

REACH LADAKH BULLETIN

In Conversation with

Mehdi Nasserri, Mixed Martial Arts Fighter

Fornightly Special

Women's healthcare and legal rights

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Happy
WOMEN'S DAY

'DIGITAL: INNOVATION AND TECHNOLOGY FOR GENDER EQUALITY'



Artist: Sonam Angmo / insta: @artsy__life

Padma Angmo

She joined the Indian Information Service (IIS) in 2002 and served many Organizations at various positions. She is a Commissioner cum Secretary of the Administration of the Union Territory of Ladakh. She pursued B.Tech (Electronics & Communication) NIT Kurukshetra, Haryana and PG Diploma in Environment & Sustainable Development, IGNOU.



She served as Director, DD News, MIB (09/2019 till 12/2020); Director, Election Commission of India (10/2016 - 06/2019); Deputy Secretary Election Commission of India (01/2012 -10/2016); Deputy Director - Regional Head, Directorate of Field Publicity, Bhopal, Madhya Pradesh (2/2010 to 12/2011); Deputy Director (News) & Manager(PR) All India Radio Prasar Bharati, Ministry of Information & Broadcasting, New Delhi(02/2008 to 01/2010); OSD – All India Radio & Prasar Bharati, Ministry of Information & Broadcasting, New Delhi (09/2004 to 01/2008).

"On International Women's Day 2023, let us celebrate the achievements of women in the digital space, and at the same time recognise the critical importance of digital inclusion for women's empowerment and participation in society."

Rigzin Dolker

Hailing from Tertsey village of Nubra valley, Rigzin Dolker is a professional Mountaineer and Skier. She was one among the 10 girls for the First-ever all-girls National Cadet Corps (NCC) Mount Everest expedition in 2016. In 2017 on Republic day, She received a State award for mountaineering under the category Award for Outstanding Sports Persons. She is also a Raksha Mantri Padak awardee and 2Limca world record awardee.



She is working with Indian Mountaineering Foundation and as a Vice Chairman of Ladakh Mountaineering and Adventure Club.

"Make each day Women's day because the achievements of gender equality is everyone's responsibility and women has the most unique character like salt, her presence is never remembered but her absence makes all the things tasteless. So let's all honour, respect and adore all the amazing women in our life on this day. Let's demonstrate our pride in their achievements and commitment to building a world free of all ills for women."

Kunzes Dolma

Kunzes is a Geologist and single mother of two awesome daughters. She is a mechanical engineer with training and now holds a master's degree in sustainable energy engineering. She is currently pursuing her PhD through UNESCO GRO GTP scholarship at Reykjavik, Iceland. She worked as part of the team at Ladakh Renewable Energy Development Agency in Ladakh, India where she worked in renewable energy sector and customizing technologies for local conditions and needs. She is the first woman from India to be selected for the UNESCO GRÓ Geothermal Training Program in Iceland. To develop the geothermal sector in India, she



has been actively speaking about the importance of the heat beneath the earth everywhere she goes. Her initiation of a possible geothermal project with a company and state government is under implementation in Puga. She was awarded with the Women in Geothermal (WING) COURAGEOUS award 2019 and Green activist award by Indian Federation of Green Energy 2019. She is secretary general of the women wing of Ladakh Buddhist Association since 2021. She is Vice-Chairperson of the Sustainable Development Forum of Ladakh (SDFL) since 2022 which conducted the Sustainable Mountain Development Summit in Ladakh in 2022.

"Let us be a generation of women who supports other women be it in the neighborhood, at school, at workplace, at gym, in relationships, in politics etc. This will then help us grow from being jealous of each other to being thoughtful and aware of much bigger women related issues and hence will help in bringing more women in the forefront of decision making bodies. Big applause to all the women who tries to leave a footprint by taking small steps even when many drag her down."

Yangchen Dolker

She studied in Moravian Mission School, Leh till 5th grade thereafter joined Sacred Heart Convent, Dalhousie till class 10th. She passed he Higher Secondary from Delhi Public School, R K Puram, Delhi.



She started her commercial pilot ground training in Mumbai in the year 2006. After clearing Directorate General Civil Aviation (DGCA) papers and airforce medical, she went to Minnesota, USA for flying training. After obtaining the Indian Commercial Pilot License, she joined Air India in 2008. Presently, she is working as a Commander on the Airbus 320 family with Air India.

"To all the incredible women out there, I want to say: you are powerful, you are important, and you are worthy of respect and equality. Believe in yourself and your abilities, and never let anyone tell you that you are not good enough or that you don't deserve success.let us continue to push for progress and work towards a future where all women are treated with dignity and respect. Let us support and uplift one another, and let us use our voices to advocate for change. Remember, you are not just a woman, you are a force to be reckoned with. Happy International Women's Day!"

PD Nitya

She is an IPS 2016 batch, J&K Cadre (now AGMUT cadre) She is from Bhilai, Chhattisgarh. She did her B.Tech, Chemical Engineering, 2008-2012 from National Institute of technology, Raipur. She worked as Deputy Manager in ACC Limited from 2012-2014 in Maharashtra.



She started her IPS career from Srinagar (2018-2020) as SDPO Nehrupark, worked as SP city North, Jammu in 2020 and was posted as District SP Ramban in 2021. At present she is SP Leh district.

"This year International Women's Day theme is, "DigitALL: Innovation and technology for gender equality". Financial independence is an important aspect of empowerment of women and needless to say technology is a key equalizer and women, especially young girls, should not shy away from using it. Unless and until education of girls and skill development of women is made a priority in every family, their say in decision making for their own future shall be negligible. District Police Leh shall always work for providing safety and security to the women folks and we hope to educate women more about their rights and help those who are in distress."

Nilza Wangmo

Hailing from Alchi, a remote hamlet around 66 kilometres from Leh, Nilza Wangmo is a chef and restaurateur. She started Alchi Kitchen in 2016. Alchi Kitchen is the first-ever eatery which serves Ladakh's traditional cuisine, along with a modern twist. She had always been passionate about cooking. In 2019, Nilza won the Nari Shakti Puraskar from the Government of India for promoting Ladakhi cuisine and sponsoring girls' education. She received the award from the President of India on International Women's Day, 2020 and also the Vogue woman of the year 2020.



"With each passing day we should grow and progress as I see so much potential in today's women that we can achieve anything in life. We need to have a broader vision in life, work hard and strive for the best. We need to work so much that not only we become independent, but can also help and contribute to the society."

Dr Noor Jahan

She is an Art Conservator by profession and runs a conservation practice by the name of SHESRIG LADAKH in the old town of Leh. She has been working on preserving and conserving wall paintings and thangka paintings from different time periods all over Ladakh. Besides this, Noor has been the goalkeeper for the Indian women's Ice Hockey team since 2016. She is the founding member of the Ladakh women's ice hockey foundation, an organisation that helps promote and train women ice hockey players. She has also been appointed as the Head of Women's Ice Hockey Development in India by the Ice Hockey Association of India.



"We belong to every place where a decision is made and that there is no limit to what we can achieve if our belief system is strong." Often our voices are shunned and our say in a matter is not taken seriously, which I believe has to change and the change will only come if we start talking about it and take actions to accomplish the desired goals."

Rigzin Lachic

She is an entrepreneur from Ladakh who spent most of her life away from the valley owing to the nature of her father's job. In 2017, after having worked in Japan for a few years and working for a startup in Delhi she decided she wanted to do more, to go back and re-established her relationship with home. Grounded in her passion for the environment and with a deep love for Ladakh- it's people and culture she decided to open a sustainable boutique resort that would be a showcase of everything Ladakh- it's architecture, craft, lost ingredients, its landscape and more.



The inspiration for her resort came also from the fond memories she holds of her grandmother. She recounts a time when her grandmother would spend nights in a sleeping bag in the orchard to ensure her trees were watered. Ladakh has seen development in two generations that most places see across centuries.

This change and fear of disappearing traditions built the foundation for the boutique resort as it stands today and it is rightfully named "Dolkhar" after Lachic's grandmother and the idea of giving back to the community she held so close to her heart.

As an extension of Dolkhar and keeping with the theme of cultural preservation, Lachic also co-founded Hatti- a livelihood generating social enterprise that works intrinsically with local craft and the artisans of the region. The space serves as a platform where Ladakh's metal, ceramic, wood and textile crafts find centre stage.

"On this International Women's Day, let us celebrate the strength, resilience and determination that comes so naturally to us as women in the context of the world today! Being a woman comes with an unwavering spirit and the courage to face a world not tailor made for us. Let's follow our passions a little louder, to wear our skills, values and eccentricities on our sleeves all the same, unapologetically- because we can. I just want to say to all the young women reading this today that, you must dream big because you are so much more than you think you are and you can achieve so much more than you imagine you can achieve!"

Fortnightly News

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Leh celebrates International Women's Day

Sensitize women on the use of technology; Neelam Mishra



Reach Ladakh Correspondent

LEH: Celebrating International Women's Day, the Department of Social and Tribal Welfare and Information and Public Relations organized a panel discussion on the set theme of the UN, 'DigitALL: Innovation and technology for gender equality'.

Eminent women achievers from various fields and officials of the UT Administration participated in the discussion and spoke of the positive impact of technological interventions in the successful realization of their targets, viz office functioning, implementation and widespread awareness of beneficiary-centric government schemes, the establishment of entrepreneurial ventures, etc.

The first lady, UT Ladakh Neelam Mishra was the chief guest on the occasion. Putting forth her views on Using Digital Technology in Governance for Gender Equality, the first lady stated that it is pertinent for each concerning department/organization/individual to develop roadmaps for sensitizing women on the usage of digital interventions for their convenience and benefit.

Commissioner Secretary Padma Angmo highlighted that the introduction of e-office for efficiency, accountability, and transparency, has proven advantageous

for women by providing a safer working environment and offering the potential for flexible working hours for women. Further, the establishment of the One Stop centers/emergency response systems has also aided women in distress to seek help and support, she added. Digital interventions in the field of education like Yontab (educational tablets), Massive Open Online Courses (MOOCs), and Study Webs of Active-Learning for Young Aspiring Minds (SWAYAM) platforms, were also flagged by the Commissioner Secretary.

All panelists shared their experiences in their respective departments and fields of work and the ease technology has provided in terms of time management, work efficiency and ensuring a convenient and safe work environment which has brought about gender equity.

Technological interventions at Health & Wellness Centres, the provision of 108 Ambulance services, and the availability of tele-consultation/e-Sanjeevani were highlighted as major interventions in the Health department. It was informed that almost 60 percent of the teleconsultation service are being availed by females.

A simple yet powerful tool such as WhatsApp

is helping grass root representatives to reach out to a maximum number of beneficiaries, stated Kunzang Yangdol, Sarpanch of Chenday village. Similarly, internet banking, Aadhaar-based payments, etc have proven vital for women in achieving financial empowerment.

The second session of the discussion saw a group of young women – entrepreneurs, and professionals who broke the shackles of stereotypes attached to the fields of work they choose but believed in themselves to succeed in their endeavors. A detailed discussion took place on the Future of Work and Business, Empowering Women with Technology.

This was the first hybrid event organized by the Department of Information and Public Relations, where the event hosted an audience at the venue and was also joined by netizens online and many questions were posed by the online viewers.

At the end of the nearly four hours of the hybrid event, the Commissioner/Secretary Padma Angmo said that she was extremely happy with the way this first-ever hybrid event was organized and the Departments shall have more such events to facilitate wider participation of people through a combination of offline and online participation.

Director HUDD, Dr. Zahida Bano; DSWO Leh Nilza Angmo; Manager J&K Bank Stanzin Dazes; Assistant Director (IT) NIC Nilza Angmo; Medical Officer, SNMH Dr. Rinchen Chosdon, Founder rZamba NGO Stanzin Saldon Shifa; Co-founder Nima Goos Goos, Rigzin Angmo; Contractor Jigmet Norzom, Agripreneur Sonam Angmo; Educationist, Nurbu Dolma, Creative Director Art of Motion, Rinchen Angmo; Assistant Professor Hajira Bano and Social Media Influencer/artist Deachan Angmo, were the panelists on the occasion.

Matho Nagrang festival concludes



Monks performing mask dance during the two-day annual festival of Matho monastery.

Deachen Spaldon

MATHO: The two-day annual festival of Matho monastery, 'Matho-Nagrang' is celebrated with religious fervor on March 6 and 7.

The occasion had a blissful presence of His Holiness 43rd Sakya Trizin Vajra Rinpoche.

His Holiness explained the importance of celebrating the occasion. He also mentioned that out of all the Himalayan regions, the Ladakh

community is the most informed regarding Buddhist philosophy and further stresses practicing compassion in all forms of life.

The festival falls on the 15th day of the first month of the Tibetan lunar calendar. During this two-day festival, the monks performed a mask dance.

The popularity and fame of the Matho Nagrang festival lie in the fact

that after two whole months of dedicated meditation in complete isolation, two oracles of the monastery known as 'Rongstan' appear among the public. Every third-year monk of the monastery is chosen to train and receive the spirit. They arrive at the courtyard of the monastery and accompany the masks monk dancers. These oracles also predict future events and people from different parts of Ladakh seek some advice from the oracles and perform certain rituals to handle disasters and other unpleasant happenings.

Lieutenant Governor Brig Dr. BD Mishra along with Jamyang Tsering Namgyal, MP, Ladakh; Stanzin Chospel, EC, LAHDC Leh; Tsering Dorjee Lakrook, Vice president, LBA and other dignitaries attended the festival.

Prayer wheel in vietnam sets Guinness record as the biggest

His Eminence Drubwang Sonam Jorfel Rinpoche accepts certificate

Stanzin Dasal

VIETNAM : The Buddhist prayer wheel, 'Driking Kagyu Rinchen Khorwe Go Gek' sets a Guinness World Record and became the largest prayer wheel.

The prayer wheel at Samten Hill, Dalat, Vietnam measures 37.22 m (122 ft 0.80 in) in height and 16.53 m (54 ft 1.99 in) in diameter. The great stupa is made of bronze, inlaid with 24k gold outside, and weighs 200 tons.

The inauguration of the prayer wheel was held on March 11 at Driking Kagyu Samtenling, Vietnam. Guinness World Records Adjudicator presented the official certificate to His Eminence Drubwang Sonam Jorfel Rinpoche.

While announcing the world record title, the Guinness World Records Adjudicator said that to qualify for the record, prayer wheels must be made from metal, wood, stone, leather, or coarse cotton and include Buddhist scriptures inside the wheel. It also must be able to be turned by human hand, water, or other means.

His Holiness Chetsang Rinpoche expressed deep joy and congratulated everyone on achieving the world record title. His Holiness also extended deep appreciation to His Eminence Sonam Jorfel Rinpoche for establishing the Driking Kagyu Samtenling in Vietnam. His Holiness said that the Samtenling will not only help in flourishing Buddhism but will also strengthen the bonds between the two countries.



Guinness World Records Adjudicator presenting the official certificate to His Eminence Drubwang Sonam Jorfel Rinpoche.

nam, Sandeep Arya read out the message of Prime Minister, Narendra Modi and the External Affairs Minister of India. Prime Minister Narendra Modi in his message congratulated everyone and said that such an initiative will strengthen the bond between two countries India and Vietnam.

MP Ladakh, Jamyang Tsering Namgyal expressed gratitude for the endeavor of His Eminence Drubwang Sonam Jorfel Rinpoche, who made the ceremony a reality for everyone.

Highlighting the works of His Eminence, he said, "His Eminence Jorfel Rinpoche is one among the great 'Kagyupa' tradition scholars as well as practitioners, also a renowned philanthropist. The prime focus of His Eminence has strengthened the religious, cultural, and spiritual ties between India and Vietnam, through many different steps undertaken

by Rinpoche La. Both the nation's relationship must flourish on mutual friendship, mutual understanding, and mutual benefits as well as "continuous and secure" is the gist of Rinpoche La vision for the future." He appreciated His Eminence Drubwang Sonam Jorfel Rinpoche's effort to preserve Nalanda traditions in Vietnam, and strengthen Vietnam-India cultural ties based on peace and prosperity. The inaugural program was attended by dignitaries, guests, and people from different parts of the world.

Later, His Holiness Chetsang Rinpoche launched the Go Green Go Organic -2023 initiative by planting trees at Samtenling. Around 21 trees were planted during the launch day. His Eminence Khentul Konchok Stanzin Rinpoche; Sherap Dolma, Vice -President Samtenling along with dignitaries from Ladakh also planted trees.

Tulku, Lobon & Khenpo's enthronement ceremony held at Driking Kagyu Samtenling

Includes 5 Khenpos from Ladakh, 2 each from Bodh Kharbu and Garkhon and 1 from Kukshow village

Reach Ladakh Correspondent

VIETNAM: His Holiness Chetsang Rinpoche recognized Lopon Konchok Tenzin as the reincarnation of the Great Lord of the Yogins, Chunga Rinpoche at Driking Kagyu Samtenling Vietnam on March 9.



First generation of Khenpos of Driking Kagyu Rinchen Palri Monastic Institute

Rinpoche's auspicious enthronement ceremony was performed in the midst of a countless assembly of the protectors of the lineage, tulkus, gurus, and students.

Enthronement ceremony for the first generation of Khenpos of Driking Kagyu Rinchen Palri Monastic Institute was also held.

Rinchen Palri Institute, this year, awarded 28 students, who have completed all the years of their studies, attaining Acharya Diplomas, with certificates in Madhyamika and Prajnaparamita. Out of the total 28 students, 5 Khenpos are from Ladakh including Khenpo Konchok Nurbu from Kukshow; Khenpo Konchok Zangpo and Khenpo Konchok Tharpa from Bodh Kharbu; Khenpo Konchok Dorjay and Khenpo Konchok Targyas from Garkhone.

Khenpo Konchok Sonam, Khenpo Konchok Pasang, and Khenpo Konchok Tarsang from Nepal also awarded.

Khenpo's title is only given after graduates have accomplished many impressive feats. The new Khenpos have completed ten whole years or more, of education at Driking Kagyu Rinchen Palri Monastic Institute. During this time, they studied scriptural texts of sutra and tantra, including texts composed by both great Indian and great Tibetan scholars. Additionally, during that

time, they completed many years of general study and many years of service for the precious teachings by taking up responsibility in textual instruction acting as a "skyorpon," the leader of a monastic class. As they performed these duties, they impressively managed to complete the nine-year curriculum of study for Sangha members.

Later, Khenpos lead by Yangsi Rinpoche offered mandala to His Holiness Chetsang Rinpoche, His Eminence Drubwang Sonam Jorfel Rinpoche, and other important individuals.

Fortnightly News

Ladakh administration initiates Recruitment Rules for gazetted posts

Advisor Narula chairs review meeting



Reach Ladakh Correspondent

LEH: Ladakh administration is in the process of framing recruitment rules for gazetted posts. Advisor Ladakh, Umang Narula held a meeting with all Administrative Secretaries at the Civil Secretariat Leh on March 7 and reviewed the progress of work. The Administrative Secretaries presented the progress of the recruitment rules for gazetted posts in their respective departments. Advisor Narula reviewed and directed that the draft rules

should be placed in the public domain for 'Stakeholders' comments after obtaining clearance from the General Administration Department (GAD) Ladakh within the next 10 days.

The draft rules will then be further examined based on feedback from the stakeholders before being sent to the Union Public Service Commission (UPSC) for approval. Thereafter the gazetted recruitment rules

will be notified.

Advisor Narula also reviewed the monitoring of court cases by the Law department. The department is creating a database of all cases filed in various courts of law.

Secretary Law and Justice, Fayaz Ahmed Sheikh informed that regular review meetings with the law officers of all the departments and the ASG/ Legal Counsels are being held.

The Advisor emphasized effective monitoring of court cases and urged the departments to ensure timely submission of replies and filing of counter replies.

The meeting was attended by all Administrative Secretaries; Additional Secretary, Home Department; Deputy Director Planning; OSD to the Advisor, and officials of concerned departments.

L-G reviews work progress departmental secretaries,



Reach Ladakh Correspondent

LEH: Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd) held a meeting with administrative secretaries on March 8 and discussed the progress of development works of their respective departments along with future work targets, at Raj Niwas.

LG emphasised that the administrative secretaries must ensure the progress of their respective departments for the well-being of the people of Ladakh and for the overall development of the region. He stressed the need

for continuous meetings of the administrative secretaries for the redressal of the issues faced by the people of Ladakh. He inquired of the administrative secretaries about their pending works and instructed them to ensure that no work is left pending and also to take suo moto action in the overall interest and benefit of the people of Ladakh.

LG inquired about various issues and demands of the people of Ladakh, including funding for the Haj Committee of Ladakh, the activation of the

grievance redressal cell in Ladakh, relaxation, if any, in norms for the recruitment of teachers and the recruitment of Associate Professors in University of Ladakh. He impressed upon the administrative secretaries and concerned officials to maintain and follow transparency, accountability, probity, equal dispensation, self-audit and mid-course correction while carrying out their duties to ensure the welfare and development of Ladakh.

He informed the departmental secretaries about his plan to constitute an immediate Assistance Cell comprising representatives from Hill Council Leh and Kargil, Army, Police, Air Force and the concerned stakeholders and hold meetings at regular intervals to address the issues faced by the people of Ladakh. Such meetings would help build trust among the public and also benefit the people of Ladakh, he said.

The departmental secretaries and concerned officials informed HLG about the pending works in their departments, the issues faced by them and the timeline in which the work is expected to be completed.

NOTICE



I, Stanzin Dolker D/o Tashi Angchuk & Norzin Angmo R/o Saboo Leh, UT Ladakh has lost my class 10th

pass certificate duly issued by J & K State Board of School Education Leh through Govt. Girls Higher Secondary School Leh, under Roll no. 968113 and Registration No. 08N-JRF-950306 with Session Annual 2010. Now I have to apply for issuance of duplicate pass certificate. Objection if any may be sent to the J & K State Board of School Education Jammu/Leh within 7 days from date of publication of this notice.

Abdominal tumor weighing 3.94 kg removed at SNM Leh



A team of doctors from snm hospital Leh.

Reach Ladakh Correspondent

LEH: A team of doctors successfully removed 3.94 kg abdominal tumor from a 70-year-old high-risk patient having multiple comorbidities at SNM Hospital, Leh on March 6.

The team was headed by Dr Padma Deskit, Consultant Surgeon

assisted by Consultant Gynaecologist, Dr Stanzin Dolkar; Senior Consultant, Anesthesia, Dr Morup, and Surgeon, Dr Gyalpo.

The team of doctors said that it's rare and such a huge tumour has ever been removed at a District level hospital.

Ladakh participates in International Tourism Exchange (ITB), Berlin 2023

Reach Ladakh Correspondent

LEH: The International Tourism Exchange ITB Berlin 2023, the first in-person edition since the COVID pandemic, took place from March 7 to 9 in Berlin, Germany.

Ladakh was amongst the likes of Kerala, Rajasthan, Goa, Maharashtra, Uttar Pradesh, Madhya Pradesh, Uttarakhand, Karnataka, etc. who represented India under the Incredible India banner of the Ministry of Tourism, Government of India.

Ladakh's presence at the international tourism fair was termed as an excellent exposure of Ladakh tourism before the international tourism fraternity by Director (Tourism), Ladakh, Kunzes An-



gmo, who represented Ladakh along with AD (Tourism), Kargil and a team of local hoteliers, travel agents and tour operators at the three-day event.

Ever since the formulation of the UT of Ladakh, the Administration has been taking various initiatives for promoting Ladakh as a round-the-year tourist destination, highlighting unique geographical and cultural aspects of Ladakh.

Earlier, Ladakh made its pres-

ence felt at the South Asia's Travel and Tourism Exchange (SATTE), Greater NOIDA, NCR with its official delegation and over 40 co-exhibitors from 9th to 11th February 2023. The UT of Ladakh also participated in IATO Annual Convention at Lucknow 2022; Bharat Parv at Lal Qila, Delhi from 26th to 31st January 2023 and also participated in Flavours of North India Food Festival organized by North Zone Cultural Centre (NZCC), Patiala from 3rd to 11th December 2022.

10-day capacity building programme on Emerging Technologies commences

Reach Ladakh Correspondent

LEH: The Information Technology Department, UT Ladakh in collaboration with the National Institute of Smart Governance (NISG), GoI organised a training and capacity building programme on 'Emerging Technologies' for the senior officers of the UT Administration from March 10-20, 2023.

Addressing the participants Principal Secretary, IT department Ladakh, Sanjeev Khirwar said that the idea behind the training programme is to get a perspective on emerging technologies and how it can be used for ushering in smart governance, process reforms and digitalization to provide effective

services to the public.

The training covers a wide range of emerging technologies such as Artificial Intelligence, Blockchain, Internet of Things (IoT), Cloud computing, Cybersecurity, etc. The training programme aims to provide participants with an understanding of these technologies and their potential applications, as well as the challenges to provide and facilitate government services, exchange of information, communication transactions and integration of various systems and services for a digitally empowered Ladakh.

During the first day of the training, Satyajit Rao Vagvala, SGM,

NISG held an engaging session on Digital transformation, Emerging Technologies and Enterprise Architecture. He spoke on, Response and the Digital makeover in India; e-Governance maturity; Technology- Leverage new technologies and innovation; Capacities/Skilling and change, and Knowledge Management among others.

Muthukumar Subramanian, iS-MAC Technologist spoke on Big data analysis, its characteristics, emergence, importance, tools and techniques. He delivered a comprehensive presentation on Analytics model; Artificial Intelligence and machine learning; types of machine learning; supervised and unsupervised learning.

Vajrayana Buddhist spiritual and cultural space inaugurated

Awarded certificate from the Vietnam Union of UNESCO Associations

Stanzin Dasal

VIETNAM: The spiritual and cultural space of Vajrayana Buddhism, 'Drikung Kargyu Samtenling, Vietnam' was inaugurated on March 7.

His Holiness Chetsang Rinpoche; His Eminence Drubwang Sonam Jorfel Rinpoche; President, LBA, Thupstan Chhewang; CEC, Hill Council, Leh, Tashi Gyalson; Member of National Commission for Minorities, Rinchen Lamo; Deputy Chief of the Central office of the Vietnam Buddhist Sangha, Ven. Thich Thanh Huan; Head of the Buddhist Administration of Phu Tho Province, Ven. Thich Minh Nghiem, Secretary General of the International Buddhist Confederation, Bhikkhu Dhammapiya, and many other dignitaries were present during the inaugural program

Located in the mountains of the Dalat, Vietnam, 'Samten Ling' is a place for teaching and practicing Vajrayana Buddhism initiated by His Eminence Drubwang Sonam Jorfel Rinpoche. The construction work of the monastery and retreat centre started in the year 2018 and was completed in 2022. The Great Stupa, 'Drikung Kagyu Rinchen Khorchen Khorwe Go Gek' prayer wheel in the Samten Ling is the largest prayer wheel in the world and is set to make a Guinness record.

'Samten Ling', the monastery and the retreat centre built at the Samten Hills, Dalat has been awarded the certificate, 'The spiritual and cultural space for Vajrayana Buddhism' by the Vietnam Union of UNESCO Associations.

Representatives of the Vietnam Union of UNESCO Associations, Tran Van Manh said, "The award of the certificate of the Vietnam Union of UNESCO Associations is meaningful to introduce to the community the Vajrayana Buddhism and to promote and preserve for the future generations."



Receiving the certificate, 'The spiritual and cultural space for Vajrayana Buddhism' by the Vietnam Union of UNESCO Associations.

Offering the congratulatory gift to His Eminence Drubwang Sonam Jorfel Rinpoche, His Holiness Chetsang Rinpoche expressed his gratitude to His Eminence for the initiative and for establishing Samten Ling.

His Holiness said that Drubwang Sonam Jorfel Rinpoche believes in and works on keeping the traditions upheld and has established dharma centres, meditation centres, nunneries, etc.

"Samtenling is yet another initiative and I am sure that the centre will help in promoting Vajrayana Buddhism", His Holiness added.

His Holiness also expressed gratitude and felicitated the people who have helped and supported in establishing Samten Ling.

In the year, 1939, His Eminence Drubwang Sonam Jorfel Rinpoche was born in Bodh Kharbu village in Ladakh. At the age of 8, he took refuge vows from His Eminence Togdan Rinpoche. He received the full ordination vows twice in his life each from Yondzin Rinpoche in Tibet and His Holiness Chetsang Rinpoche. He has been engaged in various activities to strengthen and promote the Buddha Dharma. His Eminence restored and renovated many old monasteries and established nunneries in Ladakh such as in Lamayuru and Bodh Kharbu. He sponsored and started Ladakh

sMonlam Chhenmo during the early 90s which has now become an annual schedule where 1000 venerable monks from various monasteries of Ladakh gather.

Addressing the gathering, LBA President, Thupstan Chhewang said, "Coming from an extremely humble background, Drubwang Sonam Jorfel Rinpoche have secured deep knowledge through hard work and serious studies. You have established lasting imprints of your philanthropy, philosophy, and compassion across the countries spreading Lord Buddha's message of peace and harmony".

He said that the His Eminence initiative has given a fillip to spiritual ties between the two countries.

CEC, LAHDC, Leh highlighted the various initiative and work of the Rinpoche in various countries. He said that the establishment of Samten ling will strengthen the bilateral relations between the two countries.

The dignitaries during the inaugural event of Samten Ling expressed gratitude to His Eminence Drubwang Sonam Jorfel Rinpoche and prayed for his long life.

A scintillating cultural performance by the artists of Ladakh and Vietnam was also showcased during the event.

Expert Talk

By Deachen Spaldon



Advocate Eshey Lamo

If we talk about gender equality, from the beginning we have seen that women have been treated as secondary citizens. They have only been considered machines to produce children and have only been confined only to do domestic work. In Ladakh, we have seen and heard how most of our mothers or grandmothers were made to do household work while their counterparts- males were sent to schools. Today the condition of women everywhere seems to be in a much better place. What actually brought this change? It's Education, there is a quote that says "education is the most powerful thing that can change the world" – not just bookish knowledge but in all spheres of life.

A lot has to be done still- because if we talk about women's representation politically, it is almost nil. We talk about supporting women but when a woman takes up the courage and stands for election, we don't see any support. A women representation at local or council level is not there, let alone representing Ladakh as an MP. Consequently, if more opportunities are given to women socially, economically, and politically- then it is no doubt that they will excel in all spheres of life.

One more thing that we see frequently in Ladakhi society nowadays is the practice of 'raktak'. This practice of giving expensive gifts to women on the day of marriage from their own house is something that is getting worse than in other parts of India. Today it might look nice, and people do it on their own accord, but time is not far when this practice will turn into something called a 'dowry system'. This calls for action from all organizations of Ladakhi society- be it LBA, women's alliance, etc. to put a curb on such practices and find pragmatic solutions.

Moving towards my expertise and if we talk about crimes against women in Ladakh. I've observed that men and women are unequivocally equal in crimes against them. For instance, if we talk about infidelity- there have been multiple cases of women being a victim of it and coming to court for assistance. When confronting their husbands,

they were beaten and threatened. They are being thrown out of the house along with their children without any financial aid or assistance. Nevertheless, there have been cases of women coming to court and misusing their rights. Getting involved in infidelity themselves they come to court with false claims of domestic violence against them.

When we talk about legal rights for women and how they can exercise them – for instance if fathers refuse to pay maintenance for children. Under section 125, of CrPC, a maintenance case can be filed against the father. The mother can claim the maintenance till the time the child is dependent on her. This maintenance must be paid from the time the court will issue the order. If the father is employed, a salary certificate will be taken and based on his income, maintenance must be given. In the case of the unemployed father, the court orders them to earn since they are young and physically fit. Based on his earning court will then decide the maintenance money. In case of domestic violence- a warrant will be issued against the husband and will be arrested. Residence order will be passed – where women can reside in their husband's houses with the children. Monetary compensation for physical injuries will be made to pay.

Women living in far-flung areas can become aware of these legal remedies through legal awareness camps that are being held regularly. Active participation of women during such camps is crucial. Besides if programs on Doordarshan with various experts are held regularly, then it will indeed cover more villages.

Solutions:

- Availing education is very important – only then there can be more awareness about the condition of women and one can also spread this awareness further.
- More opportunities for women in all sphere of life- be it social, political, or economic has become a need of the hour.
- Lastly supporting women- we talk about women empowerment but sometimes it's the women themselves who don't support each other let alone men supporting them. So support is a fundamental aspect to improving women's status in society.

Women's healthcare and legal rights



Dr. Khatisha Bano – Consultant Gynecologist

Women have always been neglected in terms of health for a long time. One of the biggest problems I see in this regard is the neglect of women themselves. Be it working women or a housewife, regardless of any health issues, in most cases they pretend to be okay which results in the problem becoming too critical and becoming too late for treatment. Notwithstanding that, whatever the health issues are, having the courage to show up at the health centers and get screened is imperative for early detection. We can cure any diseases and give necessary medical attention early if any issues are detected. These days screening programs are being held in Leh regularly, where women's organs such as the cervix and uterus are being tested for free by the government. Awareness among women is another problem that I have observed. If information is spread correctly on various social platforms, then there is a possibility of them becoming much more aware and informed about such screening programs.

Breast cancer and cervical cancer are something that has been noticed as the most common among women. Talking about cervical cancer - Women who have married early, in their teens, or women with more than 4-5 children are comparatively at higher risks of getting this cancer. The symptoms include frequent white discharge, heavy menstrual bleeding, back pains, and such. Cervical cancer develops very slowly. It can take decades for abnormal changes in the cervix to become invasive cancer cells. Under such circumstances, women need to come for their screenings and get tested without neglecting it. The benefits of early screenings will be – in

case of anything is diagnosed, then it's at such an early stage where all the necessary treatments will be provided.

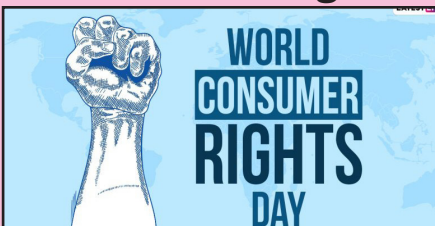
When women come for screenings, we make sure that they also become aware of the vaccine that is available for the prevention of this disease. This vaccine is called – the HPV vaccine which is given to adolescents between the age group of 11-19 years. This vaccine is freely available in all government health centers, or one can visit the chemist shops where the vaccine is available for 2000-3000 rupees. In a 3-dose series – the second one is to be given after 1 month, and the third one after 6 months.

If we talk about anemia in pregnant women, personally I feel like there are more cases outside. There was a survey done a year ago on anemic cases among pregnant women, every one in three pregnant women is suffering from anemia. There are a few cases but it's not as high level as that of pregnancy-induced hypertension/ BP patients. Even if there are cases of it, it is most common among wives of laborers who have come from Nepal, Rajasthan, etc. In addition to that one of the causes of anemia in women is heavy menstrual bleeding, and this gets exaggerated during pregnancy. However, there are various awareness campaigns and programs organized at the school level for anemia, and iron folic acid medicines are being given. Besides that, consuming an iron-rich diet becomes important.

Women living in cities are indeed more aware, nonetheless, in villages, a very important role is played by PHCs, ANMs, and ASHA. These community health workers reach out to preg

...Continues on page 6

World Consumer Rights Day



World Consumer Rights Day is celebrated on March 15 annually as a means of raising global awareness about consumer rights and needs. On this day, the governments around the globe spread awareness about consumers' rights and needs.

President John F. Kennedy was the driving force behind the creation of World Consumer Rights Day. He addressed the United States Congress on March 15, 1962, explicitly addressing the topic of consumer rights. He was the first leader in the world to do so. World Consumer Rights Day was celebrated for the first time in

1983. Since then, it has been celebrated globally on March 15 every year.

The day also aims to draw attention to market malpractices, which undermine the rights of consumers and what more can be done to empower buyers.

In India, the government passed the Consumer Protection Act, 1986 that outlines some basic consumer rights. National Consumers Rights Day is commemorated yearly in India on December 24.

These are some of the powers that consumers have under this Act:

1. The Right to be heard at appropriate forums
2. The Right to seek redressal against unfair trade practices
3. The Right to consumer education
4. The Right to seek good and services at competitive prices

DID YOU KNOW



In the times of ancient Greece, women used to lighten the colour of their hair using plant extracts or even worse, arsenic.

Women are known to speak more than men do. Much, much more, in fact as they speak an average of 13,000 words more than men per day.

In the year 1924, the only Olympic event that women were allowed to participate in was ice skating. In that year, 15 women were part of the category.

Savitribai Phule is heralded as one of India's foremost female leaders. She placed high importance on female education and together with husband Jyotirao Phule, opened 18 schools for girls, as reported by India Today.

According to research from Psychology Today, mental connections are optimised quicker in girls than boys during the childhood and adolescent years. This is why, women are found to mature quicker in thought processing and emotional areas than men.



Caliginophobia, also known as Venustraphobia or gynophobia, is the irrational fear of beautiful women. Yes, really.

In 1952, Queen Elizabeth II commissioned a shade of red lipstick customised to match her coronation robe. This shade went on to be known as 'The Balmoral Lipstick', after her Scottish country home, as reported by The Pool.

Courtesy: NDTV

SoulSpeak

Dr. P.P. Wangchuk

A greater you within you!



Many of us are driven in life by deadly, mistaken thoughts. That is why a majority of us never get to enter the top group of people whom we call 'super-heroes'. What is worse is that we fail to realise that we are treading the wrong path. And life goes on as if in a dark, unknown alley!

Wait, that is not yet the end of the road. If we are honest enough to know our real selves, there are many ways to take progressive steps. We

will take up only the few most important ones: Never ever allow yourself to be hit by 'What others will say?'; never ever develop the habit of saying 'I can't do it'; never ever try to compare yourself with others. These are the primary principles to be avoided, and all great and successful people kept themselves aware of such negative tendencies. Instead, they adopted exactly the opposite ways to make a definite difference in the day's work and quality.

The greatest impediment in life comes in when you care for 'what others will say?' Mind you, more often than not, others will try their best to pull your leg. I am not saying that everybody around you will work against your wishes, but many will. That is because others have their own interests and concerns and may not agree with what you stand for.

Similarly, if you tell yourself time and again that you 'can't do it', then you really can't. Your brain is a very obedient servant. Let us remind ourselves of the great adage: 'I can, I will'. This is a very powerful thought and one who makes it a mantra of life, one can surely make the impossible possible.

And, finally, comparing yourself to others is a sure recipe for failure. There is always a 'greater you' within you to be explored and exploited. Once you do that, you will never need to look back. Life is all rosy for those who look beyond their nose!

Courtesy: WongWorld

Fortnightly News

In Conversation with Mehdi Nasser, Mixed Martial Arts Fighter

Interviewed by Yangchan Dolma

Q. Tell us about yourself and your journey as a Mixed Martial Arts (MMA) Fighter.

I was born and brought up in Iran and since childhood, I was very interested in and passionate about MMA. At the age of 15, I started learning MMA in Iran for 7 years. After spending 21 years in Iran, in 2011, I came to India and stayed in Mumbai for 2 years.

In 2013, I got a chance to participate in the Super 5 league organised by Shilpa Shetty and Raj Kundra. I fought my first fight in India and my record was 3'0. Later, I shifted to Kargil in 2015. In 2022, I got selected for Mixed Martial Arts (MMA) reality show 'Kumite 1 Warrior Hunt' and won the show. India's first-ever MMA reality show 'Kumite 1 Warrior Hunt'. The reality show will unleash power-packed challenges between the 16 shortlisted contestants and test their mettle to attain the title of the ultimate warrior.

Mixed martial arts (MMA), also known as cage fighting, is a modern combat sport whose main characteristic is the combined usage of several martial arts by the fighters. So, while MMA is an individual combat sport, the fighters utilize multiple martial arts and/or combat sports in MMA fights. The rules allow the usage of both striking and grappling techniques while standing and on the ground.

Q. After winning the show and getting a groundswell of support, adds to the pressure as you will represent India on Global Stage in mid-2023, how would you take it?

I am focused on my game rather than taking pressure and stress. I will pay more attention to how we fight and what skills I need to practice. I will check and work on the mistakes I made in the last game so that the same mistakes are not repeated.

My purpose is high and I won't let any distraction comes my way. All of my focus is on practicing and winning the game. I believe that sports guided me toward the right path in life.

Having overcome the most challenging situations and extreme climatic conditions in Ladakh, I believe I can survive anything. The suffering

and success have made me stronger.

Q. What makes you an MMA Fighter? Does your family support you?

Even if we have incredible skills and athlete ability in other sports, to become a professional MMA Fighter we need to have years of training in at least one martial art under our belt. And to win MMA fights, we need to have a valuable skillset that includes kickboxing, wrestling, and striking. My family members are not very athletic, thus, in the initial days I had no support because my parents wanted me to study and get a good job. I explained to them that fighting gives me peace and freshness in my body but along with fights I also study. After winning the "Super 5 League" victory cup I got some fame and was invited to TV shows. With all these, people praised my skill and that's how my parents got confident and accepted me as a fighter. Along with respect people started recognizing me and my parents and now they are very happy.

Q. What are the challenges you faced while training? Are the infrastructural facilities good in Ladakh?

There is no good infrastructure for honing MMA athletes in Kargil. Don't know about other sports infrastructural facilities they may have good facilities and equipment but for MMA there is nothing. I practiced what I learned before, made some equipment by myself and through that I practiced. For MMA athletes, the infrastructure facilities in Ladakh are in a very bad stage because of this we need to go outside Ladakh to learn and practice.

Q. How much scope do you see in Ladakh for an MMA fighter?

One thing which was good and benefited me is that I learned MMA from outside Ladakh. Since I am Ladakhi, I play for Ladakh and participated in the reality show to send a message that athletes from Ladakh do not lack behind. If there are good facilities, proper equipment, and adequate awareness about the sport in Ladakh then many of the athletes won't face many problems like me. Last year I trained a student named Ali who won the national championship in MMA. I tried to show the administration again and again that we can do it. I must say that if youths are very passionate about MMA, there are so many scopes since MMA's growth has been phenomenal and is currently one of the fastest-growing sports in the world.

MESSAGE TO THE READERS

“Face your fear and don't run away from your problems. MMA is a complete game, it includes Kicking, Punching, Judo, Zen, and through MMA we can learn self-defense also. The sport is not just for young people, aged people can also learn MMA. Learning MMA is not just about fighting in the championship it keeps one's body fit and healthy.”

Fortnight Highlights



A cycling event themed 'Healthy Women Healthy India' was organised by NCD Cell Leh under the National Program for Prevention and Control of Cancer, Diabetes, Cardiovascular Disease and Stroke (NPCDCS) on March 5 at SNM Hospital Leh.



The market checking team of Food, Civil Supplies and Consumer Affairs Department (FCS&CA) Leh inspecting shops of Leh market and its surrounding areas.



Stranded passengers of Kargil were airlifted from Jammu and Srinagar in Indian Air Force Aircrafts on the requisition of UT Ladakh Administration.



As a part of the women's day celebration, Department of Youth Services and Sports, UT Ladakh organised a football match for the women's team at Open Stadium, Leh.



The second edition of Nurboo Wangdus Memorial Ice Wall Climbing Competition concluded at Gangles village.



Department of Cooperative Zanskar distributed 60 quintals of fresh vegetables in Zanskar.

Fortnightly News

All Women Motorbike tour to Chushul flagged off

25 women from different parts of India to ride a bike till Rezag la war memorial

Reach Ladakh Correspondent

LEH: All Women Motorbike Tour of Eastern Ladakh under the aegis of Ultimate Force was flagged off by the Chief of Staff, Fire and Fury Corps on March 6.

The motorbike tour aims to pay tribute to the valour and sacrifice of the Indian Army on forthcoming International Women's Day.

This three day expedition comprises of 25 brave and experienced women bike riders pan India who have volunteered for this adventurous activity. The expedition commenced from the Hall of Fame, Leh and will culminate



During the two-day awareness cum information program for senior citizens of Ladakh.

at Rezag La War Memorial, Chushul.

Over the next three days, the participants of the 'Adventure Tour' will negotiate Changla at an altitude of 17600 feet before ascending into the Tangtse valley.

Thereafter, they would ride upto the Frozen Pangong Tso lake and finally reach Chushul village at 14500 feet. The culmination of the 'Adventure Tour' is planned on 8 March 2023, which also coincides with the International Women's Day.

Labour Department Kargil conducts awareness program as part of 'National Safety Week'

Reach Ladakh Correspondent

KARGIL:Raziya Khatoon, ALC, Kargil interacting with the employers and officials of BRO. KARGIL : As part of the 'National Safety Week' celebration 2023, an awareness program themed, "Our Aim-No Harm" for the workers and employers on NH 01 was held on March 6. Assistant Labour Commissioner, Kargil, Raziya Khatoon gave awareness to workers regarding the importance of safety at workplaces which includes wearing PPE, being mindful and follow safety signs, using right equipment for the right task, report of issues immediately to higher authorities.

Raziya Khatoon also interact-



ed with the employers which include officials of BRO at worksites and directed them to follow all the safety protocols at workplaces. She informed the workers about the possible risks at workplaces and how to respond in such situations.

ALC Kargil briefed about

the celebration of National Safety Week being celebrated from March 4 to 10.

National Safety Day is observed to highlight the importance of safety in all spheres of life to prevent mishaps and accidents caused due to negligence or lack of awareness.

Health Dept upgrades infrastructure to deal with High-Altitude Medical Emergencies

Reach Ladakh Correspondent

LEH: Principal Secretary Health and Medical Education, Dr. Pawan Kotwal discussed the oxygen infrastructure and preparation for the tourist season.

Reiterating the directions of the Lieutenant Governor, UT Ladakh, Brig (Dr) BD Mishra (Retd), the Principal Secretary exhorted that the department in view of the upcoming tourist season should take all necessary steps to ensure no casualties take place among tourists due to hypoxia or low oxygen.

Dr. Kotwal said that the mandatory 48 hours of acclimatisation advisory should be well publicized through Information, Education, and Communication in collaboration with both the district administrations so that tourists are well aware and take necessary precautions to avoid any health emergencies. He stressed that signages with health advisories should be put up in critical places on the roads and tourist destinations for the information of tourists.

It was informed that the Health Department has procured and kept ready several 'Gamow bags' at the nearest medical centres in various critical locations to treat severe cases of altitude sickness. These pressure bags depending upon the elevation can within minutes decrease the adverse ef-



fects of altitude by 1000 m by as much as 3000 m.

Dr. Kotwal gave directions for adequate Gamow bags to be deployed specifically at critical areas viz. Khardung La, Tsoltak near Chang La, Spangmik near Pangong Lake, and at Tangtse Medical Centre in Durbuk tehsil, among others.

It was informed that 'Oxygen parlours' were already functional at Health and Wellness Centres Kargyak, and Rangdum, in Zanskar among others. The 'Oxygen Parlours' will be functional from April 2023 onwards at the Khardungla top, Gya village on Leh- Manali highway, Tsoltak, Zangla and Abran Health and Wellness Centre in Zanskar area. It shall also be set up this year at 3 new tourist routes opened by the Tourism Department Ladakh, which include Phobrang at Martsemik La,- Tsog Tsa Lu route, Shyok- Galwan route, and Panamik-Siachen route.

The Principal Secretary reviewed

the status of the National Ambulance Service, Dial 108. CMO Kargil, Dr. Munnawar informed the meeting that the ambulance service was functional even in remote areas such as Trespone, Shemsha Kharbu, Khangral etc. Dr. Kotwal asked the DHS to expedite the procurement of 8 new Advanced Life Support Ambulances and asked the MD, NHM and the SE, Mechanical to expedite the fitting of the existing BLS Ambulance with ALS equipment.

Dr. Kotwal also reviewed the status of the installation of boosters in all the Oxygen Generation plants installed at various Health institutions so that these can be used to fill oxygen cylinders to make oxygen available at all Public Health Institutions and Health and Wellness Centers. Further, he gave directions to ensure that the installation/commissioning of 'Hyperbaric Chambers' at the SNM District hospital, Leh is got done well before the onset of the next tourist season in April 2023.

5 doctors of National Institute of Sowa Rigpa, Leh participates in National Arogya Summit on Traditional Medicine



A team of five Sowa Rigpa doctors from the National Institute of Sowa Rigpa, Leh.

Reach Ladakh Correspondent

LEH: A team of five Sowa Rigpa doctors from the National Institute of Sowa Rigpa, Leh participated in the 4-day Shanghai

Cooperation Organization (SCO) B2B Conference and National Arogya Summit on Traditional Medicine held at Guwahati (As-

sam) from March 2 to March 5.

The event was sponsored by the Ministry of Ayush, Govt. of India.

The B2B conference was organised in line with the theme SECURE SCO where S stands for Security, E for Economy, C for Connectivity, U for Unity, R for Respect, and E for Environment.

The officials said that the event will help member states to connect with others and stay united by promoting trades in the Traditional medicine sector that ultimately will contribute to the economy of member states.

International Women's Day: AIR Kargil felicitates women achievers



Reach Ladakh Correspondent

KARGIL: Celebrating International Women's Day . All India Radio Kargil felicitated women achievers at MP Studio, AIR Kargil on March 8.

Gynecologist CHC Sankoo, Dr Nasreen Fatima said the theme for this year's International Women's Day is "DigitALL Innovation and Technology for Gender Equality."

She said Kargil society always supports girl child and there is always support towards both genders due to which people including women from varied fields are excelling.

BDC Chairperson said if a girl from a remote village of Chiktan can utilize the opportunities into exemplary result-oriented activities as she did, then every woman from Kargil can do wonders and society should come forward to encourage such people.

She appreciated the role of AIR Kargil for giving women, from different fields, an opportunity to express and share their expertise to encourage others.

The AIR Kargil later felicitated the women achievers with traditional Khataks and certificates and hailed their role in many fields.

The achievers include Sayeeda Banoo (BDC Chairperson) for her exemplary and revolutionary steps for the development of Shakar Chiktan Block with decisions like bringing all party representatives at one platform, organizing Shakar Chiktan Winter Carnival, Tourism Development works etc. Dr Nasreen Fatima was felicitated for her exemplary work in the field of health and social work, Hakima Banoo, Panch Hunderman was felicitated for her revolutionary decisions for arranging

Solar Lift Irrigation Pump to save her village from drought.

Husniya Banoo, Panch Wakha, who is also a progressive farmer of mushroom cultivation and an instructor for training women in mushroom cultivation, was also felicitated. Progressive farmers like Salma Banoo, Kulsum Banoo, Fatima Banoo and Sakina Banoo were also felicitated for their exemplary work in adopting modern agriculture techniques and vegetable cultivation in achieving financial independence.

Dechen Chuskit, folk artist and singer was also felicitated for promoting and preserving the traditional treasure of folk songs in Balti, Purgi and Ladakhi. Tayiba Fatima, the youngest female archer who won gold in a recent LG Cup Archery Tournament was also felicitated. Archo Nargis and Zahra Banoo Mir, senior female broadcasters of AIR Kargil were felicitated for helping and empowering women through their fruitful programs from AIR Kargil.

Head of Office AIR Kargil, Ramakant Prashar said AIR Kargil is the voice of people in Kargil and a medium to reach out to the audience.

He urged the women achievers to use the medium (AIR Kargil) to share their stories to influence young ones so that the theme of this year's International Women's Day can be achieved.

Kargil observes National Safety Week

Reach Ladakh Correspondent

KARGIL: To aware about the safety of the workers at workplaces, District Industries Centre Kargil, Department of Industries and Commerce, Ladakh organized various events as part of National Safety Week from March 4 to 10.

General Manager, DIC Kargil administered a pledge to the workers and employers in the industrial Estate Kurbathang and Chanchik. Pamphlets with the safety measures to be adopted by employers and employees at workplaces were also distributed to the Unit Holders.

To sensitize youth of the district on safety, DIC Kargil organized



an essay competition in collaboration with GDC Kargil. Prizes/momentos were also given to the participants.

The week-long program concluded with a workshop in collaboration with the Department of Labour and Employment on March 10.

Representatives from the Industrial Association, Labour Organizations, Department of Health took part.

General Manager DIC Kargil highlighted various legislations for the protection and safety of workers with clause-wise discussion on the protections available in the Factory Act 1948.

Expert talk Women's healthcare and legal rights

...Continues from page 4

Solutions

- Women must keep their health as a priority, instead of neglecting the issues- routine check-up is very important.
- Active participation in the camps that are being held regularly in villages.
- Preventive vaccines and a healthy diet are essential.

nant women in these remote areas and cater to their common problems and bring them to the center level. In addition to that, various camps are being held regularly in far-flung areas and make them aware of diseases, their cures, and the health benefits they can avail.

NOTICE

An application has been received from one Tsewang Rafstar S/o Tsering Namgial R/o Phey UT Ladakh to transfer the vehicle No. LA02 0497 owned by Stanzin Lekzes D/o Skarma Angchok R/o Temisgam 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/3381-82
Date: 06-03-23

Asstt. Regional Transport Officer
Leh-Ladakh

Fortnightly News

ADC, Leh, reviews control measure against drug menace



Reach Ladakh Correspondent

LEH: A district level meeting regarding the joint action plan on prevention of Drugs and substance abuse among children and illicit trafficking was chaired by ADC, Leh Sonam Chosjor on March 10 at VC conference Hall. The meeting discussed the action taken by the designated members on the directions issued in the previous meetings and to formulate the future course of action against the drugs abuse in the district.

ADC, Leh took detailed feedback from every concerned Department regarding and measures undertaken for combating illicit trafficking of narcotic drugs and psychotropic substances.

During the meeting, the officers apprised about the situation with regard to the drug menace and shared their suggestions and measures to be taken at district level to control the drug peddling and its consumption, besides measures for rehabilitation of drug victims.

ADC, Leh directed the concerned officers to conduct a meeting soon with the Trade Association regarding the sale of inhalants. Besides, he directed DSWO, Leh to conduct quarterly meetings on time.

Chief Education Officer, Leh informed that CCTV cameras have already been installed in Higher

Secondary Schools in the city area.

Further, he directed the officers and officials of various departments to submit the latest data at the earliest. Also, directed all the concerned stakeholder to create awareness of the risks and dangers of drug and substance abuse among children through community outreach programs, public education campaigns, and workshops.

It was also suggested in the meeting that parents and teachers should be targeted for awareness rather than the School children,

Chairman, Child Welfare Committee, Leh informed that awareness camp was organised at Lingshed, Durbuk, Kharu and all the villages of Leh block.

The meeting was attended by DSP, Rigzin Sangdup; Chief Education Officer, Leh; Excise and Taxation Officer, Leh; Chief Medical Officer, Leh; Assistant Controller Drugs and Food Control, Leh; Chairman, Child Welfare Committee, Leh; Member, Juvenile Justice Board, Leh and District Child Protection Unit, Leh.

Photo

L-G reviews KVS recruitment scam

Instructs Police to such nefarious acts not in future



Reach Ladakh Correspondent

LEH: Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd) reviewed the Kendriya Vidyalaya Sangathan (KVS) Recruitment online exam cheating scam in Leh with the Additional Director General of Police (ADGP), Satish Khandare, and Senior Superintendent of Police PD Nitya on March 1 at Raj Niwas.

L-G inquired about the police teams deployed to arrest the people involved in the scam and also the periodic updates provided to the team.

ADGP Ladakh Police informed about the raids conducted by the Police team at various places in Bahadurgarh and Rohtak in Haryana. He informed that the

two of the accused were operating a computer coaching centre in Leh and the remaining accused were providing IT support.

LG Mishra called the incident worrying and inquired about the precautionary steps that can be taken for deterring criminals from repeating such acts in the future without causing any false alarms among the public. He instructed that such incidents should not happen in the future and instructed Ladakh Police to solve the case at the earliest and ensure that IT/coaching centers from Ladakh do not indulge in such nefarious acts in the future.

ADGP Ladakh Police informed about various verification drives being conducted to ascertain the identity of the people operating such centers. He also assured to solve the case at the earliest.

Ladakh Organic Fair 2023 observed in Kargil

Reach Ladakh Correspondent

KARGIL: Ladakh Organic Fair 2023 organized by the Department of Agriculture, LAHDC Kargil was observed at Auditorium Hall Kargil on March 11

Chairman and Chief Executive Councillor, LAHDC, Kargil, Feroz Ahmed Khan talked about the demerits of chemical fertilizers and importance of organic farming. He said the usage of manual fertilizers increases the fertility of soil and crops produced from it are healthy for consumption.

Khan said the participation of huge number of farmers in this event speaks about the success of this event and also expressed happiness over the fact that now fresh vegetables are available in Kargil in winter season which was impossible in earlier times and credited it to Ladakh Green Houses.

The CEC advised the farmers to practice robust forms of farming as the agriculture sector is a reliable and sustainable sector to generate revenue and strengthen the economy.

EC Mohsin Ali thanked UT Ad-



ministration for funding the event and the LAHDC Kargil is committed to use the funds to organize this event to give awareness to farmers about organic farming.

He asked progressive farmers to use Ladakh Green Houses in good numbers and expressed optimism about a good agriculture season as there was sufficient snowfall this year.

Principal Scientist Krishi Vigyan Kendra, Dr Akhone Mehdi spoke at length about the demerits of chemical fertilizers and the merits of organic farming. He asked the farmers to learn best practices of farming and asserted to use natural homemade vermicompost to promote sustainable organic

farming.

CAO Mohammad Ali Khan informed about the purpose of the event and said that due to former LG Ladakh's vision organic Ladakh was conceptualized and expressed happiness that this practice is benefiting farmers and people avail fresh vegetables in winter season.

Later, the best Ladakh Green House practitioners were felicitated by the dignitaries and the dignitaries were felicitated by the concerned officers of the Agriculture Department.

Vegetables produced from Ladakh Green House were displayed during the event at different stalls and were later sold to the masses.

Week-long cultural revival workshop begins in Karsha Monastery, Zanskar

Reach Ladakh Correspondent

ZANSKAR: Week-long cultural revival workshop and language awareness camp began at Karsha monastery, Zanskar on March 4. More than 40 participants participated.

The workshop is organised by organized by LAHDC Kargil in collaboration with the Ladakh Academy of Arts, Culture, and Languages, Kargil.

Lobzang Namgyal, BDC, Karsha-Zanskar, Block Level officers of Zanskar, Monks of Karsha Monastery, artists, village representatives, and the public were present.

The week-long cultural revival workshop and language awareness camp will be held in around 25 villages of the Kargil district starting from February 16 onwards. The camp has been ideated by the Hill Council, Kargil with the aim and vision to preserve, conserve and promote the rich socio-cultural heritage of Ladakh which is equally unique and



cultural revival workshop at Karsha monastery.

significant. It focuses on strongly upholding the tribal identity of Ladakh embedded in its different customs, traditions, rituals, and languages in the course of the developmental path that Ladakh as a Union Territory now treads upon.

Lobzang Namgyal, BDC, expressed hope that the event will achieve the vision and objective with which it was initiated by the Council & Ladakh Cultural Academy.

He added that the onus of preserving our language, culture, and heritage falls on ourselves and that

we should strive internally to protect and conserve our rich tribal identity.

The BDC said the UT Ladakh Administration & Hill Council, Kargil is committed and is making concerted efforts in promoting and conserving the rich cultural heritage according to the uniqueness of Ladakh.

Workshop Coordinator highlighted the importance of Ladakh's rich traditions, customs, language, and heritage, and the need for its promotion and preservation at the grass root level.

Workshop on Cooperative movement and awareness held



Reach Ladakh Correspondent

LEH: One-day workshop on Cooperative Movement and Awareness was organised by Cooperative Department, Leh, UT-Ladakh at DC Conference Hall on March 2.

Executive Councillor, Horticulture, LAHDC, Leh, Ghulam Mehdi was the chief guest and Additional Registrar Cooperative Societies, UT-Ladakh, Moses Kunzang was the guest of honour. Besides, Councillors from LAHDC, Leh including Tsering Sandup, Smanla Nurpu, Morup Dorjey, Lundup Dorjey and BDC Leh, Skalzang Dorjey were present.

Executive Councillor, LAHDC, Leh, Ghulam Mehdi said that switching to organic farming and developing a brand and certification of the same is very important. Getting the GI tag for 'Raktsey Karpo' apricot as a unique produce of Ladakh will have a

great impact on farmers and also marketing of the fruit. He said that GI tagging of similar unique produce of Ladakh should also be undertaken. Further, he suggested forming cooperative societies in seabuckthorn processing and marketing in the district, especially in Nubra.

Additional Registrar Cooperative, UT-Ladakh, Moses Kunzang welcomed all the participants and threw light on activities and future programs of the Cooperative Department including the revival of village-level cooperative societies and various services provided and infrastructural development in the cooperative sector after the formation of UT. He informed that the J&K State Cooperative Act have been continued for the registration of cooperatives in UT-Ladakh.

Deputy Registrar Cooperative Societies, Leh, Dr Mohd Abass

gave a detailed presentation on the ongoing activities, schemes, and role of cooperatives in organic farming and economic development through marketing of agri-horticultural and livestock produce of farmers and livestock rearers. Further, he impressed upon the public representatives to support in strengthening the existing cooperative societies and revival of non-functional cooperatives for the betterment of public services.

Explaining the need for and importance of practicing natural farming, Scientist, DIHAR, DRDO, Leh, Dr Dorjey Angchok said that soil has a unique content of beneficial microscopic organisms which play an important role in maintaining fertility and improved productivity. He further added that the use of chemical fertilizers kills the microbes which affect soil health.

Research Assistant, Agriculture Department, Leh, Manzoor Ahmad spoke on how to convert daily waste into useful organic manure for healthy soil using additives and decomposers through simple procedure. He added that organically prepared manure supplement the soil fertility against the chemical fertilizers.

Additional Registrar Cooperative, UT-Ladakh ensured all efforts from the Department in executing and implementing various activities for the betterment of the general public and farming community.

Shab-e-Baraat observed across Kargil

Mansoor Hosan Beigh

KARGIL: Shab-e-Barat the night of reverence and divine blessings was observed by the Muslims with reverence, devotion, and religious fervor.

The mosques, Imam Bargah, tombs, high mountains, graveyards, and houses were illuminated.

Shab-e-Barat is the night of fortune and forgiveness, birth anniversary of the 12th Shia Imam, and grandson of Prophet Mohammad (PBUH) on the 15th of Shaban 1444, the eighth month in the Muslim lunar calendar.

Muslim spend the night pray-



ing and reciting the holy Quran. They visit the graveyard of their relative and offer sweet, food and light candles in the name of their relative.

Shab-e-Barat was celebrated by Imam Khomeini Memorial Trust & Anjuman-e-Jamiyatul ulama Houziya Elmiya in Kargil with

immense religious enthusiasm.

Religious scholars highlighted the importance of the night and the teachings of Islam. They spoke on the philosophy of occultation of Imam Mehdi A.S and requested the people to follow the path of Islam which is peace and communal harmony in the country.

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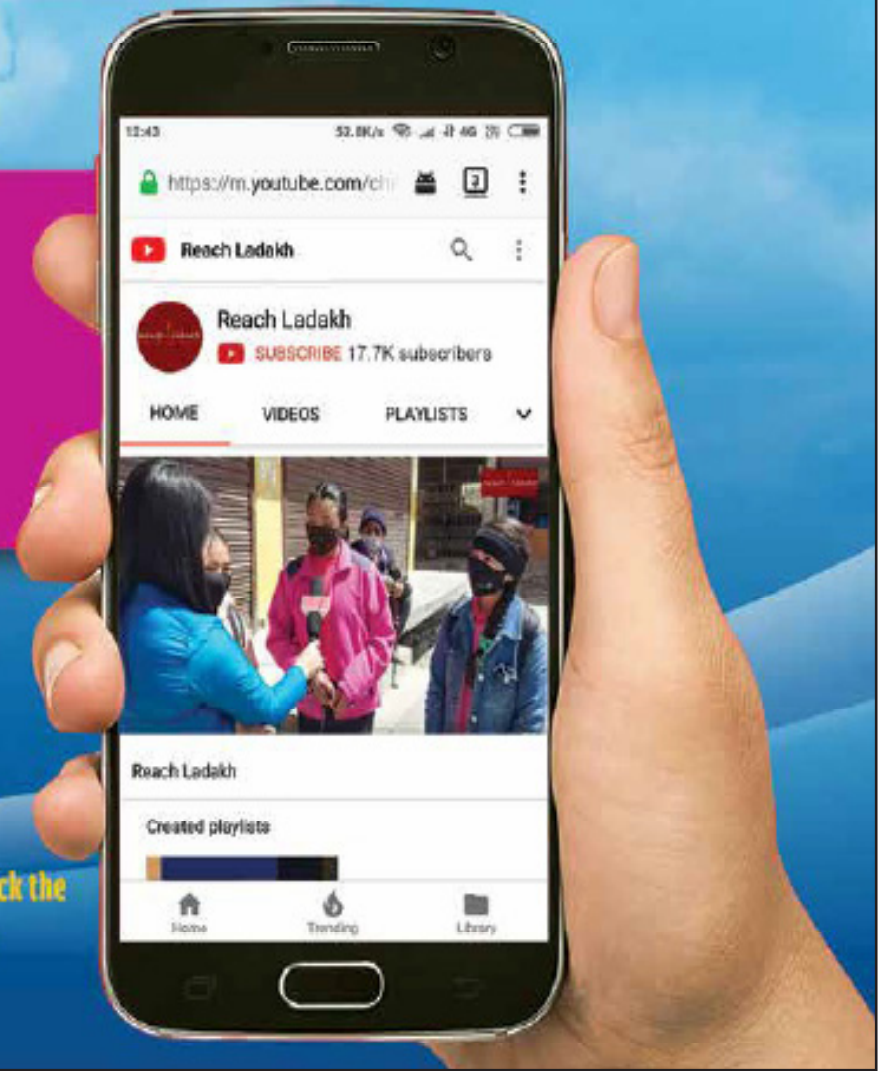
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