OF REACH LADAKH:

- Year 1999:**
 - Reach Ladakh published its first guide book
 - Launched its website
- Year 2013:**
 - Published its first fortnightly paper 'Reach Ladakh Bulletin'
 - Brought all intellectuals on a common platform at the Reach Ladakh Conclave.
 - Introduced 'In Conversation page', in which well-known personalities are interviewed. More than 140 interviews have been conducted to date.
- Year 2014**
 - Aired 18 episodes on Alcohol-free movement, a sponsored radio programme on All India Radio, Leh.
- Year 2015:**
 - Launched Reach Ladakh App on Google Play Store and Apple's

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First Winter Sports Festival Zanskar 2021 will be held from January 18-30



Secretary, Youth Services and Sports, UT Ladakh, Ravinder Kumar convening a meeting regarding the first-ever Winter Sports Festival Zanskar 2021.

Reach Ladakh Correspondent

LEH: Secretary, Youth Services and Sports, UT Ladakh, Ravinder Kumar convened a meeting regarding the first-ever Winter Sports Festival Zanskar 2021, at the Secretariat on January 5.

The festival will be held in Zanskar from January 18 to 30. The event aims to highlight and promote Zanskar as a tourist destination.

Ravinder Kumar shared that the attractions of the Winter Sports Festival Zanskar 2021 would be Chadar trek, meditation and yoga on snow, ice hockey, snow skiing, snow scooter and hiking, snow sculpting, ice climbing, traditional and modern archery, local food festival, and cultural programme.

Archery Associations of Ladakh, Indian

Mountaineering Foundation (IMF), and other such organisations would be roped in for the smooth conduct of the 1st Winter Sports Festival Zanskar 2021.

Ravinder Kumar directed the concerned departments to work in coordination with each other for the successful conduct of the event.

Deputy Commissioner Leh, Sachin Kumar Vaishya Leh; Stanzin Lakpa Councillor LAHDC Kargil; Director Tourism Ladakh, Kunzes Angmo; Tsering Tashi, District Youth Services and Sports Officer, Leh; Dr Thupstan Norboo, Cultural Officer; Manesh Pal Saini, Assistant Commandant, ITBP; Sidharth, Commandant, ITBP, and R Verma, DIG, ITBP, Stanzin Rinchen, Manager, Ladakh Scouts and representative of Information Department Leh attended the meeting.

Commissioner/ Secretary Health assesses COVID-19 vaccination drive preparations



Reach Ladakh Correspondent

LEH: Commissioner Secretary, Health, Rigzin Samphel convened a meeting to assess the preparation of COVID-19 vaccination drive for the frontline workers, at the Secretariat on January 13.

In-charge Immunisation Officer, UT Ladakh, Dr. Tashi Namgail, informed the Commissioner Secretary Health about the allocation of 11,500 doses by the Government of India (GoI) to UT Ladakh for the 1st Phase of the COVID-19 vaccination starting from January 16.

The meeting was attended by both the Deputy Commissioner/CEO, LAHDC, of Leh and Kargil districts; Joint Direc-

tor, ITBF, Ladakh; DIG, ITBP; Senior Superintendent of Police, Leh/Kargil; AIG Personnel, Ladakh Police; Director Health Services; Chief Medical Officer, Leh/Kargil; Deputy Commandant, CRPF, Ladakh; Deputy Commandant, CISF, Ladakh; Executive Officer, MC, Leh/Kargil; In-charge Immunisation Officer, Ladakh, and representatives of GOC 14 Corps.

Commissioner Secretary Health instructed all the agencies to update the list of frontline workers for the 2nd round of vaccination by January 17. He also wished luck to all agencies for a successful vaccination drive.

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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Sikkim State Organic Certification Agency team visits Leh

Hands over C1 organic certificates to about 16 villages of Leh district



Team of Sikkim State Organic Certification Agency (SSOCA) during their visit to Leh district.

Reach Ladakh Correspondent

LEH: Team of Sikkim State Organic Certification Agency (SSOCA) is on a visit to Leh district regarding organic certification of Leh villages in collaboration with LAHDC, Leh under MODI scheme.

Hill Council, Leh felicitated Director, SSOCA, Sudhir Giri and Technical Expert SSOCA, Vimal Pravash on January 5 at Council Secretariat.

The team gave a detailed PowerPoint presentation about the duties and functioning of SSO-

CA under the Sikkim Government as a recognized agency in providing organic certification. They updated newly elected Councillors of 6th LAHDC, Leh about the role of SSOCA and its collaboration with LAHDC, Leh and handed over C1 organic certificates to about 16 villages of Leh district being covered in the first phase of MODI scheme.

Deputy Chairman, Tsering Angchuk, Executive Councillor for Agriculture Stanzin Chosphele, Executive Councillor for Rural Dev. Dept. Tashi Yakzee and

Executive Councillor for Minority and Forest Ghulam Mehdi thanked the visiting team of SSOCA.

Upcoming schemes, training, and exchange programmers with SSOCA in guiding Leh towards organic and sustainable agriculture practices were discussed and assured all possible support in future collaborations.

Chief Agriculture Officer Tashi Tsetan; Sub District Agriculture Officer, Leh, Tashi Dolma, and Agriculture Extension Officer, Leh Mohd Ramzan attended the meeting.

Under the chairmanship of the then CEC, LAHDC, Leh Jamyang Tsering Namgyal a memorandum of understanding between Sikkim State Organic Certification Agency and LAHDC, Leh was signed to exchange ideas, knowledge, expertise and to conduct training to convert the entire Leh district into an organic region by 2025 in June 2019.

DC, Leh, reviews Republic Day celebration preparations

Reach Ladakh Correspondent

LEH: Deputy Commissioner, Leh, Sachin Kumar Vaishya chaired a meeting to take stock of the preparation for Republic Day 2021 celebrations with the concerned head of departments

on January 14 at DC office Conference Hall.

Assessing the preparation for Republic Day celebrations, DC Leh directed concerned officials to make proper arrangements to ensure Covid-19 protocols and

guidelines such as social distancing, proper sanitisation, wearing masks, are strictly followed.

He shared that only people with invites and passes would be allowed to participate in the Republic Day ceremony events.

Dhaka Marathon 2021: Athlete Jigmet Dolma at 4th position

Reach Ladakh Correspondent

LEH: Representing India, Jigmet Dolma from Igoo village scored the fourth position in the Bangabandhu Sheikh Mujib Dhaka Marathon held in Bangladesh on January 10.

A rousing reception was given by Hill Council, Leh at Council secretariat on January 13.

Chairman/Chief Executive Councillor LAHDC, Leh Advocate Tashi Gyalson, EC Rural Dev. Dept Tashi Namgyal Yakzee and Councillors welcomed athlete Jigmet, her parents, coach, relatives, and village representatives at the Council secretariat, Leh.

CEC Gyalson handed over a cheque of ₹21,000 to athlete Jigmet and on behalf of the Ladakhi



Chairman/Chief Executive Councillor LAHDC, Leh Advocate Tashi Gyalson, welcoming athlete Jigmet Dolma.

people congratulated her for making the country and UT Ladakh proud at an international platform.

Appreciating the hard work, dedication, and achievements of athlete Jigmet Dolma, CEC

said that despite getting minimal time for practice in such a different atmosphere and conditions, she still managed to secure 4th position and he hoped that she will touch new heights in her career in the near future.

Astro-Tourism potential tourist attraction in Ladakh

Reach Ladakh Correspondent

LEH: A meeting regarding 'Astro Tourism' in UT Ladakh was convened by Commissioner/Secretary, Rigzin Samphel on January 8.

Director Tourism Ladakh, Kunzes Angmo and Engineer In-charge, Indian Astronomical Observatory, Hanle, Dorjey Angchuk attended the meeting.

It was highlighted that due to the distinctive geographical feature, there is a great scope for Astro Tourism which will not only promote tourism in Ladakh but also provide ample opportunity to the locals to earn their livelihood. Besides, tourists will get a unique opportunity to visit new places by viewing/ observing the unknown world of space.



It was decided that the Department of Tourism and Culture will identify various locations/stations where required instruments (Telescopes) would be installed for tourists and the public. Proposal with regards to the identification of locations/ sites would be sought from both the Autonomous Hill Development Councils of Leh and Kargil.

The Indian Astronomical Observatory, Hanle will guide and train the locals, so that they will be updated with a night sky chart to highlight the nightly event.

Director Tourism, Ladakh was asked to prepare a detailed proposal after receiving the lists from the respective Hill Councils. Various other related issues were also discussed in the meeting.

2nd Ladakh Winter Conclave to be held from Feb 21-23

Commissioner/Secretary, Tourism, UT Ladakh, Rigzin Samphel, reviews the preparedness



Commissioner/Secretary Tourism, UT Ladakh Rigzin Samphel while reviewing the preparedness to conduct 2nd Ladakh Winter Conclave-2021.

Reach Ladakh Correspondent

LEH: Commissioner /Secretary Tourism, UT Ladakh Rigzin Samphel reviewed the preparedness to conduct the 2nd Ladakh Winter Conclave-2021 on January 7 at UT Secretariat.

The 2nd Ladakh Winter Conclave-2021 will be held for three days from February 21 to 23. The conclave will be celebrated in both the Leh and Kargil districts of UT Ladakh. Due to the prevalent of the COVID-19 pandemic, most of the events will be held virtually. The event will

showcase the potential for winter tourism in Ladakh, with winter sports, cultural and culinary experiences being curated for this conclave.

The meeting was attended by Director Tourism, UT Ladakh; Principal, IHM Ladakh; Deputy Secretary, Culture Academy, Leh/Kargil; Assistant Director Tourism Leh/Kargil; Assistant Director Information Leh/Kargil; Dy. Superintendent, Archaeological Survey of India; President, ALTOA, Leh; President, AKTTA, Kargil and President

Hotel Association, Leh/ Kargil.

Rigzin Samphel felt the need for the promotion of the rich culture and heritage of Ladakh during the event. Tourism Department was asked to stress the importance of the marketing aspect for tourism promotion. Also, he asked them to complete the promotional video well in time.

AD, Tourism, Jigmet Namgyal briefed the highlights of the three-day event which would include a heritage walk in Old Town, adventure and winter sports, environment, and wildlife.

Rigzin Samphel gave directions to the concerned departments and stakeholders to ensure proper follow-up of COVID-19 protocols during the event.

AD Tourism, Kargil, Aga Syed Towha spoke about the importance and potential of promotion of skiing and motor expedition in Kargil District among other winter tourism attractions.

Bharat Vikas Parishad donates blanket to hospital in Leh



Handing over the blankets donated by Bharat Vikas Parishad to CMO, Leh.

Konchok Norboo

LEH: A total of 100 blankets were donated by Bharat Vikas Parishad to the hospital in Leh on January 12.

To mark the occasion chief guest MP, Jamyang Tsering Namgail; CEC, Hill Council, Leh, Tashi Gyalson; CMO Leh, Dr. Motup Dorjay; BDC chairman, Dr. Skalzung; Ven. Konchok Rigzin; Councillor Khaltse, Lobzang Sherap, BVP Leh, presidents, and members among others were present.

MP Ladakh applauded the frontline workers all over Ladakh dealing with the pandemic and thanked them. He said that all the credit so far for controlling the virus goes to the frontliners. He emphasized that not only the administration but various NGOs are contributing vehemently with zeal. Jamyang further expressed his deep appreciation to the Bharat Vikas Parishad was shown when for their kind gesture.

Ven. Konchok Rigzin said that Bharat Vikas Parishad is a very

old organization established to encourage India's religion, culture, and nationalism. Physical development is evident everywhere in the world but in India to conserve our culture, religion such bodies were formed to educate the young generation about its importance. He emphasized BVK's kind support to the poor and needy patients who are neglected in the country's vast population and further informed that to provide such support here as well they had opened a branch in Leh for the same purpose two years ago, naming Lotsawa Rinchen Zangpo Gyagar Gyalwang Tsogspa, and donated money to Igoo village and Bharatiya Vidya Niketan School, Leh.

He also said that they had requested them to donate a Magnetic Resonance Imaging (MRI) machine. He recalled that Buddhism teaching has prioritized, along with prayer, the responsibility of everyone especially the privileged ones to help the needy and poor as much as they can.

Celebrating 9th anniversary of Reach Ladakh Bulletin

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App Store for wider reach.

Year 2016:

- Introduced 'What do they say?' column, where we seek public opinion on various issues of the region.
- First media house to consistently highlight issues along with interviews of LAHDC, Leh councillors
- 'Expert Talk Column' interviewed more than 80 experts so far on various issues.

Year 2018:

- Introduced Campus Diary, Know Your Culture and Fortnightly special
- Launched Reach Ladakh YouTube channel

Year 2019:

- Started monthly talk show, 'The Reality' on Reach Ladakh YouTube channel.

Year 2020:

- Provided timely status and reports on COVID-19.

Agriculture Department, LAHDC, Kargil, signs MoU with Sikkim State Organic Certification Agency

Reach Ladakh Correspondent

KARGIL: An MoU was signed between the Department of Agriculture LAHDC, Kargil, and Sikkim State Organic Certification Agency (Government of Sikkim) regarding certification of organic produce/products and establishment of Organic Certification Agency in Kargil district on January 7.

The meeting was organised by the Mission Director, Mission Organic Development Initiative (MODI), UT Ladakh, Tashi Tsetan to hold interaction, deliberation, and confirmation of the Agriculture sector in Kargil under Organic Certification.

EC, Agriculture, Hill Council, Kargil, Muhammad Ali Chandan said that Kargil district has vast potential in the field of the agriculture sector. He hoped that this move will be a game-changer for



During the signing of MoU between the Agriculture Department, LAHDC, Kargil, and Sikkim State Organic Certification Agency.

people involved in the agriculture sector especially farmers to enhance their income and livelihood.

Director, Sikkim State Organic Certification Agency (SSOCA), Sudhir Giri spoke about the certification of organic produce/products through a detailed pow-

erpoint presentation.

Chief Agriculture Officer, Kargil, Kacho Muhammad Ali Khan; Headquarter Assistant, Agriculture Department, Kargil, Muhammad Hussain Khan besides officers of the Agriculture Department Leh and SSOCA attended the meeting.

UT Ladakh ranks first in FMD vaccination

Secretary Ravinder Kumar applauds animal husbandry staff

Reach Ladakh Correspondent

CHUCHOT: A total of 79,098 cattle was tagged and vaccinated against Foot and Mouth Disease (FMD), thus making UT Ladakh top among all Union Territories of the country.

Secretary, Animal/ Sheep Husbandry and Fisheries Departments, UT Ladakh, Ravinder Kumar felicitated the field staff of the Animal Husbandry Department, Leh under the National Animal Disease Control Programme (NADCP), at the Livestock Development Office (LDO), Chuchot Shamma, Leh on January 11.

National Animal Disease Control Programme (NADCP) aims to eradicate FMD and Brucellosis in livestock by 2030. The programme was implemented in UT Ladakh between October 2, 2020, and November 15, 2020. Despite the topographical challenges and shortage of staff, the Animal Husbandry department



Secretary, Animal/ Sheep Husbandry and Fisheries Departments, UT Ladakh, Ravinder Kumar felicitating the field staff of the Animal Husbandry Department, Leh.

covered 94% of livestock.

Ravinder Kumar applauded the efforts of field staff and officials of the animal husbandry department. He lauded the tireless service and functioning of the department, and also expressed hope to see the department continuing the great work.

Director, Animal/ Sheep Husbandry and Fisheries Departments, UT Ladakh, Dr. Mohammad Raza apprised the Secretary

of all the activities carried out by the department. He also congratulated the officials and staff of the department.

Assistant Director, Fisheries, Mohammad Amin; Chief Animal Husbandry Officer (CAHO), Leh, Dr. Mohammad Iqbal; CAHO Kargil, Dr. Fida Hussain; Deputy Director, Pashmina Goat Farm, Upshi, Dr. Morup, and other doctors and officials of the department were also present during the felicitation ceremony.

Administration bans import of live birds to Ladakh



Reach Ladakh Correspondent

LEH: Secretary, Animal/Sheep Husbandry and Fisheries Department, UT Ladakh, Ravinder Kumar has notified a complete ban on import of live birds, including poultry and unprocessed poultry meat for any purpose, into the Union Territory of Ladakh with immediate effect due to the prevailing Avian flu across the country.

He shared that the decision would be reviewed and monitored as per the evolving situation. The ban shall be in effect until further order from the UT Administration.

The step was taken as a precautionary measure according to the Revised Action Plan 2021 for Avian Influenza of the Animal Husbandry and Dairying, Government of India, and in the exercise of powers conferred under section 10 of the Prevention and Control of Infectious and Contagious Disease Act, 2009.

Ravinder Kumar further directed Deputy Commissioner of Leh and Kargil districts, Director of Animal Husbandry Department, Director of FCS&CA, to closely monitor and update the status on the situation.

He also directed the Director of Animal Husbandry to form a disease surveillance team in both the districts to monitor government and private poultry farms, private vendors/bird sellers (both live and unprocessed), and to report any unknown death of wild birds in both districts.

Hill Council, Leh, convenes meeting with Project Vijayak (BRO) Commander

Reach Ladakh Correspondent

LEH: Chairman/Chief Executive Councillor LAHDC, Leh, Advocate Tashi Gyalson discussed grievances faced by local labours in the Project Vijayak with the Border Road Organization on January 13 in Leh.

The meeting was attended by Commander, 16 Vijayak, D.N Dahat; Executive Engineer Project Vijayak, B. Kishan; Deputy Chairman, Tsering Angchuk; Executive Councillor (EC) for Minority & Forest, Ghulam Mehdi, respective councillors of Saspol, Panamik, Skurbuchan, Lamayuru, Lungnak (Zangskar) and concerned village representatives from western Ladakh.

Commander, Dahat updated CEC Gyalson that BRO has been working on creating better working conditions for the local labours recruited in BRO. He informed that BRO has around 550 local labours recruited out of 700 in Nubra region and 400 in the western part of Ladakh. 150 local labours have been working for a long time with BRO in Hanu-Thang, Skurbuchan, and Domkhar regions.

He also said that, since there are less active construction works



Chairman/Chief Executive Councillor LAHDC, Leh, Advocate Tashi Gyalson convening meeting with the Border Road Organization at Council Secretariat.

during the winters, they have to disengage local labours in some areas. The recruitment drive will recommence in February and March.

Councillor Lungnak (Zangskar) raised the issues regarding Nimo - Padum - Darcha road and requested Commander, Vijayak to speed up the work progress.

Councillors from Nubra appreciated the work done by Project Vijayak in the region especially at Khardong-la and the widening of roads towards Nubra valley. Concerned councillors requested Commander, Project Vijayak to survey a new route between Khardong and Khalsar village for re-alignment and also requested increment of wages for the labours.

Councillors from sham region and village representatives raised the issues faced by local labours working with BRO in their respective constituencies with the Commander. They informed and requested Commander Dahat to work on the blind curve road between Takmachik and Domkhar where there have been few cases of road accidents in the past. They also highlighted issues concerning the transparency of recruitment.

Taking note of the grievances, CEC Gyalson directed Commander 16 Vijayak, to immediately look into the matter and settle it at the earliest.

Commander, Dahat, and Ex. Engineer Kishan assured their help in settling these issues and grievances at the earliest.

National Family Health Survey: L-G Mathur discusses maternal & child health issues



Reach Ladakh Correspondent

LEH: Lieutenant Governor, R.K. Mathur discussed the National Family Health Survey - 2019-2020 on January 13.

The meeting deliberated upon the outcomes of the National Family Health Survey - 05, 2019 - 2020 with emphasis on indicators such as population and household profiles, marriage and fertility, maternal and child health, delivery care, child immunization, treatment and childhood diseases, anemia among children and women, etc.

Concerns such as anemia and iron deficiency amongst the female population were discussed and L-G Mathur stated that the department must develop a proper mechanism to increase iron as well as other necessary supplements in the female diet.

He stated that the department

must work hand-in-hand with the ICDS program to achieve results.

Discussing maternal and child health, LG Mathur stated that all possible measures must be put in place to provide required facilities to expecting mothers and directed the department to ensure an immediate District Magistrate level review to give suggestions to reduce the child mortality rate in both the districts, with the inclusion of the migrant population as well. He also stressed that the medical department, including Primary Health Centers must be equipped with all necessary equipment for assisting safe deliveries.

To assist secure deliveries in far-flung areas, initiatives such as developing a strong paramedic/nursing system by imparting training from renowned medical institutes may be undertaken.

The meeting also considered setting up a dedicated mobile ambulance with facilities for screening cervical as well as breast cancer.

The department was directed to achieve 100 percent child vaccination and find ways to promote hygiene amongst children.

Concerned by the rapid increase in the percentage of overweight people and worsening nutritional status in Ladakh, LG Mathur emphasized curbing the problem at its initial stage and said that efforts must be put to inculcate good eating habits as well as exercising.

The meeting was attended by Advisor Umang Narula; Commissioner Secretary ICDS, Ajeet Kumar Sahu; Commissioner Secretary Health, Rigzin Samphel and CMO Leh, Dr. Motup Dorje.

Caddisfly: Underappreciated architect of Ladakh



By Dr. Nordan Odzer

Creek dwelling creatures build themselves a protective house of stones with some of the stickiest tapes on the earth. The uniqueness about this house is that it remains intact inside the water and it's a mobile house too. Scientists are struggling to make an adhesive tape that bonds while wet, but these creatures have no trouble constructing their outer stone case entirely underwater. They have been living close to human dwelling in Ladakh for ages yet we have never appreciated it. They have been helping us to live a healthy life too but, unfortunately, they are disappearing due to unsustainable human activities. No stonemason or architect can compete with them. You might be wondering what it could be and why have you failed to notice it? Yes, it's not a monster or any creepy creature hiding from us but we often encounter it daily especially in villages.

Let me introduce you to nature's most astounding yet underappreciated architect: The Caddisfly

What the heck is a caddisfly? It's not a "fly" at all; it's more closely related to a moth. I know you are still not able to figure out this creature. The easiest way to find caddisfly is to wade into shallows of a clear, fast-moving stream, pick up a stone, and turn them over. You will soon notice tiny piles or trails of sand grains that don't wash or rub off but are affixed to the rock's surface. Wait patiently, and a tiny, worm-like creature might emerge from one end, quietly yelling at you to put its rock back. Sometimes, you may have noticed an insect moving underwater with distinctive cylindrical-shaped cases from coarse sand, especially during the spring season in Ladakh when they begin to pupate. These marvellous edifices provide camouflage and protection from aquatic predators and a peaceful retreat from the rapids.

To protect themselves from predators, they gather



up sand grains and other sediment and paste them all together with silk, forming a cone that holds their worm-like bodies. As they mature and elongate, they have to continuously add materials to the case- think of it like adding rooms to your home for the rest of your life.

Adult caddisflies resemble moths, but with their wings folded back along the body. Unlike moths, they have a fine set of hairs on their wings instead of scales. Adult caddisflies are terrestrial. They tend to be most active at night, hiding in cool, moist habitats during the daytime. The females mate as soon as possible as they only live about 5 days to a few weeks, during which time they lay about fifty eggs. The egg hatch in about 3 weeks. Whereas the larvae of most species live for one year, though some species live for two.

A caddisfly larvae passes through several growth phases, known as instars before it makes a final shelter in which it can pupate. (The pupa is the stage between larvae and adults.)

The adult female goes underwater to lay eggs; she



can stay under for up to 30 minutes while she glues her eggs to submerged rocks and vegetation. She does this by using air that is trapped on her tiny hair for oxygen.

The name possibly arises from the ancient name for a travelling cloth salesman, who pinned samples of their wares to their coat. They were known as 'Cadice men' and it is possible the name 'Caddis Fly' is a reference to the cases many Caddisfly larvae build from bits of debris.

There are three broad classifications of Caddisfly larvae types: Primitive Caddis (aka free-living or

free-ranging Caddis) that does not build a case or net. Instead, they cling to substrates, much like mayfly and stonefly nymphs: 2) Tube case makers that live in a case they build from bits of vegetation, sand, gravel, and debris: 3) Fixed-retreat Caddis that build similar shelters or nets. These types of Caddis feed outside their shelters but can retreat to them.

Caddisflies are one of the largest groups of aquatic insects with about 7,100 described species worldwide. It belongs to the Trichoptera group.

Caddisflies seem undervalued and underappreciated by us, which is a bit of a conundrum.

You may wonder why this insect species matters to us. But caddisflies are critical actors in these ecosystems, and their diminishing habitats due to water pollution could well have consequences. Caddisfly larvae do an important job of hoovering up aquatic vegetation, keeping a river from getting overgrown. It is one of the most important bio-indicator of clean water. The presence of caddis larvae in stream water is an indication that water is clean and consumable. Most species are quite intolerant of polluted water; thus, their abundance is a reliable indicator of good water quality. What's good for caddisflies is good for fish- and us.

During my recent visit to few villages in Nubra valley, I noticed the presence of caddisfly larvae in the main streams of all those villages, which indicates that drinking water sources in villages are not yet polluted for caddisfly to retreat. But the important question is, have you noticed Caddisfly larvae in your village? If not, it is the major cause of concern.

So, when you see caddisfly larvae in a stream from where you fetch drinking water, be happy and grateful to these astonishing architects of nature.

The writer is a Former Executive Director of Ladakh Ecological Development Group. You can send your views and comment at doxnordan@gmail.com

Human-Wildlife Conflict: A case study on killing of pashmina goats in Phobrang village of Changthang region



Killed livestock by predators in Changthang.



By Dr. Padma Yangzom

In the recent years, intensified wildlife attack has become one of the major threats on the population of various other species worldwide. Wildlife caused attack has not only declined the livestock population but also has indirectly threatened the sustainability and economy of the livelihood of the livestock herder, the very foundation of the nomadic way of life.

In present study, the threat of snow leopard on the Pashmina Changthangi goats in Phobrang village of Durbuk block is analysed. 70% of the residents of this village are exclusively dependent on livestock rearing for their livelihood. On 3rd April 2020, Lobzang Dadul's family from Phobrang village who rears more than 200 Pashmina goats faced the brunt of a brutal snow leopard attack in

the goat pen. A total of 50 new born Pashmina goats were killed and left few injured. The injured animals were treated and therapeutically managed by our team and twenty Pashmina goats were provided to the bereaved family as compensation. However, the loss that he suffered could not be justified on his grounds of earning.

Similar incidence of attacks by lynx and wolf have been reported quite frequently in other regions of Ladakh implying that human wildlife conflict is more prevalent than it is thought of.

In present scenario, wildlife conflict is one of the important drivers of decreasing sheep/goat population in this region. Herd life of a nomadic family is a less remunerative one with lots of production, demand uncertainty and wildlife predation adds up their woes. Presently, short term immediate tactical strategies are implemented to deter the conflict animal. This includes creating barriers

(e.g. corral sheds, livestock sheds, fencing), foxlights, compensation schemes, livestock insurance and eliminating/translocating the problematic individual from the population.

Recent long term mitigation strategies are being explored which includes contraceptive/ reproductive control techniques to manage Human Wildlife conflict at Wildlife Institute of India (WII) Dehradun. HWC is a very sensitive subject to handle in practicality. So, keeping in consideration all aspects from wildlife threats of extinction, wildlife protection and on the contrary the impact it leaves on the nomadic livelihood, there is a dire need of scientific understanding and to establish a balanced outlook on the process for a positive human animal interaction.

The writer is a Veterinarian at Sheep Husbandry Department, Durbuk. You can send your comment and feedback at padmajnv@gmail.com.

SoulSpeak

P.P. Wangchuk

New Year, new friends!



Who is a friend? Is it correct to say: Once a friend, always a friend? Of course, we have the proverbial wisdom to go with: A friend in need is a friend indeed.

I always make it a point that as a New Year is ushered in, one has to have a few new friends as well! That is because one loses a few friends every year because of several and different reasons. Some of them simply disappear with no traces left, and a few others bid their final adieu.

Fair weather friends are there only in your good days, and they disappear and become 'contactless' once they think you are 'redundant' for them.

My experience over the years has helped me maintain my sanity and be calm in the event of the need to drop and 'unfriend' such people.

There are certain basic principles that make the foundation of friendship strong. Unless there is trust, confidence, etc. in each other, there can't be a true friend.

Friends are of such great importance in one's life that American author Helen Keller had this to say: "I would rather walk with a friend in the dark, than alone in the light." That means that anything shared with friends is enjoyable and meaningful.

Without friends, unless you are a recluse like a 'sadhu', life will bite you hard and will make you cry. A friend by your side keeps you steady and forward-going even in the worst of times.

As Mark Twain had said: "Good friends, good books, and a sleepy conscience: this is the ideal life." True, but we are not here about an ideal life, we are about a 'practical life' in which our friends play a significant role in making us have a smooth sail in the journey of life.

In other words, your friends are those for whom you would do anything within your means. The more you do, the happier you are!

Courtesy: WongWorld

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

In Conversation with Dr. Tsering Sangdup, Cardiac Surgeon

Interviewed by Stanzin Dasal

Q. Tell us about yourself.

I was born and brought up in Skurbuchan (Suru-pa) & like every other village child, I spent most of my childhood days playing, herding sheep and goats, ploughing fields, and sowing barley in summer, and skiing in winter.

I passed class 10th from Govt High School, Skurbuchan, and 12th from Boys Higher Secondary School, Leh. I pursued my MBBS from Govt. Medical College, Srinagar in 2008; Master of Surgery (General Surgery), PGIMER, Chandigarh in 2012 and M.ch Cardiothoracic & Vascular Surgery (CTVS) from AIIMS, Delhi in 2017.

Q. What inspired you to become a cardiac surgeon?

The curiosity of my mind met a high wave of tough & bloody challenges. The electrical rhythm & the synchronized mechanical pump in the chest of every human tickled & ignited the imagination in my mind to study its full potential & repair. My training in cardiac surgery started at AIIMS New Delhi. I was blessed to be mentored in the discipline & its method by a senior cardiac surgeon (Dr. AK Bisoi) & cardiac anesthesia head (Dr. S. Chauhan).

Along with surgical skill, cardiac diagnosis, decision making & team building also matters & determines the success of a surgeon, patient healing & well-being. It is indeed a design of nature, hard work & luck that I get to operate & heal the heart of one & all be it young, old, man and woman.

Q. How many surgeries have you carried out and any interesting case to share.

With the core concept of the health warrior, I set out on the path, independently & determined to heal the suffering heart in plains. I have formed a health team and we decided to take the bull by its horn. In the last year, we were able to give help & care to about 2000 surgical procedures across its entire spectrum starting from 6 days old baby to an 80-year-old man. Each ailing heart was unique and challenging.

A few of my experiences are, a 6 month baby of Madhya Pradesh suffering from complex heart disease. Parents consulted many hospitals but everyone said that the child won't survive. The father abandoned the child thinking it is a problem of his life. We performed surgery and treated her for 2 months. The baby has a smile on her face now and is

like any other normal baby.

Another case is a 6-month-old girl child from Andhra Pradesh having congenital heart disease. They sent me details and operated; during surgery, we found he had a different diagnosis. We managed it, others believed that child won't survive. But the next day, she was fine and discharged on the third day.

A girl from Arunachal Pradesh was referred to AIIMS with a paralyzed left arm. She had a very big tumor in her left neck extending to her left chest. She keeps her long hair loose on her left neck & chest to hide it. It was so big that nobody was ready to operate and finally after many discussions between various departments, we operated and removed 2 kg tumor. Her hand function is improving and now she has short hair.

A 60-year-old man from Bhopal has a myocardial infarction with a severe leak in a valve. He had difficulty breathing and was bedridden. Everybody presumed he will die but we convinced relatives and hospital owners that we should take chance. We operated and it was successful.

With all these cases I wanted to share that the human heart heals excellently. It does not require heavy or huge resources or infrastructure. Even in the rugged mountain of Leh/ Kargil, where we have typically rural/simple upbringing, the resourcefulness of the human spirit and the straight forward living habit, healing touch for the ailing heart is always available.

Q. What are the heart problems specific to the people who are residing in Ladakh?

There is organic & systemic difference in the heart problem that develops at high altitude inhabitants. First of all, it's rare in the traditional folks with a simple diet and lifestyle. A child who has a hole in the heart develops pulmonary artery disease early, which is different as compared to the children who are living at sea level. Heart valve disease is rampant in the people who are living along the Indus River and spreads to other people who live close to each other indoors specifically in winter.

The average weight of people is increasing, consumption of sugar, trans-fat, red meat, high salt smoking, & other recreational drugs has gone up, also, people are having less physical activities, feel more stressed. All this behaviour leads to hypertension, diabetes & finally heart disease- specifically heart attack.

...Continues on Page 6



MESSAGE TO THE READERS

“Artificial intelligence & machine learning is going to drive the world, so youngster should position themselves accordingly. Know how to celebrate & glorify failure.”

Why Ladakh demands Sixth Schedule?



TSEWANG NORBU, B tech (ECE): 6th schedule was originally included in the constitution by drafting committee after intense discussion and deliberations on the report put forwarded by the "Bardoli committee". The provision is made specifically for the areas which are economically, socially, geographically and educationally backward compare to the mainland, India.

Ladakh meets all the criteria with a significant 95% of Tribal population but surprisingly it is still not declared as tribal area even after recommended by NCST (National commission of schedule tribe). Therefore, I feel it is our fundamental right to get included under 6th schedule with respect to Article 14 (equality before the law and equal protection of law) in which latter states that state should give equal treatment under equal circumstances, but disappointingly here, in our case we don't see equal treatment by the government.

Consequences like influx of outsiders will inevitably change the demography, economy and ecology of Ladakh. So, if we want any safeguard, we want only the constitutional safeguard under 6th schedule. I humbly urge Ladakhis to not settle for less and if we do, that would be equivalent to putting our own house on fire.



SOLIHA KOISAR, B tech (ECE): Under the Sixth Schedule, autonomous districts and councils have a varying degree of autonomy to frame laws to protect the interests of the tribals.

6th schedule is the need of the hour for us. The LAHDCs does not even have the power to legislate or frame any rules as per Ladakh Autonomous Hill Development Councils Act. Earlier Ladakh had to take the concurrence of the state of Jammu and Kashmir to frame a rule. After the abrogation of article 370, the Centre had assured that the Councils would be empowered but the experience since then has been very disheartening.

Article 35A was good for the people of Ladakh as nobody from outside could buy land here. But now, the people as well as councils can transfer lands to anyone. But this can change if safeguards are granted under the Sixth Schedule.

Also, administrative issues have come up after Ladakh became a UT. Currently the officers at the council are accountable to the Centre. Their transfer and annual progress report is under Centre, so decision taken at the council level gets delayed in execution because the person or the chief executive overseeing the development is accountable to the Centre. These issues can only be resolved when the council is given autonomy under the Sixth Schedule.



KUNGA THINLEY, Visual designer, Ona Design Studios: "A young kid in the future Ladakh watches as his father skillfully carves out an intricate piece of choktse (table) for his client. Piece after piece his father goes a step further everytime to produce the best results possible. With each new design customized specifically to the clients need, the kid falls in love with the process and follows in his father's footsteps only to end up working for a Delhi company in the town that mass manufactures the same design over and over again simply because his family business couldn't keep up with the competitive prices. He makes minimum wage, our money flows outside the state and we lose out on our rich handicraft heritage only to save a few bucks."

This case is not limited to only this field but possibly every one or other economic activity which influence our life and the ecology here without a convenient safeguard granted by the government which could be summed in the provision of 6th Schedule.

Let's not make the above situation take place. Support our right to 6th Schedule and preserve our rich culture that's been handed down since generations.



NIDA IQBAL, Dentist: I personally support the current movement of the Apex body and the people to demand the provisions of 6th Schedule which our Government had especially laid to let the Tribal people develop as per their convenience by providing them with the District Autonomous Council which has the tremendous power to protect the indigenous population against any sort of exploitation from outside the Union Territory without the con-

sent of the Council.

Since it is what we deserve as per the Constitution which is already been provided in some north-east states I don't see us dissenting to the authority in any manner, but rather asking what they are supposed to confer us with as the same demand for the 6th Schedule was also recommended by the National Commission for Schedule Tribe (NCST) for Ladakh in their 119th meeting last year. So, now that even the government bodies had approved of our concern, I hope we are not left clueless anymore.



PHUNTSOG TARGAIS, History teacher: We all know that when Ladakh was under the state of J&K it used to enjoy certain protection, but after the abrogation of the state, it was clear that government didn't have a proper planning.

They say change is inevitable but Indians citizen's rights are as permanent as its constitution's fundamental rights which assents us with the equality before law and its UT Ladakh 97% tribal people's rights to be included under 6th Schedule just like few states in the north east. So now, the vigilant citizens have already analysed and acknowledged this critical situation which is clear from the fact that people of Ladakh started demanding to be included in the 6th schedule.

The clear reason out of many is that Ladakhis are concerned regarding the job protection for the youth and the upcoming future, now some people may object saying that we are afraid of the competition but the fact is children outside Ladakh are five steps ahead education wise as there's not even a well established university comparatively with every facility here yet which clearly gives them an edge above us because of the lack in the development in the higher education department.

The threat is also with no doubt from big MNC companies, be it in particularly the tourism sector which contributes almost 50% of Ladakh GDP or any other sort of business. Lastly due to the fragile environment that Ladakh has it becomes quite obvious that it cannot sustain a lot of population since people here depend on glacier for water in the summer.

Birth anniversary of Ven. Bhikkhu Sanghasena observed as Mahakaruna Diwas



Reach Ladakh Correspondent

CHOGLAMSAR: Marking the 63rd birthday anniversary of Ven. Bhikkhu Sanghasena, Mahakaruna foundation India and newly launched Mahakaruna foundation, Canada in collaboration with Mahabodhi International Meditation Centre, Leh-Ladakh India launched a worldwide movement of compassion in action on January 7.

Cake, dhamma books and masks were distributed at the SNM hospital. Gifts were given to the staff members and esteemed members that were present at MIMC for the celebration.

Ven. Bhikkhu Sanghasena requested the students to be Bodhisattvas and messengers of peace from this day forth. He urged everyone to gather physically and virtually to practice and propagate Mahakaruna more than ever before. He said with the vaccine of corona virus, the world desperately needs the vaccine of Compassion/Karuna as well to eradicate the suffering of mankind rooted in greed, hatred and ignorance which is the cause of more severe and grave problems faced by mankind such as separatism, political imbalance, nationalism, egotism, religious fanatics and many more. He therefore

appealed to every individual to inspire each other to engage in compassion in action and join him in making this worldwide movement a success.

The uncalled upon and unwarranted COVID-19 virus has united the world, it's time for us now to unveil, cherish and foster our shared values, strengths and cultures. Recollecting what it truly means to be "human", our shared humanity, and our inter-relatedness with each other and the environment that surrounds and sustains us, is perhaps the most urgent and pressing need of our time.

Resonating the words of Mahatma Gandhi's ideology of the biggest problem in today's world being, compassion drying in the hearts of the humans, and this hereby reinforcing the creed of reigniting the fire of compassion within the hearts of human beings being imperative and crucial. Universal and unconditional compassion must go beyond boundaries of nationality, religion, and other such man-made concepts. From the eyes of compassion, every living and non-living being are the same. Compassion brings people together, it binds individuals, it gives a higher sense of meaning to one's life.

Mahakaruna – Great Compassion is the only transformative way to seek a genuinely happy, peaceful, and harmonious world for all to live in peace and thrive. It is the right time to create one global family, one humanity and one world through Compassion in action. It is therefore the time for us to develop and take the vaccine of compassion this year to evade the multiple manifestations of sufferings as caused by racism, separatism, political games, egotism, and religious fanaticism etc. in the world.

Formation of sports council in UT Ladakh under consideration, says Secretary, Youth Services and Sports

Reach Ladakh Correspondent

LEH: Secretary, Youth Services and Sports, UT Ladakh, Ravinder Kumar convened a review meeting on January 7 regarding the participation of team UT Ladakh in the upcoming Ice Hockey and other winter sports at the National level

The secretary directed the concerned officers and Associations to frame a policy for the selection trial. He informed the forum that the formation of a sports council in UT Ladakh is under consideration.

The secretary has also informed the associations that the UT administration is putting every effort to develop the winter sports as well as other sports infrastructure in the UT Ladakh. He asked all the sports associations to register with UT administra-



Secretary, Youth Services and Sports, UT Ladakh, Ravinder Kumar convening a review meeting with representatives of various winter sports associations.

tion for further affiliation at the national level.

The meeting was attended by representatives of various winter sports associations, both from Leh and Kargil district.

In Conversation with Dr. Tsering Sangdup

...Continued from page 4

Q. Can you share with our reader, how to keep heart healthy?

Adopt a traditional diet, say 'No' to packed, processed food. Sugar is more dangerous than smoking. Eat less- do more physical activities. Meditate, eat a balanced diet, do a regular health check-up, specially for those who have a family history of sudden death or heart attack. Those who have already been diagnosed with diabetes- should monitor blood sugar regularly with their physician, take regular medicine, and those who have hypertension don't stop the medication. Most folk has 'Chalta hai' attitude. They fail to understand that these diseases are lifestyle disease, a kind of self-created, so should be careful.

People should use more apricot and walnut oil for cooking. Apricot has a high quantity of vitamin b15 which has a cardioprotective and cancer-protective effect. Our ancestors were not stupid to plant those trees in coincidence, they knew the medicinal properties.

From a village boy to top institute of India and now a budding cardiac surgeon. What challenges you come across, and who guided you?

While in the village my father was sending me to join the army but my grandma stopped it. He failed to believe that I can become a doctor, and when I got selected in MBBS he is the only person in the whole world who cried like a baby in happiness and hugged me.

The language was the biggest hurdle which is ok now. Adapting to the humid and hot environment of plains, and to break the clutches and bondages of belief, religion, dogma.

While in AIIMS my teachers, mentor & above all a friend- Prof A K Bisoi who trained me in every aspect of life and facing his vastly peaceful yet turbulent at the same time was one of the toughest things I have ever come across. Prof Sandeep Chauhan who is head of cardiac anesthesia taught me to tame the heat of an angry mind & Dr. Ramesh Menon, Professor in Pediatric CTVS inflamed my curiosity about everything in nature. I am blessed to have such great minds.

Q. What is your advice to young students who aspire to become cardiac surgeon?

I feel that you should be ready to spend your whole life reading and operating, without concern for food, home, and sleep. Dedication and hard work can master it.

Preparation underway for Republic Day celebration in Kargil

Reach Ladakh Correspondent

KARGIL: Deputy Commissioner/ District Magistrate and CEO, LAHDC, Kargil, Baseer ul Haq Choudhary convened a review meeting regarding preparation for Republic Day-2021 celebration in the district on January 11.

Additional Deputy Commissioner, Kargil, Tsering Motup; Divisional Forest Officer, Sajid Sultan; Assistant Commissioner Revenue, Kargil, Shabir Hussain; Deputy SP DAR Kargil, Executive Engineers of various Sub Divisions besides all concerned district officers attended the meeting.

DC Kargil said that the main function of the Republic Day will be held at Khree Sultan Cho Sports Stadium Biamathang while similar functions will be held at Sub Divisional and Tehsil levels as well. He directed the concerned officers to ensure proper social distancing norms while making the seating arrangements for the invitees and



During the signing of MoU between the Agriculture Department, LAHDC, Kargil, and Sikkim State Organic Certification Agency.

participants.

CMO Kargil was asked to ensure the provision of masks and sanitizers to the invitees, participants as well as the officers and officials deployed on duty at the venue of the function.

Decoration of the main venue, seating arrangements, PA System, uninterrupted power supply, drinking water, medicare facilities, availability of ambulance, deployment of fire tenders, in-

vitations, cleanliness and sanitation measures, illumination of Government buildings and vital installations, traffic management, and other required arrangements were discussed.

The Education, Information, Youth Services, and Sports and Cultural Academy were instructed to organize online inter-college and inter-school debate competitions on patriotic themes in connection with the Republic Day celebrations.

NOTICE

I, Tsewang Dorjay S/o Lobzang Tsetan R/o Choglamsar, Leh UT Ladakh Prop of M/s Himalayan Ladakh Explorer applying for registration with the Assistant Director Tourism Office, Leh.

Any objection in this regards may file their report in writing within seven days from date of publication of this notice.

NOTICE

Mehdi Ali S/o Mohd Ibrahim R/o Bogdang, Nubra has applied for vanity/ Choice No. LA 02-2121 for his newly purchased car.

Vehicle type: Scorpio. Chasis no. : MAITA2XM2L2G26226. Engine No. : XMLYG10391.

If anyone wants to bid for the aforesaid Bid No. LA 02-2121, he /she shall apply in the office of the Assistant Regional Transport Officer within a period of 7 days of the publication of this notice in newspaper, after which no claim shall be entertained and said Bid no. will be given to the said application on first come first serve basis.

ARTO/L/2019-20 . Date: 12-1-2021

Assistant Regional Transport Office

NOTICE

Tundup Wangial S/o Tashi Rigzen R/o Stok, Leh has applied for vanity/ Choice No. LA 02-2000 for his newly purchased car.

Vehicle type: Creta. Chasis no. : MALPC812LLM053171. Engine No. : G4FLLV059939.

If anyone wants to bid for the aforesaid Bid No. LA 02-2000, he /she shall apply in the office of the Assistant Regional Transport Officer within a period of 7 days of the publication of this notice in newspaper, after which no claim shall be entertained and said Bid no. will be given to the said application on first come first serve basis.

ARTO/L/2016-17. Date: 11-1-2021

Assistant Regional Transport Office

NOTICE

Zulfikar Ali S/o Mohd Hassan R/o Thiksey, Leh has applied for vanity/ Choice No. LA 02-1919 for his newly purchased car.

Vehicle type: Hyundai Creta. Chasis no. : 078627. Engine No. : 082420.

If anyone wants to bid for the aforesaid Bid No. LA 02-1919, he /she shall apply in the office of the Assistant Regional Transport Officer within a period of 7 days of the publication of this notice in newspaper, after which no claim shall be entertained and said Bid no. will be given to the said application on first come first serve basis.

ARTO/L/200. Date: 31-12-2020

Assistant Regional Transport Office



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Ginger	01 Kg	Rs 180
Garlic	01 Kg	Rs 180
Beans	01 Kg	Rs 135
Cauliflower	01 Kg	Rs 135
Cabbage	01 Kg	Rs 60
Brinjal (Barta)	01 Kg	Rs 135
Brinjal (Kashmiri)	01 Kg	Rs 135
Karela	01 Kg	Rs 135
Lemon	01 Kg	Rs 190
Capsicum	01 Kg	Rs 135
Mushroom	01 Tray	Rs 55
Palak	01 Kg	Rs 135
Saag	01 Kg	Rs 135
Beetroot	01 Kg	Rs 135
Jackfruit / dressed Khatal in poly bag	01 Kg	Rs 135
Bhindi	01 Kg	Rs 135
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