

# REACH LADAKH BULLETIN

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## REACH LADAKH BULLETIN

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## Martyrs remembered on Police Commemoration Day in Leh

Sacrifices of police personnel who laid their lives for country recalled



Lieutenant Governor R K Mathur laying wreath at the Police Martyrs Memorial during the Police Commemoration day.

**Stanzin Dasal**

LEH: Remembering and honoring the brave policemen who laid down their lives in the line of duty, Police Commemoration day was observed by Ladakh Police on October 21 at Police Line, Choglamsar.

From September 1, 2021 till 31st August 2022, 264 Police personnel have laid down their lives while on duty. Saluting the spirits of police forces and their families and brave police martyred who lost their lives fighting for the country, Lieutenant Governor R K Mathur said, "Today we are gathered here on this solemn occasion to remember the sacrifices of all the policemen in the country who laid their lives during the discharge of their duties in fighting against terrorism, crime, saving life from disaster and different situations."

R K Mathur reiterated the importance of observing Police Commemoration Day. He said that the day has a special significance for Ladakh as it was on this day that ten police personnel out of 20 led by DSP Karam Singh from ITBF sacrificed their lives while defending the country from the Chinese attack at the hot spring near Chushul. The incident, he said, enraged the entire country and their sacrifices are still remembered through National Police Commemoration Day.

Five policemen from Ladakh who sacrificed their lives while fighting the terrorist in the erstwhile state of Jammu and Kashmir were also remembered.

Mathur further stated that the Police play

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## First-ever 'Ladakh Literature Day' celebrated in Leh

Ven Thupstan Paldan receives Tashi Rabgias Literature award



Ven Thupstan Paldan, a renowned scholar and author of Ladakh receiving the first-ever Tashi Rabgias Literature award.

**Reach Ladakh Correspondent**

LEH: Honouring the legacy of renowned historian and eminent scholar, Late Tashi Rabgias on his 96th birth anniversary, the first Ladakh Literature Day was celebrated on October 17 at Hotel Zen Ladakh in Leh.

Ven Thupstan Paldan, a renowned scholar and author of Ladakh was conferred with the first-ever Ladakh Literary award.

In his keynote address, Ven Paldan expressed gratitude to Hill Council, Leh, and the Administration for recognizing his work and honouring him with the title. He appreciated the step taken by the Hill Council in recognizing Ladakh literature through the award which would be presented every year from now onward.

Remembering Late Tashi Rabgias, Ven Paldan stated, "The best tribute to AbaTashi Rabgias would be following his footsteps in preserving Ladakhi literature and culture in today's modern-day world."

Deputy Chairman, Hill Council, Leh, Tsering Angchuk highlighted the contribution of the Late Tashi Rabgias in promoting and preserving Ladakh's history, literature, art, and culture. He stated that Ladakhis need to revisit Late Tashi Rabgias's legacy to adopt the literary culture of Ladakh as their identity. Terming Bhoti language as one of the major factors in preserving Ladakh's unique literature, urged everyone to encourage the younger generation to learn the language.

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## EC Tashi Namgyal inaugurates Solid Resource Management Centre at Spituk

Reach Ladakh Correspondent

SPITUK: Executive Councilor, Rural Development, Tashi Namgyal Yakzee inaugurated the Solid Resource Management Centre (SRMC) executed by the Rural Development Department and Panchayati Raj, Leh under Special Development Package at Spituk on October 18.

Tashi Namgyal Yakzee congratulated the Spituk villagers and the executing department for the successful completion and launching of the waste management centre. He added that the responsibility now falls on the villagers to ensure that the segregation centre runs efficiently on a self-sustaining model like other segregation centres in the district.

EC Rural also added that there is no dearth of funds from the centre, UT and district level for the development of gram panchayats and stressed on proper utilization of funds. He assured to provide all the necessary support from the Council in the future.

Deputy Commissioner, Leh, Shrikant Balasaheb Suse; Di-



During the inauguration of the Solid Resource Management Centre (SRMC) executed by the Rural Development Department and Panchayati Raj, Leh under Special Development Package at Spituk.

rector, RDD&PR, UT Ladakh, Tahir Hussain; Chairperson, Block Development Council, Leh, Dr. Skalzang Dorje; Additional District Development Commissioner, Leh, Sonam Nurboo; Block Development Officer, Leh, Tsering Wangchuk expressed their views on proper management, requirements, and facilities of the SRMC. They also stressed the need for cooperation and owning the centre as a common resource to achieve its proposed goal of keeping the surroundings clean effectively

and efficiently.

SRMC is completed at an estimated cost of 27 lakhs under the Special Development Package. A waste collection vehicle and local employees designated to work at the resource centre are already recruited.

The inauguration of the SRMC marked the formal handing over of the waste management centre for the benefit of all the inhabitants and business establishments in Spituk.

## DIET, Leh, organises training on reading proficiency under NIPUN Bharat



During the five-day training on Jolly Phonics focusing on reading proficiency under NIPUN Bharat for government school teachers at DIET Leh.

Reach Ladakh Correspondent

LEH: Five-day training on Jolly Phonics focusing on reading

proficiency under NIPUN Bharat for government school teachers commenced on October 25 at DIET Leh.

The training is being organised by District Institute of Education and Training (DIET), Leh. The resource person for the training is Shanaz Jussa, an International Professional Trainer on Jolly Phonics.

The training aims to enhance the professional competency of teachers posted in far-flung areas of the Leh district. It is specially organised for the teachers teaching from primary to Class 5th in far-flung places.

Around 30 teachers from six blocks of Leh district and the English faculty of DIET Leh are participating in the training.

This training is part of the master activity calendar under NIPUN Bharat and quality intervention released by the Directorate of School Education, UT Ladakh.

## Rollout of eProsecution under ICJS



Reach Ladakh Correspondent

LEH: Director Prosecution, UT Ladakh, Tashi Dolma rolled out eProsecution application in the UT of Ladakh on October 17. The portal provides a platform for electronic communication between Court, Prison, Police department and Forensic Science

Laboratory under the Inter-Operable Criminal Justice System (ICJS).

Technical Director/ICJS NIC Coordinator, Tahir Mahajan provided support and training in this regard.

Assistant Public Prosecutor, Principal Sessions Court, Leh,

Nawang Nurboo and officers/officials of NIC Leh were present during the launch of the portal.

e-Prosecution provides a secure web-platform for all the public prosecutors to record and serve legal proceedings on a criminal case filed by UT police right from protesting bail application, submission of charge sheet, framing of charge, examination of witnesses, legal opinion on FIR, final arguments etc till disposal of the case followed by an appeal (if any).

e-Prosecution would help the public prosecutor office to smoothly and easily deliver the services and also bring transparency in the system.

## Workshop on energy-efficient building designs held in Leh

Reach Ladakh Correspondent

LEH: A two-day regional workshop on Building Design for Energy Efficiency and Renewable Energy Integration in buildings in Ladakh was held in Leh on October 18 and 19.

The workshop was organised by National Health Mission, UT Ladakh under National Program on Climate Change and Human Health (NPCCHH) in collaboration with BEEP RE Project, Swiss Agency for Development and Cooperation (SDC), International Institute for Energy Conservative (IIEC) and Energy Efficiency Services Limited (EESL).

The workshop is being organised to provide a platform to open a dialogue with the key stakeholders on future actions and to utilize the results and learnings from the pilot project demonstration in the region.

Principal Secretary, Dr. Pawan Kotwal appreciated and applauded the efforts being taken by different stakeholders toward the goal of a carbon-neutral La-



During the two-day regional workshop on Building Design for Energy Efficiency and Renewable Energy Integration in buildings in Ladakh.

dakh. He apprised the participants about the steps being taken to make the health facilities of Ladakh more energy efficient and less energy-intensive to contribute towards the vision of the Prime Minister of India to make Carbon-Neutral Ladakh.

Setting the agenda of the workshop, Commissioner/Secretary, Ajeet Kumar Sahu briefed about various steps being taken in Ladakh supported by different research teams for achieving the goal of sustainable and carbon-neutral Ladakh.

During the workshop, the experts from IIEC, Ankita Ran-

jan, and Anant Joshi shared their experiences with building practitioners and decision-makers to understand and promote the building of energy-efficient buildings in the Ladakh region that are well suited to integrate renewable energy technological implementations.

Nodal Officer NPCCHH, NHM Ladakh, Dr. Sunil Ahirwar presented a power-point presentation on Climate Change and its impact on Human Health.

On day two, the participants visited the Himalayan Institute of Alternative Learnings (HIAL), Leh as a part of the workshop.

## 1st Nubra Sports and Adventure Festival 2022 concludes



Reach Ladakh Correspondent

NUBRA: First edition of the five-day long Nubra Sports and Adventure Festival concluded at Thurtim Tongstat on October 23. The festival was organised by LAHDC Leh and the Department of Youth Services and Sports, Leh

Chairman, LAHDC Leh, Adv Tashi Gyalson and MP, Ladakh, Jamyang Tsering Namgyal lauded the efforts of the organising committee and all the stakeholders and supporters including local associations and the Indian Army for successfully conducting the festival at different venues in Nubra this year.

They emphasised the need for

developing a healthy society by ensuring good platforms for the youths in the field of sports and adventure. They also assured to assist in promoting adventure sports and tourism, especially in far-flung regions of Ladakh including the Nubra region.

The festival was inaugurated by Deputy Chairman, LAHDC Leh, Tsering Angchuk inaugurated the Nubra Sports and Adventure Festival at Turtuk on October 19.

Dy Chairman Tsering Angchuk added that a festival dedicated to sports and adventure would further promote tourism in the Nubra region. He shared that the traditional sport of horse polo, which is an integral cultural

identity of Ladakh, is dwindling and is currently practiced/played only in a few pockets of the region like Turtuk, Chuchot, and Drass.

He exhorted the need of preserving and promoting the traditional sport and assured the continuous support of the Council for the same purpose. He added that Council would extend financial support for purchasing equipment, and providing training/workshops.

A polo match between Indus Club Chuchot and Balti Tiger Turtuk was played apart from a beautiful Balti dance performed by the artists from Turtuk village.

As informed, the main motive behind conducting this festival was to motivate and encourage youths especially women to participate in sports such as rock climbing, cycling, archery etc. Accordingly, a large number of women's participation was witnessed in each and every sporting activity.

## Martyrs remembered on Police Commemoration Day in Leh

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a crucial role in controlling law and order for the overall development of the country and serve the people tirelessly round the clock. He stated Ladakh Police the 'Youngest police force' in the country and is a fully independent force in terms of manpower. Ladakh Police is working actively against drugs, cybercrime, financial fraud, crime against women, and many others, he added.

He also highlighted the continuous training imparted to the police personnel for hijack situations, infiltration, disaster, etc. He said that the 112 emergency helpline number launched by Ladakh Police benefits the public, helps in maintaining law and order and crime, and in mitigating natural disasters.

Mathur lauded the efforts and role of all forces including police, ITBP, and CISF for making Ladakh a safe and peaceful Union Territory.

ADGP, SS Khandare spoke about the importance of the Police Commemoration day and expressed

gratitude to all the martyrs who laid down their life.

Rich tribute was paid to all the brave policemen who lost their lives during various insurgencies and in different situations and emergencies while performing their duty. Paying solidarity with the families of martyr policemen, a token of respect and encouragement was also presented.

A blood donation camp was also organised by Ladakh Police during the event.

On October 21, 1959, 20 Indian soldiers were attacked by the heavily armed Chinese troops in Hot Spring Ladakh, 10 valiant policemen were martyred in this uneven confrontation and seven were imprisoned. After a month, on November 28, 1959, Chinese troops handed over the dead bodies of the martyred policemen. The bodies were cremated with full honor at Hot Spring in Ladakh. The Annual Conference of Inspectors General of Police of States and Union Territories held in January 1960 decided that October 21 would henceforth be observed as 'Commemoration Day' or 'Martyr's Day'.

## L-G reviews progress of ongoing projects & project proposals of LREDA & KREDA



Lieutenant Governor of Ladakh, RK Mathur reviewing the progress of ongoing projects and project proposals of LREDA, KREDA and PDD.

### Reach Ladakh Correspondent

LEH: Lieutenant Governor of Ladakh, RK Mathur reviewed the progress of ongoing projects and project proposals of Ladakh Renewable Energy Development Agency (LREDA), Kargil Renewable Energy Development Agency (KREDA) and Power Development Department (PDD), at Raj Niwas on October 21.

LG Mathur stressed the need for saturation coverage of solar water heaters and solar water heating under various schemes in Ladakh in a holistic manner so that the people can avail themselves of their benefits. He advised that a survey may be conducted to assess the panchayat-wise require-

ment of solar water heaters in Ladakh. He suggested that both LREDA and KREDA may coordinate and get prior approval from Irrigation and Agriculture Departments to avoid duplicity of solar water lifting projects in Ladakh.

He advised that a pilot hydroelectric power project on the 'run of the river' along with a turbine that remains operational in the winter may be carried out. He stated that sufficient solar power should be supplied to the public in remote areas of Ladakh so that they can use household appliances other than their lighting needs. He directed both LREDA and KREDA to replace the batteries of existing solar photovol-

taic (SPV) plants, wherever due, to ensure 100 per cent saturation.

LG Mathur advised that proper irrigation plans may be prepared to ensure that SPVs with sufficient capacities can be installed to provide water to all existing and potential agricultural lands in Ladakh. He further advised that proper measures may be taken to ensure there is no malpractice by the manufacturers while supplying solar water heating systems and other items.

Project Coordinator, KREDA, gave a detailed presentation on their achievements and proposed plans, including solar water heaters, small hydro projects, solar photovoltaic projects, solar water lifting pumps and various works executed by them under different schemes.

Project Director, LREDA, gave a detailed presentation on the status of hydroelectric projects, other projects, including battery replacement of existing SPVs, solar water heaters, solar street lights, and the status of renewable energy projects.

Chief Engineer, PDD, Gir Ahmed Mir gave updates on the electrification of Nubra, Changthang and Zaskar areas.

## 7th meeting of State Board for Wildlife held in Leh

Discuss rationalization of boundaries of wildlife sanctuaries, feral dogs among topics



During the 7th meeting of the State Board for Wildlife of UT Ladakh chaired by the Lieutenant Governor of Ladakh, RK Mathur.

### Reach Ladakh Correspondent

LEH: The 7th meeting of the State Board for Wildlife of UT Ladakh was chaired by the Lieutenant Governor of Ladakh, RK Mathur on October 20 at Raj Niwas.

The meeting was attended by Chairman, LAHDC Leh, Advocate Tashi Gyalson; Executive Councillor, LAHDC Kargil, Mohsin Ali; MP Ladakh, Jamyang Tsering Namgyal; Advisor, Umang Narula; Principal Secretary, Dr. Pawan Kotwal; Commissioner/Secretary, Padma Angmo; Secretary, PDD, Ravinder Kumar; wildlife expert Dr. Ranjit Singh; DIG Ladakh Police, Sheikh Junaid; Chief Wildlife Warden, Sajad Mufti; Director, Sheep/Animal Husbandry, Dr. Mohd Raza; Director, Wildlife Institute of India (WII), Dr. Satya Prakash Yadav; Scientist, WII, Dr. S Sathyakumar; representatives from Zoological Survey of India and Botanical Survey of India; Officer Incharge, National Institute of Sowa Rigpa; Dr. Padma Gurmet; Senior Scientist, Nature Conservation Foundation, Dr. Yash Veer Bhatnagar and Trustee, Legal Initiative for Forest and Environment, Dr. RK Singh, were among those who attended the meeting virtually.

Emphasizing the need to tackle the issue of feral dogs in Ladakh, LG Mathur advised the Wildlife Department to coordinate with Animal Husbandry Department (AHD) and provide necessary assistance to them, including the utilization of outsourced staff, to conduct sterilization camps across Ladakh to neuter feral dogs. He further advised Animal Husbandry Department that necessary support may be provided to Indian Air Force (IAF) to conduct sterilization camps at the IAF station to ensure air safety. He directed AHD to work in coordination with the Indian Army and Indian Air Force to ensure that food waste is not thrown in the open.

LG Mathur stressed the need to conduct the sterilization of feral dogs on a large scale in all parts of Ladakh in April or May next year in coordination with all the departments and complete the process within three months. He emphasized the need to assess the damage caused by feral dogs to wildlife and take necessary steps to tackle feral dogs so that humans don't become their targets.

LG Mathur stated that the rationalization of boundaries of Wildlife Sanctuaries is being

done in consultation with local stakeholders so that appropriate action can be taken to ensure that the ownership of lands remains with the people residing in these areas.

Chairman, LAHDC Leh, Advocate Tashi Gyalson; EC LAHDC Kargil Mohsin Ali; MP Ladakh Jamyang Tsering Namgyal and wildlife expert Dr. Ranjit Singh gave suggestions to tackle the issue of feral dogs and rationalization of boundaries of wildlife sanctuaries for the protection of wildlife and overall benefit of the people of Ladakh.

Earlier, Dr. S Sathyakumar from WII informed that four reports on the assessment of wildlife values and land tenure based on the rationalization of boundaries of Changthang Cold Desert Wildlife Sanctuary and Karakoram Wildlife Sanctuary have been prepared and shared after proper consultation with the residents of Changthang and Nubra areas. He informed that the final report would soon be submitted.

Director, AHD, Dr. Mohammad Raza, informed about sterilization camps being conducted in both Leh and Kargil under which 3544 feral dogs have been neutered this year.

## L-G visits Pashmina goat farm at Upshi



Lieutenant Governor of Ladakh, RK Mathur during his visit to Pashmina Goat Farm Upshi.

### Reach Ladakh Correspondent

UPSHI: Lieutenant Governor of Ladakh, RK Mathur visited Pashmina Goat Farm at Upshi on October 23.

Deputy Director, Pashmina Goat Farm, Upshi, Dr. Tsewang Morup, and District Sheep Husbandry Officer, Dr. Tundup Namgyal were present during

LG Mathur's visit.

The officials informed about various ongoing activities at the Pashmina Goat Farm. LG Mathur advised the Sheep Husbandry Department to expedite the artificial insemination of goats to improve their breed. He suggested that research projects to improve livestock may be identified and central research

institutes may be involved.

LG Mathur discussed the promotion of pashmina products along with the promotion of Pashmina Growers Cooperative Societies. He suggested that a conference involving all stakeholders, including Pashmina Growers Cooperative Societies, artisans, Self-Help Groups (SHGs), and veterinary doctors, may be held.

## First-ever 'Ladakh Literature Day' celebrated in Leh

...Continued from Page 1

He informed about various initiatives taken by Hill Council, Leh, which include the installation of bilingual signages at schools, making letters/applications in Bhoti twice a week in schools mandatory, etc.

"Various initiatives, including adult education programmes, funded by the Hill Council, will be implemented during the winter season," informed Deputy Chairman Angchuk.

He congratulated Ven Thupstan Paldan for receiving the first Ladakh Literary Award.

EC, Art & Culture, Stanzin Chosphele also congratulated Ven Paldan for being bestowed with the prestigious Ladakh Literary Award. He highlight-

ed Ven Paldan's contribution to the preservation of Ladakh's literary culture and heritage and further highlighted LAHDC Leh's vision of celebrating this day as the Literature Day of Ladakh by honoring the legacy of the Late Tashi Rabgias.

Prominent scholars and artists shared their experiences with the late Tashi Rabgias and his contribution to the entire Ladakhi society in the field of art, culture, and literature. They highlighted the life and achievements of the late Tashi Rabgias and stressed the need for preserving his legacy.

Various books published by the Ladakh Academy of Art, Culture, and Languages (LAACL), Leh along with books of other prominent authors were launched by the dignitaries present during the occasion.

## DC Santosh launches GoI's student entrepreneurship brochure



### Reach Ladakh Correspondent

KARGIL: Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Govt. of India student entrepreneurship brochure was released by DC, Kargil Santosh Sukhadeve and MGNCRE, MoE, GoI, Resource person Dr. Sankara Rao Kocherla Assistant Professor, the University of Ladakh on October 17.

The brochure was released as a part of promoting Entrepreneurship and Workmanship during National Entrepreneurship

19 to November 20.

Mahatma Gandhi National Council of Rural Education (MGNCRE) has called for forming Student Self-Help Groups (SSHGs) to promote both entrepreneurship and workmanship in Higher Education Institutions to support the efforts of Entrepreneurship Development cells through student alumni of the colleges. This helps in internships and apprenticeships with local businesses and local administration and is the most sustainable way to skill the youth into productive work.

The DC, while appreciating the efforts of MGNCRE, said that skilling, vocational education, and experiential learning will pave way for the employability of youth adding that small steps toward entrepreneurship can steer economic growth and development.

He added that every Higher Education Institution needs to form Cells on Vocational Education and Skilling, Rural Entrepreneurship Development, and Social Entrepreneurship. Furthermore, he assured of all possible help for the same.

Pertinently, MGNCRE engages with Higher Education Institutions across the country for taking forward Experiential Learning, Community Engagement, Mentoring, and Facilitation for Institutional Social Responsibility, Vocational Education, and Skilling for Employability, Sustainable Development, Swachhata, and Rural and Social Entrepreneurship.

## Establishing harmony within religious diversity

By His Holiness the 14th Dalai Lama

### The Dangers of Changing Religions

There are many different religions and cultures in the world and each has developed to suit its own people. Because of that, I always recommend that it's best to keep the religion you were born into. In the West, most people are Christians, although there are also some Jews and some Muslims. For them, or for anyone, to change religions is not easy and sometimes it just creates confusion.

There's one example that I always mention. In the early 1960's, we Tibetans faced great difficulties. At that time, many Christian organizations came to help us. There was one Tibetan lady who had several small children and she faced a very difficult situation. Then a Christian missionary came and accepted her children to go to a Christian missionary school. One day she came to me and told me that in this life she's going to be a Christian, but in her next life she's going to be a Buddhist. This clearly indicates that she had some confusion about religion.

Also there was one old Polish lady, I knew her from 1956. From 1959 onwards, she took serious interest in education and gave scholarships to several Tibetan students. She became interested in Buddhism, but before that she was a Theosophist in Madras. So already she had some nonsectarian type of point of view, but she accepted Buddhism as her personal religion. At the end of her life, the concept of God seemed to be closer to her mind and this also indicates a sign of confusion. Therefore, it's best to keep your own religion.

Among millions of people, however, some will instinctively have an interest in Eastern religions, especially Buddhism. These people need to think carefully. If they find Buddhism more suitable to their own dispositions, then okay, it's alright. Like among Tibetans, 99% of us are Buddhists. But over the last four centuries, there have been some Ladakhi Muslims living in Tibet, who have married Tibetans and their children have become Muslim. Also there have been some Christians in the Amdo area. So, okay, with both of them, no problem.

Also, I must mention that when someone takes a new religion, they must avoid a negative view toward their original tradition, which often comes up as part of human nature. Even if you find your old tradition not very helpful to you, it doesn't imply in general that it's not very helpful. All religions offer help to humanity. Especially when facing difficult situations, all religions offer hope. Therefore, we must respect all religions.

### Learning from Each Other's Religions

Also, today's reality is a little different from the past. In the past, people from different traditions remained more or less isolated. The Buddhists stayed in Asia; the Muslims in the Middle East and some in Asia; and

in the West there were mostly Christians. So there was little contact. But now it is different. There are new waves of immigration taking place; there's economic globalization and also a growing tourist industry. So much information is now available, including information about Buddhism. Because of these factors, our world community has become like one entity: a multi-cultural, multi-religious singular entity.

So here there are two possibilities of what can happen. The first one is that because of close contact between different traditions, sometimes there's a little sense of insecurity about our own tradition. The other tradition comes into more contact with us, so we feel a little bit uncomfortable. That's a negative possibility. The second possibility is that because of this reality of more communication, the opportunities to develop genuine harmony between traditions have grown. This is a more positive possibility and so now we must make effort to establish true harmony. If we leave aside the religions that do not have any philosophical basis, but just faith in worshipping the sun or moon or these type of things, if we leave those aside but look at the major world religions – Christianity, Judaism, Islam, different Hindu and Buddhist traditions, Jainism, Daoism, Confucianism, and so on – each of these has its own specialty. Therefore, through close contact, we can learn new things from each other; we can enrich our own traditions.

### Sharing Knowledge with Science

In the variety of religious traditions present in today's world, there are two categories: those that are theistic and those that are non-theistic. Buddhism is one of the non-theistic ones. According to non-theistic religions, the emphasis is on the law of causality. So naturally, there's a great deal of explanation of the law of cause and effect in Buddhism, and this is something which is very useful to know. It is useful in that it helps us to know more about ourselves and about our minds.

We need to realize, for example, that destructive emotions and attitudes are the sources of our suffering and pain. To eliminate suffering and pain, we need to focus not just on their physical and verbal levels, but also on the mental. The counterforces for them are also mostly mental.

In the Buddhist tradition, the explanation of the mind is very detailed. Also, we find the same in some ancient Indian traditions. Therefore now, today, modern science is investigating deeper and deeper in this area. For instance, medical science is beginning to carry out research on emotions, since they are very important in relation to our health. A healthy body is related to emotions. So it is especially important for neurologists investigating how the brain works to look more at emotions. In other academic fields as well, there is also a big interest in the mind and emotions. Therefore, information about the mind and emotions from Buddhism and from ancient Indian religions is very useful for their research.

Usually I distinguish three parts of Buddhism: Buddhist science, Buddhist philosophy and Buddhist religion. Look at the example of Buddha himself. Buddha originally was an ordinary sentient being, a limited being. He taught how to transform our ordinary emotions and minds step by step and, by following that path himself, he finally became enlightened, and that's a Buddha. Therefore, the Buddhist approach is to start on this level, the level of ordinary people, and then proceed on that level all the way up to Buddhahood.

Because of that, then firstly, we have to know today's reality: that entails Buddhist science. Then, on that basis, we see the possibility of change, of transformation. We see that change is possible and that's the Buddhist philosophy. When that becomes clear to us and we have confidence in the process of inner transformation, then we can start the practice of Buddhist religion.

So if we look back at Buddhist science, there are two areas that it deals with: internally, the mind, and externally with atoms, the universe and so on. Western science has much to offer on the external level: it seems to be extremely advanced in that area. We Buddhists can learn much from it about particles, how they function, about genetics, about the universe – these are very useful for us as Buddhists. At least, in terms of this planet, it's quite clear that there is no Mount Meru. So, some of our classical descriptions must also be changed. Therefore, the scientific findings in the fields of cosmology, particle physics, quantum physics, and so on, are very essential for us Buddhists to learn.

Some findings of modern science and Buddhism, however, are the same. For example, originally, people believed that there was some sort of self-sufficient, independent substance on the side of objects. But now, according to the findings of quantum physics, we see that there is no such thing. We Buddhists have had this understanding for thousands of years. Buddhism teaches that nothing is self-sufficiently arising or self-sufficiently existing, but rather everything dependently arises.

Now, in terms of inner knowledge, modern science is starting to conduct some investigations, so there can be mutual benefit. Buddhists can learn about external phenomena from science and science can learn how to deal with negative emotions and such internal phenomena from the Buddhists. So, when we speak with the scientists, it's not about future lives or nirvana. We don't speak about religious aspects, but rather we speak about the mind and emotions. This is because we have the same method: we investigate things in order to find out about reality.

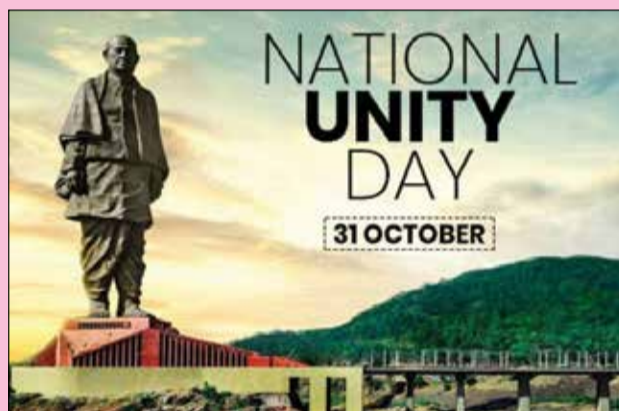
Courtesy studybuddhism.com.



### Rashtriya Ekta Diwas or National Unity Day

Rashtriya Ekta Diwas is observed on 31 October every year to commemorate the birth anniversary of Sardar Vallabhai Patel, India's first Home Minister, who played an important role in persuading many princely states to join the Union of India. He is famously known as Iron Man of India and as one of the founding leaders of the Republic of India.

In 2014, the Government of India introduced Rashtriya Ekta Diwas or National Unity Day with an aim to pay tribute to Sardar Vallabhai Patel on his birth anniversary. He is always remembered for his extraordinary works for the country and no doubt, he worked hard in keeping India united. The day was inaugurated by Prime Minister Narendra Modi in 2014, by paying tribute to the Sardar Vallabhai Patel's statue and flagging of a program which was known as



'Run For Unity' in New Delhi. Run for unity was held to spread awareness about Sardar Vallabhai Patel's contribution to Indian history. In 2019, on Rashtriya Ekta Diwas, Narendra Modi administered the National Unity Day Pledge at the Statue of Unity in Kevadia.

Sardar Patel National Unity Award seeks to recognize notable and inspiring contributions to promote the cause of national unity and integrity and to reinforce the value of a strong and united India. On the occasion of National Unity Day (31st October), the award will be announced.

## DID YOU KNOW



for defense, both while they sleep and when they face enemies. By curling into a tight ball and tucking in their heads, tail and legs, they protect vulnerable parts of their body.



Meerkats

- Meerkats live in the deserts and grasslands of the southern tip of Africa. They are super cute, with bushy, brown-striped fur, a small, pointed face and large eyes surrounded by dark patches. They average about 50 centimetres long, including their tail. These extremely social animals live together in burrows, which they dig with their long, sharp claws.

- Hedgehogs are famous for their prickly spines, which they have everywhere except on their face, legs and bellies. These cute critters depend on their spines

- There are 15 different species of hedgehog, found across Europe, Asia and Africa. Whilst these cool creatures mainly stay on the ground, they are quite good swimmers and can climb trees, too!

- The jaws of an American alligator can contain up to 80 teeth. These often fall out and are replaced, so the reptiles can go through over 2,000 gnashes during their lifetime.

- The green anaconda is the largest snake in the world. It can grow up to 9m in length and weigh as much as 227kg.

## SoulSpeak

P.P. Wangchuk

### The lie of truth and the untruth



Truth, untruth and lie, at times, fox us no end. But there is only a thin line that separates them, and each one of them may replace each other quite often. And, can a 'made-to-believe' falsehood be the TRUTH? Generally, one would say NO. True, there are so many 'made-to-believe' things that may or may not be called the TRUTH. If not, then naturally that is untruth or a lie. For instance, we believe that there are several bigger oceans deep down the earth. Most of us would like to believe it as a statement of fact rather than negate it.

Anyway, whenever we call something true, untrue or false, there is a feeling deep inside us, and that makes us believe in them to be correct. We are also foxed at times by the UNTRUTH! What do you call an untruth? Certainly, can't be called a LIE. Untruth can be said to be 'neutral', neither true nor a lie. And a LIE is certainly the opposite of TRUTH. And, yet again, it is quite true, that there are occasions when TRUTH becomes a LIE and the vice-versa. How? Let us say, I call Mr X my best friend, and take it for sure to be true. But, for another guy, the same Mr X maybe his worst enemy. The same person a friend and an enemy! Therefore, can we say TRUTH is FALSE and FALSE is TRUTH? Also, there are many religious beliefs that are taken as gospels of truth by many, and yet many others show their great disagreement.

So, truths are a matter of conviction based on certain social, religious and other factors. For those who believe in their TRUTH, for them the wise man has this to say: The truth will set you free, and a lie will cost you everything. Since TRUTH sets you free, you can declare that it enables you to swear with conviction that the path you are treading is the path of God, the righteous one!

Courtesy: WongWorld

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

## In Conversation with Yangchan Dolma (Ama Chocho), Senior Women Leader

*Interviewed by Stanzin Dasal*

**Q. Share with us about your childhood days and your journey as a woman leader**

I was born in Yourtung and used to be an active kid. Sadly, I didn't receive any school education because back in those days' girls' education was not so encouraged. I learned about the ways of society, culture, and tradition from my mother. She was one of the active women leaders during those days and I used to go along with her in meetings and other activities thus learning about societal issues, how and where to address them etc. From the age of 17, I took part in various rallies, and processions along with other women of Ladakh. I along with the support of other women formed the LBA women's wing.

**Q. Share with us the role of women during the agitation launched in support of the demand for UT and Schedule Tribe status.**

The 1981 and 1989 agitation, demanding UT and scheduled tribe status for Ladakh cannot fade away from our memories and I must say every Ladakhi should remember the sacrifices made by the people for the cause of Ladakh. Under the leadership of Thupstan Chhewang, people stood united and fought for Ladakh. Women from different parts of Ladakh also played a vital role during the agitation times. Many went to jail and were kept in prison for almost 2 months, and many got injured during the lathi charge. Some women are still suffering from joint pains, backache, headache, etc. because of injuries caused by lathi. When the curfew was imposed in the region many women used to sneak out and deliver food for others. The hard days didn't keep the women on the back foot they strive along with men equally. I must say that women were selfless, united, bold, and courageous. It is sad to see that today the struggle of women during the agitation days is not even talked about. I feel they should be equally appreciated and remembered for their sacrifices and struggle.

**Q. You have witnessed the struggle and hard times faced during those days. Today after UT status for Ladakh how do you feel?**

There are missed emotions after UT status, people are happy to become an independent region but at the same time uncertainty is there regarding culture, tradition, land, and job without any safeguard. Safeguarding Ladakh is very important and there is no second thought. Today Ka Thupstan Chhewang is working and striving to safeguard,



and I must say that all Ladakhi must support him. He has been leading Ladakh in all the difficult times and today he is again standing strong for the cause of Ladakh. Constitutional safeguard for Ladakh is very important and we must forget all the differences and strive unitedly.

**Q. Though women in Ladakh are excelling and leading in various fields their participation in policy and decision-making is almost absent. What you will say about not having an elected women representative in Ladakh?**

In Hill Councils we don't have women elected representatives so far; there were 2 nominated seats for women which are also now reduced to only 1. The irony is that no women seem to have any problem with it and no one said anything about it. There was a time when a woman finds it difficult to get a mandate to fight elections and which is somehow still practiced. Parties are reluctant to give a mandate to women and on the other hand women also step back. Women of today are educated and have vast experiences; I feel they should strive for their rights and take what is for them without any hesitation. If no political party has faith in them, stand as an independent candidate. Winning and losing should not matter, women should take the courage to stand and fight an election. Most importantly women should support each other because it is a woman who can understand the grievances and issues of women better.

**Q. You have been one of the most active women in politics and for more than 20 years you were active on the ground also. What difference do you see in today's political scenario?**

People of Ladakh were going through very hard times even after India's Independence and to free people from all struggle's selfless leader like Kushok Bakula Rinpoche was on the front foot. There were many other leaders whose contributions to Ladakh were immense. During those days regional interest was on top everyone keeps Ladakh first, but the situation now looks different. It seems leaders of today forgot regional interests and are busy taking out personal grudges more. There are many young, energetic, and dynamic leaders in Ladakh today be it in ruling or opposition who are doing a very good job but talking about each other differences slinging mud and hurting each other is the only flaws which need to be changed.

**MESSAGE TO THE READERS**

“ People of Ladakh should stand firm and join hands to seek constitutional safeguards for the region. All the leaders should set their political differences aside for the larger interest of the people of Ladakh and the holistic development of the region. ”

### Fortnight Highlights



Prime Minister Narendra Modi arrived on October 24 in Kargil to celebrate Diwali with the Indian Army.



Member of Parliament, Ladakh, Jamyang Tsering Namgyal met Prof. Umesh Rai, Vice Chancellor of Jammu University on October 5 and discussed various issues about the students belonging to Ladakh pursuing higher education in Jammu.



A delegation of retired central government employees, including C Phunsog (Retd IAS), T Punchok (Retd IPS), T Namgail (Retd DIG SSB), and Tsewang Namgyal (Retd IFS) met the Lieutenant Governor of Ladakh, RK Mathur on October 22 at Raj Niwas.



District Police Leh organised the 1st Police Martyrs Memorial Cricket Tournament of Leh sub division at NDS stadium.



On 19th October a successful general discussion on unemployment and safeguard issue in Ladakh was organised by the All Ladakh Unemployed Youth Association (ALUYA) and Student Unions of Ladakh. The discussion was attended by all the stake holders of Ladakh where they assured their full fledged support for the youth in course of action they take in getting their genuine demands of employment and safeguard for Ladakh.

## CEC Kargil discusses developmental activities of Kargil town

Reach Ladakh Correspondent

KARGIL: Chairman/CEC, LAHDC, Kargil Feroz Ahmed Khan discussed various developmental activities of Kargil town with the concerned officers on October 25.

Councilor Town Haji Abass, Executive Engineer PHE, I&FC, R&B, CMO Kargil, BMO, CEO Kargil, Engineers of PDD mechanical department besides other concerned officers were present during the meeting.

Threadbare discussion and deliberation were held on the various aspects and progress achieved by various departments in Kargil town.

CMO Kargil informed the meeting that besides shifting of Kargil hospital to newly constructed 300 bedded hospital at Kurbathang the old hospital will remain functional for the basic necessary medical help which mainly includes functional emergency section, labour room, casualty, CT scan etc.

The CMO also informed that doctors will be available at the hospital during the day time from 10 a.m. to 4 p.m. along with the availability of two ambulances for emergency.

The concerned officer from PDD



informed the meeting that Gupta agency has installed total 112 DTRs in the town area and 40 DTRs are still pending to be installed.

The CEC directed the concern officers of the Gupta agency to increase the manpower for the installation of reaming DTRs and complete other remaining works in order to provide uninterrupted electricity supply in the town during the winter season. Khan also set 15 November as the deadline to complete all the pending works in the town area.

The concerned officer from PHE Department informed the meeting that various projects are going in full swing in town area. The concerned officer flagged off an immediate need to install hand pump at various public sites

near taxi and bus stand. The CEC directed the officer to submit the proposal for further approval.

Similarly, the concerned officer from R&B Department informed that various developmental works including remodeling of Koul at Abagrang, protection bund at Adul Gound, remodeling of tank Goma Kargil public library at Drethang and various other works are at the developmental stage.

Khan also directed the concerned officers to complete the reaming works as soon as possible and book the maximum expenditure of the current financial season. He also said that the one-month time period is enough to complete the pending works which should be achieved without any further delay.

## CEC reviews winter stocking in Kargil



Chairman/CEC, LAHDC, Kargil Feroz Ahmad Khan reviewing winter preparedness during a meeting with concerned officers.

Reach Ladakh Correspondent

KARGIL: Chairman/CEC, LAHDC, Kargil Feroz Ahmad Khan reviewed the stock and supply position of essential commodities, medical facilities, and winter preparedness on October 17.

During the meeting, discussion was held on the availability of food grains, kerosene oil, LPG, medicines, firewood, and other essential commodities for all areas of the district including the Zanskar subdivision.

FCS & CA officers informed the meeting that an adequate quantity of food grains including rice and wheat has been stocked in Zanskar and there are no issues on this front. While in Drass and snow-bound areas of Kargil, 80 percent of rice and wheat has been stocked.

CEC directed the officers to ensure the stocking of the remaining quota of essential commodities on a fast-track basis.

CMO informed the meeting that within the next three days they

will stock up to 75 percent of medicine and drugs in Zanskar and Drass.

It was informed that seeds, fertilizers, feed, and fodder have also been stocked in full as per requirements for the ensuing winter season.

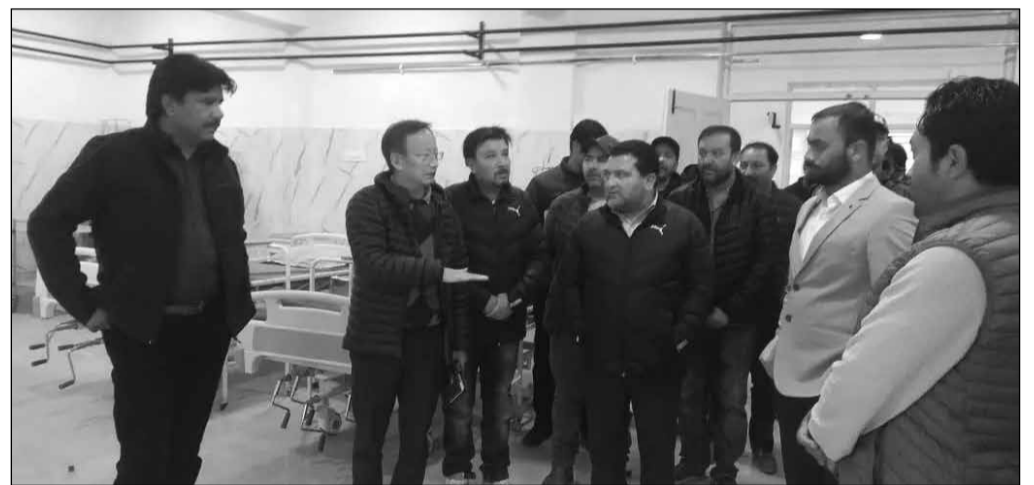
Regarding the gas stocking in the district, it was informed that gas has been already stocked in Kargil town while in Zanskar it would be completed up to October end.

CEC Khan directed the mechanical division to keep men and machinery in readiness mode for carrying out snow clearance works on the Kargil-Srinagar and Kargil-Zanskar roads.

He directed the concerned officers to work with utmost dedication and commitment to ensure the provision of satisfactory facilities to the people so that they do not face any inconvenience during the winter season.

## Feroz Khan inspects new hospital building at Kurbathang

Instructs concerned officers to inaugurate the building on October 31



Reach Ladakh Correspondent

KARGIL: Chairman/CEC, LAHDC, Kargil Feroz Ahmad Khan inspected the newly constructed hospital building at Kurbathang on October 22.

CEC, Feroz Ahmad Khan and DC, Santosh Sukhadeve directed the health department to shift the district hospital to the newly built 300 bedded hospital at Kurbathang. The inauguration will be held on October 31.

Feroz Ahmad Khan visited various departments at the new building and inspected its feasibility. The concerned officials apprised him that the right wing of the building is ready for its functioning which can accommodate 100 beds.

The CEC and Deputy Commissioner instructed the concerned officers for necessary leftover modification at the earliest. CEC also directed R&B Department to completion of the elevator and

quarters for doctors and staff members before the inauguration date.

Khan also directed the AEE of the concerned department to submit the DPR of the right and left wing of the new hospital to Director Health Services, UT Ladakh.

The CEC, DC, and Director, Health Services appreciated the concerned officers of the Health, R&B, Mechanical, and Electrical Departments for the timely completion of the new hospital.

## Friends Drass win Shaheed Zulfikar Ali T-20 Police Martyrs Memorial Cricket Tournament



Reach Ladakh Correspondent

DRASS: Friends Drass won Shaheed Zulfikar Ali T-20 Police Martyrs Memorial Cricket Tournament of Sub-division by 51 runs on October 23 in Drass.

The final match was played between Friends Drass and Dardic Legend Shimsha.

Reyaz Naqvi Captain Friends

Dardic Shimsha score only 132 losing all wickets in 18.4 overs with young 16-year-old Ibrahim scoring 49 runs.

Gulzar Ahmad of Friends Drass was declared as man of the match for scoring quickfire 42 and taking 3 wickets. He was also adjudged man of the series for scoring 2 fifties in the tournament.

Executive Councillor, LAHDC, Kargil, Aga Syed Mehdi Fazili was the chief guest on the occasion and Noor Mohammad BDC Chairperson Drass was guest of honour.

DySP Headquarter Kargil Manzoor Ahmad was the special guest. Free premium cricket kits to all participating teams, trophies, cash prizes were also distributed.

## National Service Scheme unit of EJM college cleans up Sindhu Ghat in Leh

Reach Ladakh Correspondent

LEH: The National Service Scheme (NSS) unit of Eliezer Joldan Memorial College, Leh organised a mega cleanliness drive at Sindhu Ghat Leh on October 19.

The initiative was carried out as part of the government's celebration of Mega Swachchata Diwas.

Under the ongoing Clean India Campaign 2.0, the NSS unit of EJM College, Leh headed by its Convenor/ Assistant Professor, Zoology, Padma Wangchuk, cleaned and collected plastic waste and other forms of garbage of about



200 kg at Sindhu Ghat, Leh.

The cleanliness drive aimed to raise awareness and ensure that the natural surroundings of Ladakh are always kept clean.

NSS members Assistant Profes-

sor English, Sonam Angmo and Assistant Professor Commerce, Jigmet Yangdol along with EJM faculty members and staff volunteered and participated in the cleanliness drive.

## Maqsooma: Kargil's young cricket sensation

Youth Services and Sports Department, Administration of UT Ladakh extends support to the young talent



Reach Ladakh Correspondent

LEH: Secretary, Youth Services and Sports, UT Ladakh, Ravinder Kumar announced a complete cricket set to Kaksar High School in Kargil after a video of Maqsooma, a class 6th student speaking about her passion for cricket went viral.

In the video, Maqsooma ac-

knowledges the support and training she receives from her father at home and her teacher at school. She articulates her aspiration to be a cricketer like former Indian captain, Virat Kohli. Many people including several international cricketers from around the world appreciated her crickering skills and attitude.

Youth Services and Sports Department, Administration of Union Territory of Ladakh decided to extend support not just to young Maqsooma, but also to her team and the whole school.

Secretary, Youth Services and Sports, UT Ladakh, Ravinder Kumar said, "Cricket is a team sport and we must nurture students like Maqsooma and others to hone their skills and ability to play in a team."

He further added that efforts are underway to develop sports infrastructure in the mountainous region of Ladakh along with the identification of such talent in different sports for additional support and coaching.

## Training for maternal and newborn care held at SNM Hospital, Leh



During the concluding day of the Training of Trainers (ToT) on Technical Update and Skills Standardization for Maternal and Newborn care.

**Reach Ladakh Correspondent**

LEH: Four days program under DAKSHATA for Training of Trainers (ToT) on Technical Update and Skills Standardization for Maternal and Newborn care concluded on October 17 at SNM Hospital Leh.

The training program was organised by National Health Mission, UT Ladakh in collaboration with Jhpiego-India and aims to empower healthcare providers for ensuring quality care during the intrapartum and immediate postpartum period to reduce newborn

mortality rates in UT Ladakh.

The skill-based training program was exclusively for Gynecologists, Medical Officers, Nursing Supervisors, and Labour room In-charges from both the Leh and Kargil districts of UT Ladakh. A total of 20 participants from both districts were part of the training program.

Interacting virtually, Program Director and Director Operations, Jhpiego India, Dr. Kamelsh Lalchandani assured Jhpiego's support as and when required.

Resource person, Dr. Sunita Dhamija said that she was happy to be a trainer for the DAKSHATA training. She expressed best wishes to all the healthcare providers and urged them to ensure patients' safety by all means.

Mission Director, NHM Ladakh, Dr. Iftikhar Ahmed Choudhary congratulated all the participants for attending and completing the training program and urged them to follow the directions given by the experts during the training sessions.

He further thanked Jhpiego-India for making the training a successful one. He expressed special gratitude to resource persons Robin Sharma and Abhilasha Donald from Jhpiego-India who came from Delhi for this training program. He also thanked Dr. Sunita Dhamija and Bhijali Sinha for joining the training program virtually.

In the end, Mission Director of NHM Ladakh distributed certificates to the participants.

## 6-day training for artisans held in Kargil



Chairman/CEC, LAHDC, Kargil Feroz Ahmad Khan handing over the certificates to the artisan after completing 6 day training.

**Reach Ladakh Correspondent**

KARGIL: Six-day training for artisans of Kargil under the IT Enabled Incubation Centre for Handloom and Handicraft sector concluded at DIET, Kargil on October 22.

Chairman/CEC, LAHDC, Kargil Feroz Ahmad Khan congratulated NIELIT for conducting such training and for implementing this program to address the existing skill gaps among the artisans.

He said that such training will increase their knowledge about the modern value chain in hand-

craft work and asked the artisans to review local products. CEC also suggested the concerned organize a mela during the tourist season and also briefed about the advantages of such skills.

He further said that marketing is a very useful tool for artisans and entrepreneurs and they should focus on that as well. He said that these artisans and entrepreneurs can set an example for others.

Khan extended his best wishes to the participants for the successful program. He also asked the organisers to continuously take

feedback from participants regarding the program.

Furthermore, CEC assured to provide all possible help from the LAHDC Kargil besides assured to organize such training in the future at a larger scale.

Deputy Commissioner Santosh Sukhadeve also appreciated the NIELIT for organizing such a training program and asked the artisans to focus on making unique products.

He informed about the subsidy schemes of the council and assured to provide all equipment to Self Help Groups.

Earlier, Mudassir Elyaz presented a detailed presentation on activities and achievements of the NIELIT, Leh, and Kargil. Certificates were also distributed to the artisans for completing the training.

The training program included awareness of computers, e-commerce portal and e-marketing, internet fundamentals, entrepreneurship, soft skills, and digital photography.

## Accounting Procedure training for newly-recruited Panchayat functionaries of Ladakh commence

RDD Ladakh in collaboration with NIRD-Hyderabad organize residential training



**Reach Ladakh Correspondent**

LEH: A training programme in collaboration with RDD Ladakh for its first residential training in Ladakh on Accounting Procedures for the newly recruited Panchayat Account Assistants commenced on October 26.

The six-day training programme is being organised by the Rural Development and Panchayati Raj dept, Ladakh in collaboration with the National Institute of Rural Development and Panchayati Raj, Hyderabad (NIRDPR).

The Centre for Internal Audit in Rural Development (CIARD) of the NIRDPR has deputed senior resource persons to Leh for the training. The six-day training programme will acquaint the new recruits with accounting and audit framework of PRIs, overview of schemes such as MGNREGS, NRLM, PMGSY, PMKSY, NSAP and the role of PRIs, concepts of accounting and bookkeeping, accounting standards, system of financial management, budget formu-

lation, contract management, reconciliations, PFMS, procurement and GeM, inventory management, audit, e-office and tally, and soft skills, etc. The training programme will have group discussions, hands-on exercises, exposure visits and also evaluation.

A team of five, Shashi Bhusan, Director, CIARD; Dr U Hemantha Kumar, Head, CIARD; G Naga Lakshmi, CIARD; P Ram Mohan Rao, Senior Accounts Officer (Retd); Shashi Rekha, Consultant, CIARD and Satish Nagendra will train the participants along with additional on-line trainers.

Commissioner /Secretary, Rural Development & Panchayati Raj, Ladakh, Saugat Biswas inaugurated the training programme in the presence of Director RDD & PR Tahir Hussain, ACD Leh, Sonam Nurboo, DPO Kargil, Padma Angmo, other senior functionaries of Rural Development Dept, Ladakh and the experts from NIRDPR.

Saugat Biswas said that this

training is the beginning of a proactive collaboration with the NIRDPR Hyderabad and is a first when a group of experts from the premier institution of the country is undertaking residential training in Ladakh. Earlier, various elected representatives such as Sarpanches, NRLM self-help groups, village-level workers and a bunch of panchayat account assistants had undergone training at NIDPR Hyderabad.

Biswas urged the participants to take full advantage of the presence of the experts in Leh and attend the training with complete sincerity. With the devolution of funds both in the capital and the recurring side to the panchayats and for the efficient utilisation of centrally sponsored schemes funds the role of Panchayat Account Assistants will be very important in the days to come, he said. The training will be completed by all the newly recruited Panchayat Account Assistants of Leh and Kargil districts.

## Indian Army organises awareness program on cybercrimes at GHS Thasgam

**Reach Ladakh Correspondent**

KARGIL: Indian Army organised an awareness program on cybercrimes at Government High School Thasgam, Drass on October 22 and made students aware of ways to deal with them.

The experts from the cyber cell of the Indian Army shared about cyber threats and activities like identity theft, credit card fraud, data stealing, cyberstalking, and other cybercrimes among the participants.

Booklets containing the whole security system against cybercrimes were also distributed among students.

Mohd Saleem Lone appreciated and thanked the Indian Army for organizing such an important awareness program at the school.



## Review meeting on infant mortality held in Kargil

**Reach Ladakh Correspondent**

KARGIL: Deputy Commissioner/CEO, LAHDC, Kargil Santosh Sukhadeve chaired a review meeting regarding infant mortality in the district with all concerned heads on October 17.

Chief Medical Officer, Kargil, Dr. Munawwar Hussain Wazir; Medical Superintendent District Hospital Kargil, Dr. Liyaqat Ali;

Deputy CMO, DIO, Paediatrician, Gynaecologist, all BMOs and officials of District Planning and Monitoring Unit (DPMU) attended the meeting.

A detailed discussion regarding infant deaths and their causes in the district was held and suggestions were given about their prevention.

DC Santosh directed the con-

cerned officers to an intense campaign regarding infant deaths and suggested using social media as a medium to spread the information to the general public. He further directed to involve of ICDS in such campaigns.

During the meeting, the DC Santosh also assured to take up the issue of manpower with the UT Administration.

### NOTICE

I, Sumathi, spouse of Mr K Murugan Rank BHM(GNR) resident of Vill-Konarkotti, Post-Thalihalli, Tehsil-Krishnagiri, District-Krishnagiri, State Tamil Nadu & PIN-635112 have changed my Date of Birth from 24 Dec 1986 to 17 May 1988 vide Affidavit dated 26 September 2022 before District court Leh.

### NOTICE

I, Shakila Mary, spouse of Mr J Arul Charles Rank Hav, resident of Vill- Manampoondi-2, Post- Manampoondi, Tehsil-Kandachipuram, District-Villupuram, State TN & PIN-605759 have changed my Date of Birth from 05 Feb 1984 to 05 Feb 1986 vide Affidavit dated 26 September 2022 before District Court Leh.



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