

# REACH LADAKH BULLETIN

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In Conversation with

Dr. Fayaz Ahmed

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Fortnightly Special

Leh Old Town Initiative (LOTI) endeavours to conserve Leh Old Town as Living Heritage Town

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## REACH LADAKH BULLETIN

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## Hill Council, Kargil, passes 4 point resolution

*Demands statehood, protection under the 6th Schedule, separate LS seats for Kargil & Leh, and Ladakh Public Service Commission*



Members of Hill Council, Kargil addressing the media after passing the 4 points resolution.

Stanzin Dasal

KARGIL: Ladakh Autonomous Hill Development Council (LAHDC)-Kargil passed a resolution on November 25 demanding full-fledged statehood for Ladakh, protection under the 6th Schedule of the Indian Constitution, Separate Lok Sabha seats for Kargil & Leh Districts, and Establishment of "Ladakh Public Service Commission" with the Ladakh Resident Certificate as a mandatory requirement for all recruitments for Gazetted Posts in UT Ladakh.

The resolution was moved by Engineer Punchok Tashi, Executive councilor for tourism and Zaskar affairs, and was seconded by Councillor Syed Abas Rizvi. 21 out of 26 councilors signed the resolution.

Addressing the press conference, Phuntsog Tashi, EC Zaskar Affairs, Hill Council, Kargil said, "After reorganization, the apprehension among the people regarding land, job, trade, environment, and culture has grown which is why the need for a sixth schedule of the Indian constitution is felt. 6th schedule guaran-

tees special provision for the protection of tribal areas; Ladakh is predominantly a tribal area hence people of Ladakh are demanding what is already stated in the constitution."

"Ladakh after UT status, there is no clear coordination, protocols, and business rules of Hill council, administration and Panchayati Raj system which has created chaos, confusion and is becoming very challenging to run the administration. Also, Ladakh is a strategically important place there is a need of providing full-fledged statehood", he added.

Citing the example of the internal rift created among the people of Leh and Kargil during the MP election, He talked about the need for separate Lok Sabha seats for Leh and Kargil districts to maintain communal harmony in a sensitive and strategically important place. Also, the need for the Ladakh Public service commission and reservation of all gazette posts for the residents of Ladakh by making the Ladakh Resident Certificate mandatory was highlighted.

## BJP not in favour of Sixth Schedule for Ladakh, says Congress



(Left to Right) Tundup Nurboo Cheetah, President, District Youth Congress; leader of opposition, Tsering Namgyal and Councilor, Upper Leh, Stanzin Tsepag.

Stanzin Dasal

LEH: Congress party, Leh condemned the resolution passed by Hill Council, Leh seeking constitutional safeguard for Ladakh.

Addressing the press conference on November 25 at the party office, the leader of opposition also the Councillor, Lower Leh, Tsering Namgyal said, "When every people of Ladakh demands sixth schedule, the council with BJP majority passes its resolution and chooses to go just opposite way. I must say that they are elected by the people and they should act according to people's aspirations".

"Under which article of the Indian constitution, the BJP is seeking constitutional safeguard? Just passing a resolution saying constitutional safeguard doesn't serve the purpose. There needs to be clarity, people shouldn't be misled by just saying constitutional safeguard", he added.

On November 22, a delegation headed by Chairman/CEC, LAHDC Leh, Adv. Tashi Gyalson and MP Ladakh, Jamyang Tsering Namgyal met LG Ladakh, R.K Mathur, and submitted a copy of the resolution passed by the house seeking constitutional safeguards to Ladakh for the protection of land, employment, culture, environment, and trade. The resolution was passed on November 9 during the special session of the General Council meeting of LAHDC, Leh.

During the meeting, CEC, Leh, and MP, Ladakh requested LG Mathur to communicate further to the Ministry of Home Affairs, Govt. of India regarding the resolution passed by LAHDC Leh.

Councilor, Upper Leh, Stanzin Tsepag said, "With this move and decision BJP has clearly stated that they are not in favor of sixth schedule demand."

...Continues on Page 3

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## Administration plans to build tunnels across Khardung La & 3 other passes

Consultants have been hired to prepare DPRs for the tunnels, says A K Sahu

### Reach Ladakh Correspondent

LEH: Ladakh administration is contemplating building tunnels across major passes of Ladakh to improve internal connectivity. Ajeet Kumar Sahu, Commissioner/Secretary, PWD, Ladakh told that consultants have been hired to prepare DPRs of tunnels across Khardung La, Fotu La, Namika La, and Key-La passes.

The status of the survey and feasibility study conducted by M/s RITES who have been assigned to prepare DPRs of these tunnels was reviewed on November 24.

An all-weather tunnel enhances connectivity between valleys for facilitating the movement of the military, civilians, and tourists in the region. The construction of these tunnels will lead to faster, safer, and smoother movement of internal traffic resulting in the all-around economic development of Ladakh.

The proposed 5.5 km long Khar-

dung-La tunnel is expected to shorten the travel time by an hour from Leh to Nubra valley. This will also help increase the safety of travelers due to bypassing landslide/avalanche-prone areas. Besides, it would also protect the Khardung glacier, which is a major source of water for Leh town, from receding due to the increase in heat emitted by automotive vehicular movement.

The consultant agency for the project shared that the proposed bypass tunnels at the Fotu La and Namika La passes will reduce the travel distance from Kargil to Leh by around an hour besides providing safety in traffic movement due to the accumulation of snow and icing on road during winters. The expected increase of traffic on this road in winter after the opening of the Zojila tunnel also necessitates the construction of these tunnels as it serves as a strategic route for logistic supply to Ladakh. These tunnels are expected to boost lo-

cal business activities, employment opportunities, and tourism in the region.

M/s RITES informed that preliminary survey and testing on all locations have been done and certain options have been worked out on the tunnel alignments. Those are being examined technically as well as through a cost-benefit analysis. Some pending testing would be done in the next working season to assess the geological formation of these passes.

Secretary asked to send the initial report before 31st December this year so that required approvals are obtained in advance.

The meeting was attended by the Director ULB, Dr. Zahida Bano; Chief Engineer Project Vijayak, BRO, Brigadier Vinay Bahl; Chief Engineer, PWD (R&B) / PMGSY, Tashi Chombel, and officials of the consultant agency RITES.

## Ladakh admin to construct Ladakh Bhawan in Chandigarh; passenger facility centres in Himachal and J&K

### Reach Ladakh Correspondent

LEH: Commissioner/Secretary, Public Works Department who is also the Managing Director, Sindhu Infrastructure Development Corporation Limited (SIDCO) reviewed the progress of various infrastructural projects of SIDCO on November 25 at Civil Secretariat, Leh.

The meeting discussed in detail the status of the allocation of land for the proposed Ladakh Bhawan at Chandigarh. The Ladakh Bhawan at Chandigarh aims to provide assistance to patients, students, and officials from Ladakh seeking coordination, and support. UT Administration has already made payment to the Chandigarh Administration for the allotment of land and an allotment order is expected to be issued shortly.

Further, allotment of land for passenger facilitation centres in Ladakh, viz. Upshi, and Padum; Keylong in Himachal Pradesh, and Sonamarg in J&K were discussed. The Ladakh administration intends to develop multipurpose passenger facility centres at various locations at Ladakh and



entry points in Keylong, HP, and Sonamarg, J&K. Ladakh administration has already approached the concerned states i.e. Himachal Pradesh and J&K for allotment of land for this purpose.

The managing Director asked the General manager (Projects) to early appoint an architect and a Structural Consultant for SIDCO on an immediate basis to take up various infrastructure projects. He further directed the Executive Director to take early action on taking over assets and properties of JKTDC, JKSRTC, and SICOP located in Ladakh as per the decision of the government at the earliest. Besides, the MD also reviewed the com-

pliance status of the Statutory requirements of the corporation, notification of recruitment rules, and hiring of manpower for the corporation.

Taking stock of the progress of work Commissioner/Secretary asked the concerned officials to ensure the timely completion of work and meet the targets in the set timeline.

The meeting was attended by Sh. Lakshay Singhal, IAS Executive Director, SIDCO; D.C. Rajath-Kumar, GM (Fin); Sh. Nissar Ahmed GM (Projects); Sh. Zakir Hussain Sr Manager/Deputy Secretary, PW (R&B), and Sh. Imran Khan Executive Engineer.

## Innovator Sonam Wangchuk receives 7th Dr. Paulos Mar Gregorios award



Renowned educationist and social innovator Sonam Wangchuk receiving the 7th Dr. Paulos Mar Gregorios Award from Former Vice President of India, Venkiah Naidu at New Delhi.

### Reach Ladakh Correspondent

NEW DELHI: Renowned educationist and social innovator Sonam Wangchuk was awarded with the 7th Dr. Paulos Mar Gregorios Award on November 27 for outstanding contribution in creative innovation and sustainable development.

The award ceremony was held at St Thomas School grounds in Ghaziabad. Former Vice President of India, Venkiah Naidu was the chief guest of the function.

Venkiah Naidu hailed the role of social and religious organizations in ensuring a sustainable development of the world we live in. Former Union Minister Salman Kurshid delivered the keynote address on the occasion.

Sonam Wangchuk is an Indian Engineer, Innovator and Education Reformist. In 1988, he founded SECMOL (Students Educational and Cultural Movement of Ladakh), with the aim of supporting

Ladakhi children and youth in educationally challenging and culturally confusing times. In 1994, he launched Operation New Hope to bring reforms in the government schools system. He founded the SECMOL Alternative School Campus to train the students whom the system termed as failures but are the ones who are the victims of a redundant education system. He has been instrumental in designing the low-cost solar heated buildings made of mud to maintain a formidable temperature in Ladakh winters. Ice Stupa has been yet another pioneering invention towards solving the water crisis facing mountain regions. HIAL (Himalayan Institute of Alternatives), a hands-on-doers fully solar heated mud University township is the most recent contribution. An internationally acclaimed figure, Sonam has received international recognition by being the recipient of the Magsaysay Award (2018), GQ Men of the Year Award for Social Entrepreneur of the Year (2017), Rolex Award for Enterprise (2016) & Green Teacher Award (2005) etc.

Instituted by the Sophia Society of the Malankara (Indian) Orthodox Church, Dr. Paulos Mar Gregorios award is given every alternate year in the memory of the first Metropolitan of Delhi Diocese and world renowned philosopher Dr. Paulos Mar Gregorios.

Dr. Paulos Mar Gregorios was a life-long seeker of knowledge, truth and the transcendent source of our being. His philosophy of freedom and love for humanity has inspired many. He was a gift of God: scholar, evangelist of peace, harmony and disarmament, author, linguist, theologian, socio-political thinker and crusader against exploitation, discrimination and neo-colonialism. He was an ecumenical leader devoted to inter-faith dialogue; President, World Council of Churches; articulator of the Orthodox Christian faith across the world; exponent of sacred traditions; advocate of women's empowerment, holistic health, environmental integrity and lover of nature.

During the function His Holiness the Catholicos Moran Mar Baselios Marthoma Mathews III, Supreme Head of the Orthodox Church in India and Dr. Youhanon Mar Demetrios, Metropolitan of Delhi Diocese, was present.

A book written by Fr. K M George on the life and thoughts of Paulos Mar Gregorios was also released on the occasion.

## CEC reviews preparation for winter tourism season

Discusses plans for Chadar Trek and Marathon on Pangong Lake



### Reach Ladakh Correspondent

LEH: Chairman/CEC, Adv. Tashi Gyalson reviewed necessary preparations for the Chadar Trek and allied tourism activities including a marathon on the frozen Pangong Lake ahead of the coming winter tourist season in Ladakh on November 19.

Considering Chadar Trek as an exclusive winter tourist destination in Ladakh, CEC instructed all the concerned officials and

tourism stakeholders to make it more sustainable by regulating the industry in an organised manner. He also requested officials of BRO Project Yojak to minimize blasting works on the road construction works near the Leh-Zaskar Chadar trek routes during the peak tourist season.

The need for proper insurance for tourists trekking on the Chadar routes and other formalities required were also deliberated.

CEC further instructed the officials of the Ladakh Mountain Guide Association to work in close coordination with the Health department for any casualties and rescue work during the Chadar trek season.

The meeting also discussed preparations for the upcoming marathon on frozen Pangong Lake to be conducted during the winter season to extend winter tourism in Ladakh in a regulated and sustainable manner.

It was decided during the meeting to hold the Chadar trek for one month starting from January 5, 2023, depending on the formation of ice in the Zaskar river and similarly the marathon on Pangong lake in February 2023.

Councillor Chushul, DC/CEO LAHDC Leh, Director Health Services Ladakh, CPO Leh, CMO Leh, Dy SP SDRF, and representatives from different tourism stakeholders including President LTTA attended the meeting.

## BJP not in favour of sixth schedule for Ladakh, says Congress

...Continued from Page 1

He said that BJP is seeking constitutional safeguards for Ladakh for the protection of land, employment, culture, environment, and trade; the same provision is already under the 6th schedule which they don't want to ask for. The ruling itself is not clear about safeguarding.

A special session of General Council meeting of LAHDC, Leh for safeguard was not called to understand or discuss sixth schedule, it was more intended to counter the topic, Tsepag added.

He further added that the BJP changed its stand according to their convenience and need, during election time they mentioned the sixth schedule in their election manifesto, and after winning they

talk about something else. The onus lies on BJP to stand and support the demand of every Ladakhi and forget all the differences and self-interest.

Tundup Nurboo Cheetah, President, District Youth Congress also Councillor Phyang Constituency said that the demand for sixth schedule is not just about safeguarding land, culture, environment, and trade, most importantly the Sixth Schedule has provisions for the creation of Autonomous District Councils, and Regional Councils endowed with certain legislative, executive, judicial and financial powers. One of the most important features of the Sixth Schedule is the empowerment of District Councils to make laws.

Congress appealed people of Ladakh to stand united and strive for their rights.



## Chadar trek to be open for trekkers in January 2023

Secretary Tourism reviews preparedness for Chadar Trek, 2023



### Reach Ladakh Correspondent

LEH: Secretary, Tourism and Culture, Ladakh, Kacho Mehboob Ali Khan chaired a meeting and reviewed the preparation for Chadar Trek, 2023. The trek shall be open for trekkers in January 2023 after a break of two years, owing to the pandemic.

Concerned officials from DC office-Leh, UTDRF, Police and Health departments, BRO, ALTOA, and others apprised the Secretary about the current status of logistical preparations necessary for Chadar Trek viz. medical facilities; hotels; insurance; security and rescue arrangements; facilities for porters; helipad; temporary toilets, among others.

The Secretary stated that to provide a quality winter tourism experience to the tourists, safety & security and adequate facilities at

night halt locations & along the route are of utmost importance, especially in the case of Chadar Trek for which the window of safe travel is limited.

He stated that brand building for the Chadar trek is necessary not just to promote this popular trek but also to sensitize the tourists so that they are well prepared concerning acclimatization, safety, cleanliness and other drills prerequisite for successfully undertaking the Chadar trek. He urged the concerned departments and tour operators for thorough preparations for the safety of trekkers.

The following important decisions were taken and directions were passed as noted below:

(i) Project Yojak (BRO) will intimate positively by Monday i.e. 21.11.2022 about the availability of a safe stretch for trekking

along the Chadar trek (tentatively for the period 1st January to 10th February 2023), so that the reconnaissance survey can be conducted at the earliest.

(ii) A team comprising of officers/officials from the DC office, Leh; UTDRF; Wildlife department; Tourism department; Ladakh Police; ALTOA, and any other organisation associated with the trek, etc. will undertake a reconnaissance survey along the available safe stretch for Chadar trek and submit a report regarding the requirement of necessary arrangements for the trek.

The meeting was attended by Wildlife Warden, Ladakh, Pan-kaj Raina; Director, Health Department, Ladakh, Motup Dorje; CMO Leh, Nurzin Angmo; Assistant Commissioner (Revenue), Leh, Shabir Hussain; Dy SP UTDRF; Dy SP DAR, Nilza Angmo; PA/ADC, DDMA; officials from Project Himank, Project Yojak, BRO; General Secy, All Ladakh Travel Operators Association (ALTOA), Leh; President, All Ladakh Hotel and Guest House Association (ALGHA), Leh and other concerned officials.

## Rigzen Samphel (IAS) interacts with civil services aspirants of Leh

### Reach Ladakh Correspondent

NEW DELHI: Rigzen Samphel (IAS), Resident Commissioner to UP Government, New Delhi, and a former Commissioner Secretary of UT Ladakh interacted with the UPSC civil services aspirants undergoing coaching at New Delhi under the LAHDC Leh's 'Reway Otzer' program.

The aspirants cleared doubts on various aspects and sought advice from Rigzen Samphel

Chairman/CEC, Adv. Tashi Gyalson extended his gratitude to Rigzen Samphel for spending time and encouraging the aspirants from Leh Ladakh in their preparations for the UPSC



Rigzen Samphel (IAS), Resident Commissioner to UP Government, New Delhi interacting with civil services aspirants of Leh district.

examinations ahead. He also advised all the aspirants to study well during the program.

LAHDC Leh launched 'Reway Otzer' a free UPSC coaching

program in collaboration with SAMKALP IAS. Presently, 30 aspirants of Leh district are undergoing coaching at the SAMKALP IAS academy, R.K Puram, New Delhi.

## Rich tributes paid to the 114 bravehearts of the Chushul Brigade at the Rezang La Memorial



### Reach Ladakh Correspondent

CHUSHUL: Marking the 60th anniversary of the battle of Rezang La, a rich tribute was paid to the 114 bravehearts of the Chushul Brigade at the Rezang La Memorial on 18 November.

Giridhar Aramane, IAS, Defence Secretary; Lieutenant General, A Sengupta, AVSM, YSM, General Officer Commanding Fire and Fury Corps; General Officer Commanding Uniform Force, Maj Gen V Hariharan; SM and Naresh Shaukand, DIG (Operations), ITBP along with other distinguished guests of Fire & Fury Corps were present.

A special cover was also released

on the occasion by the Chief Guest.

The Battle of Rezang La is engraved in military history as one of the greatest last stands of all time- comparable only to a few other battles the world over. The battle stands out for the sheer valor, grit, and dogged determination of C Company of 13 KUMAON that fought to the last man in the 1962 war against China, defending Rezang La in Eastern Ladakh, under the dynamic leadership of Maj Shaitan Singh.

The battle of Rezang La, an epic battle of all times, has immense inspirational value for the entire nation. In November 1962, 13 KUMAON was deployed at

Magar Hill and Rezang La in Chushul Sector, Eastern Ladakh, as part of the 114 Infantry Brigade. The early hours of 18 November 1962 witnessed a fierce battle at Rezang La. Against all odds and grossly outnumbered, the valiant soldiers of 'C' Company, 13 KUMAON, repulsed seven attacks by the Chinese, launched in waves. Despite heavy artillery shelling and fierce Chinese assaults, Maj Shaitan Singh and his 113 brave hearts delivered the heaviest blow to the Chinese. The brave soldiers of 13 KUMAON were honoured with one Param Vir Chakra, Eight Veer Chakras, one Ati Vishisht Seva Medal, four Sena Medals, and one Mention-in-Despatches. Emblazoned on Battalion's colours, these names will forever remind the future generations of the brave men who laid down their lives fighting for our country on 18 November 1962.

The Nation on this day remembers bravehearts and salutes them for their sacrifice.

## ADGP inaugurates newly-upgraded Police Post in Kargil

### Reach Ladakh Correspondent

KARGIL: Satish Khandare, Additional Director General of Police, Ladakh Police visited Drass, Meenamarg, and Zojila axis on November 26 and assessed various developmental works taken up by Ladakh Police at various units and the condition of Zojila road.

ADGP Ladakh was accompanied by Anayat Ali Chowdhary, S.P Kargil; Sonam Dechen, SSP, AIG (Provision), PHQ Ladakh, and other senior officers of District Police Kargil.

ADGP Ladakh inaugurated the newly upgraded building of Police Post Bazar Kargil and interacted with the public, prominent citizens, and media fraternity at Kargil.

The public of Kargil demanded to strengthen and upgrade of the Police Public School, opening of Police Hospital in Kargil. Giving a patient hearing to the public, ADGP Ladakh assured to take appropriate action to fulfill the genuine demand of the public of Kargil. ADGP Ladakh also assured better and citizen-centric policing in Ladakh.

Later, ADGP Ladakh also vis-



ited the Holy Jama Masjid of Drass which was damaged due to a recent fire incident. He met with the people of Drass and assured to conduct a fire audit of all important infrastructures. He also stated that Ladakh Police is augmenting all Police Stations, Police Posts by providing basic fire extinguisher equipment and training police personnel in Fire & Rescue services so that they can respond promptly in case of any fire incidents.

Newly upgraded and constructed buildings of Police Station Drass, Police Post Meenamarg were also inaugurated by ADGP Ladakh and inspected all the completed and ongoing developmental works of police at these police units. He hailed executing agencies and police officers for the execution of all developmen-

tal works well in time despite harsh climatic conditions.

At Police Post Meenamarg the officer inspected and checked the effectiveness of recently procured Special Winter Clothing by Ladakh Police and expressed satisfaction with the performance.

Interacting with the police personnel deployed at Meenamarg, Drass, and Zojila areas on policing duties, ADGP Ladakh appreciated their performance, dedication, and service towards the nation and its people in such harsh climatic conditions and cold areas. He said that Ladakh Police is working dedicatedly in a professional manner to redress the grievances of the general public irrespective of difficulties and harsh climatic conditions with great courage and commitment.

## Five-day Pedagogical Leadership workshop for school heads concludes



### Reach Ladakh Correspondent

LEH: The five-day pedagogical leadership workshop for heads of various Govt schools, organised by School Leadership Academy, DIET Leh under

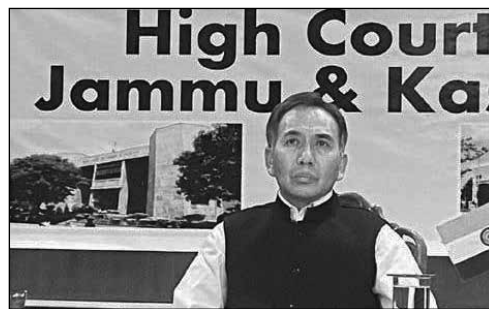
the directions of NCSL-NIEPA, New Delhi, concluded on November 28 at DIET Leh.

Headmasters from 37 High schools in the Leh district participated in the five-day workshop.

Principal DIET Leh, Chetan Dorje highlighted the future training schedule of DIET Leh and advocated for the use of technology by the school heads, and urged them to be more tech-savvy.

The head teachers were given orientation on the use of technology in the day-to-day functioning of schools.

## Justice Tashi Rabstan appointed Executive Chairman of J&K Legal Services Authority



### Reach Ladakh Correspondent

LEH: Justice Tashi Rabstan, Judge of the High Court of Jammu & Kashmir and Ladakh has been appointed as the Executive Chairman of Jammu and Kashmir Legal Services Authority.

The appointment order vide notification No. 617 dated: 21.11.2022 was issued by the Department of Law, Justice, and Parliamentary Affairs.

Justice Tashi Rabstan was born in an agricultural family of Varsudopa on April 10, 1963, in Skurbuchan village, District Leh, UT Ladakh. He did his Graduation and LLB from the University of Jammu and was enrolled as an advocate on March 06, 1990, in the Bar Council of Jammu and Kashmir and started practicing in the High Court of Jammu

and Kashmir and various other High Courts in Arbitration, Constitution, Service, Election, Civil and Criminal matters.

He has immense experience in researching the intent of laws and judicial decisions and applying the law to clients' circumstances. He remained as a Standing Counsel for Ladakh Autonomous Hill Development Council, Leh from 1997 till 2005. He was appointed as Additional Central Government Standing Counsel, for Jammu and Kashmir High Court, Jammu Wing in September 1998 and continued till elevation. He also remained as panel counsel for Union Public Service Commission, New Delhi from April 2008 till December 31, 2011.

Justice Tashi was appointed as Additional Judge of the High Court of Jammu and Kashmir and took the oath of office on March 08, 2013, and later appointed as Permanent Judge of the High Court of Jammu and Kashmir on May 16, 2014.

Justice Tashi Rabstan has the distinction of being the first person from UT of Ladakh to be appointed as Judge of the High Court of J&K and Ladakh. He has earlier served as Chairman of the J&K High Court Legal Services Committee and also as Executive Chairman of Ladakh Legal Services Authority.



# Leh Old Town Initiative (LOTI) endeavours to conserve Leh Old Town as Living Heritage Town

Reach Ladakh Correspondent

Ladakh is known for its unique culture, identity & tradition. The marvellous heritage building made of local resources such as mud, stone and finest wood carving work is the centre of attraction not only for visitors coming from different parts of the world but for local young generations to make them aware about their ancestors and way of living.

The heritage building in Ladakh built with mud bricks and local wood lasts for hundreds of years. The 17th-century Leh Palace standing tall and impressively in the heart of the city is built with mud, stone and local woods and is the best example of the traditional architect. Traditional buildings in Ladakh with mud bricks are designed to have small entrances and windows to retain the heat to survive the harsh winter. Due to the rapid growth of modernization and development, the people of Ladakh prefer to dismantle the old heritage structure and construct a modern building using concrete structure. The new trend of switching traditional mud buildings with modern infrastructure and concrete buildings is mushrooming, leaving only a few heritage sites in Ladakh.



The 17th century Leh palace

Leh Old town spread around the 17th century Leh Palace is a rare heritage site left in Ladakh. An International Non-Profit organization Tibet Heritage Fund (THF) is engaged in conservation and heritage preservation since 1996. Tibet Heritage Fund (THF) NGO initiated Leh Old Town Conservation Project and founded Leh Old Town Initiative (LOTI) as a sister organization. THF is also engaged in education and vocational training for disadvantaged communities, particularly within the Tibet cultural realms; in cultural exchange projects and academic research and teachings. THF/LOTI got the support of the local administration of Ladakh Autonomous Hill Development Council Leh endeavours to conserve Leh's Historic Town as a living heritage of the city. LOTI has successfully restored nearly 40 houses around Leh Palace and people living in these houses express their joy and happiness for getting support from LOTI to conserve their historical building. LOTI also restored several monuments, historical buildings, Stupa and wall paintings in the monastery. THF Director Yutaka Hirako, an architect, said that it's important to conserve the historical buildings and structures to pass on to the next generation. He said that they can convince the people of Leh's old town to conserve their old buildings as Heritage buildings. After renovation using the same materials of wood and mud bricks, some of the old buildings are now converted into offices and guest houses to generate some income for the owners. Tourists often show a keen interest in staying in heritage houses that too near Leh Palace making their stay more luxurious. Most of the houses around 17th Century Leh Palace have historical significance, the houses belong to people having a connection with the Royal families of Ladakh so getting the opportunity to stay in such house itself is prestige for visitors.

LOTI Co-Founder and Director Pimpim De Azevedo from Portugal said that Leh Old Town is the last Himalayan region to have living heritage and nearly 150 buildings around Leh Palace must be conserved to make it a living heritage where visitors will get to know about the traditional way of living of Ladakhis. LOTI is using local craftsmen, artists and masons to restore heritage buildings and nearly 180 Households are identified for conservation.

During special functions in Leh, a Heritage walk is organized in the Leh old Town areas to make the people feel about ancient buildings and their way of living.



Leh old town

LOTI Project Manager Stanzin Dolkar said that THF/LOTI has implemented 72 projects in the old town, nearly 40 houses and temples were restored another 16 were emergency repairs and also restored historic monuments like Kagan Chortens and Tehsildar gate. THF/LOTI also upgraded the street with a drain gutter channel and slate stone paving to improve water and sanitation conditions in the old town. In the past, THF/LOTI had been offering to bear 50% of the renovation cost founded by International sponsors and encourage the owners to restore their historic buildings in the Leh Old Town and aim to preserve the historic town intact.

LOTI Co-coordinator Sonam Gyatso said that these are invaluable assets of Ladakh to pass on to the coming generation. He urges heritage building owners to conserve their ancestral buildings.



## World AIDS Day

World AIDS Day takes place on 1 December each year. It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Founded in 1988, World AIDS Day was the first ever global health day.

This year's theme for World Aids Day is "Putting Ourselves to the Test: Achieving Equity to End HIV." It encourages people to unite globally to eliminate the disparities and inequities that create barriers to HIV testing, prevention, and access to HIV.

## What Is HIV?

HIV (*human immunodeficiency virus*) is a virus that attacks cells that help the body fight infection, making a person more vulnerable

to other infections and diseases. If left untreated, HIV can lead to the disease AIDS (acquired immunodeficiency syndrome).

The human body can't get rid of HIV and no effective HIV cure exists. So, once you have HIV, you have it for life.

## What s AIDS?

AIDS is the late stage of HIV infection that occurs when the body's immune system is badly damaged because of the virus.

The only way to know for sure if you have HIV is to get tested. Testing is relatively simple. You can ask your health care provider for an HIV test. Many medical clinics, substance abuse programs, community health centers, and hospitals offer them too. HIV self-testing is also an option. Self-testing allows people to take an HIV test and find out their result in their own home or other private location. You can buy a self-test kit at a pharmacy or online. Some health departments or community-based organizations also provide self-test kits for a reduced cost or for free.



# SoulSpeak

P.P. Wangchuk

## Morality and the truth of life



Morality, truth and the purpose of life are intertwined, and the very ideals of life and its good characteristics are based on good moral character. The day you deviate from such a course, the whole 'project' of building up a 'purpose of life' crumbles. Therefore, the basic need is to keep in mind your moral integrity as your guiding principle to a victorious end.

Virtuous deeds and a love-for-all approach makes you a sort of an iron pillar strong enough to withstand any storm, and you can very well wade through the darkest passages. Therefore, the cultivation of such ideals becomes necessary in order to lead a purposeful life. One way is to doggedly adhere to self-discipline which can make you feel strong enough to do anything that goes well with everyone's welfare. In other words, you have to be conscious and honest enough to carry out such deeds that make a difference in the overall set-up around you.

It is not that you have to go out of the way to be a virtuous and a conscientious person. Your becoming a morally-guided guy will be helping yourself more than any other. Ultimately, you become the focal point, the centre of attraction for all, like flowers for honey bees! Needless to say, a loving nature goes a long way in cultivating a helpful and moralistic character that guides you towards a righteous way to fulfilling the mission of life.

The world today is beset with crime, war and hatred, ready for each other's blood. It is in this context that we need to uphold the principles of righteous deeds. Being greedy, jealous and having the temptation for easy and free ways of life are some of the elements that throw us off the path to a healthy, happy and moralistic life. And the tendency to cultivate motives and selfish interests are the very anti-thesis of the moralistic principles of life.

In other words, the thematic words boil down to: Love, live and let live!

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

# DID YOU KNOW



Sulabh International Museum of Toilets

● In New Delhi, the Sulabh International Museum Of Toilets features a rare collection that details the historic evolution of toilets from 2500 BC all the way up to the present day. When you browse through the exhibit, you'll learn about the plumbing system of ancient societies, marvel at the elaborately decorated toilets of 18th and 19th-century Europe, and even get to sit upon one from Austria that is shaped like a lion!

- The name 'India' derives from the river Indus. The name 'Hind' is derived from the Persian equivalent of 'Sindh', as the Persian 'H' is cognate with Sanskrit 'S'. And the Persian word 'stan' means land or country, hence the name: Hindustan.
- India is the world's largest producer of milk. Having recently overtaking the European Union, milk production in India reached over 132.4 million tonnes in 2014.
- At over 5000 years old, Varanasi is one of the oldest inhabited places on earth. It is also one of India's holiest cities. According to Hindu mythology, Lord Shiva founded the city 5000 years ago.



In Conversation with  
Dr. Fayaz Ahmed, Dental surgeon, SNM Hospital, Leh

Interviewed by Stanzin Dasal

Q. Brief us about yourself.

I studied Bachelor of Dental surgery (BDS) from Govt. Dental College Srinagar and did fellowship in Oral Implantology from Mumbai. My first posting was in Nyoma Changthang and served for 3 years later I worked in Khaltse for 2.6 years. Presently, I am working in SNM hospital.

Q. What are the most common and serious oral /dental health issues seen among people of Ladakh and reason behind it causes.

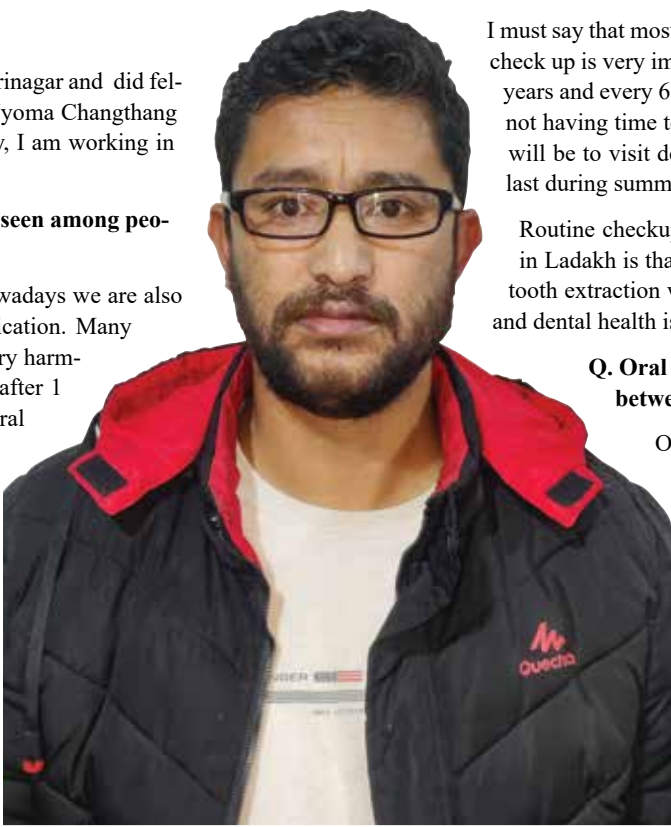
Gums disease, cavities and rotten teeth issues are very common and nowadays we are also witnessing patients coming up with problems caused due to self medication. Many people visit doctor after a prolong period of self medication which is very harmful. We have come across patient with swollen gums, came to hospital after 1 year of self medication. When we checked it was found that she has oral cancer. The chemist will just give you medicine for the pain but it may not be suitable for you and could cause side effects. Taking medicine without valid prescription from chemist has to be avoided. Also, proper oral hygiene is essential for healthy teeth and gums.

Q. Oral health care in pregnancy is often avoided and misunderstood. Share us about the importance of oral health during pregnancy.

At the first prenatal visit, many health care providers assess woman's oral health and recommends dental care. During pregnancy many oral / dental issues is faced such as swelling tenderness, bleeding, bad breath etc. It's always wise to make a dental appointment before getting pregnant. Any oral health problems can be treated in advance of your pregnancy because certain screening and medication will be restricted during pregnancy. Oral hygiene decrease the amount of caries-producing oral bacteria transmitted to the infant during common parenting behavior, such as sharing spoons. During breastfeeding also leaning baby's mouth is equally important to ensure good health of the baby. It's important to take care of baby's teeth from the start.

I must say that every gynae patients should be counseled to perform routine brushing and flossing, to avoid excessive amounts of sugary snacks and drinks, and to consult a dentist.

Q. In case of dental or oral issues when is the right time for professional problem.



I must say that most of the people visit dentist when there is a pain or problem, routine dental check up is very important. Dental check up after every 3 or 4 months for children below 14 years and every 6 months for adults is very important. Most of the parents complain about not having time to take their children to dentist for routine visit. But I think the best time will be to visit dentist during the onset of winter vacation, one after winter vacation and last during summer vacation. The vacation time will be easily managed.

Routine checkup whether you have any dental issues or not is must. What we observe in Ladakh is that 95 percent people visit dentist with some problems or pain and ask for tooth extraction which is not a solution. Mouth is the gateway of our body. Healthy oral and dental health is very important for good health.

Q. Oral health has risen in importance in recent years. Tell us about the link between oral and general health.

Oral health is the key indicator of overall health and wellbeing of life. Mouth is the entry point to the respiratory and digestive tracts. Poor oral hygiene can contribute to several disease and condition. Those who have no teeth faces digestion issues because of swallowing food that has not been chewed properly also rotting teeth can cause harmful bacteria in your mouth to build up and cause infections, which can then spread throughout the body via the bloodstream.

Thus, oral hygiene isn't just important for keeping your teeth and gums in good condition — it's also essential for your overall health.

Q. Tell us about the Oral Cancer. Do we have such cases in Ladakh? What are the early symptoms, precaution and treatment?

Oral cancer is one of the issues we are witnessing in Ladakh also. We come across one or two oral cases in a month; many were detected on time and got timely medical intervention. In non locals we have come across oral cancer among people who are carpenter, tailor etc. the reason is that they got infected as they put nails, needles, screw and pins in their mouth while working and in locals we have seen that oral cancer is caused because of dental issues or poor oral health such as jagged, broken teeth, which causes persistent ulcers or wounds on the tongue, rotten roots causing infection to the gums etc.

...Continues on Page 6

MESSAGE TO THE READERS  
“ Maintaining good oral hygiene is one of the most important things you can do for your teeth and gums. Avoid self medication and be mindful of various home remedies and various options appear on the internet. Good oral health is important to your overall well-being. ”

Fortnight Highlights



Ladakh participated IITF for the first time. Lieutenant Governor of Ladakh, RK Mathur inaugurated the Ladakh Stall in the 41st edition of India International Trade Fair (IITF) at Pragati Maidan in New Delhi. 44 artisans from Leh and Kargil showcased their products.



UT Disaster Response Force (UT-DRF) team headed by UT-DRF, Deputy Superintendent Police (DySP), Leh, Sonam Dorjay conducted a training programme/mock drill regarding disaster preparedness at sub-division Khaltse.



Chairman/CEC Adv Tashi Gyalson laid the foundation for the construction of a health centre-cum-nursing home by LI-VKV Alumni Association of Ladakh at Kheu Tak below Nezer Hill in Leh.



Baqirya Health Care & Research Centre Kargil (BHC&RC) in collaboration with Block Medical Officer Sankoo and Shoqpa Foundation organised an awareness program on menstrual health and hygiene management at Community Health Center Sankoo.



A five-day workshop on Pedagogical Leadership for Heads of various Govt schools was organised by the School Leadership Academy, DIET Leh with the direction of NCSL-NIEPA, New Delhi. Headmasters of 37 High Schools of Leh district are participated in this workshop.



## Army organise National integration tour to 25 women from Aryan Valley



### Reach Ladakh Correspondent

LEH: 25 women from the Aryan valley are going on a National Integration Tour organised by the Forever in Operations Division of the Indian Army as a part of Operation Sadbhavana.

The participants will visit Delhi, Varanasi and Bodh Gaya during the 17-day National Integration Tour.

Lieutenant Governor of Ladakh, RK Mathur met and interacted with the tour participants, Sarpanch, Dha-Hanu; officials from the Indian Army on November 22.

LG Mathur stated that the 17-day National Integration Tour will be a pilgrimage for the Buddhist women from the Aryan Valley as they would be visiting Buddhist sites at Bodh Gaya and Varanasi. He advised the participants to make the most of the exposure tour and share their experiences with their family members and people from their village on the completion of the exposure tour. He also stated that the exposure tour would provide the participants with the opportunity to meet different people learn new cultures and also give them an opportunity to inform people

from other parts of the country about the rich identity and culture of Ladakh.

LG Mathur stated that the participants will also get the opportunity to meet the President and the Chief of the Indian Army. He also stated about the efforts being made by the Govt of India to develop border area states and UTs such as Ladakh. He informed about the various ongoing developmental activities in the Aryan Valley.

Earlier, officials from the Indian Army informed about the National Integration Tour.

## MP visits new district hospital Kargil; interacts with patients, staff



MP, Ladakh, Jamyang Tsering Namgyal interacting with patient and hospital staff at new district Hospital Kargil.

### Reach Ladakh Correspondent

KARGIL: MP, Ladakh, Jamyang Tsering Namgyal visited New District Hospital Kargil on November 27 and interacted with patients and hospital staff.

Incharge CMO and BMO Kargil, Dr. Fatima Nissa; Medical Superintendent, Dr. Kacho Li-aqat Ali Khan; Resident Medical Officer (RMO), Dr. Shabbir Hussain besides other concerned officers accompanied the MP during the visit.

The Member Parliament took a detailed assessment of services being provided to the patients at the newly inaugurated hospital and inspected its various sections and wards.

He visited General Medicine Ward, Cardiac Care Unit, Dialy-

sis Unit, and Gynaecology Ward and interacted with patients, and inquired about the facilities being provided to them.

It was informed that at the dialysis centres, three patients are given dialysis each day and five patients are admitted at the centre. He also took an assessment of services provided to pregnant women under different government schemes.

During the visit, the patients requested transport facilities in response to which the MP assured that the issue will be resolved at the earliest.

Later, Namgyal held a meeting with the concerned officers and directed to establish Jan Aushadhi Kendra at the earliest. He also asserted that a separate OPD

should be established at the new district hospital for tourists.

During the meeting, the Member Parliament reviewed the status of Ayushman Card, National Digital Health Mission, electrification of all medical centres, etc.

Regarding the electrification of medical centers, he was informed that all medical centers in the district are electrified. He was also informed that the majority of the population has enrolled in Ayushman Bharat scheme.

The MP directed the concerned officers to submit the requirement for ambulances and drivers in the district so that the matter could be resolved at the earliest.

Jamyang also took an assessment of works on the Magnetic Resonance Imaging (MRI) machine, Patient Sarai and Blood Bank. He was informed that the procurement for MRI is under process, while the Patient Sarai will be constructed within the premises of the hospital, and work on the blood bank will resume in March 2023.

Meanwhile, MP Ladakh also gave a patient hearing to the issues forwarded by the employees of the Health Department Kargil and assured early redressal of the same.

## In Conversation with Dr. Fayaz Ahmed

...Continued from Page 5

Tobacco and alcohol consumption with poor oral hygiene also increases the risk of oral cancer.

Oral cancer will spread to other parts of the body if neglected. The signs of oral cancer can be detected and diagnosed by dental professionals. This type of cancer can be prevented with regular dental check-ups. During your dental visit, the dentist will per-

form oral cancer screening, discuss how poor oral hygiene can contribute to oral cancer, and provide tips to improve your oral hygiene routine.

### Q. Can you give some tips for a good oral health.

Brushing teeth thoroughly twice a day is the primary way to good oral health, limit sugary and acidic foods, avoid junk and sticky foods and visit dentist and do your routine dental check-up twice a year.

## 2-day free eye cataract surgery camp concludes at CHC Sankoo

49 cataract and 10 pterygium cases operated upon



During the two-day free eye cataract surgery camp.

### Reach Ladakh Correspondent

SANKOO: 49 cataract and 10 pterygium cases were operated during the two-day free eye cataract surgery camp held at CHC Sankoo. The eye cataract surgery camp was concluded on November 18.

The eye camp was organised by Health Department Kargil, Ladakh in collaboration with Perfect Vision (Super Speciality Eye Hospital) Srinagar.

Dr. Omar Rashid, a renowned Phaco Surgeon and Corneal Surgeon of Perfect Vision and Con-

sultant Ophthalmologist at District Hospital Kargil, Dr. Asiya Noor, a renowned Ophthalmologist participated in the camp.

People from all walks of life appreciated the Health Department Kargil and Perfect Vision (Super Speciality Eye Hospital) Srinagar for organizing such a camp for the poor patients of Kargil and for providing free eye surgeries at the doorsteps of patients.

It has been an immense relief for the eye patients belonging to the weaker section of society. The camp was supervised by CMO Kargil, Dr. Munnawar Hussain Wazir accompanied by BMO Sankoo, Dr. Ghulam Hussain.

## Massive fire break-out at Old Hanfia Jamia Masjid, Drass

CEC, DC, SSP assessed the fire damage



Officials assessing the condition of Old Hanfia Jamia Masjid damaged due to a fire incident.

### Reach Ladakh Correspondent

DRASS: Chairman and Chief Executive Councilor, LAHDC, Kargil Feroz Ahmed Khan visited Drass on November 17 and assessed the condition of Old Hanfia Jamia Masjid damaged due to a fire incident on Wednesday.

Executive Councilor, Works, Mubarak Shah Naqvi; Deputy Commissioner/ CEO, LAHDC, Kargil, Santosh Sukhadeve; SSP Kargil, Anayat Ali Chowdhury; Executive Engineer, PDD, Altaf Hussain, and concerned officers accompanied the CEC during the visit.

The CEC visited the mosque and took a detailed assessment of the damage. It was informed that the top two floors of the three-story mosque have been completely damaged including the dome of the mosque.

Informing about four major fire incidents in the past two years, locals requested a Fire service station in the sub-division.

Later, the CEC along with the dignitaries held a meeting with the management committee of the Mosque at Dak Bungalow Drass.

Regarding the temporary roof topping off the second storey of the mosque, the CEC assured of every possible help from LAH-

DC and District Administration Kargil so as to protect the remaining structure from heavy accumulation.

For financial assistance for the construction of the whole mosque, Khan assured that possibilities will be explored in near future.

About the allotment of a fire tender in Drass, the CEC agreed to station it there on the condition that the land is provided and promised that the vehicle shed will be constructed by the concerned government executing agency as well.

He further asked the Management Committee to take care of the fire tender until the shed is completed.

CEC said that the people of Kargil, LAHDC, and District Administration Kargil are in solidarity with the people of Drass in this tough time.

During the meeting, SSP Kargil Anayat Ali Chowdhury advised the Management Committee to circulate their authentic bank details on various media platforms so that miscreants don't take advantage of this situation.

Phone: 01985-233949 E-mail: jdmf@ladakh.gov.in

**The Administration of Union Territory of Ladakh**  
Directorate of Information & Public Relations  
Office of Joint Director  
(HQ Kargil)

**NOTICE**

**Subject:** Fresh accreditation of news media representatives of Ladakh and renewal of existing ones.

As per provisions of the Ladakh News Media accreditation Guidelines of 2021, applications are invited from interested News Media representatives **based in Ladakh** for fresh accreditation (at the Union Territory, District, Sub-Division and Block Headquarter levels) and for renewal of existing accreditations granted in 2021.

The forms for fresh accreditation (**Annexure-I**) as well as renewal (**Annexure-II**) can be downloaded from [www.ladakh.nic.in](http://www.ladakh.nic.in) i.e. the website of the Administration of Union Territory of Ladakh. The Ladakh News Media accreditation Guidelines of 2021 are also attached with this notice for reference.

The duly filled application forms may be submitted to the Directorate of Information, Second Floor, Council Secretariat, Kurbathang, Kargil-194013 during working hours **by or before 05.12.2022 (Monday)**. Further, the applicants are advised to:

- Read the Ladakh News Media accreditation Guidelines carefully before filling the forms; and
- not wait till the last date (i.e. 05.12.2022) for submitting application/renewal forms.

**Joint Director, Information**  
(Signature)  
Dated 15.11.2022

No.3D-Info/Ladakh/54/2022



## NOTICE



Whereas Tashi Dorjay F/o Stanzin Chosang R/o Degar Nubra, Leh district, UT Ladakh has claimed that his son namely Stanzin Chosang Date of Birth has been wrongly entered as 09-04-2010 instead of 09-04-2011 in his school record of Druk Padma Karpo School, Leh-Ladakh.

Whereas the Father of the candidate has produced an Affidavit duly attested by Notary Public Leh to this Office for making necessary correction in the school record. This has been authenticated by Birth certificate issued by office of the Registrar Births & Deaths Police station Leh Ladakh.

Hence, notice is hereby served through press to file objection if any in this regard report to Druk Padma Karpo School, Leh-Ladakh office within 7 days from the date of issue of this notice.

## NOTICE



Whereas Jigmet Tendar S/o Kunga Lotus, Date of Birth 12-08-1988 R/o Koyul, District Leh UT Ladakh, has claimed that his name has been wrongly entered as Jigmet Tantar instead of actual and correct name which is Jigmet Tendar in my passport bearing Number L8701624 date of issue 27-05-2014 having validity upto 26-05-2024 and I'm applying for the correction in the passport. Objection, if any may be conveyed to Regional Passport office, Srinagar within 7 days from the date of publication.

## NOTICE

An application has been received from one **Gurmet Dorjay S/o Stanzin Dorjay R/o Stok UT Ladakh** to transfer the vehicle **No. JK 10 A1057** owned by **Tashi Angchok S/o Tsering Angchok R/o Khalsar Nubra UT Ladakh**. Now, it is therefore notified for general information that objection if any to the proposed transfer shall be filed in writing in the office of Assistant Regional Transport Officer (ARTO) within a period of 10 days from date of publication of this notice.

**No: ARTO/ UT/Leh/3086-87**

**Asstt. Regional Transport Officer  
Leh Ladakh**

**Date: 25-11-22**

## NOTICE

I, Lobzang Jungneys S/o Thukjay Angchok R/o Pishu, Zanskar, Ladakh do hereby notify that I have lost my driving license bearing no. LA0220220000979 and I am applying for duplicate driving license. Objection if any may be conveyed to Assistant Regional Transport Officer (ARTO) Leh, Ladakh within 10 days from the date of publication.

## NOTICE

I, Rigzen Namgyal S/o Rinchen Wangail R/o Phyang, Leh UT Ladakh Prop of M/s De Un Travel Ladakh 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.

I/7545/2022



**THE ADMINISTRATION OF THE UNION TERRITORY OF LADAKH  
REVENUE DEPARTMENT UT -SECRETARIAT, LADAKH  
PhonNo.01982- 257561 (O), Fax No. 257435, email: comsecyutladakh@gmail.com**

**The Joint Director,  
Information Department,  
UT of Ladakh.**

No. M-17056/7/2021/1070-76

Dated: 28.11.2022

**Subject:** Inviting objections from the general public to the draft "The Union territory of Ladakh Right to Fair Compensation and Transparency in Land Acquisition, Rehabilitation and Resettlement (Social Impact Assessment and Consent) Rules, 2022.

Sir,

I am directed to enclose herewith the draft Rules - Right to Fair Compensation and Transparency in Land Acquisition, Rehabilitation and Resettlement (Social Impact Assessment and Consent) Rules, 2022 and request you to kindly give wide publicity of the said Rules in the Newspapers/ Local Dailies/ Social Media Platforms for information of the general public of the UT of Ladakh.

Encl: ( 44-Pages)

Yours faithfully,

(Mohd Shabir)

**OSD with Principal Secretary,  
UT of Ladakh.**

## NOTICE

I, Rigzin Gurmet S/o Eshey Paljor R/o Khaltar Nubra, Leh UT Ladakh Prop of M/s Wander Ladakh 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 UNION TERRITORY OF LADAKH  
DIRECTORATE OF INDUSTRIES & COMMERCE, LADAKH  
(Registrar of Societies)  
Telephone No. 01982-252147, Email: directorindustriestladakh@gmail.com**

### PUBLIC NOTICE

It is for the information of the general public of UT Ladakh and particularly of Leh District that **ZhunuTsogspaKharlatse** has applied for registration of their society under Societies Registration Act 1860. Therefore, Objections are invited from organizations, individuals or any other agency with regard to the Name of the Society, Name of the Members and Location/ Address of the society as per details indicated below:

Name of the Society	Name of the Executive Members	Designation	Address of the Society
ZhunuTsogspaKharlatse	Nawang Namgyal	President	Khaltsi, Leh Ladakh
	Rigzin Angmo	Vice President	
	Dorjay Gyatson	Vice President	
	Nawang Dorjay	General Secretary	
	Tsering Angchuk	Joint Secretary	
	Rigzin Dawa	Treasurer	
	Gonbo Dorjay	Treasurer	
	Sonam Dazes	Treasurer	
	Jigmet Dorjay	Executive member	
	Konchok Rinchen	Executive member	
	Tsetan Angchuk	Executive member	

Objections if any, must reach to the Directorate of Industries and Commerce or General Manager, District Industries Centre, Leh in person or through registered post or through e-mail ([directorindustriestladakh@gmail.com](mailto:directorindustriestladakh@gmail.com) or [dicleh2013@gmail.com](mailto:dicleh2013@gmail.com)) within a period of 07 days from the date of publication of this notification in the daily newspaper. Objections received after the expiry of the date shall not be considered.

**OSD to Director  
Industries and Commerce  
(Registrar of Societies)  
UT Ladakh**



**THE ADMINISTRATION OF UNION TERRITORY OF LADAKH  
DIRECTORATE OF INDUSTRIES & COMMERCE, LADAKH  
(Registrar of Societies)  
Telephone No. 01982-252147, Email: directorindustriestladakh@gmail.com**

### PUBLIC NOTICE

It is for the information of the general public of UT Ladakh and particularly of Leh District that **District Football Association** has applied for registration of their society under Societies Registration Act 1860. Therefore, Objections are invited from organizations, individuals or any other agency with regard to the Name of the Society, Name of the Members and Location/ Address of the society as per details indicated below:

Name of the Society	Name of the Executive Members	Designation	Address of the Society
District Football Association	Tsering Norphel	President	Sheynam, Leh Ladakh
	Phunchok Angchok	Vice President	
	Stanzin Yangdol	Vice President	
	Tsering Angdu	General Secretary	
	Wasim	Joint Secretary	
	Rinchen Tsewang	Treasurer	
	Rigzin Angdu	Assistant Treasurer	

Objections if any, must reach to the Directorate of Industries and Commerce or General Manager, District Industries Centre, Leh in person or through registered post or through e-mail ([directorindustriestladakh@gmail.com](mailto:directorindustriestladakh@gmail.com) or [dicleh2013@gmail.com](mailto:dicleh2013@gmail.com)) within a period of 07 days from the date of publication of this notification in the daily newspaper. Objections received after the expiry of the date shall not be considered.

**OSD to Director  
Industries and Commerce  
(Registrar of Societies)  
UT Ladakh**

Defence Electronics and beyond



**भारत इलेक्ट्रॉनिक्स  
BHARAT ELECTRONICS**  
QUALITY TECHNOLOGY INNOVATION



**BHARAT ELECTRONICS LIMITED**  
(A Govt. of India Enterprise under the Ministry of Defence)  
(CIN: L32309KA1954GOI000787)

Bharat Electronics Ltd, Ghaziabad a Navaratna Defence Public Sector Undertaking and India's Premier Professional Electronics Company requires:

- TRAINEE ENGINEER-I:** To be engaged initially for a period of TWO years which may be extended upto a maximum of three years (including initial period) based on Project requirement and individual's performance for a consolidated remuneration of Rs. 30,000/- per month with posting at PAN-India project sites.
- PROJECT ENGINEER-I:** To be engaged initially for a period of THREE years which may be extended upto a maximum of Four years (including initial period) based on Project requirement and individual's performance for a consolidated remuneration of Rs. 40,000/- per month with posting at PAN-India project sites.

Post	Discipline & No. of Posts	Qualification	Minimum Post Qualification Experience as on 01.12.2022	Upper Age limit as on 01.12.2022
Trainee Engineer - I	Mechanical-35	B.E/B.Tech/ B.SC (4 year course) Engineering degree or equivalent in relevant discipline	Minimum 01 years of relevant post-qualification industrial work experience	28 Year
	Electronics-112			
	Computer Science-25			
	Civil - 04			
Project Engineer - I	Electrical-04	B.E/B.Tech/ B.SC (4 year course) Engineering degree or equivalent in relevant discipline	Minimum 02 years of relevant post-qualification industrial work experience	32 Year
	Mechanical-26			
	Electronics-38			
	Computer Science-05			
	Civil - 03			
	Electrical-08			

Last date for submission of Application is 14<sup>th</sup> December, 2022. For further details and authentic information on recruitment in BEL, please visit CAREERS link on the official BEL website <http://www.bel-india.in> only.

Sr. DGM (HR&A)

'Har Ek Kaam Desh Ke Naam'





**fssai**

**FOOD SAFETY AND STANDARDS AUTHORITY OF INDIA**

*Issued in the interest of Public health by Food Safety UT Ladakh*

# 6 Worst Trans Fat Foods

## Breakfast Pastries



Processed pastries that are typically eaten in the morning. Examples include donuts, cinnamon buns, and coffee cakes.

## Fried Foods



Almost any food that is battered and fried. Examples include French fries, onion rings, chicken wings, and fried chicken.

## Salty Snacks



Salty and bite-sized foods that are typically quick to make or packaged ready-to-eat. Examples include crackers, popcorn, and beef jerky.

## Pastas



Processed pastas that are boxed or come frozen. Examples include ravioli, macaroni and cheese, and lasagna.

## Desserts



Ready-to-eat treats that often come individually packaged or frozen. Examples include snack cakes, cake and brownie mixes, and ice cream bars.

## Breads



Processed breads that come frozen or can be bought packaged and pre-cut. Examples include garlic bread, Texas toast, and breadsticks.

# TRANS FAT is found in many foods



Chocolates & Wafers



Shortening & Margarine



Ice-cream



Biscuits & Cookies



Cakes



Breakfast cereals



Burgers



Breads & Buns



Pastries, Pies & Puffs



French fries



Fried chicken



Pizza

## Busting the Myths about Fats

### Trans Fat

Hydrogenated fats in processed foods.

**myth:** you can't tell one fat from another

**BUSTED:** Since 2006, the Food & Drug Administration (FDA) requires food companies to list trans fat content separately on the Nutrition Facts label of all packaged foods.

**myth:** trans fats are only found in fried foods

**BUSTED:** Some trans fats are found naturally in small amounts in meat and dairy products but are not a significant source. Many processed foods use "hydrogenated" vegetable oils for added trans fat. So check the Nutrition Facts label.

**myth:** all fats are the same

**BUSTED:** Trans fatty acids raise bad cholesterol levels and lower good cholesterol levels, and increase your risk of developing heart disease or having a stroke.

**myth:** no trans fats, no taste

**BUSTED:** Manufacturers are finding new ways to improve the texture and taste of food without using trans fatty acids.

## Busting the Myths about Vitamins

Vitamins are organic components in food your body needs for growth and to maintain good health.

**myth:** a multi-vitamin pill makes up for a poor diet

**BUSTED:** Even the best vitamin supplements can't replace the benefits of a healthy diet. Vitamins are best absorbed when they are part of a healthy diet. So eat a variety of fruits and vegetables to get the most out of your vitamins.

**myth:** B-complex vitamins help relieve stress

**BUSTED:** The research shows that people who eat a healthy diet with plenty of fruits and vegetables have lower levels of stress. So eat a healthy diet to help relieve stress.

**myth:** vitamin C can cure or prevent colds

**BUSTED:** Vitamin C does not prevent or cure colds. However, it can help you feel better when you have a cold. So eat a healthy diet to help you feel better.

**myth:** vitamins provide extra energy

**BUSTED:** The only energy source for the human body is calories. So eat a healthy diet to get the most out of your vitamins.

fat soluble

vitamins A, D, E, K

water soluble

vitamins B, C, and the minerals

# 6 Worst Trans Fat Foods



## Fried Foods

Almost any food that is battered and fried. Examples include French fries, onion rings, chicken wings, and fried chicken.



## Pastas

Processed pastas that are boxed or come frozen. Examples include ravioli, macaroni and cheese, and lasagna.



## Breads

Processed breads that come frozen or can be bought packaged and pre-cut. Examples include garlic bread, Texas toast, and breadsticks.



## Desserts

Ready-to-eat treats that often come individually packaged or frozen. Examples include snack cakes, cake and brownie mixes, and ice cream bars.



## Salty Snacks

Salty and bite-sized foods that are typically quick to make or packaged ready-to-eat. Examples include crackers, popcorn, and beef jerky.



## Breakfast Pastries

Processed pastries that are typically eaten in the morning. Examples include donuts, cinnamon buns, and coffee cakes.

DRJOCKERS

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