

REACH LADAKH BULLETIN

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Apex Body emphasis on UT with Legislature over Sixth Schedule



Apex body members along with MP Ladakh during a joint press conference demanding UT with the legislature over the Sixth schedule.

Tenzin Dajon & Tsering Chosdon (Chhozee)

LEH: The grant of union territory status without legislature has left the region vulnerable making people demand Ladakh under the sixth schedule of the Indian Constitution. The formation of the Apex Body of Peoples Movement for Sixth Schedule for Ladakh on August 29, 2020, brought a wind of change. However, the perception of the Apex body changed with a pace of time and the tone of sixth schedule demand starts fading away.

On June 23, 2021, the Apex body in a joint press conference stresses the demand of UT with the legislature over the Sixth schedule. The Apex body convened a round of meeting under the chairmanship of His Eminence, Thiksey Khenpo Rinpoche at Skittsaling, Thiksey monastery on June 22. The meeting took a consensual decision to demand UT Ladakh with the legislature and separate schedule of the constitution of India for safeguarding the interests of residents of UT Ladakh in respect of land ownership, job reservation, environmental protection,

culture preservation and other common interests of the inhabitants of Ladakh region above 95 percent of who belong to various schedule tribes.

Apex body highlighted that efforts will be made to enlist the support of various organisations of Kargil district. A team of representatives from both the districts will be formed to discuss with Union Government, in the meeting to be held with Home Minister Amit Shah. Earlier, on January 7, 2021, Home Minister Amit Shah convened a meeting with the Apex body in New Delhi regarding the demand of the Sixth Schedule for Ladakh.

Addressing the press conference, Thupstan Chhewang said, "Looking at the set-up and failures of the UT Administration, we have to change our perspective. No doubt our prior demand was the 6th Schedule, later we also talked about the 6th Schedule plus. We have to remember that under UT administration even if we get the 6th Schedule and LAHDCs are formed under it, a limited power of legislature (making law) are bestowed.

...Continues on Page 2

Defence Minister Rajnath Singh inaugurates 50-metre span Kungyam bridge

Reaffirms Government's resolve to strengthen border infrastructure for security & development of the nation



Defence Minister Rajnath Singh inaugurating a 50-metre-long bridge constructed by Border Roads Organisation (BRO) on the Leh-Loma Road in Ladakh.

Tenzin Dajon

KUNGYAM: Defence Minister, Rajnath Singh inaugurated a 50-metre-long Kungyam bridge constructed by Border Road Organisation on the Leh-Loma road in Ladakh on June 28.

The single-span steel bridge, which replaces an existing bailey bridge, will ensure unhindered movement of heavy weapon systems, including guns, tanks and other specialised equipment. The Leh-Loma Road, which connects Leh with places such as Chumathang, Hanley and Tsomo riri lake, is vital for access to forward areas in Eastern Ladakh.

Rajnath Singh lauded BRO's commitment towards establishing connectivity to far-flung areas, especially during the COVID-19 pandemic. He said that some of these bridges will become a lifeline for many villages located in remote inaccessible areas. The bridge has its strategic importance, but along with it, it will improve and promote tourism as a byproduct for the socio-economic development of the people, he added

Underlining the importance of connectivity especially in border areas for the development of a nation, he reaffirmed the Government's resolve to ensure infrastructure development in far-flung border areas.

On the Government's decision to bifurcate Jammu & Kashmir and Ladakh as two separate UTs, Defence Minister stated that the strong and visionary steps have bolstered national unity, led to a major reduction in terrorist activities sponsored from outside and opened new avenues for the socio-economic development of the people.

Rajnath Singh lauded the Indian Army for displaying exemplary courage during

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Ladakh Approval & Monitoring Committee approves ₹4.7 crore Annual Action Plan under ATMA & PMKSY



Reach Ladakh Correspondent

LEH: The UT level Approval & Monitoring Committee approved ₹2.7 crore for the Annual Action Plan under the Pradhan Mantri Krishi Sinchayee Yojana (PMKSY) and ₹2 crore under Agriculture Technology & Management Agency (ATMA) for PMKSY

The meeting of the committee was chaired by Advisor, Ladakh, Umang Narula on June 26. Advisor Narula reviewed the objectives, allocating funds under the centrally sponsored schemes and the proposed action plan prepared by the Agriculture Department for the year 2021-22.

He suggested that the Agriculture Department should send farmers to renowned & prestigious agriculture institutions outside Ladakh to provide

them exposure to the latest and best agriculture practices.

During the meeting, Advisor Narula emphasised the need to implement drip and sprinkle irrigation, especially in drought-prone areas of UT Ladakh. The concerned officials were directed to implement these water efficient irrigation systems in Ladakh. An amount of ₹2 crores was approved under PMKSY so that farmers from Ladakh could adopt these new technologies. The provisions of solar water lifting pumps that promote carbon neutrality were also included in the action plan.

Pawan Kotwal, Principal Secretary, Planning, Forest & Environment; Ajeet Kumar Sahu, Commissioner Secretary, Water Resources/ Irrigation/ Minor Irrigation; Ravinder Kumar, Secretary, Fisheries; Secretary, Animal Husbandry; Srikant Suse, Deputy Commissioner/ CEO, LAHDC, Leh; Santosh Sukhadeve, Deputy Commissioner/ CEO, LAHDC, Kargil; Dr. O P Chaurasia, Director Defence Institute of High Altitude Research, Leh; Director, Animal Husbandry; Dr Mohd Raza; Dr. Deldan Namgil, Senior Scientist (Soil Water Engineer), SKUAST, Leh and Tashi Tsetan, Chief Agriculture Officer attended the meeting.

DDMA, Leh, issues fresh Covid-19 guidelines

New Covid-19 SOPs applicable from June 28 to July 5

Reach Ladakh Correspondent

LEH: Chief Executive Officer, DDMA, Leh, Sonam Chosjor also Additional District Magistrate, Leh issued new Covid-19 SOPs/guidelines applicable from June 28 to July 05.

With the fall in COVID-19 patients, the District Administration, Leh has changed the opening and closing time of commercial establishments in the districts. Groceries/ general stores, fruits/ vegetable/ milk products, meat/ chicken shops, nanwai and bakeries would be allowed to open on all days of the week from 05:00 AM to 08:00 PM. Hardware shops and stores dealing with construction materials and vehicles needed for their transportation would also be allowed to open on all days from 05:00 AM to 05:00 PM.

Commercial establishments such as readymade garments/shoe, tailoring, home furnishing, workshop/ service, tyre stations, spare part repair, automobile shops, travel and tour/ ticket booking agencies, mobile repair, electronic appliances, IT and computer shops, dish TV, recharge shops/kiosks, printing press, photostat, stationeries/book/sports/ gift shops, cosmetic, souvenir/art shops and jewellery/goldsmiths and any left out business establishments would be allowed to open on all days from 05:00 AM till 08:00 PM. Similarly, wine shops would also be allowed to operate on all days from 05:00 AM till 08:00 PM.

As per the new SOPs/ guidelines, the District Administration would allow gymnasiums and spas to open on all days from 05:00 AM till 08:00 PM



with 50% occupancy. Barbershops/ beauty parlours and salons would be allowed to open on all days, from 07:00 AM to 08:00 PM. Restaurants and bars would be allowed to operate with 50% seating capacity on all days from 07:00 AM to 09:00 PM. Hotels should encourage room services and operate their dine-in facilities with a 50% seating capacity.

Educational Institutions and coaching/ tuition centres would continue to remain closed, whereas community classes would be allowed in open spaces. Government offices can function with full staff strength. The movement of vehicles, including public transport, would be allowed on all the days with 50% seating capacity. E-commerce services can operate on all days from 07:00 AM to 08:00 PM. The developmental activities and construction works would be allowed with minimal movement of labourers and workers. The night curfew in the district for non-essential services would remain in force on all days between 10:00 PM to 05:00 AM.

The relaxations under the new SOPs would not be applicable in areas notified as containment zones.

District Administration appeals to the public to abide by the above relaxations with proper observance of Covid Appropriate Behaviour.

Apex Body emphasis on UT with Legislature over Sixth Schedule

...Continued from page 1

Though we get the right to pass the act, there is no provision to convert those acts into bill or law without the consent of the Governor. Therefore we felt that we need legislative power. After thorough discussion, we have unanimously decided to focus on UT with Legislature, which is more powerful".

MP Ladakh, Jamyang Tsering Namgyal said, "All this time after UT status, there have been constant deliberations on the need of safeguard for land, job, environment, and culture. Various perceptions such as Statehood, Sixth schedule demand, sixth schedule plus etc. were there. Today a unanimous decision is made by all the leaders to demand UT with the legislature."

More than one and a half years are gone with no job advertisement or notifications in Ladakh, creating chaos and confusion among the youth. Many fears that the demand for Ladakh's safeguard will delay the recruitment process.

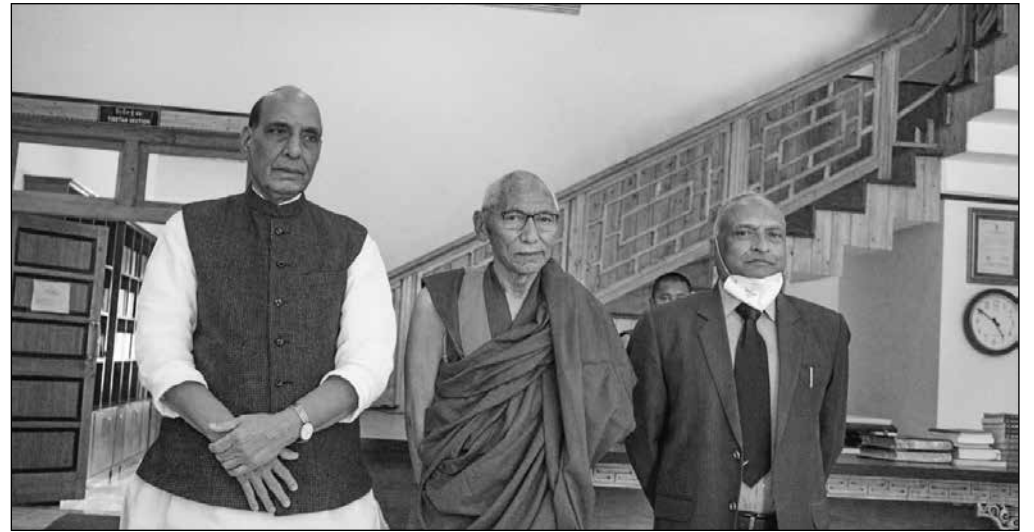
Talking about recruitment and unemployment, Thupstan Chhewang said that the demand will not delay the recruitment process as there is no relation between recruitment and the safeguard demand.

"Recently, UT Administration notified Subordinate Service Recruitment rules, under which job reservation is for the residents of Ladakh. There is a need for more clarification on the definition of residents of Ladakh", he added.

Speaking on the definition of resident, MP Ladakh said, "Lieutenant Governor got the power to make recruitment rule on 21 January 2020. It took 17 months to prepare the rule which was notified publicly recently. The definition of residents of Ladakh will be cleared soon."

On one hand, it seems the government is hesitating to bring Ladakh under the Sixth Schedule of the Indian Constitution and on the other hand, local leaders are still unclear about what is best for Ladakh.

Defence Minister inaugurates Sherap Skitsal Ling Library and Learning Centre at Thiksey



Defence Minister Rajnath Singh, His Eminence Thiksey Rinpoche and Lieutenant Governor, RK Mathur during the inauguration of Sherap Skitsal Ling Library and Learning Centre at Thiksey.

Reach Ladakh Correspondent

THIKSEY: Defence Minister Rajnath Singh today inaugurated Sherap Skitsal Ling Library and Learning Centre at Thiksey on June 28.

Sherap Skitsal Ling, which translates to a wisdom-growing pleasure grove, is one of the dream projects of His Holiness the Dalai Lama, who laid the foundation stone on July 29 in 2018. The cost of the library, housing 6,622 books was ₹ 6 crores.

Terming the library and learning centre as rich, Defence Minister, Rajnath Singh shared that the Centre at Thiksay would benefit all the research scholars across the world. He said that the Centre would instil the hope to learn among people and stressed the need for the holistic development of the personality of every individual.

His Eminence Thiksey Rinpoche shared that HH the Dalai Lama, during a visit to Ladakh, expressed the wish to see a centre established in Ladakh that promotes all-inclusive teaching.

He added that more than 450 students from Class 8 to 10 were provided free winter tuition in 2019-20 and 2020-21 for more than a month. Thiksey Rinpoche shared that anybody can come and learn at the library cum learning centre.

A memento was presented to Defence Minister Rajnath Singh.

Member of Parliament, Jamyang Tsering Namgyal expressed gratitude to HE Thiksey Rinpoche for the library and the learning centre. He also thanked Defence Minister Rajnath Singh for his three-day visit to Ladakh.

MP Ladakh requested the UT Administration to take care of the maintenance of the library and the learning centre.

Tashi Tundup, Secretary of the Sherap Skitsal Ling Library and Learning Centre dedicated the Centre to the people of Ladakh. He said that the Centre endeavours to facilitating modern education and the promotion of Himalayan art, culture, language and traditions, nurturing future generations through coaching

facilities for higher competitive examinations and career counselling, interfaith and diverse belief. The Centre also encourages confidence-building activities to promote communal harmony, promoting adult literacy programme to improve people's livelihood and to promote ancient yoga techniques and meditation.

Tashi highlighted that the Centre is an institution for comprehensive secular ethics-based learning and endeavours to revive the Nalanda tradition and promoting moral education.

Mehak Fatima one of the students at the free winter tuition classes, thanked Thiksey Rinpoche on behalf of students, who reaped the benefits from the 45-day long free tuition classes. She shared that the library and learning centre has a seminar hall that could be used to organise international-level seminars.

Local artists performed cultural performances highlighting the rich culture and heritage of Ladakh.

First meeting of Ladakh Media Accreditation Committee held

33 news media representatives from Leh and Kargil have applied for accreditation.

Reach Ladakh Correspondent

LEH: The first meeting of Ladakh Media Accreditation Committee to scrutinize and consider the applications by news media representatives for accreditation with UT Ladakh was chaired by Secretary Information, Padma Angmo on June 22.

Secretary Padma Angmo said that media plays a crucial role as the fourth pillar of democracy and the accredited news persons hold greater responsibility to uphold journalism ethics. She said that there has been a demand from media persons of Ladakh for accreditation and the UT Administration is committed to accredit eligible applicants as per the laid down guidelines.

Taking note of the suggestion made by the committee members, the Secretary agreed to conduct a workshop for capacity building of journalists in Ladakh by Department of Information &



Public Relations in collaboration with Press Clubs of Leh and Kargil.

Secretary Padma added that subsequent to the UT level accreditation, accreditation at the district level can be considered on the same lines.

A total of 33 news media representatives from Leh and Kargil applied for accreditation.

The Media Accreditation Committee members including Suhail Ahmed, Deputy Director, I&PRD, Ladakh; Ghulam Nabi Tak, AD, I&PR Department, Leh; R. Ramesh Chandra, News

Head DDK, Leh; Yangchan Dolma, General Secretary, Press Club, Leh; Morup Stanzin, Spokesperson, Press Club, Leh and Stanzin Dasal, Editor, Reach Ladakh Bulletin, Leh were present in the meeting. Mohd Ali Tak, Assistant Director, I&PR Department, Kargil; Muhammad Ali Waziri, Editor, Weekly Voice of Ladakh; Aga Syed Hashim Razvi, Executive Editor, Weekly Voice of Ladakh; Anayat Ali, News Correspondent, Kargil and Muhammad Ibrahim Firdous, Photojournalist, Rangyul, Kargil from Kargil district participated in the meeting through video conference.

Ladakh celebrates 7th International Yoga Day



Member of Parliament, Ladakh, Jamyang Tsering Namgyal performing yoga asanas in Leh.

Reach Ladakh Correspondent

LEH: Ladakh celebrated 7th International Day of Yoga themed 'Yoga for Wellness' with great enthusiasm on June 21.

Amid COVID-19 pandemic, the central government and the local administration urged people to practice and observe International Day of Yoga at home with their family members. Dignitaries, including politicians, bureaucrats, officials, students, organisations and people enthusiastically participated and performed various asanas in different places.

Stressing the importance of practising yoga in ev-

eryday life, CEC, Hill Council, Leh, Tashi Gyalson appealed people to adopt yoga as a part of life for better health.

CEC along with Executive Councillor (Animal/ Sheep Husbandry), LAHDC, Leh, Tashi Namgyal Yakzee, and Deputy Commissioner/CEO, LAHDC Leh, Shrikant Balasaheb Suse performed yoga asanas at Nyoma village, situated at more than 14,000 ft above sea level, during their official tour to the Changthang area. Deputy Chairman, Tsering Angchuk, and EC Agriculture Stanzin Chosphele also performed yoga asanas during the event.

Member of Parliament, Ladakh, Jamyang Tsering Namgyal highlighted the importance of yoga in Indian culture. He also performed various yoga asanas and urged people to make yoga a part of their daily lives.

Advisor to LG, Umang Narula performed yoga in Kargil during his official tour of the district. All the Administrative Secretaries of UT Ladakh, including Principal Secretary, Dr Pawan Kotwal; Secretary GAD, Ajeet Kumar Sahu; Principal Chief Conservator/Secretary, Law, Preet Pal Singh; Divisional Commissioner, Saugat Biswas; Secretary, Information and Social/Tribal Welfare, Padma Angmo; Secretary, Tourism and Employment, Mehboob Ali Khan, and Secretary, Sports/PDD, Ravinder Kumar, also performed yoga during the event.

Volunteers from Nehru Yuva Kendra Sangathan gave a demonstration of various yoga asanas to the secretaries.

Low-key Hemis festival celebrations amid COVID-19 restrictions



Mask dance performed by the monks at Hemis monastery courtyard.

Stanzin Dasal

HEMIS: Commemorating the birth anniversary of Guru Padmasambhava, the two-day Hemis monastery festival, 'Hemis Tsechu' was celebrated in a subdued manner without holding big congregations June 20 and 21 due to the restriction imposed to contain COVID-19 pandemic.

On the first day, the silk brocade of Tsangpa Gyare Yeshe Dorje, the first Gyalwang Drukpa was displayed for the blessing. Followed by brass mask dance, the eight manifestations of Guru Padmasambhava perform the dance displaying the principles that the guru spontaneously demonstrated as per different circumstances.

Nawang Otsal, Chakzot, Hemis monastery said that due to the pandemic the festival which usually attracts thousands of devotees is being organised low-key to avoid crowding.

"All the Rinpoches at their respective monasteries are carrying out prayers and rituals for all the people who are suffering from COVID-19 and to overcome the fight against the pandemic. We are hopeful that soon we will get over with this pandemic", he added.

On the last day, the silk brocade of Gyalras Rinpoche was unfurled and displayed for blessing. The monks assemble and worship Gyalpo Pechar (Dharmapala), the protector of Hemis. Sacred mask dance, Maning (The protector Mahakala as Maning), Serkyem, Hashang and Hatuk were performed.

Man arrested with 201 kg poppy straw drug



Team of District Police, Leh with the seized 201 kg of the poppy straw drug at Police Station, Leh.

Stanzin Dasal

LEH: District Police Leh arrested a man from Punjab and seized 201 kg of poppy straw drugs weighing 201 kg from him on June 18 night.

The accused, identified as Nachhter Singh (45), was arrested on June 18 night from Phyang

check post-Leh. The case FIR number 165/2021, under section 8/15 Narcotic Drugs and Psychotropic Substances (NDPS) Act has been registered at Police Station, Leh and further investigation are underway.

Mohd. Yousuf, SHO, Police Station, Leh said, "Based on the information from our reliable

source, the poppy straw was being smuggled in a truck from Punjab which was intercepted by a Police team at Phyang check post around 10 pm. We recovered 9 sacks of poppy straw popularly known as 'Bukki' and as per the provisions of the NDPS Act, the drug was seized in presence of Naib Tehsildar, Leh and Sarpanch of Phyang village. The accused is under police remand."

He further added that Leh Police is continuing its drive against drug abuse and is committed to make Ladakh drug free. He appealed to people to be aware and inform the police if any suspicious things are observed in society.

"We all need to cooperate and be a vigil to curb the drug menace", he added.

DC, Leh, reviews implementation of District Capex Budget 2021-22



Deputy Commissioner, Leh, Shrikant Balasaheb Suse along with District officers during the review meeting of the implementation of District Capex Budget 2021-22.

Reach Ladakh Correspondent

LEH: Deputy Commissioner, Leh, Shrikant Balasaheb Suse convened a review meeting of the implementation of District Capex Budget 2021-22 on June 25.

DC, Leh inquired about the status of the physical and financial progress of various ongoing and new works planned under the Capex budget from HoDs

of all the concerned departments. The concerned district officials were asked to follow up with the executing agencies regularly to check the status of work at different stages of execution.

He stressed to ensure that the funds are not lapsed and to achieve financial progress as per the quarterly targets. It was informed that a monthly review meeting to monitor the physical and financial progress of the departments will be convened.

The head of departments of various departments such as Agriculture, Horticulture, Animal Husbandry, Sheep Husbandry, Fisheries, Information, Labour, ITI, Motor Garages, Wildlife, Forest, Handloom, Tourism, Handicraft, Antiquities, Urban Local Bodies, Health, Higher Education, District Youth Service and Sports, District Social Welfare, IT, LREDA, Cooperatives, Education, Rural Development, Mechanical, PWD, PHE, ICDS, PDD, Command Area, Soil Conservation, Polytechnic, District Library attended the meeting virtually.

MoU signed to build multi-sports complexes in Ladakh

Reach Ladakh Correspondent

LEH: Department of Youth Services and Sports, UT Ladakh and WAPCOS Limited, a Government of India undertaking under the Ministry of Jal Shakti signed a memorandum of understanding (MoU) for the construction of multi-sports complexes in Leh and Kargil district on June 25.

Administrative Secretary, Ravinder Kumar on behalf of the Department of Youth Services and Sports and Rakshit Kerni, Project in charge, Con-

struction Works, Ladakh on behalf of WAPCOS Limited signed the MoU.

Two multi-sports complexes with state-of-the-art facilities will be set up, one in Leh and one in Kargil with an approximate cost of Rs.30 crores each for Leh and Kargil District. The sites have already been identified and finalized for the project.

Secretary Ravinder expressed that such projects will provide the platform and boosts the youth of UT Ladakh in the sports sector.

CEC, Leh, launches District Tourist Management System portal



Tashi Gyalson, CEC, Hill Council, Leh along with district officers and representatives of tourism sector during the launch of Leh District Tourist Management System.

Reach Ladakh Correspondent

LEH: Leh District Tourist Management System portal (www.lahdclehpermit.in) was launched by Tashi Gyalson, CEC, Hill Council, Leh in presence of Secretary, Tourism, UT Ladakh, Mehboob Ali Khan, and Deputy Commissioner, Leh Shrikant Suse virtually on June 24.

Tashi Gyalson appreciated the efforts of the District Administration for developing an easy and user-friendly portal for the convenience of the

tourists. He appealed tourism fraternity to avail benefits of the newly revamped portal.

Secretary Tourism shared that the launch of the Leh district tourist management system would be beneficial in the hassle-free movement of tourists. He hope that the process would be streamlined quickly/ sooner and directed the officials to promote the newly launched facility on a bigger scale.

DC, Leh, informed that the existing portal has been revamped by NIELIT Leh in association with ICI-CI Bank to facilitate the easy movement of tourists. This would allow domestic tourists to complete formalities electronically and they no longer need to visit the DC office for any physical verification. Mobile application would be launched in 2-3 days.

Additional Deputy Commissioner, Leh; Deputy Director, NIELIT, Leh; Assistant Director, Tourism, Leh; President, All Ladakh Tour Operator Association, Leh; President, All Ladakh Hotel and Guest House Association, Leh and ICICI Bank officials were also present during the occasion.

Defence Minister Rajnath Singh inaugurates 50-metre span Kungyam bridge

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the Galwan Valley incident in 2020 and paid tributes to the brave hearts who laid down their lives in the line of duty. He called for dialogue with neighbouring countries to resolve disputes, maintaining that "India is a peace-loving nation which does not believe in aggression, however, if provoked, we will give a befitting reply", he stated.

He further highlighted the reforms undertaken by the Government to strengthen the security at the borders, increase jointness among the Armed Forces and make them self-reliant.

Lt Governor Ladakh, RK Mathur appreciated the three days long visit of Defence minister to Ladakh and meeting with the civilian representatives.

He lauded the efforts of BRO for working in difficult terrain with the harsh climatic condition. The bridge along with its strategic importance will also prove beneficial to the people of Changthang for holistic development, he added.

Assuring the BRO he said UT administration will always cooperate with BRO in such work which benefits the local population living in remote areas.

DG, Border Roads, Lt Gen Rajeev Chaudhary stated that the projects were completed despite the

limited working window and COVID-19 pandemic. He said these bridges will assist in the speedy mobilisation of the Armed Forces in strategically important sectors, further bolstering the security environment, as also contribute significantly towards the overall economic growth of remote border areas. He reiterated BRO's resolve in continuing to serve the nation despite challenges.

Rajnath Singh virtually inaugurated 63 more bridges – 11 in Ladakh, four in Jammu & Kashmir, three in Himachal Pradesh, six in Uttarakhand, eight in Sikkim, one each in Nagaland and Manipur and 29 in Arunachal Pradesh. The combined cost of the projects is Rs 240 crores which will boost connectivity in the border areas.

Defence Minister stated that the inauguration of 63 bridges is an important step that will play a crucial role in strengthening security as well as promoting the economic development of the respective states through improved connectivity.

With the inauguration of 63 bridges in one go, BRO has surpassed its record of 44 bridges launched in 2020. These 63 bridges, combined with 12 roads dedicated to the nation by Rajnath Singh on June 17, 2021, form a bouquet of 75 infrastructure projects completed by BRO when the nation is celebrating the 75th anniversary of its Independence.

People's Voice

By Tsering Chosdon (Chhozee)

In this fast-growing world, mental health is becoming a matter of concern and social media is one among the contributing factor which affects minds of the youth. As much social media helps in connecting people without being physically present, along with it the platform is used by many to spread hate, rumours and cyber theft. Awareness is needed at all levels on the usage of social media to make people care. Let's read what they have to say about Social media and mental health.



ISHTYAQ KACHO-JKPS, DySP Headquarters, Leh: Ladakh Police is in its initial stages of formation and besides the development of infrastructure, it is focused and committed to polish the investigation skills of its officials. With the increasing use of electronic devices viz mobile phones, computers, online services, Cybercrime is growing day by day. To tackle such situations, Ladakh Police has come up with a separate IT Cell at PHQ level which investigates these IT-related cases, more facilities and gadgets are coming up to make it fully equipped so that we can tackle these cases effectively. Cybercrimes like defamation(67 IT Act,500,509 IPC), forgery(66D ITAct,468/IPC), theft/identity theft(66-C IT Act), cheating(66-D IT Act,420 IPC), publishing private photos(67/IT Act), privacy violation(66-E IT Act) etc. are being dealt by the given Sections of IT Act with additional IPC sections depending upon the nature of offence. cyber defamation, cyber pornography, cyberbullying, hacking, phishing etc are new trends in the arena of cybercrime.

It is more important to know, how not to use social media than how to use it. Nowadays people use social media platforms like Whatsapp, Facebook, Twitter etc to spit out their enmity without knowing the consequences which may land them in trouble knowingly or unknowingly, they commit offences which when reported goes against them by invitation FIRs. Moreover, people are sharing posts,

Social Media and Mental Health

video clips without authenticating the reality which again lands them in trouble finally. So before sharing any post, audio or video it shall be ascertained that it shall not go against the law. Many online frauds like lottery scams, online transactions, online shopping etc have been increasingly reported all over India and Ladakh is not an exception.



DR. PADMA ANGMO, Psychiatrist, SNM Hospital: Social media can be a double-edged sword. Speaking especially in the context of the COVID-19 pandemic period, it has helped us stay in touch with our friends and family in the lockdown. Many of us have been benefitted professionally, academically and even financially through social media. People with mental illnesses have found help through social media support groups. At the same time, during this period, many of us have been using social media excessively leading to stress, disturbed sleep and appetite, anxiety, depression, lack of concentration. We have even seen cases of social media addiction, cyber-bullying, and cases of suicides. Nowadays, social media has become a fertile ground for rumour-mongering. People should refrain from uploading personal information and pictures online. We have to be responsible while forwarding messages on social media. We should not circulate any messages if we cannot verify them. There should be strict regulations against it.

In the last one year, Ladakh has seen more than one thousand new cases of mental illness. COVID-19 is also causing an increase in the number of cases of mental illnesses. The most distressing is the alarming rate at which substance use disorders/addictions are increasing among our youth. In terms of treatment facilities, Psychiatry OPD services are available in the district hospitals of both Leh and Kargil. Telephonic consultations are also being provided. Opening of Psychiatry ward as well as De-addiction Centre is being planned.

World Health Organization defines Health as a state of physical, mental, social and spiritual well-being and not merely absence of disease or infirmity. So, as we can see, Mental health is as important as physical health and as per WHO, mental health is defined as a state of well-being when an individual can realize his or her capabilities, can cope with normal stressors of life, work productively and can make

contributions to his or her community. Mental illness can lead to poor physical health, unemployment, school and college drop-out, broken families, homelessness, crimes.

There is a lack of awareness about mental health and mental disorders at all levels, be it laypersons to even many healthcare professionals. A lot of stigmas is attached to mental illnesses because of which we do not talk about them, or seek treatment. This results in discrimination against patients with mental illnesses. There are many myths like mental illnesses are caused by evil spirits, all medicines for mental illnesses make you addict or makes you just sleep all day, all patients with mental illnesses are violent etc. So, there is an urgent need to spread awareness, bust the myths and mitigate stigma so that people understand the importance of mental health.

To the youth of Ladakh, I would like to say that please start talking about mental health and mental illnesses, stop stigmatizing patients with mental health problems and most importantly, please stay away from all the substances of abuse.



KUNZANG ANGMO, Student of Journalism and Mass Communication: Social Media is a great tool if used in the right way. Excessive use of social media does create a lot of tension, comparison, distraction, self-body image problems, lack of sleep which eventually leads to anxiety issues, loneliness and low self-esteem. We are literally in an age where information and wisdom are accessible at our fingertips. So we should make the most of it!

The Whatsapp University in Ladakh has been a major source for spreading rumours, fake news and everything and anything personal, which I feel is completely against the constitutional right of an individual. It intervenes in one's private life where the opinion of an individual expressed between friends, family or any group is exposed on baseless grounds. It has easy accessibility and feasibility, this platform is being misused by many people, some intentionally and some unintentionally. People do not understand the consequences of forwarding such content which has great potential to impact one's mental health as well as emotional well-being and respect in

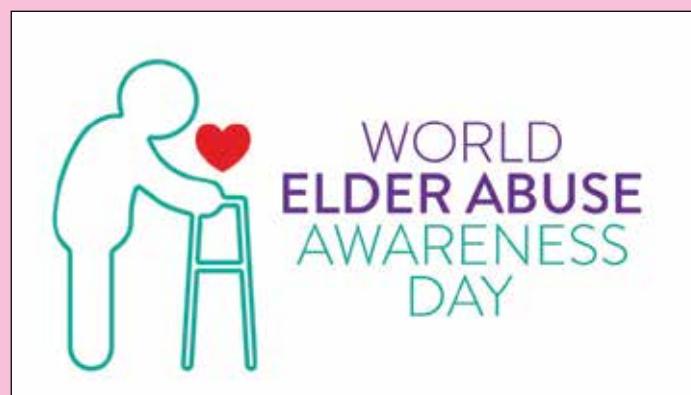
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World Elder Abuse Awareness Day

The World Elder Abuse Awareness Day (WEAAD) happens each year on June 15th. It was officially recognized by the United Nations General Assembly in its resolution 66/127, December 2011, following a request by the International Network for the Prevention of Elder Abuse (INPEA), who first established the commemoration in June 2006. The day is celebrated every year to raise the voice for caring elders. Elder abuse is a global social issue that affects the Health and Human Rights of millions of older persons around the world.

The theme of World Elder Abuse Awareness Day, 2021 is 'Access to Justice', which aims at reminding the importance to address the needs of elders who may seek recourse.



DID YOU KNOW



Image of Kumbh Mela from space.

- India was the first country to mine diamonds. From the 4th century BC for around 1,000 years, India was the only source of diamonds in the world. The original diamonds were found in the Krishna River Delta. In the 18th century, more diamond deposits were discovered in Brazil, and soon after, in South Africa, adding to the market of diamonds. (Source: globotreks.com)
- The word BUDGET is derived from 'bougette' which means small bag in

French. The first ever Indian budget was presented by James Wilson, a Scottish economist and politician in 1860. The first independent budget of India was presented by RK Shanmukhan Chetty on November 26, 1947. (Source: india.com)

- The Kumbh Mela is visible from space. It is an important festival and pilgrimage site, and the largest gathering on Earth. While a celebration takes place each year, there is a festival of greater significance at four-year and twelve-year intervals.

The number of people attending the festival is so large that the crowd is visible in satellite photos taken from space. (Source: globotreks.com & bbc.com)

SoulSpeak

P.P. Wangchuk

Reward yourself for a good job done!



One way to feel good is to reward yourself after every goal is achieved. And make it sure that you set the reward before you start working for your goal. This 'tactic' works wonderfully well.

On my part, I reward myself with a vacation, mostly, to a place not already visited, but is important enough to be explored. And the achievement need not be necessarily a big one. It can

be a small one that makes you happy. The point is that you have been able to do what you wanted to. And the reward could be anything. Even an outing for a few hours and lunch or dinner alone or with friends is quite thrilling.

This goal-reward 'system' needs great discipline to work out plans for the day, coming week or weeks and, if the goal is big, for the coming months as well. You have to be focussed, and your attention should be never diverted until you could say: Hurray!

No need to say that needs hard work with clarity of vision. You need to remind yourself of the goal every morning, and visualise the day and your happiness when you would have done it.

Every achievement, small or big, changes your outlook drastically, and you emerge a more optimistic and determined warrior. You will have the itch to 'do more' and achieve more without any hesitation because your experience so far would have given you a lot of confidence and mental preparedness for anything challenging. Problems would be seen as welcome challenges.

American public speaker Tanya Massey says: "Taking care of yourself, taking time for yourself, and rewarding yourself is not being selfish. It is important and absolutely necessary."

It is a direct reaffirmation of the saying that if you can't look after yourself well, then you are no good for any help to others too. Therefore, one must always try to appreciate one's own qualities and successes. Pampering yourself at times can be a good exercise because that would lead you to greater successes.

Courtesy: WongWorld

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

In Conversation with Tsultrim Chonjor, Padma Shri Awardee

Interviewed by Tenzin Dajon

Q. Congratulation on receiving Padma Shri award. How do you feel about it?

I never expected nor requested or asked for fame and award, was all I know that I have to work for the welfare of the people from the Zaskar region. I am extremely grateful that my work, the effort I made to connect Zaskar and change the lives of the people was recognized. I am sure such honour will encourage many others to work for the betterment of society. I am overwhelmed and feel very happy to receive the award.

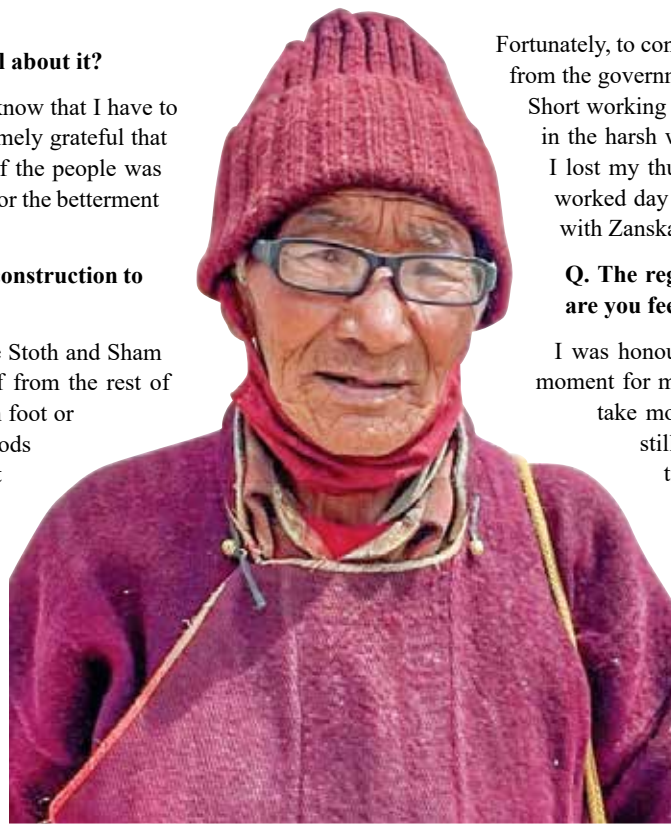
Q. You are popularly known as ‘Manjhi from Ladakh’ for the road construction to connect Zaskar. Share the story.

Zaskar is divided into three valleys i.e Stoth, Sham and Lungnak. The Stoth and Sham region had road connectivity but the Lungnak valley remained cut off from the rest of the world till 2014. The inhabitants of Lungnak have to travel either on foot or ride horses. They have to incur heavy expenditure to transport their goods from one region to other, say around 20k -25k. The story does not just end with this, the frozen river acts as a road for the people. It was sad to see that the region was remote and inaccessible for the rest of the Indian mainland.

The road to Lungnak got sanctioned a long time back but no progress and development are seen. Everything was at a snail pace. In 2014, I started the 38-km stretch, road construction from Kargyak towards Darcha of Himachal Pradesh. Within four years the road construction got completed. The decision to construct a road was to mitigate the pain and trouble people face while travelling. I have been to Manali using the same route on foot and on my way I met school students who have to cross the rivers and even have to walk at night which seems not only difficult but very risky. By seeing the condition of the students and the people of the valley I decided to do something.

Q. How could you arrange the expense of the construction of the road?

I have to spend more than 52 lakhs which I arranged by selling my ancestral land, house and spending my life savings. People of Zaskar also supported me financially. After arranging money, I hired a JCB and started working.



Fortunately, to construct the road from Kargyak to Darcha there was no need for permission from the government, but the challenges were there to break the rock and pave a way out. Short working season of four to five months since there is absolutely no scope for work in the harsh winter months was one of the challenges to complete the work on time. I lost my thumb while repairing the machine. Nothing stopped me from working, I worked day and night faced the challenges with a strong belief and hope to connect with Zaskar and ease the life of people.

Q. The region (Lungnak) has been connected with the rest of the world. How are you feeling now?

I was honoured by students and people of the valley which was a very emotional moment for me. Today people of the valley reach Manali within a day which used to take more than a week of travel. Lungnak valley has been connected now but still, there are many villages in Zaskar which are deprived of road connectivity like Ralakung and Shun Shade. People are expecting but my age is not allowing me to start any further endeavour. I am 79 now. I often tell people to force their representatives to emphasize road connectivity. I am ready for any kind of help and assistance.

Q. You have been politically active for years. Would you like to comment on the district status for Zaskar?

District status for Zaskar is a long pending demand. From the age of 18, I have been raising my voice for the district status which is very genuine. Not just the population of Zaskar feels that the district status is important but the renowned local leaders of Ladakh also find the demand of the district genuine. I worked and assisted renowned leaders of Ladakh such as Nurboo Sahab, Sonam Wangyal and Gyalras Bakula Rinpoche. I remember that Bakula Rinpoche always assured that Zaskar will get district status based on its geographical condition and remoteness. I even asked MP Ladakh, Jamyang Tsering Namgyal that when he will be fulfilling the district status promise during his tour to Zaskar.

Now Ladakh is a Union Territory and many regions in Ladakh are also seeking district status but the demand of Zaskar is genuine. The problems faced by the people cannot be compared with any other region.

MESSAGE TO THE READERS

“ People of Zaskar needs to be vocal, we must develop a culture to ask a question to the leaders about the works and decision. Responsible leadership is the need of the hour. In this fast-growing changing world, we all must maintain peace, harmony and preserve our rich culture, architecture and language. ”

Fortnight Highlights



Judge, High Court of J&K and Executive Chairman, Ladakh Legal Services Authority (LLSA), Justice Dhiraj Singh Thakur inaugurated the Tehsil Legal Services Committee at Khaltse.



Royal Enfield donated five oxygen concentrators, 50 oxygen cylinders and 100 pulse oximeters as Covid-19 relief material to the District Administration Leh as part of its corporate social responsibility (CSR) initiatives.



86 stray dogs sterilised during a 10-day Animal Birth Control camp in Diskit, Nubra, organised by Sheep Husbandry Dept Leh.



International Yoga day: Youth volunteers of Nehru Yuva Kendra, Leh performing Yoga Asana at Shey during the 7th International Yoga day.



Judge, High Court of UTs of J&K and Ladakh, Justice Javed Iqbal Wani during his visit to District Court, Leh. He was accorded a ceremonial guard of honour on arrival at the District Court.

A team from CBSE visits Kargil, holds maiden talks with LAHDC Kargil

Detailed deliberations held with local experts, representatives of private schools



Reach Ladakh Correspondent

KARGIL: CEC, LAHDC, Kargil, Feroz Ahmad Khan chaired a meeting with a team of CBSE at the Council Secretariat on June 25.

Members of the CBSE team include Joint Secretaries Sanjib Das, Hilal Ahmed, and Shyam Kapoor.

Feroz Ahmad Khan extended a warm welcome to the delegates on their maiden visit to Kargil and appreciated UT Administration Ladakh for taking the LAHDC Kargil on board in such important policy matters.

Detailed deliberations and discussions were held on several issues mainly about the enhancement of the educational scenario in the district, constraints that the educational institutions in the district may face in case of affiliations with the Central Board,

administrative issues given the remote location of the district, prevailing as well as future academic/examination sessions, formalities regarding affiliation process, and issues of private schools etc.

Feroz Khan highlighted major concerns of all the stakeholders and stressed the need for having a considerate view on all issues. The major issues underlined includes the need for a separate academic/examination session for UT Ladakh, the establishment of CBSE Sub-Board Office in District Kargil, allocation of examination centres to ensure that no child is left behind, extended relaxation for private schools in terms of renewal of provisional affiliations, relaxed norms in respect of land and infrastructural requirements for CBSE affiliations.

The team of CBSE also put

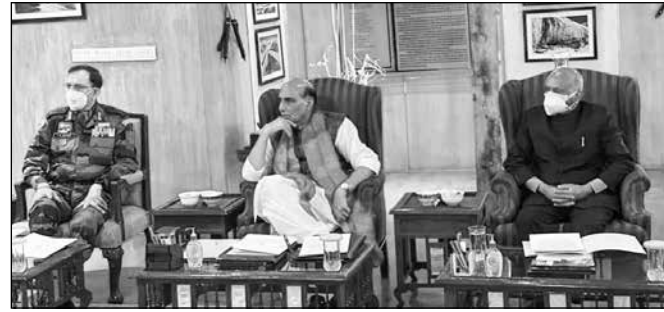
forth their views on all the issues raised during the meeting and said that the CBSE being the most child-friendly board shall make every effort to ensure convenience to all the students. They further stated that to ensure the holistic development of the students, the schools need to adhere to the basic essential requirements as stipulated in the CBSE norms, however, relaxations in certain aspects may be considered keeping in view the tough terrain and remote location of the schools.

The team members stressed the need for shifting education from the principles of stipulated content to stipulated competencies. They also addressed some of the queries raised during the meeting and assured to put forward all concerns of the stakeholders to their higher authorities for redressal.

EC, Social Welfare, Aga Syed Hassan Arman Mosavi; EC, Health Mohsin Ali; Councillor Choskore Constituency, Nassir Hussain Munshi; Rector, Kargil Campus, University of Ladakh Kaneez Fatima; Chief Education Officer Kargil, Nazir Wani; Former Principal, DIET, Kargil, Muhammad Ali Bhutto besides the representatives of private schools of the district attended the meeting.

Defence Minister Rajnath Singh reaches Ladakh for two-day visit

CEC, Feroz Khan discusses various issues of Kargil District



Reach Ladakh Correspondent

KARGIL: CEC, Hill Council, Kargil, Feroz Ahmed Khan discussed number of issues pertaining to Kargil district with Defence Minister, Rajnath Singh on June 27 in Leh.

The defence minister is on a three day visit to Ladakh. Senior elected representatives of Kargil, Leh and Ladakh Autonomous Hill Development Council interacted with the minister on the overall development of the region.

Feroz Ahmad Khan projected a number of demands to the Defence Minister which includes among others the request for grant of approval of the Ministry of Defence, Government of India (GoI) for implementation of the MoU for vacation of Lower Kurbathang Plateau, other land issues like handing over of 200 kanals of land at Kaksar, land issues at Poyen, providing of free passage to local grazers at Mushkoo Valley, rental compensation

to owners of land under Army at Niril Kaksar, engagement of local porters for transportation of logistics to forward posts, continuation of the Defence Labour Procurement Office (DLPO) in Kargil for further strengthening of civil military ties in the region, allocation of proportionate quota for youth of Kargil District in Ladakh Scouts, expediting works from Chilling to Nerak on the Nimmu-Darcha-Padum Road, resolution of the local transporters engaged in military transportation works, opening of Army/Sainik School in Kargil and restoration/re-establishment of DRDO institute in Kargil.

Other demands projected by the CEC, Kargil included demand for engagement of local laborers in BRO works to give them employment opportunities, providing of NOC by the Army for erection of mobile telecom towers in border areas of Kargil district and accord of sanction for improvement/up-gradation of KD Road

under an appropriate scheme of the Ministry of Defence, Government of India keeping in view its importance as the alternate route from Kargil to Leh.

He also urged the Defence Minister for extension of the jurisdiction of Project Vijayak from Zero Point Zojila up to Baltal Sonamarg to resolve issues arising in clearance and maintenance of the Srinagar-Kargil-Leh National Highway, and also requested for his intervention for release of funds under BADP in the district which have not been released for the last 2 years.

CEC, Kargil expressed gratitude to the Ministry of Defence in general and the Defence Minister in particular for facilitating the people of Kargil by providing AN-32 and IL-76 aircrafts of the Indian Air Force for ferrying the people to and fro, and transportation of essential commodities in the district besides ensuring the movement of people outside the district for various purposes including medical, education and other affairs. He further urged the Defence Minister to issue necessary directions for smooth and timely operation of these aircrafts for benefit of the local population.

Rajnath Singh assured to consider all issues for suitable follow up measures.

DC, Kargil, chairs District Road Safety Committee meeting

Stresses on effective, workable road safety management system



During the meeting of the District Road Safety Committee at DC office Kargil.

Reach Ladakh Correspondent

KARGIL: A meeting of the District Road Safety Committee was convened by DC, Kargil also the Chairman, Regional Transport Authority/District Road Safety Committee, Kargil Santosh Sukhadeve on June 24 at DC office Kargil.

Members of the Committee comprising Executive Engineer PMGSY, Executive Officer Municipal Committee, Assistant Regional Transport Officer (ARTO), SHO, District Immunization Officer, In-Charge Police Post Bazar and officers of Traffic Police besides other concerned officers were present during the meeting

ARTO Kargil, Khadim Hussain apprised the Deputy Commissioner about the status of the registration of vehicles in the district besides other key issues.

The Deputy Commissioner while underlining the need to put in place an effective and workable road safety management system in the district, stressed on the committee members to take concrete measures in this

regard. He also highlighted the need for a swift and responsive coordination mechanism among Police, Health Department, ARTO, SDMs and Tehsildars to ensure that road accident victims get prompt attention and medical care.

It was informed that 41 new applications for contract carriage taxis for the Kargil district have been received. Also, there are 1645 taxis and 96 minibuses operating in the district, and 3 new applications have been received, adding that 21 school buses are functioning and 5 new applications received. Further, it was informed that requisitions for conversion of private cars into commercial taxis have also been submitted by the concerned.

The ARTO Kargil apprised Deputy Commissioner that there is a requirement of the roster to formulate equal requirement for equal distribution of routes to run the public transport more smoothly in terms of equal profit, convenience to commuters and timing for buses.

As regards measures required

to tackle the parking problem in Kargil Town, DC Santosh Sukhadeve directed the concerned officers to identify new locations in the town, particularly the Hussaini Park to be seen as a possible paid parking site. He also directed the concerned officers to submit the DPR for the establishment of the two-storey mechanised parking complex near Kabadi Nallah.

Regarding the use of cranes, it was decided that the same will be purchased by the concerned department or engaged through contracts.

DC Santosh Sukhadeve directed to identify the blind spots besides taking other corrective measures so that road accidents could be minimized. He also directed the concerned departments to install signages on roads for better traffic regulation.

The concerned officers were asked to ensure the vaccination of all drivers. He also directed the members to make coordinated efforts to ensure safety on roads and prompt emergency care.

Hill Council, Kargil, signs MoU with LEDeG and BORDA for sanitation project

Reach Ladakh Correspondent

KARGIL: Memorandum of Understanding (MoU) was signed between Hill Council, Kargil, LEDeG and BORDA for sanitation of Kargil town on June 21.

Chemat Dorjay from LEDeG on various aspects of sanitation, water supply, water and waste management related to Kargil town.

CEC, Feroz Ahmad Khan said that Kargil town being a congested place needs expansion, and keeping this in view framing policies for urban development of the town is need of the hour. He added that support of organizations like LEDeG and BORDA will remain instrumental in providing technical support and capacity building for execution of projects particularly in providing exposure tours, trainings, workshops and other required support.

He said that there is no dearth of funds, similarly technology is also available, however without



Executive Director, LEDeG, Ishay Tundup and Project Manager, Asma Yusuf along with Deputy Commissioner, Kargil, Santosh Sukhadeve and CEC, Feroz Ahmad Khan during the signing of the MoU.

technical support things cannot be executed. Organizations like LEDeG and BORDA have experience of working in cold climatic conditions and their projects have remained successful as well, he added.

Therefore, the expertise they carry will certainly be beneficial in achieving sustainable urban development goals for Kargil town.

Deputy Commissioner, Kargil, Santosh Sukhadeve said that architecture and structural planning should be done as per the topo-

graphic conditions of Ladakh and in designing RFP and DPR, the services of LEDeG and BORDA will be definitely required.

Executive Director, LEDeG, Ishay Tundup and Project Manager, Asma Yusuf while expressing gratitude to the LAHDC Kargil for signing of the MoU requested to form a committee on the project to which the CEC Kargil said that it will be done soon, while all possible support will also be extended from the administration to execute the project in a smooth manner.

NOTICE



I, Stanzin Stanba S/o Tsering Angchuk **date of birth 25-04-1980 R/o Zangskar Phay District Kargil UT Ladakh**, do hereby notify that my name has been wrongly written as Tanzin Satanba instead of Stanzin Stanba and my Father name wrongly mention as Cheering Angchuk instead of Tsering Angchuk as well as my Address has been wrongly mention as Housing Colony, House No.16a, District Leh, UT Ladakh instead of actual & correct address which is Zangskar Phay, District Kargil, UT Ladakh

in my passport bearing Number **J8999601 date of issue 12/12/2011 issued by** Regional Passport office, Srinagar and I'm applying for the correction in my name in the passport. Objection, if any may be conveyed to Regional Passport office, Srinagar within 7 days from the date of publication.

19 villages in Siachen area electrified through Chamshen micro-hydel project



Reach Ladakh Correspondent

LEH: A total of 19 villages from the Siachen area in Leh district electrified from the Chamshen micro-hydel project (MHP) with the joint effort of the Power Development Department and LREDA on June 17.

The 19 villages are Chamshen, Kuri, Charasa, Burma, Pinchmik, Hasara, Kyagar, Sumoor, Lakjung, Tirith, Tyaksha, Panamik, Tirisha, Hargyam, Fuk-

pochey, Kobet, Ayee, Aranu, Sasoma. The villages were connected through the 11 kV line under SDP with the 450 kW Chamshen MHP. The Ministry of New and Renewable Energy, GoI, funded the Chamshen Project under the Ladakh Renewable Energy Initiative (LREI) scheme.

Secretary Power, Ravinder Kumar shared that the electrification of these villages would re-

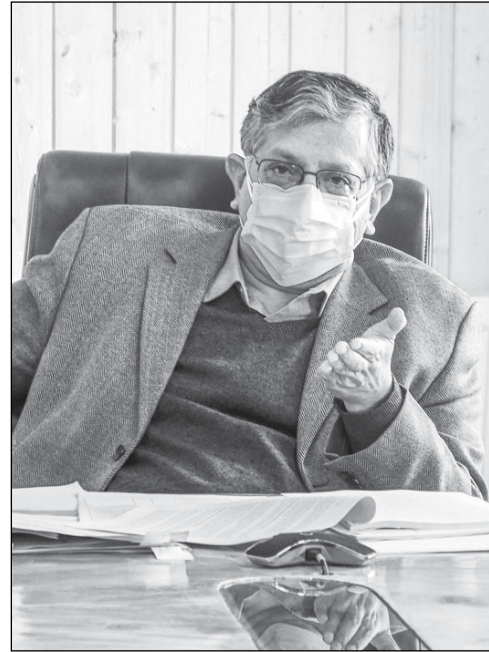
sult in the phasing out of 3 DG sets, including 160 kVA Panamik DG set, 160 kVA Chamshen DG set and 250 kVA Kyagar DG set. He added that the development would help Ladakh inch closer towards achieving the carbon-neutrality target.

He further added that the milestone achievement is due to the sincere and dedicated efforts of PDD and LREDA employees. The 11KV connectivity line in the Nubra valley to electrify Gradi, Chalungkha, Bokdang and Changmar villages. Secretary Ravinder shared that the surplus power could be supplied to Army in the border areas.

Project Director LREDA thanked LG, UT Ladakh; CEC LAHDC Leh; MP Ladakh, Advisor to LG and Secretary Power Department for connecting these villages with the 11 kV line.

Efforts on to make Ladakh carbon neutral

Advisor reviews implementation status of action plan prepared by departments



Reach Ladakh Correspondent

LEH: Advisor Ladakh, Umang Narula convened a meeting regarding the preparation of action plans by individual departments for achieving a carbon-neutral status for Ladakh on June 17.

The Advisor stated that the idea of a Carbon-Neutral Ladakh was envisioned by Prime Minister and it aims at planning future developmental activities to minimize carbon emissions. He stated that it is an intrinsic part of Vision 2050 for the development of Ladakh and carbon neutrality has to be embedded in every Department's vision and action plan. He further informed that TERI has been nominated by Niti Aayog to prepare an action plan document and certain recommendations were made as to how to achieve carbon neutrality in various sectors.

The Advisor reviewed the implementation status of the Action plans prepared by the Departments for achieving carbon neutrality based on the broader suggested interventions presented by TERI.

Advisor directed that all Households in Ladakh should be encouraged to install solar cooking devices. Further steps are taken to promote the construction of solar passive residential, official and commercial buildings in the urban areas. Advisor further directed that all buildings should be accessible through a ramp or lift as per accessibility norms.

Similarly, the Tourism department was asked to promote homestay tourism which is sustainable and has a lower carbon footprint and in particular incentivise construction of solar passive homestay accommodation.

The transport department was asked to plan the introduction of electric vehicles on a pilot basis for public and private transport and establish solar-powered charging stations. It was informed that the UT administration is in the process of procuring e-cars, e-buses and introducing e-rickshaws.

The Advisor exhorted upon utilizing existing water resources optimally to bring more area under cultivation and pastureland which can sequester carbon emissions. He asked the Agriculture & Horticulture departments and the Deputy Commissioners to focus on drip irrigation and other efficient methods of micro-irrigation such as ponds/Dzings to maximize the use of existing water resources and also focus on adoption of organic manure.

The meeting was attended by Dr Pawan Kotwal, Principal Secretary; Ajeet Kumar Sahu, Commissioner /Secretary; Saugat Biswas, Secretary, /Divisional Commissioner; Padma Angmo, Secretary, Ravinder Kumar, Secretary and Preet Pal Singh, Chief Wildlife Warden.

POWERGRID donates vaccination mobile van, medical equipment worth ₹29 lakh

Reach Ladakh Correspondent

KARGIL: Power Grid Corporation of India Limited (POWERGRID) donated 1 vaccine delivery van, 12 ice-lined refrigerators and 9 deep freezers costing ₹29 lakh to Health Department, Kargil.

The materials were handed over by the Director (Personnel), Power Grid Corporation of India Limited (POWERGRID) V.K Singh under the Corporate Social Responsibility (CSR) to EC, Health Mohsin Ali in presence of EC Tourism, Er Phunsok Tashi on June 28 at TFC Bemathang.

While expressing gratitude to the POWERGRID for providing the Covid logistics under CSR, EC Health said that the COVID-19 vaccine mobile van and other equipment donated by the corporation will improve the Covid health infrastructure and all necessary measures will be taken to provide its benefit to maximum beneficiaries.

EC Health urged the officers of



EC Mohsin receiving COVID-19 vaccination mobile van, other equipments worth Rs 29 lacs from POWERGRID

POWERGRID to provide employment opportunities to the youths of Kargil in their company to address the problem of unemployment.

EC Tourism, Er Phunsok Tashi said that efforts need to be made to connect the left out rural areas of Ladakh with the National Grid, particularly the Kargil- Zanskar and Leh-Nubra line which is already in consideration.

Director (Personnel), POWERGRID V.K Singh said that apart from extending electricity across

the country, the corporation has been taking all-out measures to fulfil its mandate to contribute to the society under the CSR.

Highlighting the importance of the Srinagar-Leh Transmission Line (SLTS) he said that it is very important for necessary development and other activities in the rugged region of Ladakh, further it is the mandate of the POWERGRID to connect maximum areas of Ladakh with the National Grid and provide uninterrupted electricity particularly during the 6 months of winter.

People's Voice: Social Media and Mental Health

...Continued from Page 4

society. Whatever is been forwarded there, people tend to blindly believe it without any reliable source or thinking about the aftermath. To prevent this, we should check the content and its source whether it's reliable or not and respect one's private space. And then break the forward chain if it looks inappropriate in any form. And as a responsible user, spread awareness to people who tend to blindly believe and follow the trend.

I have been dealing with anxiety and clinical depression since 2017. Everything seemed pointless and worthless then. I couldn't sleep, didn't want to talk, gained weight and was suicidal. I am ashamed of how I felt at that time. It took me a lot of time to finally come out and seek professional help. My psychiatrist (Dr. Deepak Raheja) and a therapist treated me. It made me feel better about myself.

I also inculcated the habit of meditating and journaling in my daily routine which completely changed my attitude towards life.

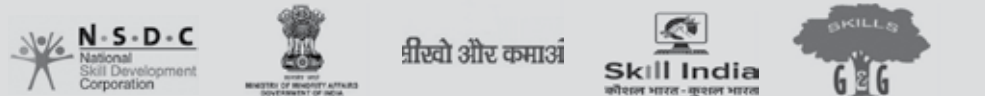
I just want to say, it is really important to surround

yourself with people who understand us and uplift us. It makes it much easier to deal with any sort of mental health problem.

Also, we are taught in our society to hide our feelings and emotions, especially negative emotions that have no place in society. If you are struggling go to the doctor and seek help. We can be vulnerable and still be strong. And to everyone out there, please be KIND.

Mental Health is important for not only being free from any mental disorder but also for coping with stress in our lives or our daily routine, for having good relationships with family, friends and society, for feeling wholesome, for working efficiently and for realizing one's potential or discovering one's ability in different areas.

The first and foremost reason for not giving importance to mental health is because it is still a taboo in our society. People feel a sense of shame or embarrassment in coming out and talking about mental health issues. There is a lot of stigmas which is associated with mental health problems and we need more awareness of it.



Admission open

Seekho aur Kamao (Learn and Earn) – Skill Development initiative scheme of the Ministry of Minority Affairs, Govt. of India. G&G Skills Developers Pvt. Ltd.

Sindhu Skill Training Center near, BVN School, Choglamsar Jewatsal Photong, Leh, UT Ladakh.

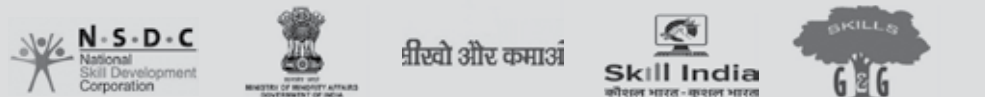
Interested Candidates can apply for different Roles:

1. Craft Baker (Minimum 8th Required) Age 18-35
2. Squash and juice Processing Technician (Minimum 8th Required) Age 18-35
3. GDA (Minimum 10th Required) Age 18-35

Note:- Interested Candidates can contact on given no. or Visit the Center. Also, Stipend will be provided to Candidates and Placement support for Candidates available.

Contact: - 9622973072||9779832043

Applications are invited from eligible candidates from minority communities (Muslim, Christian, Sikh, Buddhist, Parsis and Jain) for following skill development courses/job roles:



Vacancy Announcement

G&G Skills Developers Pvt. Ltd.

Sindhu Skill Training Center near, BVN School, Choglamsar Jewatsal Photong, Leh, UT Ladakh.

1. GDA Trainer

Eligibility Criteria:

- B.sc Nursing with 1 year experience
- GNM with 3 year experience

2. Craft Baker Trainer

Eligibility Criteria:

- Any degree in Food Technology/Food Engineering with 3 year experience
- Diploma in Hotel Management with 3 Year experience
- Certificate in Baking from 3 star plus hotel with 4 year experience
- B.sc in food Science and BSc in home science

3. Squash and Juice Processing Technician Trainer

Eligibility Criteria:

- Any Degree in Food Technology/Food Engineering with 3 year experience
- Diploma in Hotel Management with 3 Year experience
- Certificate in Baking from 3 star plus hotel with 4 year experience
- B.sc in food Science and BSc in home science

4. IT Trainer

Eligibility Criteria:

- B.sc Computer
- Diploma in Computer
- Personality, having Knowledge of Ms. Office and Computer.

Note:- Interested Trainer may send their CV's at gngnml@gmail.com



Smart Kitchen

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