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June 16-30, 2023

REACH LADAKH BULLETIN



In Conversation with

Major Rinchen Dolma Kolto, (Retd.)

Expert talk

Preventing Suicide

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Dr. Pawan Kotwal assumes charge as Advisor to L-G, Ladakh



Reach Ladakh Correspondent

LEH: Dr. Pawan Kotwal officially assumed office as the Advisor to the Lieutenant Governor, of UT Ladakh on June 9.

He took charge in the presence of the outgoing Advisor Ladakh, Umang Narula, and other senior officials of the UT Administration at the Civil Secretariat Leh.

Dr. Kotwal brings a wealth of experience and expertise, having previously served as the Principal Secretary for Health & Medical Education, Forest, Ecology & Environment, and Revenue, Planning & Monitoring Department in UT Ladakh.

During his tenure as Principal Secretary, Dr. Kotwal played a pivotal role in implementing crucial reforms and initiatives in the health and medical education sector. He spearheaded efforts to improve health-

care infrastructure, enhance medical education facilities, and promote the well-being of the people of Ladakh.

His accomplishments in the fields of forest, ecology, environment, and revenue are equally commendable, demonstrating his dedication to sustainable development and effective governance.

According to an order issued by the Ministry of Home Affairs (MHA), senior IAS officer (AGMUT-1989) Umang Narula who was serving as Advisor to Lieutenant Governor Ladakh, Brigadier B D Mishra has been transferred from Ladakh to Delhi. Another senior IAS officer (AGMUT-1994) Pawan Kotwal, Principal Secretary Revenue UT Ladakh has been posted as Advisor to Lieutenant Governor Ladakh.

Thousands pay tributes to Togdan Rinpoche on his cremation day



Kudung of His Eminence Togdan Rinpoche during the cremation ceremony.

Yangchen Dolma

LEH: Cremation ceremony of His Eminence Togdan Rinpoche was performed at Photang Urgyan Dorjey Chozang in Saboo on July 12.

His Eminence Yuda Rinpoche; His Eminence Thuksey Rinpoche; His Eminence Urgyan Rinpoche; His Eminence Rangdol Nyima Rinpoche, monks and nuns of different monasteries were present. Other distinguished dignitaries including Lt. Governor of UT Ladakh Dr.BD Mishra; Tashi Gyalsan, CEC, LAHDC Leh; Jamyang Tsering Namgyal, MP Ladakh, and many other dignitaries paid homage and tribute.

Ladakh Police gave a guard of honors and all the Rinpoche, tulkus, monks and nuns performed the prayers from all four directions. Monks of Hemis monastery offered copper gilded mask dance (Zangbak).

Briefing about the cremation ceremony, Khenpo Tundup Namgyal said, "After holding choga {prayer} for almost seven days the sacred cremation is done today.

Monks of different monasteries and lineage including, Drikung and Drukpa Kagyut on the East, Takthok monastery on the South, Matho, and Stakna monasteries on the West, and Spituk monastery on the North performed the prayer after placing the kudung inside the crematorium stupa.

"We pray for the swift reincarnation of His Eminence", he added.

H.E. Choje Togdan Rinpoche is the spiritual leader of the Drikung Kagyu Tradition in Ladakh. The title Togdan means "endowed with the realization". The previous Kyabgon Chetsang Rinpoche Shiwai Lodro recognized the young boy as the incarnation of Togdan Tulku when he was only 18 months old.

Rinpoche was born into a poor family of Konchog Tsultrim and Kelsang Dolma in 1939 in Durbuk, a small village situated 110 km east of Leh in Changthang

...Continues on page 2

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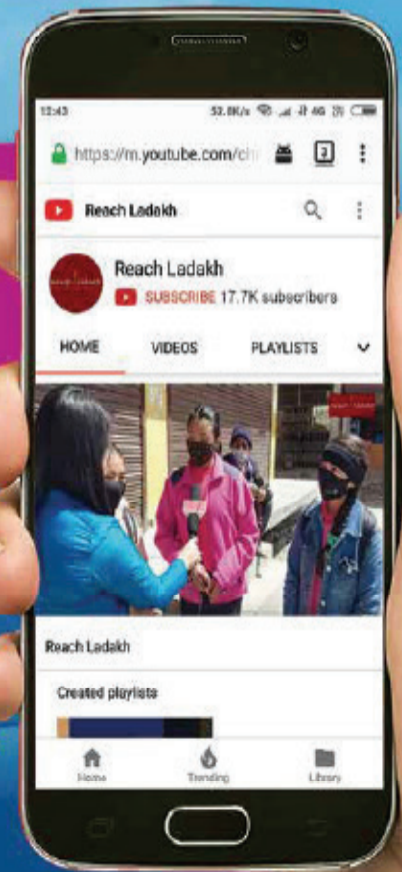
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Fortnightly News

National Book Trust to hold book fair in Ladakh from July 12-16

Divisional Commissioner discusses arrangements, preparations

Reach Ladakh Correspondent

LEH: For the first time, the National Book Trust (NBT) of the Ministry of Education, GoI in collaboration with the Administration of UT Ladakh is organising a book fair in Leh from July 12-16.

Divisional Commissioner Saugat Biswas chaired a meeting with concerned officials of the UT Administration and NBT on June 9 and discussed preparations and measures for the smooth and successful conduct of the event.

The five-day event will be held at Indoor Stadium, Leh, and will witness participation by publishers with publications for all age groups, with special activities and workshops for children such as creative writing, poster making, storytelling, interactions with authors, etc.

Apart from discussions about amenities such as drinking water, washroom facilities, power,



Divisional Commissioner Saugat Biswas chairing a meeting with officials of the UT Administration and NBT.

parking, on-site medical team, fire, and safety, discussions took place on ensuring the active participation of Ladakhi writers, scholars, illustrators, creative artists, publishers, academicians, etc. The Divisional Commissioner directed NBT to ensure designate one stall each for Leh and Kargil and urged the concerned department to ensure the display of quality publications. It was also requested of NBT include books on competitive examinations, especially for the benefit of Ladakhi students appearing for such exams.

Further, Biswas directed the con-

cerned department for the robust promotion of the fair through different publicity channels to ensure maximum participation, especially that of school students. Biswas also gave directions for providing public transportation for participating schools and other institutes, thus making their visit safe and convenient.

The meeting was attended by Deputy Commissioner Leh Srikanth Suse, officials from NBT, Deputy Secretary Rigzin Spalgon, SP Traffic Police Mujeeb-ur-Rehman, AD Information Dr. Tundup Namgyal, and other concerned officials.

Meeting held to co-locate/merger of Anganwadi centre with primary schools

Reach Ladakh Correspondent

LEH: The Principal Secretary, School Education Department, Ladakh Sanjeev Khirwar discussed the status of co-locate/merger of Anganwadi centres under the National Education Policy, (NEP) and issues related to children with special needs at PAGIR, Leh on June 10.

The CEO Kargil informed the Principal Secretary that 108 Anganwadi centres are co-located/merged with the schools in the district. He further informed that the remaining co-location of both Anganwadi and schools is being completed in the coming days.

The Principal Secretary, SED Ladakh directed the CEO Kargil for early completion of the exercise to co-locate the Anganwadi centres and primary schools in the district, wherever feasible.



The Principal Secretary, School Education Department, Ladakh Sanjeev Khirwar.

He further directed Deputy Commissioner Kargil to identify the land for the construction of Anganwadi centres near or within habitation.

DC Kargil assured that the identification of land for the construction of Anganwadi centre will be done within a week.

The Principal Secretary, SED Ladakh also discussed the vocational training, school-ITI

programme. The meeting was informed that 13 such school-ITI programs were introduced in Ladakh given the implementation of NEP in the region.

During the meeting, the status of infrastructure work at the school for CwSN at Chuchot was also discussed. The Principal Secretary directed the Director SED, Ladakh to complete the remaining reconstruction work at the earliest.

L-G convenes meeting with departmental secretaries; reviews progress & pending works



Reach Ladakh Correspondent

LEH: Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd) convened a meeting with the concerned Departmental Secretaries/Head of Departments on June 9 at Raj Niwas and reviewed the progress of respective departments.

LG instructed all the Departmental Secretaries/HODs to complete project works within three years. He raised several issues flagged by the citizens of Ladakh, viz. the need to dispose of the issue of the daily wagers appropriately and judiciously; the need to clear pending subsidies amount of the beneficiaries; the need to resolve the issue of the maintenance and leasing of the government-owned Hotel Moonland; the need to address and resolve SRO 43 cases; the redressal of settlement of rights of Ladakhi people residing in Wildlife Sanctuaries/National Parks at the earliest; the establishment of Anti-Sexual Harassment Committee in all the government departments; the need to fix accountability and complete pending project work to provide Functional Household Tap Connections (FHTCs) to beneficiaries in rural households under the Jal Jeevan Mission in Ladakh; the need to frame separate rules for employees with medical conditions and the redressal of issue

of attachment of teachers/government employees, etc.

Highlighting the issue faced by the Ladakhi students appearing in Common University Entrance Test (CUET), LG emphasised the need to make full use of government officials stationed outside Ladakh by appointing them as nodal officers, fixing their responsibilities and making them accountable to ensure seamless coordination with students and passengers for the redressal of their issues. He also instructed the Departmental Secretaries/HODs to follow up on the complaints raised by the public for their ease and convenience.

He instructed the concerned secretaries to complete all pending work and make necessary arrangements at Nubra and Khaltse before the visit of His Holiness the 14th Dalai Lama to Ladakh in July this year.

The concerned officials were asked to issue an order specifying the time after which the work of blacktopping of roads cannot be carried out in Ladakh, failing which punitive action will be taken against the defaulters. He also highlighted the need to tap the potential of cultivation of wild tulips, saffron, black cumin

(zeera), and asafoetida (hing) in Ladakh as cash crops in collaboration with the Defence Institute of High Altitude Research (DIHAR) – DRDO for the improvement of the livelihood opportunities of medium-level farmers/entrepreneurs and self-help groups (SHGs) from the region. He also emphasized the need to prepare a roster of SRO 43 cases and dispose of the cases systematically so that justice could be served to the affected families.

LG also highlighted the need to take necessary measures to address the issue of exorbitant fares charged by the private airlines plying in Ladakh which has not only affected students, patients, and pilgrims from Ladakh but has also hit the Ladakh tourism sector hard this year.

Advisor, Dr Pawan Kotwal suggested that all the documents issued by the UT government should be uploaded on DigiLocker so that the people of Ladakh can avail its benefit. Commissioner Secretary, Padma Angmo informed about the plan to increase examination centres with adequate seating arrangements so that students from Ladakh do not face any issues while appearing for competitive exams.

Other Departmental Secretaries also informed LG about the progress of various projects/schemes in their departments along with pending work.

Advisor, Dr. Pawan Kotwal; Principal Secretary, Sanjeev Khirwar; Commissioner Secretary, Saugat Biswas; Commissioner Secretary, Padma Angmo; Secretary, Ravinder Kumar; Secretary, Mehboob Ali Khan; Secretary, Yetindra Maralkar; DIG Ladakh Police, Shaikh Junaid; Deputy Commissioner Leh, Shrikant Suse, and other HODs were present in the meeting.

L-G bids adieu to Advisor Narula & ADGP Khandare, hosts farewell party



Reach Ladakh Correspondent

LEH: Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd) organised a farewell party at Raj Niwas to bid adieu to the outgoing Advisor, Umang Narula, IAS and ADGP Ladakh Police, Satish Khandare, IPS on June 8.

Calling both the officials outstanding, LG commended Narula and Khandare for their valuable contributions to the overall development of Ladakh since its inception as a separate Union Territory after the bifurcation of the erstwhile state of Jammu and Kashmir.

He highlighted his equation with Narula, who would come up with excellent ideas for the overall benefit of the people of Ladakh and performed his duties as the Advisor to LG exceedingly well.

He stated that Satish Khandare is a competent official who has managed the Police department along with personnel well during his tenure as the ADGP of Ladakh.

LG wished the best to both the officers for their future assignments.

Speaking on the occasion, Umang Narula, a 1989-batch IAS officer, highlighted the challenges faced by him in the initial period of the formation of UT Ladakh. Terming his tenure as the Advisor of UT Ladakh as one of the best of his career, he expressed his satisfaction with the developmental activities that took place during his tenure of more than three years with the collective efforts of all the officials under the guidance of the LG.

Satish Khandare, a 1995-batch IPS officer, highlighted the achievements during his tenure as the ADGP of Ladakh Police, including the inception of Ladakh Police in 2019 and various infrastructure development activities to make Ladakh Police one of the best police forces in Ladakh. He also highlighted the challenges during the initial period of the formation of Ladakh as a union territory.

Umang Narula has been transferred to Delhi whereas Satish Khandare will join as Inspector General (IG) of the Border Security Force (BSF).

GOC 14 Corps, Lt Gen Rashim Bali; officials from other defence forces; Deputy Chairman, LAH-DC Leh, Tsering Angchuk; Advisor designate Dr Pawan Kotwal; Principal Secretary Sanjeev Khirwar; Commissioner Secretary, Ajeet Kumar Sahu; Commissioner Secretary Saugat Biswas; Commissioner Secretary, Padma Angmo; Secretary to LG Ravinder Kumar; Secretary Mehboob Ali Khan; Secretary, Yetindra Maralkar; Secretary Fayaz Ahmed Sheikh and other officials also attended the farewell party.

Thousands pay tributes to Togdan Rinpoche on his cremation day

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(Lalok). Only a few months later the young boy lost his mother and was taken care of by his aunt. At the time of his mother's death, the family goat gave birth to new offspring and Rinpoche could drink its milk.

In 1951, accompanied by his teacher Gegen Sonam, the young Rinpoche traveled through Sikkim for over three weeks on horseback on his way to Drikung Thil Monastery in Tibet. There he started his training, receiving teachings from renowned spiritual masters and completing many retreats.

In the 1960s, he met his root guru H.H. Dudjom Rinpoche in Kalimpong and subsequently organised

a great transmission of Rinchen Terdzod by Dudjom Rinpoche in Tso Pema in early 1967. Thereafter, he was appointed by Dudjom Rinpoche as his successor in transmitting this teaching. Having been recognized by the 36th H.H. Kyabgon Chetsang as the 9th Togdan Rinpoche, Rinpoche was given the leadership of the unbroken Drikung tradition in Ladakh. This included the responsibility for over 50 monasteries and the cultivation of the Drikung tradition in the region.

As a respected spiritual leader and the former MLA of Ladakh H.E. Choje Togdan Rinpoche has dedicated his life to the betterment of the Ladakh region in various aspects.

NOTICE



Whereas, Thinless Nurboo S/o Sonam Angdu R/o Achinathang, Leh has claimed that his name has been wrongly recorded as Thinless Norboo instead of the correct name which is Thinless Nurboo in his Resident Certificate duly issued by Tehsil Office, Khaltse Leh-Ladakh. Now, I am applying for the correction in my Resident Certificate. Objection, if any may be conveyed to Tehsil Office, Khaltse within 07 days from the date of publication.

NOTICE

An application has been received from Rigzin Norboo adopted son of Late Stanzin Rabgais R/ o Saspol, Leh, UT Ladakh for the issuance of legal heir certificate and produced an affidavit duly verified by Chief Judicial Magistrate, Leh with Certificate No. LA04826079766986V to this office. Hence the notice is hereby served through press to file written objection if any in this office, Tehsildar Saspol within 7 days from date of publication.

Fortnightly News

Under Vidya Vistar scheme, Gargi College signs MoU with Govt. Model Degree College, Zanskar



Govt. Model Degree College (GMDC), Zanskar, and Gargi College New Delhi signed a Memorandum of Understanding (MoU) for the next five years under the Vidya Vistar Scheme of Delhi University.

Reach Ladakh Correspondent

ZANSKAR: Govt. Model Degree College (GMDC), Zanskar, and Gargi College New Delhi signed a Memorandum of Understanding (MoU) for the next five years under the Vidya Vistar Scheme of Delhi University on June 8.

The Vidya Vistar Scheme is based on the principle of mutual respect, cooperation, and sharing between two Colleges/Departments of both universities as

equal partners. The Vidya Vistar initiative of DU has opened the channels of communication and exchange among academic institutions which has tremendous potential to improve outcomes given the absence of a level playing field in education geographically.

The program was attended by Prof. Sangeeta Bhatia, Principal Gargi College, and MNM Shabani, Principal GMDC

Zanskar at Gargi College Delhi in the presence of IQAC members of Gargi College.

MNM Shabani gave the overall development aspect of Zanskar College and extended an invitation to staff and students of Gargi College to Zanskar.

Important collaborations were discussed like students and faculties exchange programs, research exchange, cultural exchanges, split semesters between students, academic bank of credit facilities, coaching for NET JRF, CUET examinations, skill enhancement, and value-added certified courses to collaborate in the future.

The principal and staff of Gargi College expressed their willingness to visit Zanskar along with the students' group.

The faculties of Gargi College also expressed their interest to collaborate on Zanskar-specific research on flora and fauna, climate impact, and issues concerning the tourism industry.

CEC, Leh, meets Swiss ambassador to India

Discusses energy efficiency measures and climate change



Reach Ladakh Correspondent

LEH: Chairman/CEC, Tashi Gyalson had a meeting with His Excellency Dr. Ralf Heckner, the Ambassador of Switzerland to India and Bhutan on June 13 and discussed important matters on energy efficiency and climate change.

The Swiss Ambassador was accompanied by Jonathan Demege, Head of International Cooperation and Counsellor at the Embassy of Switzerland in India and Bhutan, Dr. Anand Shukla, Senior Advisor, and other officials.

The meeting majorly focused on addressing concerns related to the efficient utilization of natural and renewable energies, the impact of climate change, and various issues concerning the environment

and sustainable development measures.

CEC Tashi Gyalson welcomed the Swiss delegates to Leh and highlighted the steps being taken by the Hill Council, Leh, and the Administration of UT Ladakh to minimize the region's carbon footprint, in line with the vision of Prime Minister Narendra Modi to make Ladakh a carbon-neutral region. CEC Gyalson also emphasized ongoing initiatives, such as the establishment of a Mega Solar Power Plant in Leh, and the exploration of geothermal energy, and hydrogen energy in Ladakh.

To promote the usage of electric vehicles, CEC Gyalson informed the delegates that the Hill Council, Leh, and the Ladakh Admin-

istration are aiming to encourage the purchase of electric vehicles by providing them at subsidized rates. This initiative includes a 50% subsidy on public vehicles, such as E-Buses, and a 20% subsidy on commercial e-Cars.

Appreciating the initiatives undertaken by the Hill Council and the Administration, Ambassador Dr. Ralf Heckner commended the stakeholders of the newly formed Union Territory of Ladakh for their commitment to adopting renewable energy measures. He highlighted the successful collaboration between India and Switzerland on climate change and development, particularly in the areas of energy efficiency, renewable energy, and climate change.

Furthermore, Dr. Ralf Heckner discussed the potential implementation of geothermal heat pumps and other energy efficiency projects in Leh with Swiss support, thereby strengthening the ties between the two nations. He further emphasised working together toward energy efficiency, climate change mitigation, and sustainable development.

Both parties engaged in fruitful discussions on potential collaborations for future initiatives and sustainable development projects.

L-G attends plantation drive & forest art festival at Matho



Reach Ladakh Correspondent

MATHO: Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd) attended the closing ceremony of the 'Plantation Drive & Forest Art Festival' at Matho on June 11.

The event was organised by the Ladakh Autonomous Hill Development Council, Leh, in collaboration with the Wall Art Project, Japan, and the villagers of Matho. He also planted a Juniper sapling at the site.

L-G commended the inspiring

spirit and efforts of the people of Ladakh to increase the region's green cover. He acknowledged the unique convergence of art and nature conservation at the event. He lauded the Japanese artists for exemplifying dedication and discipline in every aspect of their work, highlighting Japan's development despite being a small island nation. He called the event a 'great learning experience' for young Ladakhi artists who had the opportunity to work with seasoned Japanese artists.

Member of Parliament from Ladakh, Jamyang Tsering Namgyal requested the LG for a common fencing arrangement for the plantations in the Matho Thang area. He also highlighted the need for a sustainable irrigation system to support the plantation.

Earlier, Nambardar Matho, Tsering Angdus also raised several requests for the development of the village.

The 10-day event promoted the importance of preserving nature through a unique blend of art and green initiatives where Director, Wall Art Project, Japan, Akiko Oo-kini; Assistant Director, Kazunori Hamao, Daisuke Kagawa, Haruna Sugisaki and a team of talented artists showcased art to channel the spiritual essence of the land and nature into art, conveying the message of environmental conservation.

4th Project Steering Committee meeting of SECURE Himalaya Project held

Reach Ladakh Correspondent

LEH: Advisor Dr Pawan Kotwal chaired the 4th meeting of the Project Steering Committee of the Government of India-United Nations Development Project Global Environment Facility securing livelihoods, conservation, sustainable use, and restoration of high-range Himalayan ecosystems SECURE (GoI-UNDP GEF SECURE) Himalaya Project at Civil Secretariat, Leh on June 10.

Advisor Ladakh Dr Pawan Kotwal approved the Annual Work Plan 2023-24 and reviewed other matters about the SECURE Himalayan Project, while also reviewing its performance of the past year.

Advisor Dr. Kotwal emphasised promoting sustainability of wildlife in Ladakh and impressed on constituting forums of civil society organizations by developing research centres, and institutions to exchange knowledge of the past, and present, and discuss future interventions to build a synergized environment.

He gave instructions for the capacity building of the Bio-Diversity Management Committees of Changthang through workshops, exposure visits, and expert train-



ing. Additionally, the Advisor stressed training the local youths, and frontline staff along with the capacity building of Wildlife staff to allow the exchange of knowledge and skills for the promotion of responsible tourism activities.

Deliberations were also held on the promotion of organic farmyard manure (Rigpa) produced from livestock farms across higher reaches of Changthang, which are known for their high acidic content. The Advisor gave directions to the concerned departments to provide subsidies for the transportation of organic manure from the area.

Further, Dr. Pawan Kotwal also spoke of the Dark Sky Reserve in the Hanle cluster, which shall prove vital to diversify and improve local livelihood opportunities through the development of wildlife and astronomy-based

responsible tourism.

Discussions were also held regarding the preservation and development of Chumathang Hot Spring and Demchok Hot & Cold Spring for the promotion of sustainable and responsible tourism. During the meeting, Dr Kotwal also approved the Comprehensive Scientific Study for Environment Protection in Tso-Kar.

The GoI-UNDP GEF SECURE Himalaya project promotes the sustainable management of alpine pastures and forests in the high-range Himalayan ecosystems to secure the conservation of globally significant wildlife, including endangered snow leopard and their habitats to ensure sustainable livelihoods and socio-economic benefits for communities in the selected high-altitude landscapes in the Trans-and Greater Himalayan regions.

National Commission for Protection of Child Rights to hold grievances redressal camp on June 16



District Magistrate Leh, Shrikant Balasaheb Suse convening a preparatory meeting for grievances redressal camp on child rights.

Reach Ladakh Correspondent

LEH: District Magistrate Leh, Shrikant Balasaheb Suse convened a preparatory meeting for grievances redressal camp on child rights and entitlements of children with the concerned stakeholders to be organised by the National Commission for Protection of Child Rights (NCPCR) on June 16.

It was informed that the team from NCPCR - National Commission for Protection of Child Rights, will be visiting Leh. The concerned departments and NGOs will set up their stalls where all child-related issues will be addressed in addition

to awareness regarding various welfare schemes.

The meeting deliberated on the wide publicity of the camp by all departments at the village level.

DC instructed that proper notices should be issued by all departments and that guidelines of NCPCRs will have to be strictly followed by concerned departments. He also informed that a committee headed by ADC and concerned departments will identify relevant stakeholders with grievances that can be put in the NCPCR camp. He added that registration desks and de-

partmental facilitation desks will be set up during camp with active participation from govt officials and volunteers from NGOs.

Grievances related to categories that will be covered during camps are Elimination of Child Labour or children in distress, Juvenile Justice, Care of neglected or marginalized children or children with disabilities, Begging, Child Abuse and Neglect, Child Care Institutions, Child education & health, laws governing child welfare and safety, etc.

The meeting was attended by officers/officials from various departments, including Police, ICDS Leh, PWD, PHE, Medical, Education, Social Welfare, Labour, Municipal Committee, RDD, Transport, DIET, District Legal Service Authority, Juvenile Justice Board, Child Welfare Committee, Special Cell for women and child, Mahila Shakti Kendra, and various concerned NGOs. All SDM, BDOs, and Tehsildars joined the meeting virtually.

NOTICE

TENDER NOTICE FOR TAILOR SHOP IN UNIT AREA OF 1801 PIONEER UNIT

1. Tender/Quotation are invited from prospective bidders for allotment of Tailor Shop in 1801 Pioneer Unit based on priority as decided by IHQ of MoD (Army) and rebate offered.

2. Detailed terms and conditions to be obtained from 1801 Pioneer Unit (Mob No 9103186200), before submission of Tender/Quotation.

3. Interested bidders may submit quotation on their letter head by 1700hrs on 22 Jun 2023 alongwith a Bank Guarantee/Bank Draft/Postal Order of Rs. 2000/- (Refundable).

Expert Talk

Preventing Suicide

Interviewed by Stanzin Dasal



Khanpo Konchok Sherab: The recent emerging suicide cases in the region are very disturbing. We are a spiritually and culturally imbued community with a long history of ecstatic and self-contentment living. However, this unfortunate development is yet another reminder for us to take serious note and reflect on the causative element of this extremely violent act.

Human life is a precious gift and ending it for a trivial reason is a sheer insane act. It is unfathomable how hard we worked in our past lives to obtain it and we must be overwhelmingly proud of our past deeds. The circumstances our parents go through initially giving birth, raising, and shaping our future are love and dedication that cannot be compared with any material richness. The Buddha in the White Lotus Sutra says: "Human life is hard to obtain." Hence, it is believed the human body is a result of the positive deeds we accumulated through many past lifetimes.

According to Mahayana Buddhism, human life is the only potential vehicle you can drive to achieve enlightenment. Thus, the great master Shantideva while giving the importance to getting the maximum benefit out of it when we live, says:

*Supporting by the boat of the human body,
Free yourself from the massive ocean of suffering.
It is difficult to get this boat again,
You ignorant! Do not fall asleep [seize the opportunity].*

Thus, an elaborate statement on how human life is precious can be found in many sutras, tantras, and treatises taught by the Buddha and other prominent Buddhist masters.

In Vajrayana, tradition of Buddhism has even greater advocating statements in respecting and revering the human body. The Fourteen Root Downfalls of Vajrayana states:

*"The human body is the nature of the five Buddha families.
Disdaining it is the eighth downfall."*

This means you cannot even utter bad words about yourself or your physical body.

Rejections, breakups, failure, bankruptcy and so forth misfortune could be the causative elements for the extreme step the people choose especially the youths. But, is there no option B? If you think ending your life is the end of your suffering. This is completely wrong! Instead it is the opposite. You might be leaving the body but you never escape the karmic trapper. You continuously carry on your cause of suffering even if you leave the body behind. Suicide is a heinous crime.

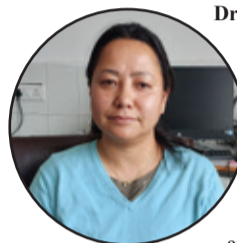
So, now the question is: what could be the method one can adopt to prevent such self-destructing

violence? Given the facts of how human life is precious spirituality teaches us to appreciate and how fortunate we are just simply being born human. The inner development of a positive attitude about life at a very early age is of utmost importance. Gradually the children will build up a strong inner muscle of positivity about life and it will help them to overweight the challenges they face at different stages of life. Instead of giving so many theoretical lectures, now the focus must be shifted from brain-to-mind training, meaning emphasizing practical meditation during the public spiritual lecture/sermons than merely the transmission of empty words. This could greatly help to pull oneself back from the negative force when one passes through a difficult phase of life.

The time has come to shift our focus from brain training to mind training, commercial mind to compassion mind, and competitive attitude to composure approach.

Solutions

- The inner development of a positive attitude about life at a very early age is of utmost importance.
- Emphasize practical meditation during the public spiritual lectures/sermons.



Dr. Padma Angmo, Psychiatrist, SNM Hospital, Leh: Suicide is a personal tragedy that prematurely takes the life of an individual and has a continuing ripple effect, affecting the lives of families, friends, and communities. A total of 1, 64, 033 suicides were reported in the country during 2021 showing an increase of 7.2% in comparison to 2020. Similarly, suicide cases and attempted suicide cases are often reported in Ladakh nowadays. As per my observation, suicide cases is very much prevalent in Ladakh society earlier also but went unreported because of the stigma attached to such death in the society and the legal implication of suicide attempts. Today, because of the digital era and awareness, cases are reported. It will be difficult to conclude about suicide cases in Ladakh because there are no proper studies done on such issues.

In SNM hospital, we deal with approximately 400 to 500 patients suffering from mental illness in a month, and around 30 to 40 percent are suffering from depression. Those with diagnosable mood disorders, such as major depression and bipolar disorder, are at higher risk for suicide. Other disorders such as schizophrenia, and anxiety are also susceptible to suicidal thoughts and behaviors. Among all the patients we deal with there are patients who are suffering from diagnosable mental illness. Apart from that, we also see people suffering from psychological distress which is also a risk factor for suicide. We come across patients who talk about having suicidal thoughts because of academic stress, relationship complication, family troubles, financial issues, unemployment, marriage instability, etc. Some people who end their own lives feel there is no other option to relieve them of their pain. They might experience a sense of hopelessness, and feel that things cannot get better and find suicide is the only way to end their distress.

According to the National Crime Record Bureau, the family problem is the prime reason in India for sui-

...Continues on page 6



World Bicycle day

Acknowledging the uniqueness, longevity and versatility of the bicycle, which has been in use for two centuries, and that it is a simple, affordable, reliable, clean and environmentally fit sustainable means of transportation, fostering environmental stewardship and health, the General Assembly decided to declare 3 June World Bicycle Day.

It encouraged stakeholders to emphasize and advance the use of the bicycle as a means of fostering sustainable development,

strengthening education, including physical education, for children and young people, promoting health, preventing disease, promoting tolerance, mutual understanding and respect and facilitating social inclusion and a culture of peace.

The Assembly welcomed initiatives to organize bicycle rides at the national and local levels as a means of strengthening physical and mental health and well-being and developing a culture of cycling in society.

DID YOU KNOW 

• Dogs' sense of smell is 40 times more powerful than humans' — they have 300 million olfactory receptors. Dogs also have something called neophilia, which means they are attracted to new and interesting odors. This might explain a lot about why your daily walks with your dog take longer some days than others.

• Umbrellas were once only used by women. They've also been around in some form since 500 BC.

• Nutmeg can be hallucinogenic if consumed in large quantities. You would have to eat at least two teaspoons or more to feel any ef-

fects, though.

• The term 'Mandela effect' was first coined in 2009 by Fiona Broome when she created a website to detail her observance of the phenomenon. Factors that can influence memory include misinformation and misattribution of the original source of the information. The first batch of Coca Cola was brewed over a fire in a backyard in Atlanta, Georgia. John Pemberton had created the concoction as a cure for a hangover, stomach ache, and headache.

• An electronic recording system called a 'black box' is installed in an aeroplane to

help in accident and incident investigations. Flight recorders are what they are called.

• The reason behind the phrasing is that people often use the word 'Happy' during the new year, holidays, birthdays, and anniversaries. But for Christmas, they use 'Merry' instead of 'Happy'. The fact why Christmas is greeted as 'Merry Christmas' and not 'Happy Christmas' lies with the traditional saying that has been continuing for centuries.

• Mostly, 'Merry Christmas' delivers an emotional and unrestrained connotation of celebration whereas the 'Happy Christmas' signifies a conservative and reserved celebration.

SoulSpeak

Dr. P.P. Wangchuk

You are what your habits are!



You are nothing but the sum total of your habits. What I mean is that your habits have built you up to whatever you are now! Mentally and physically, you have been dependent on your habits, knowingly or unknowingly.

The easiest way of defining habit is: The process of our thinking pattern and action in our conscious but mainly unconscious moments. In other words, it is a repeated pattern of one's behavioural system which is not so easy to give up.

It is this 'not-so-easy-to-give-up' behavioural pattern that determines our lifestyle to be what you call good or bad. For instance, a person of good habits can be said to be good, with all the qualities to be successful in the course of life. But, we take a bad person as someone to be avoided because he is no good either to himself or for the rest of the fellows around him.

On the positive side, you can also call habits as the tools to be used gainfully while pursuing your career by aiming at the great things of life that would not only give you immense happiness and satisfaction but would build up your social standing as well.

Habits, when consciously developed to promote the good things of life, are the ones we should be most after. And, most of our unconscious habits are so 'hardened' that a constant repeat of them could land us in soup. Even if they don't prove to be harmful, one thing is sure that you stick to them without realising that your progression in life has come to a stand-still.

English essayist Samuel Johnson says: "The chains of habit are too weak to be felt until they become too strong to be broken." That means that we hardly get to know that we are forming a habit, and when we realise, and if it is a bad one, we can find it quite difficult to give up!

Courtesy: WongWorld

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

Fortnightly News

In Conversation with Major Rinchen Dolma Kolto, (Retd.)

Interviewed by Yangchen Dolma

Q. Briefly describe yourself. What inspired you to pursue a career in the Army, and how did you get started?

I am from Spituk and my home is near the air force station because of this I use to come across many officers wearing uniforms. It was very common to see men in uniforms but I saw women also which made my heart ponder upon why can't I or any Ladakhi girl can join the Indian army. During the Kargil war in the year 1999, I saw both male and female pilots stationed at an air force station and all these inspired me to become one of them. It made me happy to see them in their uniforms and working for the nation. Since then I made my heart that I will join the Indian army no matter what. I participated in NCC during my school days and even during college and that's how the opportunity to join the army came upon me.

I got my call letter from the Indian army in the year 2010 and did my training for one year and completed it in 2011. After that, I served for 10 years and took release because I felt that I need to give time to my parents also and have balance in life.

Q. Could you share with us your experience as you are the first female Army Officer from the Leh region and the first female Skydiver from Ladakh?

I believe in the, "If everyone else can do it, why can't I". The line motivates me to go on and achieve my goals. As I am interested in adventure activities, I decided to go skydiving and paratrooper. Skydiving was one such experience that made me feel alive and gave me a new perspective on life. Till today I have completed 54 solo jumps across various locations in India and Dubai.

Q. What advice would you give to girls in Ladakh who aspire to pursue a career in the Indian Army? How can they pursue it, and what are the potential opportunities available in this field?

We usually see people following a trend or doing the same thing that others do. If one person in a community pursues a career in a particular field, others will follow suit. It is always easy to say, I'll do it. But are you truly interested and prepared for what the future may hold or if things don't go as planned? What other options do you have? Just because everyone is doing, doesn't mean we should also do the same. It is important to be well-prepared before taking any action.



Positive attitude, motivation, and support from parents are all essential components for a successful life.

In the army, there is so much scope and they offer great opportunities and benefits. However, it can be stressful and challenging at times but in the end, the only thing that matters is how you handle and approach the situation. Without struggle, we cannot achieve anything worthwhile. In the army, it's important to maintain a strong physical and mental state. And if you are so passionate and want to join the army there are different exams such as NDA, UPSC, and SSB.

Patience, hard work, maintaining balance, and setting limits are very crucial in life.

Q. Is it true that people from Ladakh are more resilient and capable of performing any tasks as we live at high altitudes, or is it just a myth?

I agree with you, Ladakhi people are known for their strength and resilience. People often compliment me on my bravery and endurance when I participate in challenging activities like running and climbing. Their compliment motivates me a lot. And I think Ladakhi people are known for their exceptional lung capacity as we live at high altitudes.

Q. Currently, drug addiction, and alcohol are significant issues in Ladakh. Do you believe that a parent's contribution is essential to an individual's success? Does the way a person is raised play a critical role in shaping them?

I think that drug addiction has always been an issue, but it has become more noticeable nowadays due to social media. I feel parents must be friendly with their children so that they can share everything with them. Parents can help their children to understand right from wrong. It's important to have open communication with your children about any family problems. This way, children can learn how to handle and solve issues. Everyone is unique and has different strengths and weaknesses. Parents need to understand that children shouldn't be pressured into studying if they don't have an interest in it. Instead, they should be encouraged to pursue their passions. Encouraging children to pursue extracurricular activities is essential to help them develop new skills, build self-confidence, and broaden their horizons.

MESSAGE TO THE READERS
 "Maintain a positive attitude, practice discipline, and stay physically active through exercise. Patience and hard work are both essential qualities for achieving success. These habits will help you lead a healthy and fulfilling life."

Fortnight Highlights



Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd.) laid a wreath at the Kargil War Memorial and paid tribute to the Brave hearts of the Indian Army who sacrificed their lives for the country in Operation Vijay during the Kargil War.



Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd.) visited Zoji-La Pass and inspected the progress of the ongoing construction work on the Zoji-La Tunnel.



World Environment day: Guests inspecting the waste-to-art projects related to Environment Day displayed by school students and artists.



Animal Husbandry Department, Leh, organised a five-day Animal Birth Control (ABC) and Anti Rabies Vaccination Camp at Temisgam, Khaltse and Wanla villages of Khaltse sub-division. A total of 189 stray dogs were sterilized and vaccinated against rabies in the camp.



Chief Election Officer, Leh organised a five-day training program for the State Level Masters Trainers (SLMTs) on preparedness for the upcoming General Election to Lok Sabha 2023.



13 food business operators were fined and an amount of ₹30,000 was recovered during a surprise checking of the market by the Food Safety department on June 1 at Padum.

Fortnightly News

Principal Secretary reviews community radio; construction supervision for state data centre

Reach Ladakh Correspondent

LEH: Principal Secretary, Housing and Urban Development Department/IT Dept Ladakh, Sanjeev Khirwar reviewed Community Radio and Construction Supervision for State Data Centre issues on June 10.



At the outset, AGM, Broadcast Engineering Consultants India Limited (BECIL) Khushwinder Singh informed the Principal Secretary about the progress of the project. He stated that in phase 1 of the project execution, 8 out of 9 schools have received the Letter of Intent from the Ministry of Information and Broadcasting, Government of India. The 8 schools have also been allocated specific frequencies for broadcasting. Currently, these schools are in the process of obtaining a Standing Advisory Committee on Radio Frequency Allocation (SACFA) clearance from the Ministry, which is necessary for the project to proceed.

Singh further informed that Govt. High School Sapi, Kargil has been rejected as the frequency was not available for that area. The Principal Secretary instructed him to identify the alternate application process for the same. In the second phase, applications from 13 schools have been submitted to the Ministry of Information and Broadcasting for the issuance of a Letter of Intent. In this regard, Khirwar instructed the Director of the School Education department to identify and process the remaining 07 locations in a week.

Khirwar instructed the BECIL team to submit a comprehensive template of the project so that the monitoring can be done easily

mentioning the timelines of each milestone for all the locations. The Chair also instructed the BECIL team to visit the sites identified for the construction of the Studio in Leh and Kargil by next week with the officials of the School Education Department and IT Department, UT Ladakh.

Speaking on the significance of Community Radio, Principal Secretary Khirwar emphasized the continued relevance of Community Radio in serving localized platforms for community engagement, enabling the sharing of diverse voices, and promoting inclusivity. Khirwar stressed its role in reaching marginalized groups, fostering democratic participation, and preserving cultural heritage. Principal Secretary Khirwar also emphasized the importance of Community Radio as a lifeline during emergencies and its ability to offer specialized/niche programming often overlooked by mainstream media. He called for a comprehensive promotion of Community Radio across all segments of society, recognizing its potential for community empowerment and connectivity.

In another meeting, Principal Secretary Khirwar reviewed the progress of works assigned to the Central Public Works Department (CPWD) for a Detailed Project Report and Construction Supervision for the State Data Centre at Leh. The agency headed by Sh. Mittal briefed the chair regarding the project. The Chair was also informed of the status and delays of the project. CPWD informed the Principal Secretary that the construction of the first floor is underway. The Principal Secretary instructed CPWD and vendor representatives to complete the construction work by 15th August.

The Principal Secretary asked the CPWD and vendor representatives to submit the detailed work schedule in two days, considering the work completion date of 15th August 2023. In the meeting, it was decided that a review meeting will be done every 10 days for the monitoring of the work of the State Data Centre, Leh. Khirwar also instructed CPWD to complete the electric installation of the State Data Centre parallel to the construction of the building.

Hill Council, Kargil, felicitates Hujjatul Islam Aga Mehdi Mehadavipur



CEC, Hill Council, Kargil, Feroz Khan addressing during the felicitation ceremony.

Reach Ladakh Correspondent

KARGIL: LAHDC Kargil felicitated the Chief Representative of Supreme Leader of Iran Ayatollah Syed Ali Khamenai, in India, Hujjatul Islam Aga Mehdi Mehadavipur at Tourist Facilitation Centre, Kargil on June 1.

While welcoming the Chief Representative, Chairman/CEC, LAHDC, Kargil Feroz Ahmed Khan said Aga Mehadavipur's visit to Kargil is an auspicious event and expressed happiness over his gracious presence.

Khan expressed that his visit will strengthen unity and brotherhood in Ladakh and will open doors for socio-cultural and economic ties between Ladakh and Iran.

CEC said the 1979 Islamic Revolution of Iran has largely inspired the populace of Kargil and

after that, the district has seen a drastic change in education and spiritual awakening. He briefed His Eminence about the growth that happened in rural education, women empowerment, and parallel health wings by civil society during the last few decades.

CEC informed that various avenues between Iran and Ladakh can be explored in terms of medical education, nursing, and higher education, and apart from it cultural and philosophical exchange can be a possibility. He hoped that positive initiatives will be taken by the Islamic Republic of Iran in this regard in the future.

Hujjatul Islam Aga Mehdi Mehadavipur expressed happiness over the love and warmth showed by the people of Kargil including the LAHDC, civil soci-

ety, and administration.

He said the objective of the visit was to meet the people of Kargil, religious institutions, and administrators besides it was also an occasion to attend the Anniversary of Imam Khomeini which is held in Kargil on a large scale, and further explore the socio-cultural and economic exchange between Ladakh and Iran.

Aga Mehadavipur expressed satisfaction over the development that has happened in recent years in Kargil and said the area has geo-strategic importance adding that the people of Kargil contributed to defending the borders of the Indian Nation.

The Chief Representative also applauded the humility of Kargil and thanked clerics, public representatives, politicians, social organizations, administration, and LAHDC for the grand welcome and kind gesture.

The event was followed by a dinner party, which was attended by all Executive Councilors in LAHDC Kargil, Deputy Commissioner/CEO, LAHDC, Santosh Sukhadeve, SSP Kargil, Anayat Ali Chowdhary, all Councilors of LAHDC Kargil, Nominated Councilors, representatives of political organizations, former MLAs and MLC, representatives of all religious and major social organizations besides civil society members.

Preparatory and planning meeting on Jal Shakti Abhiyan in Kargil held

Reach Ladakh Correspondent

KARGIL: Joint Secretary and Financial Advisor, Ministry of Housing and Urban Affairs (MOHUA), Govt. of India, Sanjeet chaired a preparatory meeting and planning of Jal Shakti Abhiyan under the theme "Catch the Rain, Where It Falls, When It Falls, Harvest Rainfall" at Conference Hall, Baroo, Kargil on June 12.

Joint Secretary expressed satisfaction over the active participation of all the concerned departments and in this crucial water conservation initiative. He commended relentless efforts of the district in raising awareness about the significance of water conservation through various innovative initiatives. He also acknowledged and appreciated the exceptional work carried out in the district under Jal Shakti Abhiyan.

The Joint Secretary emphasized on source sustainability and generation of new water bodies. He asked to share new ideas and sustainable plans for water conservation.

Sanjeet directed the officials to focus on construction and prevention of water resources with proper geo-tagging, preparatory and planning of ongoing and new works under Jal Shakti Abhiyan.

He instructed the departments for taking community participation and their education regarding the Jal Shakti Abhiyan campaign. He stressed on source sanitation to ensure purity of drinking water. Sanjeet said that the coordinated efforts contribute to the overall conservation and sustainability of the region's water ecosystems.

Deputy Commissioner/CEO, LAHDC, Kargil Santosh Sukhadeve talked about sources of water used for irrigation in the district. He said the plans to con-



struct lift irrigation have mainly focused on drought-exposed areas.

DC Kargil said more than 70 percent work of FHTC under JJM is complete and remaining will be completed very soon. He said mapping the groundwater and its proper utilization is very important for Ladakh. He advised for conservation of water sources and generation of new water bodies to mitigate the scarcity of water for upcoming generations.

SE Maqbool Hussain in his presentation showed various milestones which marked a significant step towards ensuring effective management and conservation of water resources in the district.

He said the theme of Jal Shakti Abhiyan campaign in Kargil would be catching the snow as rain is not the major source of water in the district.

He showed some adopted practices by which water harvesting has been done. He also highlighted work progress of various departments of Kargil under the scheme and presented new proposals and plans of all concerned departments for water harvesting.

During the meeting, the ongoing works of JJM in Kargil district were presented by Exen PHE showcasing the efforts in providing safe and adequate drinking water to every household in the district.

Later, the Joint Secretary Sanjeet visited several villages in the district to assess the progress of various projects under Jal Shakti Abhiyan.

He also visited Thang Hardass where he inspected the newly installed dug well, a significant asset for water conservation and irrigation purpose. He visited the projects under the JJM, where he examined the progress of the water tank and dug well.

The Joint Secretary also reviewed the work progress of water tanks at Trespone, construction of irrigation canal at Sailskot, afforestation scheme at Thuina, lift irrigation of Farooana and main irrigation canal of Sailskot.

In the end of the visit, he said all these initiatives focus on sustainable land and water resource management to enhance agricultural productivity and mitigate the adverse effects of soil erosion and water scarcity.

Expert Talk: Preventig Suicide

...Continues from page 4

cide. Around 30% of people who committed are because of family-related issues. The second reason is mental and chronic illness and also around 6.4% of suicide is because of substance abuse. The same pattern is in Ladakh also, there are cases of substance abuse in which the person did self harm or attempted suicide. It is important to understand that suicide is the result of many factors in a person's life and not one particular event or discussion.

Preventing Suicide

Most of the suicide can be preventable. There are some early signs or symptoms that the people who take their life display. The most important thing is that a family member, friend, or any near and dear one of a person who is suffering from depression or any other mental illness or chronic disease needs to understand his/ her condition.

Notice the changes or warning signs of a person which include:

- Change in behavior
- Suddenly preferring to stay alone
- Less interaction and withdrawal from friends, family, or society
- Talking about suicide, death or dying, or intention
- A drop in school or work performance
- Lack of interest in things previously important, and the future

There is various school of thought, many say that we should not discuss or talk about suicide to a person directly who are at risk but according to some research, it says that talking and discussing the issue helps. This is because people who are at very high risk and in severe conditions only think of suicide. One can prevent such unfortunate incidents by talking about it, giving the right advice and support to the person who in distress, not being judgmental, understands his/ her problem or the situation, and giving a helping hand and support to solve the problem. A supportive conversation allows them to talk about their distress. Encourage or help the person to access professional help. With effective treatment, social support, and time, many who have tried to end their life, or considered ending their life, can go

on to live full and meaningful lives.

Social awareness in such cases is very important. Earlier, suicide attempts are considered a crime, and rather than giving support people ends up terrifying and threatening the person more. As per the new Mental Health Act, a person who attempts suicide is in distress and is in need to help. Thus, in case there is a person who attempted suicide needs to be taken care of rather than hiding or covering up the issue. We must all understand that suicide attempt is a cry for help and we must all stop considering it as a crime.

In SNM hospital, whenever we come across such patients who are having suicidal thoughts and have attempted we consider it an emergency case. Since we have an inpatient facility now, we admit the patient and start treatment according to the patient history. Along with medicines, a counseling session is also arranged. The medicine, dosage, and counseling may vary with the case.

Also, I would like to add that The Government of India announced Tele Mental Health Assistance and Networking Across States (Tele MANAS) helpline which the public can access by dialing the toll-free number or shortcode. The caller will be counseled, and needed care based on the condition of the person. The programme is started in Ladakh also in which a counselor will be there 24x7 for your help. The toll-free no. is 14416 and you can also select your choice of language.

Solutions

- Society plays a big role starting right from our homes to make free and open space for every individual to share his/ her problems without any fear or shame. Let's normalize mental illness as any other physical illness like common headaches, flu, stomach ache, etc.
- Discussing the concerns openly and non-judgmentally with them is very important.
- For parents, I must say that teaching children how to face problems, cope with the situation, and reach out for help when in need.

Fortnightly News



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

Public Notice

It is for information of the general public of the locality of Spurkha, Gangles, Leh-Ladakh, that Mr. Norboo Wangchuk S/o Late Mr. Sonam Norboo R/o Spurkha, Gangles, Leh-Ladakh and Mr. Yontan Phuntsog S/o Late Mr. Sonam Norboo R/o Spurkha, Gangles, Leh-Ladakh, Leh-Ladakh has applied for liquor license i.e Retail vend of foreign liquor in hotel (LAEL-3) at Ladakh Eco Resort, Spurkha, Gangles, Leh-Ladakh.

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

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

Inspector

Excise Range Leh-Kargil

No:- E1/Leh-Kargil/2023-24/05
DATE:- 25/05/23

EC Tashi discusses present status of Shingkula and work program of Nimmu-Padum-Darcha road



Executive Councilor Tourism, RD and Zanskar Affairs, LAHDC, Kargil Er Punchok Tashi met Chief Engineer Project Yojak Jarinder Parsad at their HQ Office Manali, Himachal Pradesh.

Reach Ladakh Correspondent

KARGIL: Executive Councilor Tourism, RD and Zanskar Affairs, LAHDC, Kargil Er Punchok Tashi met Chief Engineer Project Yojak Jarinder Parsad at their HQ Office Manali, Himachal Pradesh on June 12 and discussed the present status of Shingkula as well as overall progress and work program for 2023 of Nimmu-Padum-Darcha road.

Kargil to Project YOJAK based at Manali and since then, the progress has been achieved manifold.

Due to frequent rain/snowfall and cloudy weather, the road from Manali to Padum got disrupted many times causing inconvenience to commuters including tourists and locals.

The NPD road was shifted last year from Project Vijayak HQ at

The visit was particularly aimed to see how to improve the road

conditions over Shingkula so that both sides of traffic could be ensured as several delegates of the travel fraternity have expressed concern over the cancellation of the tour program and also students missed their exams.

EC Tashi requested the Chief Engineer Project Yojak to set up a special workforce, particularly at Shingkula to widen the avalanche portion and improve the surface of the road.

The Chief Engineer briefed about the work program and ensured that they will put all effort into competing for the blacktopping of the already widened portion from Padum to Shingkula and also shall try to complete the connectivity between Neraq to Chilling on NPD road. The mobilization status of the proposed Shingkula tunnel was also been discussed.

EC appreciated the workforce of Project YOJAK for expediting the road construction after taking over the charge.

Delegation from Nubra raises issues related to Nubra Valley

Reach Ladakh Correspondent

LEH: A delegation from Nubra Valley comprising elected/religious/political representatives and hoteliers led by Deputy Chairman, LAHDC Leh, Tsering Angchuk, and Executive Councillor, Ghulam Mehdi met Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd), at Raj Niwas on June 13.

The delegates apprised LG of the exercise of defining the boundaries of Karakoram Wildlife Sanctuary that was carried out in Nubra in 1986 without any proper examination due to which the people of Nubra are suffering to date. It was informed in the meeting that the hoteliers and owners of guesthouses/camps/resorts would get subsidies from the government to set up their commercial establishments till 2019. They informed about the problems being faced by the owners of the commercial establishments now to renew the registration or apply for new registrations along with availing loans from banks due to the restrictions being placed on them due to the lack of proper definition of the wildlife



sanctuaries in Ladakh.

The delegates requested LG to complete the rationalisation of the boundaries of the wildlife sanctuaries at the earliest and not to conduct the exercise of settlement of rights as the majority of the lands of households in Nubra Valley have not been registered in the revenue record. They also requested to increase the duration of the power supply from 8 to 10 hours and also to provide solar water heaters to commercial establishments on subsidised rates to help Ladakh achieve the goal of carbon neutrality. They further requested to provide temporary registration of commercial establishments in Nubra Valley.

The delegates also requested LG's intervention in expediting the ongoing construction work of

bridges over Shayok and Nubra rivers. They also requested LG's intervention in addressing the issue of restrictions imposed on the entry of goods carriers/trucks into Nubra Valley from National Highways and the conditions enforced to use local trucks/goods carriers while entering the Nubra Valley.

Emphasizing the need to work for the welfare of the people of Ladakh, LG informed about the instructions passed on to the officials to complete project works within three years for ease and convenience of the public. He assured to look into the issues raised by the delegates. He highlighted the need for Hill Council, Leh to submit a proposal to provide solar water heaters to commercial establishments at a subsidized rate.

Discussion on plans of Krishi Vigyan Kendra units, research stations held



Reach Ladakh Correspondent

LEH: Chairman/CEC, Tashi Gyalson convened a meeting with the officials of the Indian Council of Agricultural Research (ICAR) New Delhi, as well as representatives from SKUAST-K and SKUAST Leh on June 13.

The meeting aimed to address the operations and functionalities of the Krishi Vigyan Kendra (KVK)

units and research stations based in Leh, and to discuss plans for Ladakh.

Executive Councillor for Agriculture, Stanzin Choshpel, and Executive Councillor for Horticulture, Ghulam Mehdi were present during the meeting.

CEC Gyalson emphasized the importance of maintaining the

existing functionalities and operations of KVKs and research stations in Leh. He suggested that until a major apportionment is undertaken for Ladakh in the future, the current systems should remain in place. This approach would ensure continuity and stability in agricultural research and extension services in the region.

The officials from ICAR and SKUAST-K positively took note of the discussions and suggestions put forth by CEC Gyalson. They expressed their appreciation for his vision and commitment to the agricultural development of Ladakh. Moreover, they assured the Hill Council, Leh of their full cooperation and support in implementing the proposed measures.

NOTICE

I, Mary Lepcha spouse of No. 5458918N Rank LNK Tika Ram Gurung, Vill. Topa Khani, PO-Singtam, Dist-East Sikkim, state Sikkim Pin 737134 have change my name Mary Lepcha Gurung to Mary Lepcha (DOB: 15 Jan, 1992). Both name Mary Lepcha Gurung to Mary Lepcha is one and same person having single identity i.e. myself vide affidavit no. IN-LA04778600676418V before 6 May 2023.



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

Public Notice

It is for the information of general public of the locality of Skara Yokma, Leh that Mr. Skalzang Namgail S/o Tsering Tundup R/o Tukcha, Leh, Proprietor of M/s Nun-Kun Trade. bearing License No. 03/LAEL-1, has applied for shifting of Licensed premises from present location Agling road, Leh to new location Skara Yokma, Leh.

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

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

Inspector

Excise Range Leh-Kargil

No: E1/Leh-Kargil/2023-24/6
Dated: 25/5/2023



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Forms can be downloaded from the website which should be filled and submitted along with the application fees at respective territory offices, follow the instructions to apply as given in the website. Corrigendum, if any, will be published only in the website mentioned above.

Last date of submission of application: 07.07.2023 by 17:00 Hrs.

Contact details of the Territory Manager:

Territory Manager (Lubes), Jalandhar – 7455008821



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**Mobile no: 9419826658/9622982719/
6005246978**
Email:rinchanladags@gmail.com



PARVEEZ ENTERPRISES

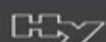
Authorized Dealer, Leh Ladakh

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Isse Jyada Kifayati Kuch Nahi

DO VISIT FOR MORE INFORMATION

Show room 1. Front shop, Tukchu Complex, Opposite SNM Hospital new gate
Show room 2. Main store and office, Indus Complex Choglamsar village, Whole sale market

Contact details:

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