

REACH LADAKH BULLETIN

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People's Voice	
Revival of tourism in 2021: Hopes and expectations	5

Fortnightly Special	
District status for Zaskar: A long-pending demand	4

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Sonam Wangchuk designs solar-powered tent for Indian army

The tent is portable, prefabricated and can be assembled on the spot



Unique solar powered portable tent named 'Ladakh Tent' designed by Education reformer and innovator, Sonam Wangchuk with HIAL team.

Tenzin Dajon

PHYANG: Education reformer and innovator, Sonam Wangchuk and his team at the Himalayan Institute of Alternative Ladakh (HIAL) have come up with a unique solar powered portable tent named 'Ladakh Tent'.

The tent is especially designed for the military personnel's deployed at cold and high-altitude border areas. The tent is portable, prefabricated and can be assembled on the spot.

Sonam Wangchuk said, "Ladakh tent is the new and improved version of the very first tent which was designed in SEC-MOL institute few years back. The older version was a nomadic tent for the nomads of Changthang. This new version tent is designed for the army keeping in mind the hardship they face because of the absence of suitable accommodation while stationed at border areas".

He said that the army uses large quantities of kerosene to keep themselves warm. In a day, a soldier uses 1.8 litre of kerosene for heating purposes only. This is not only a drain on the state exchequer and a massive onslaught against the local environment but also creates serious discomfort for soldiers since kerosene-powered heating is prone to fire accidents. Therefore, the solar powered tent will not only keep the soldiers warm, but will also help in pollution control.

Sonam Wangchuk informed that the tent is a prototype to study further improvement. It will be setup at the top of the Chang-la pass (17590 ft), one of the highest and coldest pass for a trial run.

The tent is not only limited to the military and paramilitary purposes, even the nomads and tourism industry can take advantage of it, he informed.

...Continues on Page 2

2nd edition of Ladakh Winter Conclave concludes

Ladakh Winter Conclave can help explore region's potential as a formidable tourist destination, says L-G Mathur



Cultural show during the Ladakh winter conclave.

Reach Ladakh Correspondent

LEH: The 2nd edition of Ladakh Winter Conclave themed, 'Adventure, Heritage and Culture: Post Covid-19 revival of the industry' concluded with a grand celebration at Grand Dragon hotel on February 24.

The three day long conclave starting from February 21 was organised by the Tourism Department, UT Ladakh.

Lieutenant Governor of Ladakh, RK Mathur said that tourism needs to be experiential, and a conclave like this can help to explore the possibilities and potential of Ladakh as a formidable tourist destination. He emphasised the need for a holistic approach in bringing the heritage, nature, and people of Ladakh together to make the region a privileged tourist destination partly on the lines of Bhutan. He also advocated the need for

controlled tourism to reduce the impact of mass tourism on the fragile environment, resources, and landscape of Ladakh.

He emphasised collaborative efforts considering the ground realities to ensure a better atmosphere and richer experience for the tourists in Ladakh.

Mathur thanked the eminent guests who have come from different parts of the country for their active participation in making the conclave productive. He also lauded the organisers led by Ladakh Tourism Department for their efforts.

Three parallel panel sessions were conducted at three different venues. The session includes Rural tourism-Homestays, Discovering Ladakh's landscape, Established activities-Mountaineering and trekking, Post COVID revival, Potential

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Courtesy Tsetan 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. You can contact at 9858394403 or email at editor@reachladakh.com. All communication must carry the full postal address and telephone numbers.

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His Holiness Drukpa Rinpoche, His Eminence Thuksey Rinpoche's birthday celebrated with fervor

Naropa Fellows and students of Druk Padma Karpo School conduct cleanliness drive



Birth anniversary celebration of His Holiness the 12th Gyalwang Drukpa, and His Eminence Drukpa Thuksey Rinpoche at Shey Naro Photang.

Nayanika Guha

SHEY: Birth anniversary of His Holiness the 12th Gyalwang Drukpa, and His Eminence Drukpa Thuksey Rinpoche was celebrated with great fervor on February 22 at Shey Naro Photang.

The day was celebrated by the students of Druk Padma Karpo School (DPKS), Naropa Fellowship, with support from the Young Drukpa Association and the local community.

His Eminence Palga Rinpoche; His Eminence Khamptak Rinpoche, Jigmet Nawang Namgyal;

His Eminence, Khamptak Rinpoche Jigmet Stanzin Wangpo; His Eminence Gomchhen Tulku; Hemis Chakzot, Nawang Otsal; Chemday Chakzot Mipham Jigmet; Stakna Chakzot, Khanchen Tsewang Rigzin and the nuns of Druk Gawa Khil Tsunma took part in the celebration.

Naropa Fellows conducted a cleanliness drive near Sindhu Ghat, where they collected more than 100 sacks of garbage. The Druk Padma Karpo students also contributed by collecting trash in the area between the school campus and Shey Palace. This effort

was a way for the Fellows and students to show gratitude towards the local community and to contribute to a sustainable future. The Municipal Committee Leh also showed their support by providing pick-up trucks for the garbage collector.

The celebration started with His Holiness and His Eminence's portrait proceeding ceremony to the main shrine and was followed by the Mandala and Larnga offerings. The DPKS students then led a prayer for the long life of His Holiness and His Eminence, and birthday cakes were cut.

Hemis Chakzod, Nawang Otsal shared snippets of the life and work of His Holiness the 12th Gyalwang Drukpa, and His Eminence Drukpa Thuksey Rinpoche.

On this occasion, the Naropa Fellowship also launched their volunteering initiative in collaboration with the Live to Rescue animal shelter, and also set up a stall to collect donations for the same.

The occasion concluded with a Singay Tsewa prayer in the evening.

International Mother Language Day: 17000 ft Foundation releases storybooks for children in Bhoti language



During the launch of Bhoti Story Books at the Next Chapter, a Children's Library setup by 17000 ft Foundation in Zangsti..

Reach Ladakh Correspondent

LEH: Celebrating International Mother Language Day, 17000 ft Foundation launched Bhoti Story Books at the Next Chapter, a Children's Library setup by 17000 ft Foundation in Zangsti, Leh on February 21.

The books were translated by Dr. Jamyang Gyaltsan, State awardee for Literature on Republic Day 2021. Many of the story titles have also been contextualized for Ladakh through illustrations created by multiple Ladakhi illustrators.

The event was launched by Advocate Tashi Gyaltsan, Chief Executive Councillor, LAHDC, Leh, Ladakh.

Dr. Jamyang Gyaltsan; Sonam Dorje Namgyal, Principal, HSS Khaltse representing the Chief Education Officer, Department of Education, Leh; Founding Directors of 17000 ft Foundation, Sonam Dawa; Sujata Sahu and

the entire staff of 17000ft, Leh Officer were present.

Tashi Gyaltsan spoke about the need to preserve Ladakhi culture through local language and also understanding Ladakhi heritage. He appreciated the work of 17000 ft Foundation, which he said, was one among the few NGOs who worked at the grassroots level and in many remote villages. He expressed the hope that 17000ft would continue to work in close collaboration with the Council to improve education across Leh District.

Dr. Jamyang Gyaltsan stressed the promotion of language as the first step to preserving Ladakhi culture. He expressed his confidence that these attractive stories and books would inspire children to read more. Dr. Jamyang expressed his thanks and appreciation for the 17000 ft Foundation for their contribution to Ladakhi society and culture.

Sonam Dawa, Director 17000 ft Foundation introduced the Foundation and spoke about 17000ft's overall aim to preserve Ladakhi culture and enable children to have a good education in Govt. Schools.

He appreciated Dr. Jamyang Gyaltsan's contribution in ensuring the successful completion of this project and also thanked young Ladakhi illustrators who helped breathe new life into the storybooks.

Sujata Sahu, Founder 17000ft Foundation mentioned that the books will be distributed free of cost across all Govt. & Private Schools and other Institutes of Ladakh that teach Bhoti Language.

17000 ft Foundation is an eight-year-old NGO in Ladakh that works to improve education in very remote schools of Ladakh and has adopted over 200 schools across Leh and Kargil districts where they have set up libraries, playgrounds, classroom furniture, provided paint and carpets, and trained teachers. They have also Digitized 105 Schools with a specialized Digital Learning Solution called the DigiLab, created for villages with neither continuous electricity nor mobile connectivity. 17000 ft Foundation had previously also published, released, and distributed 21 titles on Children's Day 2015, bringing the total of Bhoti Storybooks by them to 36.

2nd edition of Ladakh Winter Conclave concludes

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adventure activities, Adventure tourism and many others were talked and discussed.

Heritage walk in Leh Old Town, traditional delicacies

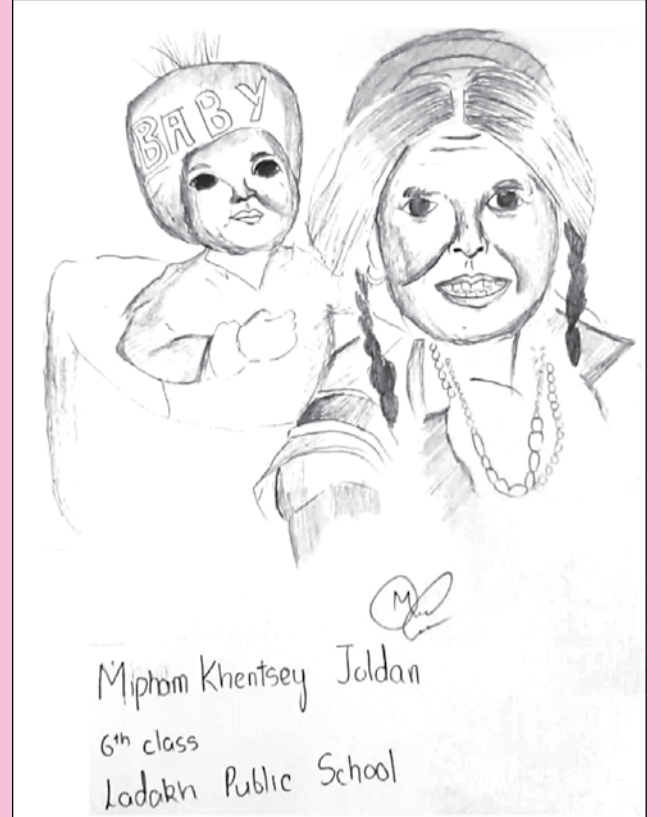
at the Central Asian Museum, dance performances at Leh Palace, appearance of oracles during the monastic festival 'Stok Guru Tsechu', screening of short films and documentaries, music and fashion show were the major highlights during the three-day event.

The World of Juniors



MIPHAM KHENTSEY JOLDAN
Class 6, Ladakh Public School

During the COVID-19 lockdown, I was very happy because no school, no study, full time playing and watching television. But after few months, I got bored because I have nothing to do, sitting at home. Although teacher gives us homework through whatsapp but the joy of learning in schools with friends is a different feeling. Now, I am eager to go to school so that I can meet my friends and play with them. School is my second home and I want to be there soon.



DID YOU KNOW



March 3, is celebrated as the World Wildlife Day! Hemis National Park in Ladakh, the largest national park in South Asia, is home to a large number of wildlife, including the Snow Leopard, Argali (Great Tibetan Sheep), Bharal (Blue Sheep), Shapu (which is only found here in India), Asiatic ibex, the Tibetan wolf, the Eurasian brown bear (endangered in India), the red fox, and more.



The Snow Leopard is a nocturnal animal and often elusive for humans. It is nicknamed the 'Grey Ghost' of the mountains, as it has the ability to disappear from the observer's eye very quickly!



Percy, the Mars Rover landed on Mars on 18 February, 2021! Perseverance, nicknamed Percy, is an SUV sized mars rover, created by NASA to explore the Jezero Crater on Mars. The rover contains 19 cameras and 2 microphones, to record the information accurately. The goals of the expedition include looking for habitability, finding signs of possible microbial life on Mars, testing oxygen production from the martian atmosphere and more.

Sonam Wangchuk designs solar-powered tent for Indian army

...Continued from Page 1

Feature of the Ladakh Tent

Sharing the positive responses, he said that lot of people is showing interest, including military, paramilitary forces, HIMANK etc. Also, the manufacturers are trying to contact HIAL and get the license for further manufacturing of tents.

Talking about the cost of the tent, he said that the tent with a capacity of 10 people will cost around Rs 5 lakh. The team is also working on a cheaper version with 4 person capacity as well as expensive version of the tents especially for tourism industry. The expensive version tent can be used in camps and resorts, which will further boost winter tourism in Ladakh.

The tent has two sections, solarium and sleeping chamber which is divided by an insulated water wall covered with four layers of transparent polycarbonate sheets. The wall stores heat during the day and releases the heat out during the night time. Solarium is for day purpose, where soldier can take rest, gossip or do the maintenance of weapons etc. The sleeping chamber, the main part of the tent will remain warm throughout the night. The temperature in the sleeping chamber will remain 10 to 15 degree Celsius when the outdoor temperature drops below minus 15 degree celsius."

Two-month winter tuition camp concludes in Skagam village, Zanskar



Tenzin Dajon

ZANSKAR: Two months long winter tuition for the students of Stoth valley, Zanskar was concluded on February 23.

The winter coaching camp was organised by Junu Tsogpa Skagam (JTS), a Youth Association of the Skagam village. Almost forty students from KG to Eight standards took advantage of this winter tuition. Best and qualified teachers were arranged by the association to provide quality edu-

cation.

The association arranged heating systems, lunch for the students and teachers free of cost throughout the winter coaching camp.

Lobzang Tundup, President JTS says, "Education the wheel of reforms and development had become inaccessible during the COVID pandemic, especially the students of Stoth valley. But our association Junu Tsogpa Skagam stepped forward to provide ed-

ucation to the students coming from nearby villages like - Skagam, Bakarsey and Hamiling etc. at a very reasonable fee. I would like to thanks the villagers for their cooperation."

This summer due to the COVID-19 pandemic, the schools remained closed throughout the year. Students in Zanskar are the most affected as compared to other region of Ladakh as they don't have access to better communication and internet facilities for online classes. In addition to that most of the parents are also uneducated, making the situation more chaotic.

The winter tuition camp has given a golden opportunity to the students to be in touch with their books again after a long time. It is good to learn that JTS has been facilitating this winter tuition for the past few years, which started with their own village kids and later joined by many students from nearby villages.

DC Leh, Shrikant Balasaheb Suse, conducts introductory meetings with district officers

Reach Ladakh Correspondent

LEH: Deputy Commissioner, Leh Shrikant Balasaheb Suse conducted an introductory meeting with District officers of various departments on February 18.

During his interaction with the district officers, DC Leh directed them to expedite development work in Leh district. He exhorted the district officials to provide him with the same cooperation as his predecessors to complete development work in Leh district successfully.

He also informed that he would conduct separate department-wise meetings with the district officers to review the performance of all the sectors.

Earlier, district officials from various departments such as Public Works Department (PWD), Public Health Engineering (PHE), Power Development Department (PDD), Health Department, Forest Department, Rural Development, Treasury Department, Education Department, Sheep and An-



Deputy Commissioner, Leh Shrikant Balasaheb Suse convening an introductory meeting with District officers of various departments at DC Office conference hall.

imal Husbandry Department, Regional Transport Department, Agriculture and Horticulture Department, Sports Department, Municipal Committee Leh, Food and Civil Supplies, and Cooperative Department, Pollution Control Board, Social Welfare, Revenue, Library, Archives, Fisheries, Tourism, Labour and Information Department, and LREDA shared major achievements of the respective departments in the past one year.

DC Kargil, Santosh Sukhadeve, convenes introductory meeting with district officers



New Deputy Commissioner, Kargil, Santosh Sukhadeve convening an introductory meeting of the district officers at Conference Hall, Baroo.

Reach Ladakh Correspondent

KARGIL: New Deputy Commissioner, Kargil, Santosh Sukhadeve convened an introductory meeting of the district officers at Conference Hall Baroo on February 22.

He took stock of the working of various departments and examined the developmental works in the district.

Santosh Sukhadeve directed the officers to work with missionary

zeal and dedication to fulfill the aspirations of the people. He said that the officers must listen to demands of people and their grievances which will be reviewed on monthly basis as per the prescribed format which shall be issued from the DC office shortly.

He stressed on the officers to ensure that all government employees are present during their working hours in their respective offices so that the common man should not suffer and no em-

ployee should leave the district without station leaving permission. Also, he underlined that the departments with more or less similar nature of schemes should work in convergence to give impactful benefits to the common people.

The DC stated that among other priorities in different sectors, focus will be laid on youth development through self employment schemes and training programmes to extend employment opportunities to the educated unemployed youth.

Revenue and Rural Development departments were asked to sensitize their officials thereby ensuring that public issues and grievances are disposed off in a proper and satisfactory manner. He further directed to ensure proper redressal of cases under Public Service Guarantee Act as per the set timelines.

Chowkhang Vihara to be upgraded under PRASAD scheme

Reach Ladakh Correspondent

LEH: CEC, LAHDC Leh, Advocate Tashi Gyalson, and Commissioner Secretary, Tourism, Rigzin Samphel discussed and inspected the site for Upgradation of Chowkhang vihara under the Pilgrimage Rejuvenation And Spirituality Augmentation Drive (PRASAD) scheme of the Ministry of Tourism, Government of India on February 24.

President, Ladakh Buddhist Association (LBA), Thupstan Chhewang; President, Ladakh Gonpa Association (LGA), Ven Shatup Chamba; Director, Tourism, Kunzes Angmo; AD Tourism, Jigmet Namgyal, and Nirajbhan Mahajan and Abhishek Tripathi from Team KPMG, Ministry of Tourism, Government of India were present during the inspection.

The officials had a brief meeting with President LBA and LGA at the LBA office. Later, the team



CEC, LAHDC Leh, Advocate Tashi Gyalson, Commissioner Secretary, Tourism, Rigzin Samphel, LBA President, Thupstan Chhewang along with other officials inspecting the site for Upgradation of Chowkhang Vihara.

from KPMG looked around the Chowkhang Vihara to conduct a survey.

The team apprised the Chairman of the sanctioned budget for the up-gradation of Chowkhang Vihara and also gave a presentation on the key concern areas and the project framework for the up-gradation of Chowkhang

Vihara at Leh.

Addressing a joint press conference with Commissioner Secretary, Rigzin Samphel, CEC Gyalson appreciated the efforts of the Member of Parliament, Ladakh along with officials of the UT Administration for getting approval from the Government of India for the project.

Advisor reviews proposed New Industrial Development Scheme for UT Ladakh



Advisor Ladakh, Umang Narula discussing the New Industrial Development Scheme (NIDS) for Ladakh, at the Secretariat.

Reach Ladakh Correspondent

LEH: Advisor Ladakh, Umang Narula chaired a meeting to discuss the New Industrial Development Scheme (NIDS) for Ladakh, at the Secretariat on February 16.

The meeting was attended by Secretary, Industries & Commerce Ladakh; Director, Industries & Commerce Ladakh; General Manager, DIC Leh/Kargil; Convener UTLBC, Ladakh; Executive Manager, EDI Ladakh, President Chamber of Commerce Leh/Kargil and President Hotel Association Leh/Kargil.

Detailed discussion on the proposed New Industrial Development Scheme for UT Ladakh, including Central Capital Investment Incentive for Access to Credit (CCIIAC), Central Interest Incentive (CII), Central Comprehensive Insurance In-

centive (CCII), Good and Service Tax (GST) reimbursement, Income Tax (IT) reimbursement, and Capital Interest Subvention was carried out.

Advisor Narula was apprised that a comparative analysis of existing schemes in UT J&K and the North East states had been carried out while formulating this proposal. During the meeting, the Advisor was also informed that the proposal of the New Industrial Development Scheme for Ladakh would be applicable for 15 years starting from 2021 till 2036.

He advised that additional incentives should be given to industrial & service sectors units using solar energy, constructing passive solar structures, and water-efficient systems such as flushes with sensors, to reduce the wastage of water and using

new solar-based space heating devices which will reduce carbon emissions.

Emphasis was laid on priority sectors such as Food Processing/ Agro & Organic based Industries, Handicraft, Handloom and Pashmina, Floriculture, Green House, Solar, Hydrel, Wind and Geo-Thermal Energy, Tissue Culture and Mushroom Culture, Compost Making, Dairy Farming, IT-based Industries, Film Production and Music Studio based Industry, Processing of Ayurvedic/Herbal (Amchi), Medicine & Processing of aromatic and medicinal plant, Manufacturing of Gases (Oxygen, Nitrogen), Printing Press, Flex Printing, Controlled Atmosphere Cold Storage, Medical Diagnostic Centre, Eco-Tourism- Cable car, amusement, adventure, leisure Park, (Hotel, Guest House and Resort for the non-municipal area only), Packaging Industries and Recycling Industries for non-polluting industries.

Secretary, Industries & Commerce Ladakh, Saugat Biswas informed that the Industrial Developmental Scheme was started by Department of Industrial Policy and Promotion (DIPP) in 2017. He stressed the need to have a separate scheme for Ladakh due to its unique topography, geographical location and capacity.

CEC Gyalson reviews preparedness of COVID-19 surveillance in Leh

Reach Ladakh Correspondent

LEH: Keeping in view the current influx of outsiders including migrant labours in Leh, Chairman/Chief Executive Councillor, LAHDC Leh, Advocate Tashi Gyalson reviewed the preparedness of COVID-19 surveillance in the district with CMO Leh, Dr. Motup Dorje on February 20 at Council Secretariat.

CMO Leh was asked to ensure proper screening and COVID-19



testing of all the passengers on their arrival at the KBR Airport Leh. Also to assign medical teams at all the entry points of the district for the same purpose once the national highways are open for road transportation.

Meanwhile, Commissioner Secretary Health, UT Ladakh, Rigzin Samphel also convened a meeting with DC/CEO LAHDC, Leh, Shrikant Suse regarding the same concern.

District Status for Zaskar: A long-pending demand

The region deserves district status because of its distinct culture, geographical condition, and remoteness



By Tenzin Dajon

Zaskar, a wonderland, is a subdivision in Kargil district; located 240 kilometers away from its district headquarter, and remains cut-off for six-seven months every year during winters due to heavy snowfall. Zaskar includes three main regions i.e. Sham, Stoth, and Lungnak. The valley is bestowed with abundant natural beauty, but its remoteness has kept it underdeveloped, isolated, and away from the government maps and manifestos.

Historically, Zaskar was given special status in the council of the Maharaja, and the region used to have one representative, equivalent to a present-day MLA, in the council. Zaskar has the distinction of being one of the three oldest tehsils of Ladakh, after Leh and Kargil, which was created after the instrument of accession by Maharaja Hari Singh. However, with time Zaskar lost these distinctions in a political conspiracy.

Zaskar is the most isolated and neglected region in the entire Trans-Himalayan. Developmental and social work in the region was already very challenging. Then in 1979, Ladakh was divided into two districts, Leh and Kargil, by the then Government of J&K under the leadership of Sheikh Abdullah. Unfortunately, Zaskar was clubbed with the district Kargil to weaken the administrative system. I would say that the foundation of discrimination, step-motherly treatment, and non-development of Zaskar was built at that time, and we faced the repercussions for many years. In addition to that, in 1988, Zaskar was politically marginalized through the gerrymandering of the Zaskar Assembly Constituency in such a way that a native of Zaskar could never be elected as an MLA. However, the name of the constituency was kept in the name of Zaskar, but Zaskar could never send a representative to the state assembly in the history of J&K to

raise its voice and issues. Zaskar was always represented by an alien MLA that rarely visited Zaskar and had no knowledge about Zaskar. They could get away with all these atrocities because most of the people at that time were innocent and illiterate.

Incidents such as delivering a child on the way to district hospital risking the life of both mother and the child, are very common. The only road connecting Zaskar and Kargil is still rough and tough, without blacktop since it was constructed, although it has a tag of National Highway 301. For every small work, people have to travel 240 km to reach district headquarter to get their work done. They have to spend a large amount of money on their stays, meals and transportation fare, etc.

Administration, health, and education are the most affected sector in Zaskar because we have to depend on Kargil for everything as important offices like the DC Office are located there. We are just governed from there. Hardly do they visit Zaskar. During the winter months, most of the government offices in Zaskar become ghost houses, because the local administrators and councilors don't stay there.

Education which is the basis of the development of any society is very pathetic. There is a huge question mark on the education system of Zaskar, be it infrastructure or the quality of education. Many students can't write their names (in the pre-primary) and simple applications such as sick leave at the higher level. The government schools in Zaskar are known for the all-in-one approach, which means that there are no separate toilets for boys and girls, many classes can be run in one room, and one teacher can teach multiple subjects.

The above mentioned are the reasons that the people of Zaskar are feeling neglected and discriminated. Once the president of ZBA (Zaskar Buddhist Association) said, "We are feeling handicapped without district status" during a media interaction in Jammu. Therefore, from time to time, Zaskar has launched many major protests under the banner of



ZBA like the one in 1994-95 for two months and recently in March 2019 in Jammu. In addition to that, many local-level protests are conducted every year in the hope of getting district status one day. In every election be it the Lok Sabha election, Zaskar has to prioritize district status demand by sacrificing other important issues like education, development, health, etc. In the last Lok Sabha election, more than 90% of the population voted for BJP with immense hope. Unfortunately, we have seen no result so far. However, at the party level, BJP has declared four organizational districts, Zaskar being one of them. At the same time, we saw some unfortunate activities from Sankoo Subdivision. They launched a protest to demand district status to the entire Zaskar Assembly Constituency, which includes both Zaskar and Sankoo subdivisions, in which they suggested that we keep the district HQ on a rotational basis. This is illogical, because both the subdivisions remain cut-off for seven months during the winter, and are the main reason that the people of Zaskar have been struggling for decades. No doubt Suru Valley also deserves district status, but they should avoid including Zaskar in their cause.

Tenzin Tsetup, President, AZSAJ said, "Zaskar can never grow to its full potential, unless and until

it is honoured with the district status. Most of the problems of Zaskar will be solved automatically with district status."

Now the time has come to learn from history, and the injustices done with Zaskar in 1979 and 1988. The Zaskar we see today would have been very different if these historical blunders were not created. Unfortunately, we cannot reverse time, but we can learn from the past and move forward. Time has come to rectify the blunders made. Ladakh has entered into a new administrative setup in the form of a Union Territory, where each region should get its share without discrimination, especially the backward regions like Zaskar, Changthang, Drass, and Shakar-Chiktan. If tomorrow, new districts are created in UT Ladakh, then Zaskar should be at the topmost priority. In every aspect, Zaskar deserves and qualifies for district status because of its unique culture, dialect, geography, population, and most importantly from a strategic point of view. A vision document for Zaskar should be proposed to boost overall development.

Remember! Governing Zaskar from Kargil is just like governing UT Ladakh from New Delhi.

The views are personal; you can send your comments and views to dajontenzin210@gmail.com

Menstrual and Sex Education: A way to create awareness among the young

By Nayanika Guha



The case of an abandoned child in Leh last December left the entire town reeling. Questions

on the women's character and the circumstances that led to the child dying due to being abandoned were discussed in hushed conversations. It poses the question: What would lead someone to take such a step?

Often, we hear of cases of women getting pregnant before they are ready to have children. What's more is that the stigma of being pregnant while unmarried also causes these women not to seek gynaecological care or discuss options they may have, including abortions or adoption. In Ladakh, like most of India, sex education is almost non-existent. Lack of sex education, besides leading to unwanted pregnancies, also can lead to an increased risk of STDs, lack of awareness about a person's own body and respect for the other person's body, an unclear understanding of consent, and the inability to recognise abuse.

Sexual and reproductive education has been known to have a correlation with the rate of unwanted pregnancies also. In the USA alone, over half a million teenage girls become pregnant every year, out of which 78% of the pregnancies are unplanned.



In the case of India, there are no precise statistics available on this. The lack of data and statistics also indicate the stigma that people hold on this topic on both ends -- researchers being unwilling to tackle such sensitive issues and participants not being forthcoming. A study conducted by American research Pamela Kohler and her peers found that teenagers who have sex education are half as likely to experience pregnancy as those who attend abstinence-only programs. Further, a 2007 review of sex education curricula, by Dr. Douglas Kirby, found that the most effective comprehensive programs lowered risky sexual behaviour by about one-third.

However, not only is the topic of sexual health avoided in Ladakh, families, and sometimes even medical professionals can add to the stigma. When seeking advice or treatment on issues of sexual health, young women have reported that gynaecologists often react with the question, "Are you married?" or "Where is your

husband?" adding to the layer of secrecy and stigma regarding sexual and reproductive wellness. While it reflects on a need for sexual and menstrual education in schools, it also indicates the need for sensitisation of parents, grandparents, teachers, medical professionals, etc., so that conversation about such issues becomes normalized. As the research cited above suggests, well-rounded sex education can reduce the number of unwanted pregnancies, thereby reducing shocking instances such as the recent one of the abandoned baby.

Well-rounded sex education would include aspects of consent, contraception, bodily autonomy, recognising risk, and more. Further, this goes hand-in-hand with menstrual education. Menstrual education also allows women to understand their physical anatomy better, building agency and confidence. While some schools explain menstruation during biology class, most gloss over it quickly.

Deachen Chusket, a young wom-

an from Kharu village, says, "The only form of sexual education or menstrual education we got was the very basics from our NCERT textbooks. I wish our teachers had explained those chapters better to us. I would have liked to learn more about how to use pads properly and how often they need to be changed to prevent infections. We had to learn this all on our own".

To combat such a lack of sexual and menstrual education, there is an urgent need for organisations in Ladakh to step up. One grassroots initiative working in this space is New Ladakhi Girls. Co-founded by two young women, Stanzin Angmo and Tsewang Chuskit, they work to promote menstrual education in remote villages. Through workshops, talks, and distribution of sustainable sanitary products, they have been able to reach not only young students but also their mothers and families to sensitise them on these issues. According to Tsewang Chuskit, "Menstruation is a taboo topic in Ladakh. The word for menstruation in Ladakhi is Tsogpo, which means dirty. Even the word reflects our mindset about it. We are hoping to change this mindset through education".

However, on a larger scale, there needs to be an effort at the policy level to mandate menstrual and sex education in schools and communities. Not only will this help avoid unwanted pregnancies, and infections, and STDs, it will also help young adults have more agency over their bodies.

SoulSpeak

P.P. Wangchuk

Looking beyond the horizon



Most of us believe that we lack the mettle to do certain things. That happens because we, perhaps unwittingly, convince ourselves that we can't.

As Brian Tracy, American-Canadian motivational speaker says: "We just refuse to expand our envelope to the outer edge." The outer limit of our horizon has no boundaries. The more

you expand your 'conceived' boundary, the greater the limit. In other words, every time you add a step towards your goal, the scope of your going ahead increases, proportionately.

It was in this context that Thomas Edison, the inventor of the bulb, had said: "If we did all the things we are capable of doing, we would literally astound ourselves." Very true, indeed. You have the unseen and the untried power within you that you never even dreamt of a possibility. What is required is to tap this potential to change the belief that you are incapable.

Your mind takes the exact image that you think yourself to be. If you start believing that you can do, your mind too changes accordingly. And that gives you the kind of confidence and interest in doing the thing. Hence, what you thought of as an impossibility yesterday could be turned today into a reality of possibility and success.

Ralph Waldo Emerson, American essayist, had made this point in his own characteristic manner: "The power that resides in man is new in nature and none but he knows what he can do, and he does not know until he has tried."

What Emerson meant was that we are bound within the shackles of our negative beliefs, and that we come to a conclusion without any trial. But those who take the first step and decide to go ahead can 'dismantle' the boundaries formed within their minds!

Having said this, let's say one thing more: Think big, and have big. Only those who try to free themselves from the fetters of impossibility can cross the heights of the horizon.

Courtesy: WongWorld

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

People's Voice

By Tenzin Dajon & Nayanika Guha

Tourism is one of the largest industries in Ladakh. With its unique landscape and culture, this comes as no surprise. However, with the COVID-19 pandemic hitting India in early 2020, the tourism season which runs roughly from April to October was severely disrupted. The Leh main market which can typically be seen bustling with tourists in the summer months lay silent, and many monastery festivals which are usually celebrated with full fervor were also celebrated on a very small scale. As many in Ladakh depend on tourism for their livelihood, their sources of income were impacted heavily. Now, with the launch of the COVID vaccine, the 2021 tourist season is providing new hope. Many are expecting the tourist season to pick up again, at least with domestic tourists coming in -- wanting to escape the monotony that had taken over their lives during the lockdown.

Let's hear what some of the stakeholders of the tourism industry in Ladakh have to say about the revival of tourism in the region:



JIGMET NAMGIAL, AD Tourism, Leh: The Tourism Department in Leh is ready to host tourists this season. Our preparation is on the mark. This winter we have successfully conducted Chadar Trek, which saw almost a thousand tourists. A positive sign for this year's tourist influx in the region is that the booking of hotels has started for the coming months. However, indeed, this season we are not expecting the same numbers as usual because of the pandemic. But we are still expecting 1.8 to 2 lakh tourists this season in Ladakh. There is less scope of international tourist this year because of visa issues and due to the pandemic. But we are hopeful with the domestic tourist.

The opening of the Atal Tunnel will boost tourism in Ladakh. Fur-

Revival of Tourism in 2021: Hopes and Expectations

ther, Zojila has already opened earlier than usual this year. Therefore, due to good road infrastructure, and the fear of a pandemic, many tourists are likely to travel and visiting in their private vehicles. This season, we are expecting tourists to flow in from both Manali and Srinagar sides.

To promote tourism in Ladakh, we also organised the 'Ladakh Winter Conclave' from 21 to 23 February. We invited stakeholders of the tourism industry from across India. We are also active on our social media sites and use them to advertise and promote Ladakh as a tourist destination. Finally, for the safety of tourists and locals alike, we are going to ensure the strict following of the COVID-19 guidelines and SOPs. Each stakeholder will be given proper instructions to make sure that we can curb the spread of COVID in the region. COVID tests will also be conducted at each entry point, to ensure a fruitful and healthy tourist season for all.



TSETAN ANGCHUK, President, All Ladakh Tour Operators Association (ALTOA): In Ladakh, 70-80% of the households are directly or indirectly linked to the tourism sector for their income. And unlike other tourist destinations in India, Ladakh has been adversely affected because of its short tourism season. ALTOA has met Commissioner Secretary, Rigzin Samphel; Lt. Governor R.K. Mathur, and even the Tourism Minister and the Finance Minister to seek a relief package for Ladakh's tourism sectors, but unfortunately, we have not received any results so far. We are also working hard with the UT Administration on how to proceed. We also worked on the winter conclave held from 21st to 23rd February and invited travel bloggers, writers, Bollywood personalities, and leaders from the Tourism Federation of India, to spread a message to the tourists that Ladakh is now safe for tourism.

Regarding the number of tourists in the coming season, I can't say anything for sure. However, we did a Google survey in December and it indicated that people are willing to visit Ladakh in good numbers. Therefore we are expecting 40-50 percent of the usual numbers. Irrespective of the number of tourists that come, we are ready to welcome and host them. In addition to that, in this season, we are expecting

only domestic tourists, as international tourists are facing restrictions due to the pandemic. For the safety of the tourists coming in, we had a meeting with our stakeholders and the tourism department. We are going to ensure the guidelines of the government are followed, right from the taxis to the rooms in hotels. Recently we have successfully conducted the popular Chadar Trek by following the guidelines with the support from guides, cooks, porters, and tourists, which proves our preparations. Lastly, we are also working on audio instructions for each vehicle, regarding COVID hygiene and on maintaining your health at a high altitude.



TANVI JADHAV, Owner, Metta Cafe: The tourism sector went flat last season, especially during peak lockdown. We saw almost no tourism from April till September and many places were closed, including Metta cafe. We work seasonally from April to September only, as this is the time we get the most traffic, being situated in Changspa, a tourist area. During these months last year, Changspa became a no man's land. Some cafes were open for local footfall, but a majority of them were not. We had no business and were shut throughout the season. Being a small cafe, we had only one staff member, and back in March last year, I had to tell her that I couldn't hire her for the season either.

We are planning to open again in April 2021. While we are optimistic about the season, we have no hope from the international crowd as they are unlikely to visit due to COVID and visa issues. The fact that Goa has witnessed lots of domestic tourism makes me optimistic as we are expecting the same in Ladakh. People are frustrated staying at home and they are looking to go out. Other hotel owners are also telling me that there are already plenty of bookings starting in March, so if there are no further lockdowns, then hopefully it will be a good season. I am hoping that the government will ensure the proper implementation of the COVID regulations. Currently, safety is a concern, and as a restaurant owner, I will have to constantly expose myself to the threat of COVID so I am counting on the government to tackle COVID properly and effectively.

...Continues on Page 6

Fortnight Highlights



Srikant Balasaheb Suse assumed the charge as the 50th DC Leh/ CEO LAHDC Leh.



Santosh Sukhdeva assumed charge as the 30th DC/CEO LAHDC of Kargil District.



Kangsing International Snow and Ice sculpture team celebrated the birthday of H.H Gyalwang Drukpa and H.E Thuksey Rinpoche in an artistic way. The team carved an ice sculpture at Main market, Leh Ladakh.



L-G Ladakh R.K Mathur addressing the gathering at the closing ceremony of the 1st LG Ice Hockey Cup. He informed of the projects being framed by his administration to provide international standards sports facilities and announced job reservations for National level Sports person of Ladakh.



Artists from Kargil performing local folk dance with their traditional dress, showcasing their vibrant culture during Ladakh Winter Conclave in Kargil.

NOTICE

We the following persons, propose to register a Non-profitable society under the name and Style as 'Thoshali Student Federation Hanu Leh, Ladakh' with the Registrar of Societies UT Ladakh under Society Registration Act 1860.

List of Executive members of the Society:

S.No	Name	Parentage	Residence	Designation
1	Tsering Dorjay	Thinless Dorjay	Hanu Yokma	President
2	Tashi Namgail	Gyaltson Tundup	-do-	Vice President
3	Samatan Zangmo	Sonam Angdu	-do-	Secretary
4	Sonam Choton	Tashi Konchok	-do-	Joint secretary
5	Sonam Gurmet	Sonam Thinless	-do-	Cashier
6	Stanzin Dolker	Eshey Dorjay	-do-	Member
7	Thinless Dorjay	Rigzin Tashi	-do-	-do-

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

President
Thoshali Student Federation Hanu Yokma

NOTICE

We the following persons, propose to register a Non-profitable society under the name and Style as 'Abchee Gonpa Tsogspa Hanu Yokma, Leh Ladakh' with the Registrar of Societies UT Ladakh under Society Registration Act 1860.

List of Executive members of the Society:

S.No	Name	Parentage	Residence	Designation
1	Sangay Phunchok	Sonam Paljor	Hanu Yokma	President
2	Jigmat Angchok	Eshey Namgail	-do-	Vice President
3	Yountan Gyatso	Konchok Thuba	-do-	Secretary
4	Tundup Dorjay	Angchok Dorjay	-do-	Joint secretary
5	Tsering Spalzung	Tsering Angchok	-do-	Cashier
6	Tsewang Nurboo	Sonam Rigzen	-do-	Member
7	Tsewang Dorjay	Tsering Dorjay	-do-	-do-
8	Tsering Angchok	Tamchos Gurmat	-do-	-do-
9	Rinchen Dorjay	Sonam Rigzen	-do-	-do-

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

President
Abchee Gonpa Tsogspa Hanu Yokma

Revival of Tourism in 2021: Hopes and Expectations

...Continued from page 5



RIGZIN GURMET, Tour Guide, Ladakh: Most of the people in Ladakh are dependent on the tourism industry and it is a lifeline for many people here. As a tourist guide, I am also dependent on tourists for my livelihood. With the money that I earn during the season, I spend the winter easily using my savings from the tourist season. However, unfortunately, the pandemic has affected adversely not just me but has affected the whole tourism industry. The pandemic due to COVID-19 has left me jobless even during times when I used to stay busy most of the time. With no work to do and with no earnings, I was feeling stressed at first. Then I realized that I was not alone in my suffering but many others were also suffering with me and this helped me feel reassured that we will get through it.

Ever since the lockdown, people have been staying indoors and many tourists cancelled their already made plans. But since everything is now normalizing, I hope this season, we will witness growth in the tourism industry again. I am hearing good news about other places where tourism is booming again, and I am hopeful for tourism in Ladakh to flourish again.

NOTICE

I, Sonam Yangskit D/o Tsewang Raftan R/o Spituk, Leh, Ladakh do hereby notify that I have lost my driving license bearing no. JK1020020009593 and I am applying for duplicate driving license. Objection if any may be conveyed to Assistant Regional Transport Officer (ARTO) Leh, Ladakh within 10 days from the date of publication.

NOTICE

I, Ifthikhar Ali Khan S/o Mehdi Khan R/o Horzay Kyokpa, Leh, Ladakh do hereby notify that I have lost my driving license bearing no. JK1020170020089 and I am applying for duplicate driving license. Objection if any may be conveyed to Assistant Regional Transport Officer (ARTO) Leh, Ladakh within 10 days from the date of publication.



ALLOTMENT OF SHOPS ON LEASE AT SHOPPING COMPLEX : LADAKH SCOUTS REGIMENTAL CENTRE

LADAKH SCOUTS Regt Centre invites application for allotment of following shops at shopping complex, LADAKH SCOUTS Regt Centre

S/ No	Shops	Remarks
(a)	Grocery Shop	02 Shops
(b)	Vegetable shop incl fruits	
(c)	Watch Shop	
(d)	Books & Stationery	
(e)	Photo Studio (Incl Xerox)	
(f)	Shoe Shop	
(g)	Garment/Clothing Shop	
(h)	Gift/Fancy Shop	
(j)	Bakery	
(k)	Eatable & Sweet Shop	
(l)	Beauty Parlour	
(m)	Barber Shop	
(n)	Frozen food to incl Frozen Veg/Non veg items incl milk and milk products.	
(o)	Mob/ DTH (repair & recharge)	
(p)	Crockery and utensil shop	
(q)	Restaurant (Tea, Coffee and Cold Drinks)	
(r)	Dry Fruit shop	
(s)	Eqpt Repair Shop	
(t)	ATM	
(u)	Steel Box Shop (Incl repairing)	

Allotment of Shops. The shops will be allotted by a B00 convened by the Commandant LADAKH SCOUTS Regt Centre. The following will be considered while allotting the shops:

- Highest bidder in auction process
- Rebate Offered
- Priority for allotment

Priority/ reservation for allotment. Shops will be allotted in the following order of priority:

S/ No	Category	Priority
Category-I (Defence Personnel)		
(a)	War widows/ Widows of Defence personnel on duty	I
(b)	Disable Soldier	II
(c)	Ex Servicemen	III
(d)	Spouse/ Widow of ESM	IV
Category-II Govt Agency & Civilian		
(e)	Govt Agencies	V
(f)	Civilian	VI

Note :- In case of unfilled vacancy Cat-I, the unfilled/ balance shops shall be considered to be given to Cat-II bidders mentioned above.

The following documents is required to submit along with application form (sample attached) :

- Discharge Book
- PPO
- Retired Veteran Identity Card
- Experience Cert (If any)
- Diploma Cert (In case of Mob repair shop)
- Documents for Civilian:
 - PAN Card
 - AADHAR card
 - Residential Cert
 - TAN Registration Cert
 - Police Verification cert

Last date to submission of application is 15 March, 2021.

Sample application form

- Name of Applicant (In full): _____
(Army No Rank & Name) _____
- Name of Husband (if war widow): _____
- Unit/ Regiment : _____
- Date of Birth and Age: _____
- Present Address : _____
- Permanent Address: _____
- Tele No and Mail Address : _____
- Pan No : _____
- Bank Details : _____
- Documents enclosed:
 - Discharge Book
 - Pension Pay Order
 - Experience Certificate (If any)
 - Diploma Certificate (in case of electric repairs shops)
 - Education Certificate
 - Bank Pass Book
 - IT Returns for Last 3 Yrs
 - TIN /GSTAN/ PAN No & Sales Tax deposition in the name of his/ her firm
 - FSSAI certificate deals with food product

11. I have read the instructions attached as Annexure and will be abide by them in application and spirit.

Dated : _____ 2021

(Signature of Applicant)

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NOTICE

We the following persons, propose to register a Non-profitable society under the name and Style of **"Langmi Purang Gonpa Welfare Society" Zanskar, UT Ladakh**, as with the Registrar of Societies UT Ladakh under Society Registration Act 1860.

List of Executive members of the Society:

S.No	Name	Occupation	Residence	Designation
1	Tsering Angdus. S/o Sonam Tsering	Rtrd. Army	Langmi Zanskar	President
2	Jamyang Chinba. S/o Tsering Namgyal	Govt. Employee	Langmi Zanskar	Vice President
3	Thukjay Toldan. S/o Tsering Phunchok	Self employee	Langmi Zanskar	Secretary
4	Lobzang Konchok. S/o Lobzang Gyalsen	Self employee	Langmi Zanskar	Joint secretary
5	Stanzin Ingsal. S/o Phuntsok Wangchuk	Govt. Employee	Langmi Zanskar	Cashier/Accountant
6	Lobzang Tashi. S/o Phunchok Angchuk	Govt. Employee	Langmi Zanskar	Member
7	Sonam Stobgias. S/o Tsering Phunchok	Govt. Employee	Langmi Zanskar	Culture secretary

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

President
Langmi Purang Gonpa Welfare Society, Zanskar

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Product	MRP	Gortsa offer
1060 Basmati Rice, 35kg	3500	2500
Bajaura Manali Fine Atta, 40kg	1500	1350
Sugar, 50 kg	3000	2400
Fortune Everyday Basmati Rice, 5kg	740	570
Ladakh Toilet Tissue Roll	60	30
Ladakh Tissue Paper Napkin	60	35
Migsal Double Bed sheet	1100	500
Migsal Cloth Bag	500	200
Abida Premium, 5kg	750	540
Fortune Soybean Refine Oil, 15 Ltr	2075	1874
Abida Premium, 10kg	1500	1050
Dalda Soybean 15 Ltr	2450	1849
Migsal Cushion Cover (24x24)Pair	800	350
Migsal Bolster Cover-Pair	800	450
Winter Double Bed sheet	1500	1200
Cushion Covers (24x24) Pair	600	480
Single Quilt Cover	675	540
Diwan Set Single Bed sheet, 5 Cushion, 2 Bolster	750	600

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