

REACH LADAKH BULLETIN

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World Environment Day: 1.5 lakh saplings planted in Chushul

HH Chetsang Rinpoche conferred with title of 'Green Ambassador of Ladakh'



His Holiness Chetsang Rinpoche was conferred with the title, 'Green Ambassador of Ladakh'.

Stanzin Dasal

CHUSHUL: On the occasion of World Environment day, around 1,50,000 saplings were planted under the 11th phase of the mass plantation drive organised by Go Green, Green Organic at Thang Nakpo, Chushul village, Changthang.

The mass plantation drive was organised in collaboration with UT Administration and LAHDC Leh.

His Holiness Chetsang Rinpoche was conferred with the title, 'Green Ambassador of Ladakh'. The title is aimed at inspiring goodwill for improving the quality of life through organic farming practices & healthy environment in Ladakh.

Addressing the gathering, His Holiness Chetsang Rinpoche expressed gratitude to all the participants and supporters for making the 11th phase of Go Green Go Organic successful. Rinpoche highlighted the vision of Go Green Go Organic

and the need of living sustainably in harmony with nature and stated that the mega plantation drive is part of the vision.

Virtually attending the event, Lieutenant Governor, RK Mathur appreciated and thanked His Holiness Chetsang Rinpoche on behalf of the people of Ladakh for his visionary initiative of planting 1.5 lakh saplings on the occasion of World Environment Day. He stated that it is an exemplary step to take such a bold step of planting such a huge number of trees at a challenging place like Chushul.

He further stated that Ladakh would become a greener and more eco-friendly region with his blessings and efforts.

Principal Secretary, Dr. Pawan Kotwal said, "The initiative of mass plantation is bound to succeed because of the blessings of His Holiness and similar plans

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Ladakh celebrates 82nd birth anniversary of His Holiness Staktsang Raspa



His Holiness Chetsang Rinpoche and His Eminence Thuksey Rinpoche during the cake-cutting ceremony.

Stanzin Dasal

LEH: The 82nd birth anniversary of His Holiness Ladakh Chosgon Staktsang Raspa was celebrated with great fervor on June 8 at Chowkhang Vihara, Leh.

The celebration was jointly organised by Ladakh Buddhist Association and All Ladakh Gonpa Association. His Holiness Chetsang Rinpoche was the chief guest and His Eminence Thuksey Rinpoche was the special guest of the occasion.

Addressing the gathering, HH Chetsang Rinpoche wished Ladakh Skyabgon Staktsang Raspa on his 82nd birthday and prayed for his long life and well-being for the benefit of all sentient beings.

His Eminence Thuksey Rinpoche said

that the main objective of celebrating His Holiness Staktsang Raspa's birthday is to reiterate the contribution of Staktsang Raspa and make people aware of it. His Eminence said that because of Lama Staktsang Raspa's blessing Ladakh flourished not just spiritually but in every way.

His Holiness Staktsang Raspa in his audio message to the people of Ladakh expressed gratitude to everyone for celebrating his birthday. His Holiness asked the people of Ladakh to stay in harmony and stated that his prayers are always with the people of Ladakh. He further stressed doing good and to have a clean heart for the welfare of all sentient beings.

President, LBA, Thupstan Chhewang

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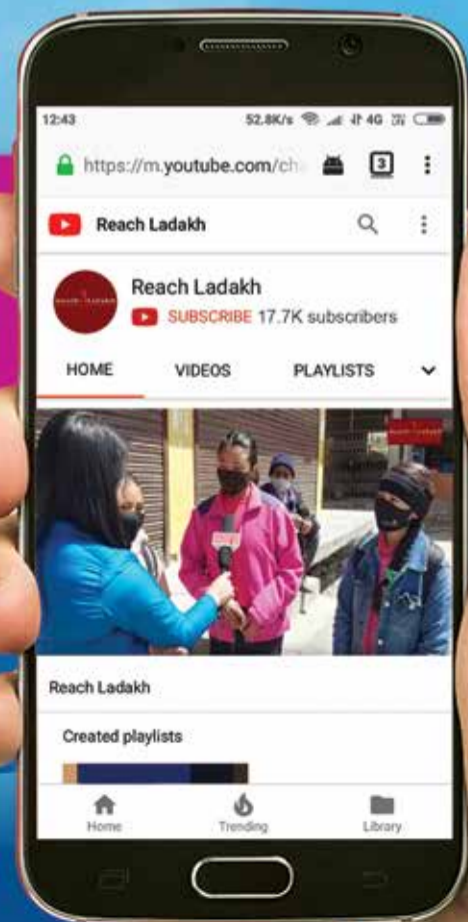
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State policy on solid and plastic waste management to be rolled out in Ladakh

Reach Ladakh Correspondent

LEH: The 4th Advisory Committee of Solid Waste Management meeting was held to prepare the solid waste strategy and action plan for the Union Territory including the urban as well as the rural areas on June 7.

The meeting was chaired by the Commissioner/Secretary, Housing & Urban Development Department, Ajeet Kumar Sahu.

It was stated that Ladakh will soon have a state policy on solid waste and plastic waste management. The policy document has been drafted with a vision to make Ladakh a garbage-free, energy-efficient, and carbon-neutral waste management region so that it emerges as one of the cleanest regions in the country.

The objective of the UT administration in drafting the policy is to achieve 'Zero waste' status through sustainable interventions, innovations, and technology



During the 4th Advisory Committee of Solid Waste Management meeting.

Commissioner/Secretary, Ajeet Kumar Sahu said that the policy guidelines must be developed to support behavioral changes in individuals, households, and institutions to reduce waste generation. He said that behavioral change should be a major policy intervention.

He said that the policy must include the identification, enrolment, and regulation of rag-pickers and waste dealers. The rag-pickers in the Union Territory should be given identity cards and uniforms, he added.

To achieve 100 percent door-to-

door collection of solid waste, the Commissioner/Secretary said that it will be the responsibility of the landlords to notify the municipality if their tenant's waste was getting collected or not.

Emphasizing the importance of building the dignity and well-being of sanitation workers including rag-pickers, the secretary, Rural Development Department, Saugat Biswas highlighted the need to incorporate into the policy regular health check-ups, uniforms, and protective gear for the Sanitation workers and rag-pickers.

Ladakh all set to celebrate 8th International Day of Yoga

Reach Ladakh Correspondent

LEH: Minister for Law and Justice, Kiren Rijiju to practice yoga asanas at Pangong Tso, Leh and Minister of Home Affairs, Ajay Kumar Mishra in district Kargil on June 21 during the 8th International Day of Yoga (IDY).

Principal Secretary, Health and Medical Education, UT Ladakh, Dr. Pawan Kotwal chaired a meeting on June 9 and took stock of the preparations. Referring to the letter written by the Prime Minister to the Gram panchayats, requesting to motivate the villagers for mass participation in International Day of Yoga, Dr. Kotwal said it was an important gesture and directed Deputy Commissioners Leh/Kargil to translate the letter into vernacular languages to be delivered to all the Sarpanches.

He added that the Gram Pradhans, Ward Councillors, Front-line workers, and other local community leaders should be involved to celebrate the IDY events. Dr. Kotwal said that the objective behind observing IDY is to create awareness about



physical and mental fitness and that no stone should be left unturned to organise the function well.

Sharing the theme for this year's International Day of Yoga as "Yoga for Humanity", the Director of Health, UT Ladakh, Dr. Motup Dorje gave a presentation to the participants on the background, objectives, action plan, and preparations for IDY. He said that individuals and organisers can also upload their photos and videos doing yoga asanas on the Bhuvan Yoga App.

The main event of the International Day of Yoga will be held at Mysuru, Karnataka led by the Prime Minister at 7 am on

June 21, 2022. The main event will also be aired live on LED screens installed at the Pangong event site.

The meeting was attended by Santosh Sukhadeve, Deputy Commissioner, Kargil; P.D.Nitya, SSP, Leh; Dr. Safdar Ali, Director of School Education, UT Ladakh; Imteaz Kacho, Registrar, University of Ladakh; Dr. Motup Dorje, Director of Health Services, UT Ladakh; Dr. Padma Gurmet, Director of National Institute of Sowa Rigpa, Sonam Chosjor, ADC, Leh; Abid Ali, Zonal Sports Officer; Officials from CRPF and ITBP and Rinchen Lhamo, ACT, NYK Leh.

Ladakh celebrates 82nd birth anniversary of His Holiness Staktsang Raspa

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said that the LBA and LGA feel honoured to organize the birthday celebration of His Holiness Staktsang Raspa and expressed gratitude to His Eminence Thuksey Rinpoche for this opportunity. He said that it is for the first time His Holiness Staktsang Raspa's birthday is being celebrated on a grand scale and will continue to do it further.

He said that Lama Staktsang Raspa is recognized and honored not just by the Buddhist people but by the Muslims of Ladakh also. "His role in the development of Ladakh is immense and it becomes equally important to every Ladakhi to recall his contribution", he added.

Talking about the visit of His Holiness Staktsang Raspa to Ladakh he said, "In the past years, many efforts have been done to invite His Holiness Staktsang Raspa to Ladakh but due to several issues he couldn't able to visit. We are still striving and hope that someday His Holiness will be able to visit Ladakh and bless the people."

His Eminence Ladakh Chosjey Togdan Rinpoche narrated the biography of 1st Lama Staktsang Raspa who acted as an adviser to the king Singey Namgyal in his political and diplomatic affairs. Togdan Rinpoche said that the golden age of Ladakh was ushered because of King Singey Namgyal and Lama Staktsang Raspa

A book titled, 'The light of Ladakh' briefed about His Holiness 6th Lama Staktsang Raspa authored by Khanchen Tsewang Rigzin was also released.

MP Ladakh, Jamyang Tsering Namgyal, and CEC, Hill Council, Leh, Tashi Gyalson also spoke about the contribution of Staktsang Raspa in the field of art and culture, maintaining communal harmony, preservation, and promotion of Ladakh's identity.

Rinchen Lamo, Member, National Commission for minorities, Dr. Abdul Qayum, President, Anjuman Moin ul Islam; Ashraf Ali Barcha, President, Anjuman Imamia and other speakers also spoke on the occasion.

A spectacular cultural performance was also presented during the occasion.

6th National Geo-Research Scholar's meet begins in Leh

Reach Ladakh Correspondent

LEH: The 6th National Geo-Research Scholar's meet 2022 was inaugurated by Advisor, Umang Narula on June 8 at the University of Ladakh, Leh campus. Nearly 100 research scholars covering 48 pan-India Universities and institutions are participating in this four-day event.

The four-day event is being organised by the University of Ladakh (UoL) in association with the Wadia Institute of Himalaya Geology (WIHG). The theme of NGRSM-2022 is 'Geosciences in Ladakh Himalaya' and the sub-themes of NGRSM-2022 are Fold belts & Cratons of India; Climatic change & Geological processes; Natural Hazard & Mitigation; and Geo-Resources.

This programme is being organised under the Azadi Ka Amrit Mahotsav celebration, to undertake socially-relevant research toward the sustainable development and prosperity of the Himalayan region; community-driven programmes for viable use of bio-resources of the region; encourage interactions and sharing of expertise and knowledge between personnel, scientists, and research fellows; establish a partnership programme between UoL and WIHG that will be accessible to the scientists, students, and their staff, etc.

Advisor Umang Narula who is also the Pro-Chancellor of the University of Ladakh appreciated the UoL for organising



this study-cum-exposure tour. He said that Ladakh is a rich and varied geological repository and this region provides an opportunity to investigate and understand various geological, tectonic control, glacial melt, and climate change processes. Such study-cum-exposure tours provide various opportunities for the research students to interact with experts and also help to develop local competencies.

He further said that in Ladakh such research and findings are crucial for policy and decision-making and would also prove to contribute substantially towards framing ways for holistic development of the Ladakh region and facilitating ease of living of the people living here.

Chairman, Wadia Institute of Himalaya Geology, Prof Talat Ahmed spoke at length about the importance of the geological features of Ladakh at the national as well as international platforms and said that this study tour in Ladakh would be conducted in the Mahey-Sumdo and Leh to Alchi sections.

Vice-Chancellor, UoL, Prof SK Mehta informed about the signing of the Memorandum of Understanding between UoL and WIHG to strengthen earth sciences in the Himalayan region and to establish the University of Ladakh as a center for research in the geosciences.

Director WIHG Prof Kalachand Sain, Director Leh Campus (UoL) Konchok Angmo, and Convener NGRSM 2022 (UoL) Dr. Riyaz MK Khan also spoke on the occasion.

Secretary Tourism & Culture UT Ladakh, Kacho Mehboob Ali Khan; Chairman WIHG, Talat Ahmed; Vice-Chancellor, UoL, Prof SK Mehta, Directors, Professors, scientists, faculty, research scholars, students of UoL and WIHG, and officers of various research institutions of Ladakh were also present and the Abstract Volume was also released by the chief guest and other guests.

Later, the chief guest also visited classrooms, hostel block, and heritage site in the UoL's Leh Campus.

Cyclist Leakzes Angmo wins Ladakh's first medal in Khelo India Youth Games



Stanzin Dasal

LEH: Cyclist Leakzes Angmo won a silver medal for Ladakh in Khelo India Youth Games on June 9. She finished the Girls Individual Time Trial 20 km with timing of 33:52.52s.

The gold medalist, Chaitra Borji (Karnataka) finished with a timing of 32:51.84; and bronze medalist Raveena Bishnoi (Ra-

jasthan) with timing of 33:57.27.

Hailing her performance, Lieutenant Governor of Ladakh, RK Mathur took to Twitter to send a congratulatory message. "Star cyclist of Ladakh, Leakzes Angmo has yet again made us proud by winning a silver medal in individual time Trial of 20km cycling (Girls) during the 4th Khelo India Youth games held in Haryana. Congratulations to

Leakzes for this achievement", he tweets.

Leakzes said that prior race she gave up winning a medal looking at the well-equipped cycles of her competitors. She said that her cycle was outdated as most of the cyclists got carbon discs on their wheels. Just before the race, she managed to borrow wheels from other cyclists and raced for the glory.

She further said that she can't afford to buy carbon discs because it costs very costly.

The fourth edition of the Khelo India Youth Games is being held from June 4 and will conclude on June 13. Nearly 8,500 players, coaches, and support staff from across the country are participating. The players from every part of India compete for a total of 1,866 medals which includes 545 gold, 545 silver, and 776 bronze.

World Environment day: 1.5 lakh saplings planted in Chushul

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will be replicated in other parts of the Ladakh region. Prime Minister, Narendra Modi has identified UT Ladakh

to develop on the principle of carbon-neutral development and such initiative is an encouragement to achieve the vision."

He said that the UT administration along with Hill Council, Leh is striving hard to develop the

Changthang region and ensure every facility for the people residing in Eastern Ladakh.

His Eminence, Thuksey Rinpoche; His Eminence, Chosjey Togdan Rinpoche; MP Ladakh, Jamyang Tsering Namgyal; CEC, Hill Council, Leh Tashi Gyalson, and other dignitaries also spoke on the occasion.

A cultural programme by the students and villagers of the Lalok region was also presented during the ceremony.

Indian Mountain Foundation seeks promotion of mountaineering expedition in Ladakh

Proposal sent to the Ministry of Home Affairs for opening 141 new peaks



Secretary, Indian Mountain Foundation (IMF), Col Vijay Singh with Lieutenant Governor of Ladakh, RK Mathur.

Reach Ladakh Correspondent

NEW DELHI: Honorary Secretary, Indian Mountain Foundation (IMF), Col Vijay Singh met Lieutenant Governor of Ladakh, RK Mathur, in New Delhi on June 6.

Col Vijay briefed about the functioning of the organization in Ladakh, including its regulatory functions for foreign and Indian mountaineers and trekkers interested in expeditions. He apprised of the organizational structure and financial mandates of IMF in

Ladakh and other states.

He informed that a proposal has been sent to the Ministry of Home Affairs for the opening of 141 peaks in addition to the existing 120 open peaks for the promotion of mountaineering and trekking activities in Ladakh. He also proposed conducting the Union Internationale des Associations d'Alpinisme (UIAA) or The International Climbing and Mountaineering Federation meeting in Ladakh in 2025 to promote Ladakh as a mountaineering hub. The IMF officials

also apprised of the proposal submitted by Sonam Wangyal, a former Indian paramilitary personnel, and mountaineer from Ladakh who climbed Mount Everest in 1965 at the age of 23 for the development of an Academy, including a climbing wall/arena in Ladakh and the identification of land for its construction.

LG Mathur welcomed the decision to conduct the UIAA meeting in Ladakh in 2025. He inquired about the climbing history of the peaks open in Ladakh. He proposed launching an advanced international-level mountaineering guide course and training for local mountaineering guides as Liaison Officers (LOs) to build their capacity and enable them to become certified mountain guides/professionals.

LG also suggested collaborating with the Indian Institute of Mountaineering and other national and international mountaineering academies/institutions for conducting training programmes for mountaineering guides from Ladakh.

Ladakh Administration to revamp school educational infrastructure

Reach Ladakh Correspondent

LEH: In continuation of various interventions being made to revamp the school education system in the government schools of UT Ladakh, the School Education Department is taking steps to overhaul the existing infrastructure and also build new state-of-the-art infrastructure for the holistic development of the students.

In this regard, Commissioner/Secretary, School Education Department, UT Ladakh, Ajeet Kumar Sahu reviewed the progress of the infrastructure development of the proposed Model High School at Thiksey, Leh on June 6.

The Consultant agency for the project gave the Commissioner/Secretary a presentation on the planning and designing of the school in compliance with the norms of the Central Board of School Education (CBSE) Standard.

Earlier this year, School Education Department, UT Ladakh got affiliated with the CBSE. UT Administration is preparing a master plan for every HSS and HS of Ladakh in the first instance to saturate all the infrastructure gaps. This master plan will include academic, administrative, and residential zone, along with



open spaces for the playground. The consultant informed that the master plan will have provisions for laboratories, multipurpose art/recreational/music/dance rooms, a library, sports facilities, disabled-friendly access to all buildings, a cultural street with an exhibition space, and a canteen among others. He shared that all the buildings will be solar passive, south-facing, and energy-efficient.

Commissioner/Secretary, Ajeet Kumar Sahu exhorted that school buildings in Ladakh be made accessible to students with disabilities, ensuring an inclusive school environment and that any barriers they face are actively addressed and removed. To enhance the mental, creative and inquisitive horizon of the students, the Commissioner/Secretary emphasized the creation of innovative laboratories in schools. He said all the laboratories in schools should be

user-friendly and enable convenient access to the students.

In the meeting, the Commissioner/Secretary was also informed that a detailed project report for a 24x7, centrally heated, all-season, stand-alone library cum reading rooms with a seating capacity for 200 students is also being prepared. Meanwhile, a proposal to upgrade the existing government school in Chuchot, Leh to Children with Special Needs School (CWSN) is also underway, the official added. Besides, a similar school for upgradation in Kargil is being identified.

The meeting was attended by the Director of School Education, Dr. Safdar Ali; Superintending Engineer, Nisar Ahmed; Executive Director (P), NHIDCL, Col. Rajeev Kumar (Retd.); DGM (P), Jogadenu Raghuram, NHIDCL and officials of the Consultant agency for the project.

12 day disaster management training 'Aapda Mitra' commences in Leh

Reach Ladakh Correspondent

LEH: A 12-day Aapda Mitra training was organised by the Ladakh Disaster Management Authority in collaboration with Ladakh Scouts 14 Corps and supported by the National Disaster Management Authority on June 10.

Commandant, Ladakh Scouts Regiment Centre, VSM Colonel Rinchen Dorje was the chief guest and the Additional Deputy Commissioner, Leh, Sonam Chosjor was the guest of honour on the occasion.

Colonel Rinchen Dorje said that the focus of the Aapda Mitra training scheme is to identify and train community volunteers to build their capacity for mitigating disasters. He added that the volunteers will be trained to respond to the immediate needs of the community during emergencies like flash floods & cloud bursts.



Commandant, Ladakh Scouts Regiment Centre, VSM Colonel Rinchen Dorje, and Additional Deputy Commissioner, Leh, Sonam Chosjor checking the demos of disaster management.

While interacting with the volunteers, ADC Leh on behalf of the Ladakh Disaster Management Authority welcomed & congratulated the first batch and expressed gratitude to the Commandant, Ladakh Scout Regimental Center, and all the involved officers for collaboration. He hoped for productive training for the three batches.

He added that the main aim of such training is to train common civilian workers to react in emer-

gencies.

Survival kits were also distributed among the volunteers.

The Aapda Mitra scheme aims to provide community volunteers with the skills that they would need to respond to their community's immediate needs in the aftermath of a disaster thereby enabling them to undertake basic relief and rescue tasks during emergencies such as floods, flash-floods, and urban flooding.

Mini marathon 'Catch Them Young' held in Changthang



Reach Ladakh Correspondent

CHANGTHANG: A mini-marathon, themed, 'Catch Them Young' was organised under the aegis of the Trishul Division in Chumathang and Tangtse village of Changthang Region.

On June 1, the marathon was organised for children in the age group 10-17 years under two categories (Boys & Girls) at Chumathang village. Over 70

children participated and completed the 5 km run. While on June 7, the marathon was held in Tangtse under two categories in the age group of 10-13 and 14-17. 93 children from the Middle and Higher Secondary Schools of Tangtse took part in the 5 km long mini-marathon.

The participants were provided with t-shirts, caps, medals, certificates, and refreshments. Winners on each category and were

suitably awarded.

The Trishul Division has been committed to serving the people of Ladakh by making contributions in the field of education and sports. Towards this end, a series of runs have been planned in rural areas of Eastern Ladakh to identify future sportsmen from Ladakh. The mini-marathon was organised to give an impetus to the national vision of 'Fit India' and to identify young talents from Eastern Ladakh.

Indian Army along with its primary aim of safeguarding the national borders also aims at the welfare and wellbeing of the people of Ladakh.

The Final Trishul Mini Marathon will be organised in Kharu on 21 June.

MIMC organises 3rd mobility camp in Leh

Distributes mobility aid and assistive devices to persons with disabilities



Ven. Bhikkhu Sangasena, LG Mathur while handing over the assistive aid to the beneficiaries.

Reach Ladakh Correspondent

CHOGLAMSAR: Prosthetic appliances were distributed to 1000 persons with disabilities (PwDs) as a part of the 3rd Mobility Camp organised by the Mahabodhi International Meditation Centre (MIMC), Leh in collaboration with Ratna Nidhi Charitable Trust and Rotary International District 3141 & 3070, Mumbai on June 12 at MIMC, Choglamsar.

Lieutenant Governor of Ladakh, RK Mathur appreciated MIMC Leh led by Ven Sanghasena for contributions to the benefit of PwDs, providing education to underprivileged students from remote areas of Ladakh, and taking care of the elderly people at their old age home. He appreciated Ven Sanghasena for

his vision of making Ladakh the spiritual hub of the country and appreciated Ratna Nidhi Charitable Trust and Rotary International for their charitable works for the benefit of the divyangs.

He shared the initiatives taken by the administration and both the Hill Councils for the benefit of the divyangs, viz. enumeration of PwDs from Ladakh to provide Unique Disability ID (UDID) to them, a policy for the benefit of the divyangs, ongoing works to make all government buildings accessible to divyangs, providing different assistive devices to PwDs, etc.

LG Mathur emphasized the importance of including divyangs into mainstream society and the efforts being made by the Administration and both Hill

Councils to integrate children with disabilities into mainstream schools. He requested continued support from Rotary International, Ratna Nidhi Charitable Trust, and MIMC Leh for the benefit of the divyangs from Ladakh.

Mobility aid and assistive devices such as crutches, wheelchairs, hearing aid, and artificial limbs to the beneficiaries were distributed.

Chairman LAHDC Leh, Advocate Tashi Gyalsen highlighted the initiatives taken to provide subsidies for the purchase of mobility aids and assistive devices to divyangs.

Member of Parliament from Ladakh, Jamyang Tsering Namgyal appreciated MIMC Leh, Rotary International, and Ratna Nidhi Charitable Trust for their activities and initiatives for the benefit of divyangs. Commissioner Secretary Padma Angmo briefed about steps being taken to make Ladakh accessible to all.

Trustee, Ratna Nidhi Charitable Trust, Rajiv Mehta, and District Governor, Rotary International, DG Agarwal briefed about various initiatives taken by them for the benefit of divyangs and promised to organise camps and provide continued assistance to the divyangs from Ladakh.

Earlier, LG Mathur laid the foundation stone for the Himalayan High-Altitude Library at Buddha Park and also inaugurated the New Library at the Mahabodhi Residential School.

Countering stress and depression

By His Holiness the 14th Dalai Lama

At a fundamental level, as human beings, we are all the same; each one of us aspires to happiness and each one of us does not wish to suffer. This is why, whenever I have the opportunity, I try to draw people's attention to what as members of the human family we have in common and the deeply interconnected nature of our existence and welfare.

Today, there is increasing recognition, as well as a growing body of scientific evidence, that confirms the close connection between our own states of mind and our happiness. On the one hand, many of us live in societies that are very developed materially, yet among us are many people who are not very happy. Just underneath the beautiful surface of affluence there is a kind of mental unrest, leading to frustration, unnecessary quarrels, reliance on drugs or alcohol, and in the worst case, suicide. There is no guarantee that wealth alone can give you the joy or fulfilment that you seek. The same can be said of your friends too. When you are in an intense state of anger or hatred, even a very close friend appears to you as somehow frosty, or cold, distant, and annoying.

However, as human beings we are gifted with this wonderful human intelligence. Besides that, all human beings have the capacity to be very determined and to direct that strong sense of determination in whatever direction they like. So long as we remember that we have this marvellous gift of human intelligence and a capacity to develop determination and use it in positive ways, we will preserve our underlying mental health. Realizing we have this great human potential gives us a fundamental strength. This recognition can act as a mechanism that enables us to deal with any difficulty, no matter what situation we are facing, without losing hope or sinking into feelings of low self-esteem.

I write this as someone who lost his freedom at the age of 16, then lost his country at the age of 24. Consequently, I have lived in exile for more than 50 years during which we Tibetans have dedicated ourselves to keeping the Tibetan identity alive and preserving our culture and values. On most days the news from Tibet is heartbreaking, and yet none of these challenges gives grounds for giving up. One of the approaches that I personally find useful is to cultivate the thought: If the situation or problem is such that it can be remedied, then there is no need to worry about it. In other words, if there is a solution or a way out of the difficulty, you do not need to be overwhelmed by it.



The appropriate action is to seek its solution. Then it is clearly more sensible to spend your energy focussing on the solution rather than worrying about the problem. Alternatively, if there is no solution, no possibility of resolution, then there is also no point in being worried about it, because you cannot do anything about it anyway. In that case, the sooner you accept this fact, the easier it will be for you. This formula, of course, implies directly confronting the problem and taking a realistic view. Otherwise you will be unable to find out whether or not there is a resolution to the problem

Taking a realistic view and cultivating a proper motivation can also shield you against feelings of fear and anxiety. If you develop a pure and sincere motivation, if you are motivated by a wish to help on the basis of kindness, compassion, and respect, then you can carry on any kind of work, in any field, and function more effectively with less fear or worry, not being afraid of what others think or whether you ultimately will be successful in reaching your goal. Even if you fail to achieve your goal, you can feel good about having made the effort. But with a bad motivation, people can praise you or you can achieve goals, but you still will not be happy.

Again, we may sometimes feel that our whole lives are unsatisfactory, we feel on the point of being overwhelmed by the difficulties that confront us. This happens to us all in varying degrees from time to time. When this occurs, it is vital that we make every effort to find a way of lifting our spirits. We can do this by recollecting our good fortune. We may, for example, be loved by someone; we may have certain talents; we may have received a good education; we may have our basic needs

provided for - food to eat, clothes to wear, somewhere to live - we may have performed certain altruistic deeds in the past. We must take into consideration even the slightest positive aspect of our lives. For if we fail to find some way of uplifting ourselves, there is every danger of sinking further into our sense of powerlessness. This can lead us to believe that we have no capacity for doing good whatsoever. Thus we create the conditions of despair itself.

As a Buddhist monk I have learned that what principally upsets our inner peace is what we call disturbing emotions. All those thoughts, emotions, and mental events which reflect a negative or uncompassionate state of mind inevitably undermine our experience of inner peace. All our negative thoughts and emotions - such as hatred, anger, pride, lust, greed, envy, and so on - are considered to be sources of difficulty, to be disturbing. Negative thoughts and emotions are what obstruct our most basic aspiration - to be happy and to avoid suffering. When we act under their influence, we become oblivious to the impact our actions have on others: they are thus the cause of our destructive behaviour both toward others and to ourselves. Murder, scandal, and deceit all have their origin in disturbing emotions.

This inevitably gives rise to the question - can we train the mind? There are many methods by which to do this. Among these, in the Buddhist tradition, is a special instruction called mind training, which focuses on cultivating concern for others and turning adversity to advantage. It is this pattern of thought, transforming problems into happiness that has enabled the Tibetan people to maintain their dignity and spirit in the face of great difficulties. Indeed I have found this advice of great practical benefit in my own life.

A great Tibetan teacher of mind training once remarked that one of the mind's most marvellous qualities is that it can be transformed. I have no doubt that those who attempt to transform their minds, overcome their disturbing emotions and achieve a sense of inner peace, will, over a period of time, notice a change in their mental attitudes and responses to people and events. Their minds will become more disciplined and positive. And I am sure they will find their own sense of happiness grow as they contribute to the greater happiness of others. I offer my prayers that everyone who makes this their goal will be blessed with success.

Originally published in the Hindustan Times, India, on January 3rd, 2011.



World Hydrography Day

It is observed on 21 June every year since 2006. This initiative was started by the International Hydrographic Organization (IHO) to increase awareness about the safe navigation, technical standards and protection of the marine environment.

International Hydrographic Organization (IHO) was the International Hydrographic Bureau (IHB) which was established in 1921. The IHB (renamed to IHO in 1970) was established to provide a mechanism for consultation between governments on matters such as safe navigation, technical standards and protection of the marine environment.



Hydrography is the branch of applied sciences which deals with the measurement and description of the physical features of oceans, seas, coastal areas, lakes and rivers, as well as with the prediction of their change over time, for the primary purpose of safety of navigation and in support of all other marine activities, including economic development, security and defence, scientific research, and environmental protection.

DID YOU KNOW



Artemis temple, Turkey.

- In 1995, 45 million people used the internet worldwide. By 2008, as many as 1.4 billion used it.
- Mississippian culture was still in evidence when Spanish conquistador Hernando de Soto reached North America in the 16th century and found people worshipping the sun god at temples atop burial mounds.
- Launched by NASA in 2002, the Wilkinson Microwave Anisotropy Probe

continues hunting for evidence about the state of the early universe.

- Ancient Egyptians are thought to have used a system of water trenches to ensure the pyramids were level.
- Turkey's temple of Artemis was probably built in the 6th century BC. It dwarfed the Parthenon. Alexander the great admired it in 333BC. Five hundred years later, it was leveled by the Goths. Only one of its column still stands.
- Scientists estimate that there are about 20,000 genes in the human genome. A yeast genome has about 5,300 genes, and a mouse's genome has about 23,000.

SoulSpeak

P.P. Wangchuk

Your face, your true index



When one says that your face is your true index, it means that everything in you, good or bad, is reflected by your face. And another saying goes: The first impression is the last impression. This maybe a generalisation and may not even prove to be correct. But the point that everything you want to say or do is indeed reflected by your face much before you start saying or doing.

American author Leil Lowndes, in her book, How to Talk to Anyone, says your face can make 700 different expressions, and each of them reflects precisely who you are and what you are thinking about. Your intentions, good or bad, are mirrored, and the persons around you prepare themselves accordingly.

As we are going with the assumption that we are capable of showing 700 different facial expressions, each having a definite 'message', one wonders whether some of them (expressions) can be 'manipulated'. The answer is YES, we can. There are occasions when a manipulated smile may work wonders, but there are also occasions when a 'smile' spoils the very purpose of doing so. There can be many occasions when one needs to conduct one's 'business' 'sternly and grimly'. For instance, a judge does not/should not smile while handing down a death sentence. The seriousness of the situation is reflected on his face much before he announces his judgement.

Similarly, you lecture on any serious issue like the Ukrainians' grave plight under Russian bombardment cannot be done with a smiling face. However, when you are with your friends celebrating a festival, the facial expression of all would be one of 'smile outburst'. Not only your voice, your eyes, your cheeks and even ears too could 'dance' in joy. The current of the expression of joy makes your body language definite, clear and one of approval of a joyous life.

The much-clichéd proverb that a smile costs you nothing, therefore, cannot be an all-weather adage. True, generally, on most occasions, we can very well and happily wear a 'smiling face'. And we pray that our journey of life has more of such occasions to show off our mirth!

Courtesy: WongWorld

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

In Conversation with PD Nitya, SSP, Leh

Interviewed by Stanzin Dasal

Q. Brief us about the functioning of the Police Department, Leh.

After Union Territory status, a whole new separate police establishment has set up as Ladakh Police, following which many new wings were created. Apart from two district police units, many new specialized units are established such as the security wing, traffic police wing, CID wing, etc.

At the district level, three specialized units are created for investigation namely, the cyber crime unit, financial crime unit, and anti-narcotics unit. These units are created within the district to fight against the specialized crime, which was not able to deal with properly during day-to-day policing. Police establishment has grown enormously as compared to the set up in an erstwhile state of J&K. Skill development and training are being organised for the specialized officers and personnel to enhance their skill in fighting the challenges.

There is a challenge of manpower since the whole Ladakh Police setup has been created with the available district resources. The manpower crunch is being addressed step by step.

Q. Talking about the youths in Ladakh, many are indulging in anti-social behavior like drug addiction and alcohol. What steps have been taken to correct them?

When I first joined the district, I was told that there is a problem of drug addiction and due to lack of clear data, the numbers, types of drugs and to what extent is not known. There is a communication gap because people here are bit reluctant to inform the police. Also, Ladakh is geographically situated near Kashmir and Himachal Pradesh, and we can see a lot of people and vehicle movement between these regions. Thus, the region has a transit route for drug smuggling. Secondly, we have a kind of smuggling in which tourists generate an artificial demand if they are looking for drugs and also some students and youths who have been studying outside and are exposed to drugs tends to expose others.

Over the last few years, we have seen that the availability of drugs has become easy which is a challenge. The main focus of the Leh police this year is to target the local peddlers who are bringing these substances in small quantities and selling them to the local population. This will send across a strong message that police won't spare anyone who is involved in selling drugs. We are also targeting the transit drug



that has been taken from Manali to Kashmir or vice versa.

A drug-free portal is also active to generate information. The anonymity of the informer is ensured. People can inform about any drugs related happenings freely and action will be taken against the culprit. Lots of awareness is being spread among the children about drugs because abuse will happen more if we won't talk about it. Children are needed to be aware of so that they can stay away from it. Drugs are not just limited to a certain class of society or in metropolitan cities, it is penetrated every section/ class of the society. Thus, awareness is very much important.

I will not say that the drug addiction status in Ladakh is very serious but we cannot also rule out that it will not become extreme in the coming days. Timely action and collaborative measures are necessary to root out such anti-social behavior.

Q. Cybercrime is becoming one of the issues in the Leh district. How many such cases are registered and what steps police have taken to curb them.

Talking about this year, we have more than 80 cases registered. (Data till May 2022). We received the cases from the National Cyber Crime Reporting portal; emails, telephone, and some from cybercrime units and police stations. Financial crime is becoming an issue and a new thing for Ladakh Police. We have a special cyber crime unit in Ladakh and are trying to solve the issue here only and in some cases, we have recovered the amount.

Time is the factor in such cases. As soon you get to know that the money has been fraudulently deducted from your account you have to immediately inform because there are very high chances that the money can be recovered because it takes time to track if there is a delay. We try our best to recover the amount deducted and are very actively working on such cases.

Again, awareness is very important because many innocents who are less aware of the technicalities and follow less internet hygiene fall prey.

Q. What are your plans and initiatives for the Leh district?

My priority is to ensure a smooth season and extend all the help and assistance to the tourist who requires help. Since the tourism season

...Continues on Page 6

MESSAGE TO THE READERS

“Ladakh Police has always been people friendly, and we welcome all the constructive feedback and suggestion to improve our work.”

Fortnight Highlights



Warm welcome accorded to Skalzang Rigzin, President, Ladakh Mountain Guide Association on June 11 after scaling two peaks Mt. Lhotse and Annapurna without oxygen.



As a countdown to International Yoga Day 2022, Education Department Kargil in collaboration with Mahabodhi International Meditation Centre (MIMC), Leh organised a yoga session at Indira Gandhi Park, Baroo on June 2. CEC, Hill Council, Kargil, Feroz Ahmed Khan took part in the event.



World Environment Day, themed, 'Only One Earth' was celebrated at Jamyang School on June 5. The event was organised by the Health Department Leh to create awareness about the protection of the environment.



First meeting of the State Medicinal Plant Board (SMPB), UT Ladakh was chaired by Advisor, Umang Narula (Chairman SMPB) on June 3. The prime objective of SMPB is to act as the nodal agency for coordination and implementation of National Medicinal Plants Board programmes (NMPB) in the UT.



DC/CEO, LAHDC, Kargil Santosh Sukhadeve inspected Jal Jeevan Mission (JJM) projects at Minjee Gund, Minjee, Gramthang and Chay Chay Thang.

First District Electricity Committee meeting of Leh & Kargil held

MP's stresses electrification of health and educational institutes as priority



MP, Ladakh, Jamyang Tsering Namgyal chairing first District Electricity Committee meeting of Leh and Kargil districts.

Reach Ladakh Correspondent

LEH: MP, Ladakh, Jamyang Tsering Namgyal chaired the first District Electricity Committee meeting of Leh and Kargil districts at DC Conference Hall on June 1.

The meeting essentially discussed the Revamped Distribution Sector Scheme (RDSS) that aims to improve the quality, reliability, and affordability of power supply to consumers through a financially sustainable and operationally efficient distribution sector.

Enquiring the criteria and basis for the formulation of the action plan of RDSS, MP Ladakh stressed and recommended the extension of the plan period beyond ten years considering the population and load growth of the region in the future.

MP Ladakh exhorted that electrification is a prerequisite for the digitalization of the state. He directed both the district administrations to ensure that health and educational institutions are electrified on a priority basis and review their progress.

He proposed for delegation of magisterial power to officers of the Power Development Department to ensure smooth execution and implementation of

the plans and schemes. MP Ladakh also enquired about the safety provisions provided to the linemen of PDD, who are contractually or casually employed. He directed the concerned department to ensure the provision of insurance coverage given the nature of work performed by a lineman.

MP Ladakh instructed the department to submit a report in this regard within 15 days.

Earlier, District Superintending Engineer (DSE), Power Development Department (PDD), Leh briefed about the RDSS and its three components, including metering, distribution infrastructure work, and project management.

It was informed that REC Power Development and Consultancy Limited (RECPDCL) have been engaged as the Project Management Agency for the formulation of the Action Plan and Detailed Project Report (DPR) of RDSS for UT Ladakh.

A representative from RECPDCL presented a detailed power-point presentation highlighting the different components of the RDSS plan for both Leh and Kargil districts, including metering, loss reduction, and modernization of works with a proposed outlay of 910.22 crores. It also focused on targeted interventions for loss reduction and modernization/system strengthening.

The meeting also discussed billing and metering provisions, replacement of wooden poles, and payment of Net Present Value (NPV) to the Wildlife Department.

Deputy Commissioner, Leh/Kargil; Chief Engineer, PDD Ladakh; District Superintending Engineer, PDD, Leh/Kargil; Executive Engineer, PDD, Leh/Kargil; Representatives from RECPDCL and NHPC and other concerned officials attended the meeting.

DC, Leh, reviews implementation status of Mission Amrit Sarovar



Reach Ladakh Correspondent

LEH: Deputy Commissioner (DC) Leh, Shrikant Balasaheb Suse reviewed the progress of Mission Amrit Sarovar initiative in the district Leh on June 8.

The objective of Mission Amrit Sarovar is construction/development of at least 75 Amrit Sarovar (ponds) in every district.

During the meeting, Rural Development Department presented proposed action plan for the construction of new ponds/rejuvenation of the existing water storage structures through MGNREGA. Apart from that, status of Zings/ice hockey rings proposed under PMJVK in four minority concentration blocks was also discussed.

DC instructed the concerned officials for joint visits consisting of officers from RDD, Irrigation Department, PHE in each block within 1 week and directed to submit a detailed feasibility report based on availability of land, possibility of source strengthening for JJM schemes and expected irrigational benefits.

The meeting was attended by SE PHE Leh; ACD Leh; Ex-En I&FC and all BDOs.

Advisor Narula launches short-term training course in 'Assistant Hair Dresser & Stylist'

20 students to be trained in the pilot course

Reach Ladakh Correspondent

LEH: A short-term training in 'Assistant Hair Dresser & Stylist' was launched at Leh with an orientation session with the 20 students on June 10.

The training was organised by the Ladakh Skill Development Mission in collaboration with the Beauty & Wellness Sector Skill Council (B&WSSC), the pilot course is of 3 months duration at the end of which the successful trainees shall be awarded a certificate which is National Skill Qualification Framework (NSQF) compliant and recognized across the country and also accepted internationally.

Inaugurating the course, Advisor to the L-G, Ladakh, Umang Narula said that Skilling/Livelihood remains the prime focus of the UT Administration and the Administration will be partnering with the Sector Skill Councils, Private & Govt. agencies for providing industry-relevant skills to the youth of Ladakh. Appreciating that the Ladakh Skill Development Mission has kick-started its Short Term Training courses with the 'Assistant Hair Dresser & Stylist' course, he said there is great potential for the B&W Sector in Ladakh. Stating that there are a plethora of financial assistance schemes of the Government of India for encouraging entrepreneurship, he assured that the UT Administration will facilitate those undergoing the training for availing such credit for self-employment and micro-entrepreneurship.

Commissioner/ Secretary, Technical Education and Skill Development Department, Padma Angmo said that there is a demand for this skill in Television and Film Industry which is expected to grow rapidly in Ladakh in near future. She also said that there is an untapped market for skilled manpower in 'Beauty and Wellness' in Hotel Industry besides immense opportunities for self-employment.

The Commissioner/Secretary announced that those completing the course with merit will be given a "Startup Kit" by the LSDM, to enable them to kick-start their self-employment journey. Padma Angmo said that LSDM is collaborating with B&WSSC for setting up a State-of-the-Art laboratory of Beauty



& Wellness at Kargil.

DC, Leh, Shrikant Balasaheb Suse in his opening remarks expressed pleasure at the successful launch of the first-of-its-kind training session in the field of Beauty & Wellness in Ladakh and urged all the participants to take full advantage of the opportunity and emerge as adept entrepreneurs.

CEO, B&WSSC, Monica Bahl stated that this training will not only teach the participants a skill but will also give them confidence by giving wings to their aspirations. She informed that this course is of Level -3, National Skill Qualification Framework (NSQF) and that courses of higher levels in 'Hair stylist' and courses in 'Skin and Beauty' shall also be taken up subsequently based on the performance and response of the trainees. Bahl stated that the successful trainees will also be supported for placements on local, national, and international levels. She also spoke about the 'World Skill Competition' and said that the skilled persons from Ladakh have equal opportunity to represent the country, for which the B&WSSC in collaboration with the LSDM will offer full support to the candidates.

The training shall impart skills in hair cutting, hair styling, techniques like perming, hair coloring, etc, and basic makeup. Besides the domain skills, the 370 hours of the training include 40 hours of employability skills with basic financial literacy, digital skills, branding, and marketing. At the end of the training, the B&WSSC will conduct the assessment of the candidates through a third-party assessment agency and only those passing the examination will be given the certificate

Training, awareness under JJM held in Zanskar

Reach Ladakh Correspondent

ZANSKAR: Implementation Support Agency (ISA) under Jal Jeevan Mission (JJM) organised a training program at Karsha on June 11.

Experts from ISA gave a detailed presentation on accounting and book keeping, water conservation, grey water management and many other scheduled topics.

Community awareness programs were also conducted at various locations of Karsha Block. The Panchayati Raj Institution members and other stakeholders actively participated in the said programs.

As part of the program, the ISA



experts conducted training, awareness and IEC activities on JJM at Padum in which PRI members and other stakeholders from Zanskar block participated. ISA in consultation with the Executive Engineer PHE Zanskar, Kacho Mumtaz is going to conduct many more activities in Lungnak block in coming days.

The Executive Engineer as-

sured for their full support to the ISA and urged PRI members, students and youth of every revenue villages of Zanskar to actively participate in the programs and activities.

Later, the ISA experts, PRI members and stakeholders visited the site of different WSS infrastructures constructed under JJM.

In Conversation with PD Nitya

...Continued from Page 5

is going on and there is a heavy influx of tourists, we have set up tourist assistance booths, vehicles, and ambulances on highways and areas where network connectivity is not there. A separate tourist wing has been established who is taking care of the tourist-related issues.

Simultaneously, I am also focusing on the drug issue and giving my best to apprehend culprits who are involved in such crimes and make Leh drugs free. Then for women's safety, a women's police station, and 112 helplines has been set up to redress the grievances of the women. These are the top three priorities for this season.

Q. How important is it to build a cordial relationship between the police force and the public? What mechanism is carried out to make the

system more effective?

Police do policing on people only and it is very important to have a cordial relationship between the two. We want the cooperation of the people to maintain law and order and keep a check on crime rates. Until and unless people tell us about what is happening in society and what needs to be done, we won't be able to coordinate well. We have made all the processes and work related to the police department people friendly. E.g., the process to get a character certificate is made much easier than before, one can give the application to the nearest police station and within 2-3 days the certificate will be issued. Now, no one has to come down to the SSP office for a character certificate.

We have also opened the communication numbers of all the officers so that people can easily approach to redress their grievances.

NOTICE

I, Tsewang Norphel S/o Tsering Angchuk R/o Hanu, Leh UT Ladakh Prop of M/s White Water Adventure applying for the registration with the Assistant Director Tourism Office, Leh. Any objection in this regard may file their report in writing within 7 days from the date of publication of this notice.


THE ADMINISTRATION OF THE UNION TERRITORY OF LADAKH
OFFICE OF THE INSPECTOR EXCISE RANGE LEH-KARGIL

Public Notice

It is for information of the general public of the locality of Hunder, Nubra, Leh, that Stanzin Tsephel S/o P. Namgail R/o Stone Hedge, Hunder, Nubra, Leh-Ladakh applied for grant of Bar with Hotel license (LAEL-3) in M/s Stone Hedge, Hunder, Nubra, Leh-Ladakh

Objection, if any may be filed in the office of Excise & Taxation Officer, Excise Range Leh-Kargil within a period of sixty days from the publication of this notice.

No objections shall be entertained after the expiry period of this Notice.


Inspector
Excise Range Leh-Kargil

Dated: 05/06/2022
No: 05/EX/2022/01

LG reviews Ladakh's Forest & Wildlife Department progress

Suggests saturation coverage of individual-oriented benefit schemes



Reach Ladakh Correspondent

LEH: Lieutenant Governor, RK Mathur reviewed the progress of the Forest & Wildlife Department during a meeting with concerned officers on July 11 at Raj Niwas.

Principal Secretary, Forest, Ecology and Environment (FEE), Dr Pawan Kotwal and Chief Wildlife Warden, Mufti Sajjad Hussain attended the meeting.

LG Mathur stressed on the need to target saturation coverage of individual-oriented benefits such as chain-link fencing, Corral pens, solar lights & heaters, etc. He emphasised on 100% upgradation of homestays in Ladakh. He suggested that the Forest & Wildlife Department may procure organic waste composters in large numbers from the Compensatory Afforestation Fund Management and Planning Authority (CAMPA) fund and Special Development Package (SDP) to address the issue of feral dogs.

He suggested that cafeterias with telescopes and waste disposal facilities be developed along with the installation of watch towers in Tsomo Riri and Pangong Lakes. He stressed on the need to plant sea buckthorn and Sanjeevani herbs on a large scale in Ladakh and advised that a Tissue Culture Lab may be set up in Ladakh on the public-private partnership (PPP) model to produce superior quality plants using this technique.

LG Mathur advised the Forest & Wildlife Department to conduct the census of wild animals, birds and water bodies in Ladakh by

engaging research scholars to determine their numbers and varieties. He said the data collected from the census would enable them to draft the management plan efficiently. He suggested that the Forest & Wildlife Department may seek assistance from Zoological Survey of India, Botanical Survey of India and Bombay Natural History Society also for the implementation of various projects in Ladakh.

LG Mathur advised the Forest & Wildlife Department to conduct training on wildlife for guides and stakeholders from local tour operators to build their capacities and enhance their knowledge of the wildlife found in Ladakh. He further advised the Department to draft a policy that includes guidelines on livelihood options from Forest/Wildlife activities for the people of Ladakh and the protection/preservation of wildlife and forests. He stressed on the need for the development of new pastures and maintenance of existing pasture land for the benefit of the livestock.

LG Mathur inquired about the CAMPA Fund, the appointment of collectors for the settlement of rights in protected areas, the progress in the implementation of the 5-year Carbon-Neutral Plan, enumeration of water bodies, status of distribution of satellite phones in remote areas for emergencies, Forest/Wildlife Management Plan, setting up of Butterfly Park, the status of the installation of the sequencer, development of flowers on walls around KBR Airport, the upgradation of the Choglamsar Forest

Park, etc.

Chief Wildlife Warden, Mufti Sajjad Hussain gave a detailed presentation on the rationalisation of boundaries, feral dogs issue, land diversion cases, the appointment of collectors for settlement of rights, status of rescue centres and watch towers, revised homestay policy, updates on CAMPA fund, plantation of juniper saplings as a part of sacred grove plan in monasteries in Leh and Kargil along with plantation of medicinal and aromatic plant nurseries, Saw Mill and Timber Sale Depot Rules, steps taken by Ladakh Pollution Control Committee, viz. grant of consent given to hotels, the release of fund by Central Pollution Control Board for installation of air quality monitoring stations in Leh and Kargil, procurement of dust samplers and noise-monitoring equipment, etc.; promotion of new wildlife tourism destinations in the form of Rong Valley ecotourism and Himalayan Bear Tourism in Drass; Hanle Dark Sky Sanctuary; setting up of International Snow Leopard Centre (ISLC) and Mountain Research Institute (MRI); mitigating Human-Wildlife Conflict through the use of Animal Intrusion Detection and Repellent Systems (ANIDERS), compensation for wild animal attacks, etc.

Chief Wildlife Warden, Mufti Sajjad Hussain also provided updates on the Wildlife Management Plan for Hemis National Park, Changthang Wildlife Sanctuary and Karakoram Wildlife Sanctuary.

ICAR-Central Arid Zone Research Institute celebrates World Environment Day

Reach Ladakh Correspondent

LEH: ICAR-Central Arid Zone Research Institute, Regional Research Station, Leh marked World Environment Day on June 5 at Tsogti village.

Head, Regional Research Station, Leh, Dr. R.K. Goyal (Principal Scientist) briefed about the programme and said in today's time, due to excessive exploitation and pollution of natural resources, the environment of the earth has been badly affected.

He said, "It is time to think, we all together have to awaken to follow their moral duties towards



environmental protection."

Dr. Mahesh Gaur made farmers aware of environmental protection and highlighted this year theme for environment day "Only

One Earth" and "Living Sustainably in Harmony with Nature".

Around 12 farmers of Tsogti village participated in the event and interacted with the scientists.

Labour department conducts weeklong inspection drive at workplaces



Reach Ladakh Correspondent

KARGIL: Department of Labour conducted a week-long inspection drive to ensure the implementation of labour laws at various sites of Kargil including Zojila Tunnel, NHPC, NH-301 Zaskar-Kargil road, Kargil-Zaskar transmission line work by REC Ltd on June 9.

The team inspected Zojila tunnel construction site wherein the Assistant Labour Commissioner interacted with labourers and inquired about their working conditions. They also visited the mess area and inspected medical facilities and interacted with the managing team and directed for proper implemen-

tation of labour laws at workplaces.

At the NHPC worksite, she interacted with officers, officials, and NHPC workers who raised certain issues. The ALC directed the concerned officials for timely redressal of the grievances.

The ALC also visited Zaskar-Kargil (NH 301) road worksite wherein she interacted with the workers and inspected worksite facilities provided by the companies. She met the managing team of Topline, United Jehlum, Skylark, LNT, Tata, and other companies working on the highway and directed the concerned for proper implementation of labour laws in respect of providing safety at the workplace, payment of wages as per minimum wage act and equal remuneration Act, medical facilities at workplace, emergency response system at the workplace, proper implementation of SOPS as per the nature of work, provision of basic facilities at workplace like toilet, drinking water, etc.

During the visit, the ALC also interacted with labourers associated with these agencies /companies and enquired about their well-being and the facilities provided by the agency.

She directed the GM/concerned in-charge of the company to resolve all labour welfare-related grievances and told the labourers to approach her in case of any grievances at the workplace.

NOTICE

No 9925415K Ex Nk Lotos Gaitso 1st Ladakh Scout S/o Tsering Tashi R/o Koyul, Leh has claimed that his wife name namely **Yeshi Chodon** has been wrongly entered as **Ishey Chosdon** instead of **Yeshi Chodon** and also her **Date of Birth 04-08-1985** has been wrongly entered as **24-08-1985** instead of **04-08-1985** in the Army record office, Ladakh Scouts and produced an affidavit duly verified by Chief Judicial Magistrate, Leh with Certificate No. IN-LA03299485900045U to this office for making necessary correction. Hence the notice is hereby served through press to file objection if any in this office, **Zila Sainik Welfare Office, Leh UT Ladakh** within 7 days from date of publication failing which necessary correction will be made.

THE ADMINISTRATION OF THE UNION TERRITORY OF LADAKH
OFFICE OF THE INSPECTOR EXCISE RANGE LEH-KARGIL

Public Notice

It is for information of the general public of the locality of Saboo, Leh, that Mr. Sonam Angchok S/o Abdul Aziz R/o Saboo, Leh has applied for grant of Bar with Hotel license (LAEL-3) in M/s Angkasa Ladakh Resort, Saboo, Leh.

Objection, if any may be filed in the office of Excise & Taxation Officer, Excise Range Leh-Kargil within a period of sixty days from the issuance of this notice.

No objections shall be entertained after the expiry period of this Notice.

Dated: 31/05/2022
No: E1/ER/24/2022/32/12

Inspector
Excise Range Leh-Kargil

THE ADMINISTRATION OF THE UNION TERRITORY OF LADAKH
OFFICE OF THE INSPECTOR EXCISE RANGE LEH-KARGIL

Public Notice

It is for information of the general public of the locality of Malpak Zangsti, Leh, that Mr. Tashi Tondup S/o Sonam Tsewang, Sergar, Chemrey, Leh has applied for liquor license i.e Retail vend of foreign liquor in hotel (LAEL-3) at M/s Hotel Amanthi Ladakh at Malpak Zangsti Leh.

Objection, if any may be filed in the office of Excise & Taxation Officer, Excise Range Leh-Kargil within a period of sixty days from the publication of this notice.

No objections shall be entertained after the expiry period of this Notice.

Dated: 09/06/2022
No: E1/ER/24/2022/36/12

Inspector
Excise Range Leh-Kargil

THE ADMINISTRATION OF THE UNION TERRITORY OF LADAKH
OFFICE OF THE INSPECTOR EXCISE RANGE LEH-KARGIL

Public Notice

It is for information of the general public of the locality of Ayu Saboo, Leh, that Rigzin Namgial S/o Tsewang Namgyal R/o Tsaga, Leh and Jigmet Singay S/o Lotus Sangdup R/o Stok, Leh has applied for grant of Bar with Hotel license (LAEL-3) in M/s Ladakh Sarai Resort at Saboo Leh.

Objection, if any may be filed in the office of Excise & Taxation Officer, Excise Range Leh-Kargil within a period of sixty days from the publication of this notice.

No objections shall be entertained after the expiry period of this Notice.

Dated: 08/06/2022
No: E1/ER/24/2022/35/12

Inspector
Excise Range Leh-Kargil

THE ADMINISTRATION OF THE UNION TERRITORY OF LADAKH
OFFICE OF THE INSPECTOR EXCISE RANGE LEH-KARGIL

Public Notice

It is for information of the general public of the locality of Fort road Leh., that Mr. Panchok Namgial S/o Nawang Namgil R/o Saboo has applied for liquor license i.e LAEL-7A (Retail Vend of Beer) at M/s Open Sky Cafe and Restaurant, Situated at Fort road Leh.

Objection, if any may be filed in the office of Excise & Taxation Officer, Excise Range Leh-Kargil within a period of sixty days from the publication of this notice.

No objections shall be entertained after the expiry period of this Notice.

Dated: 08/06/2022
No: E1/ER/24/2022/38/12

Inspector
Excise Range Leh-Kargil

LET'S LEARN TO DRIVE

Indus Driving Institute

Agling road, Ibex colony near Manay Tselding
Contact: 9622166854, 9469461496
Email: gyatso301@gmail.com

