

REACH LADAKH BULLETIN



In Conversation with

Dr. Rinchen Chosdol, Medical Superintendent, SNM Hospital, Leh



People's voice:

Political promises and public aspirations: Scrutinizing Nubra's quest for district status

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Celebrating Reach Ladakh's 12th Anniversary



Lifestyle diseases on the rise: SNM Hospital sees surge in NCD cases

Dr. Lotus stresses on importance of nutrition and active lifestyle

Nenzen Chosdon

LEH: Non-Communicable Diseases (NCDs) have become a pervasive global health challenge. Unlike infectious diseases, NCDs are chronic and can persist for extended periods, often throughout a person's lifetime if not treated promptly. This shift from communicable to non-communicable ailments is reflective of changing lifestyles, earning NCDs the moniker of "Lifestyle diseases." Moreover, there is a potential for these conditions to be inherited from older generations.



According to SNM Hospital, Leh data there has been a noticeable increase in NCD cases. The statistics reveal a shift in patient demographics, with 2310 cases in (April 2022-March 2023) to 2452 cases in April-November 2023).

He expresses concern about the apparent negligence towards NCDs among Ladakhis, despite a noticeable increase in the percentage of NCD patients over time. Dr. Gailson warns, "Diabetics who go untreated for an extended period face an elevated risk of heart attacks, strokes, and kidney failure."

ease, intricately linked to our dietary choices and utilization of food. Our shift from an agricultural to a sedentary lifestyle plays a pivotal role. The food we consume must align with our body's digestive capabilities, a challenge given the evolving nature of our daily routines.

He further highlights the profound impact of lifestyle on diabetes, stating, "Diabetes is undeniably a lifestyle dis-

He elaborates on the risk factors contributing to diabetes, stating, "Factors such as the consumption of junk food at a young age, obesity or being

	April 2022-March 2023	April 2023-November 2023
Diabetes	820	400
Hypertension	1316	961
CVDS	56	57
Stroke	44	32
Cancer	74	102

Non-communicable diseases like diabetes and high blood pressure are frequently underestimated in Ladakh. Despite a rise in cases, there is a tendency for people to neglect and ignore them, exacerbating the associated risks. It's crucial to recognize that, although NCDs can be serious, they are manageable and even curable with timely and appropriate treatment.

Dr. Lotus Gailson, a distinguished Cardiologist, emphasizes, "Non-communicable diseases (NCDs) are essentially human-made conditions, arising from our own actions. These include diabetes, blood pressure issues, chronic obstructive pulmonary disease (COPD), cancer, heart diseases, and even road traffic accidents."

overweight, leading a sedentary lifestyle, and disproportionate food intake leading to the conversion into fats are all significant contributors." In Ladakh, where approximately 30-40% of the population is affected by high blood pressure, lifestyle fac-

tors such as the consumption of processed or canned food, stress, and a high intake of salt contribute to elevated blood pressure levels. Dr. Gailson emphasizes the prevalence of heart attacks, citing risk factors like smoking, alcoholism, pre-existing di-

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Stanzin Dasal

In an atmosphere filled with immense excitement, Reach Ladakh proudly announces its 12th anniversary, marking over a decade of dedicated service. Throughout these 11 years, we have stood tall, providing our readers with timely updates, fresh content, and comprehensive coverage of various aspects of life. Today, as we celebrate our 12th year, we express our gratitude for your unwavering support.

To commemorate this special occasion, we are thrilled to introduce the latest edition of the Reach Ladakh Travel Magazine. A quarterly publication that focuses on travel destinations and tourism-related information, this edition, themed on winter tourism, is set to captivate readers and enthusiasts alike upon its

launch on January 20.

Embracing the digital era, alongside our traditional print section, we are elated to share that the Reach Ladakh YouTube channel has surpassed 40,000 subscribers, a testament to our growing digital community. Congratulations to everyone involved in the publication's success – our contributors, dedicated reporters, and our esteemed proprietor, Mr. Tundup, who has navigated challenges to sustain the newspaper.

Our heartfelt gratitude extends to the loyal audience of Reach Ladakh Bulletin, launched in 2013. Your continuous love and support have propelled us forward, and we acknowledge the pivotal role you've played

in making Reach Ladakh an independent and respected voice in Ladakh's media landscape.

As we step into our 12th year, we are energized by your love and support. The future of Reach Ladakh Bulletin holds exciting possibilities, and we believe the best is yet to come. Our commitment to impartial and independent reporting remains steadfast, and we look forward to serving our audience with even greater professionalism in the years ahead.

Thank you for being an integral part of our journey. Your support fuels our determination, and together, we anticipate many more years of informing, inspiring, and celebrating the spirit of Ladakh.

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Fortnightly News

Snowfall drought: Ladakh's distress over no winter blanket

Diminished snowfall threatens livelihoods & water sources



Aahil Riyaz

Growing up in the mountains of Ladakh, snowfall was a blessing we eagerly awaited. It brought joy to our village, blanketing everything in white, and was our life's essence. I vividly recall my grandfather, Haji Haider Ali, expressing gratitude to Allah as he woke up to the sight of a pristine, white landscape. For us, snow days were moments of unbridled joy - children indulged in skating and playful escapades, cherishing every flake.

The year 2024, however, unfolds as an unsettling departure from this norm, especially in Kargil. The persistent absence of snow has become a source of deep concern, resonating in the prayers echoing through mosques and religious gatherings. In January, usually a month adorned in snow, the Ladakhi sky remains bare. The meteorological department forecasts no snow until January 15, disheartening the farming community, for whom snow is not just a blessing but a lifeline.

A poignant moment occurred when I conversed with Chacha Ibrahim. As he nostalgically recollected snow-filled mem-

ories, his tone shifted, lamenting the younger generation for squandering away wealth. He gazed at me, a mix of despair and accusation in his eyes, suggesting that our era was devoid of virtues and that misfortune followed.

Walking through the village streets, I overheard conversations among the elders, laced with concern about the diminishing snowfall and the rising day temperatures in January. The nostalgia in their voices as they recounted the days when doors and windows would be buried under snow, requiring them to clear passages just for a glimpse of daylight, was palpable.

What struck me most was the revelation about our water sources. The lifeblood of our village, these sources are entirely reliant on snow. The changing climate patterns, resulting in reduced snowfall, have cast an ominous shadow over our water supply. The severity of the situation was further highlighted by videos circulating on social media, depicting green grass in parts of Kargil - a peculiar sight in a region where snow serves as the primary source of sustenance.

Traditionally, Ladakh's cold desert climate has thrived on snowfall. It

sustains life, supports agriculture, and fuels the region's existence. However, the winters of 2024 have defied historical norms. The striking shift in snowfall patterns, coupled with rising temperatures, raises significant concerns. The dwindling snowpack poses a severe risk of water scarcity, jeopardizing agricultural practices that are intricately linked to snowmelt irrigation. Farmers, whose crops heavily rely on snowmelt water, face daunting challenges, potentially leading to economic hardships. The continuation of this trend could even trigger mass migrations, disrupting the region's social fabric.

In conclusion, Ladakh's changing climate, marked by warmer winters and diminished snowfall, serves as a stark reminder of the far-reaching impact of climate change on traditional lifestyles. These challenges demand immediate global action to preserve ecosystems and safeguard the indigenous way of life, which is intricately intertwined with the snow-cloaked mountains of Ladakh.

(The writer pursued MA Geography from Jamia Millia Islamia University. You can send your views and comment at aahil000riyaz@gmail.com)

Chadar Trek 2024 receives green signal

Leh DC reviews preparedness



During the review meeting on preparedness for the Chadar Trek 2024.

Reach Ladakh Correspondent

LEH: The Deputy Commissioner of Leh, Santosh Sukhadeve, conducted a thorough review of the preparedness for the Chadar Trek 2024 on January 12, giving the iconic trek the official go-ahead.

The Chadar Trek has received recommendations to limit commercial vehicles at the checkpoint, permitting only medical teams, rescue personnel, and authorized officials.

All Ladakh Tour Operators Association (ALTOA) and Union Territory Disaster Response Force (UTDRF) shared updates from their recent conducted on January 11. Following their assessment, both organizations recommended commencing the

Chadar Trek from January 13 and restricting commercial vehicles at the checkpoint, allowing only medical, rescue teams, and officials.

DC Leh instructed ALTOA and UTDRF to promptly submit a joint receipt written report to the Deputy Commissioner's Office. Additionally, he directed the Tourism Department and Wildlife Department to start the installation of tents and toilets immediately.

ALTOA informed that soon they will organise an operators meeting to manage and monitor the tourist influx for Chadar Trek 2024. DC Leh, emphasizing the need for ensuring proper facilities at all

camp, including medical services, toilets, and heating arrangements among others.

The Ladakh Mountain Guides Association (LMGA) proposed the provision of satellite phones for emergency communication, receiving a positive response from the authorities. In a commitment to enhancing safety measures, ALTOA members announced their intention to conduct medical examinations, covering insurance, acclimatization, and fitness certifications. LMGA and UTDRF pledged to establish rescue operation camps to ensure the safety of trekkers.

The Deputy Commissioner urged all concerned departments to work cohesively to make the trek a success while prioritizing the safety and well-being of participants. The meeting witnessed the presence of Additional Superintendent of Police (ASP), Leh; Additional District Development Officer, Leh; DSP, UTDRF; Chief Medical Officer, Leh; Assistant Director of Tourism, Leh; a representative from the Wildlife Department; President, ALTOA; President, LMGA, and other stakeholders.

Preparations afoot for Republic Day celebrations



Reach Ladakh Correspondent

LEH: Advisor Ladakh chaired a preparatory meeting for Republic Day celebration with officers to ensure meticulous planning and execution for a smooth event on January 6.

During the meeting, comprehensive discussions were held to guarantee a memorable experience for all attendees, emphasizing the smooth flow of traffic, provision of free and clean drinking water, accessibility for Persons with Disabilities, and the availability of clean public toilets.

Advisor Ladakh directed the Public Health

Engineering (PHE) Department to sanitize and activate all water ATMs, ensuring the provision of free water to all participants.

Additionally, Advisor Ladakh urged both the District Commissioners (DCs) to enforce the use of eco-friendly, biodegradable items for decorations and other utilities essential for the celebrations. This initiative aligns with the commitment to organizing the event as a green affair, marking a significant step towards achieving carbon neutrality in Ladakh.

Discussions also cen-

tered around implementing health and medical protocols in adherence to the latest COVID-19 Standard Operating Procedures (SOPs). Advisor Dr. Kotwal instructed the Health Department to distribute face masks at all entry points and initiate radio announcements promoting the importance of wearing masks during the event, which will be open for all to attend.

Advisor Dr Pawan Kotwal emphasized the need for close coordination with the merchant association to enhance the festive ambience by decorating shops in public places. This initiative, coupled with the adornment of government buildings and monuments, aims to create a vibrant and celebratory atmosphere.

The Republic Day celebration in Leh is scheduled to take place at the historic Polo grounds, while in Kargil, the event will unfold at Khree Sulten Cho Stadium.

Two-day annual monastic festival, 'Spituk Gustor', held



Nenzen Chodon

SPITUK: In a colorful spectacle of tradition and spirituality, the annual monastic festival, 'Spituk Gustor,' unfolded over two days, January 9 and 10, at Spituk Monastery. This centuries-old celebration, dating back to the 11th century, symbolizes the triumph of good over evil and takes place

on the 28th and 29th days of the 11th month of the Tibetan calendar annually.

The festival encompasses prayers and rituals aimed at warding off infectious diseases, purifying surroundings, ushering in prosperity, and invoking timely rainfall and

snowfall. Thousands of devoted onlookers witnessed mesmerizing mask dance performances, each mask and costume holding symbolic significance tied to various deities and animals of Buddhist mythology. Among the notable performances was the mask dance dedicated to Paldan Lamo, a powerful female protector of the realm.

On the concluding day of the festival, effigies crafted from flours, woods, and paper were burned, symbolizing the elimination of negativities and ushering in a fresh start.

Historical Significance of Spituk Gumpa:

Founded in the 11th century by Od-De, the elder brother of Lha Lama Changchub-od, Spituk Gumpa derives its name from a prediction made by Lama Lotsawa Rinchen Zangpo. He foresaw the rise of an exemplary religious community at the site. Initially following the Kadampa school, Spituk Gumpa transitioned to the Gelugpa order during the reign of Gragspa Bumde. The monastery houses a remarkable collection of ancient masks, an-

tique arms, and exquisite Thangkhas (cloth paintings). Atop the hill stands the Mahakala Temple, home to the shrine of Vajrabhairava, whose formidable visage is revealed only during the annual January festival.

Over time, Spituk Gumpa underwent a transformation from a red hat institution to being taken over by yellow hat sects in the 15th century. Noteworthy features include a statue of the female Bodhisattva Tara, also known as Dolma, housed in the Dolma Lhakhang or the Temple of Tara.

Meeting on operationalisation of de-addiction centres held

Administrative Secy reviews

Reach Ladakh Correspondent

LEH: Advisor Dr Pawan Kotwal chaired a meeting to address the pressing issue of substance abuse and addiction on January 6.

The primary agenda of the meeting was to discuss and strategize the operationalization of District De-addiction Centres (DDACs) in Ladakh. The deliberations were centered around ensuring comprehensive preparedness for the effective functioning of the DDACs to tackle the challenges posed by substance abuse in Ladakh.

Commissioner Secretary Padma Angmo precisely laid out the guidelines essential for the seamless establishment and operation of District De-Addiction Centres. Emphasizing the commitment to combat substance abuse, the presentation outlined key aspects including the required size of the centers - 4000 square feet catering to 15 patients and 5000



Advisor Dr Pawan Kotwal.

square feet for 30 patients. The presentation explored the involved roles and responsibilities of De-Addiction Centre (DDAC) personnel, encompassing components such as counseling, identification of individuals struggling with substance use, and facilitating the journey towards recovery.

The financial norms, a key aspect of sustaining the centers, were also thoroughly covered in the presentation. Norms for the drug addiction centers were outlined, encom-

passing essentials such as the installation of CCTV systems, provision of almirahs, refrigerators, and other necessary amenities ensuring a conducive environment for rehabilitation. Highlighting a broader scope of the initiative, the presentation touched upon the establishment of De-Addiction Centres within prisons. This strategy aims to address substance abuse issues within correctional facilities, contributing to the overall well-being and rehabilitation of inmates.

The Advisor emphasized the need for a multi-faceted approach, integrating medical, psychological, and social interventions to address the complex issue of addiction. The importance of community involvement and awareness campaigns to destigmatize addiction and encourage seeking help were also highlighted.

He stressed the importance of actively participating in the Nasha Mukta Bharat Abhiyan to raise awareness and public support. This national campaign against substance abuse seeks to create a society free from the clutches of addiction, he added. The initiative aligns with the broader national vision of a Nasha Mukta Bharat and sets an exemplary standard for proactive measures in tackling the multifaceted challenges posed by substance abuse.

The establishment of

District Deaddiction Centres aims to provide a supportive environment for individuals struggling with addiction. The centers will offer a range of services, including counseling, medical treatment, and rehabilitation programs, tailored to the specific needs of the residents of Ladakh.

The meeting concluded with a comprehensive action plan, outlining timelines and responsibilities for the operationalization of the DDACs. The Advisor expressed confidence in the collective efforts of all stakeholders and urged all officers to collaborate seamlessly to bring about positive change in the lives of individuals affected by addiction.

The establishment of District Deaddiction Centres marks a significant stride towards creating a healthier and more resilient Ladakh, reflecting the administration's dedication to the well-being of its citizens.

3rd edition of Initiative for holistic development of Rong



H.E Khamtak Rinpoche, Executive Councillor for RDD, LAHDC Leh, Tashi Namgyal Yakzee during the closing ceremony of the 3rd edition of the Initiative for Holistic Development of Rong.

Reach Ladakh Correspondent

LIKTSEY: The 3rd edition of the Initiative for Holistic Development of Rong concluded with great enthusiasm at Liktsky village on January 11.

Executive Councillor for RDD, LAHDC Leh, Tashi Namgyal Yakzee, graced the closing ceremony of the 10-day program, an initiative by H.E Khamtak Rinpoche Jigmet Nawang Namgyal, organised by the villagers of Liktsky, Tukla, Phulak.

The 10-day program, envisioned by H.E Khamtak Rinpoche over the past

three years, focuses on strengthening intellectual development, spiritual well-being, and the preservation of local tradition and culture.

The closing ceremony was attended by GOC Uniform Force, Maj Gen. M Rajiv Menon; Councillor Kungyam, Thinles Norboo; Councillor Ego, Sonam Thardos; Former BDC Rong, Jigmet Yontan, along with village heads and a large number of people from the villages of Rong valley and other parts of Leh, including Nubra, Sham, and Changthang region.

During his speech, EC Tashi Yakzee appreciated the initiative of H.E Khamtak Rinpoche, acknowledging his dedication and hard work in shaping the future of Ladakh's younger generation. He also informed the audience about various initiatives from the Hill Council for the welfare of the people and urged everyone to actively participate in the collective development of Ladakh.

EC Yakzee further assured assistance from the Hill Council towards such initiatives.

Lifestyle diseases on the rise: SNM Hospital witnesses surge in NCD cases

...continues from page 1

tes, stress, hypertension, obesity, excessive lipids, and a family history of heart disease.

He highlights the need for immediate medical attention during episodes of acute heart disease, characterized by severe chest pain, difficulty breathing, fever, nausea, and vomiting. Dr. Gailson explains the shared risk factors for strokes and heart attacks, emphasizing the importance of timely treatment for both types.

Dr. Lotus emphasises, "India is in a developing phase, currently undergoing a transition where many are unaware of the significance of consuming nutritious food, and a substantial portion of the population is leading a sedentary lifestyle. Unlike earlier times when labor-intensive agricultural practices maintained a balance in nutritional utilization, today's sedentary lifestyles contribute to reduced physical exertion, leading to the conversion of excess calories into fats and resulting in obesity."

In Ladakh, wellness centers and peripheral facilities are equipped with basic test kits for assessing sugar levels, lipids, blood pressure, and more. NCD (Non-Communicable Disease) awareness programs are actively conducted to screen individuals aged 18 and above, considering that a significant portion of the population remains unaware of these diseases. SNM Hospital is also planning to establish a cathlab in the coming years, intending to enhance capabilities for heart surgeries.

Dr. Lotus underscores that NCDs are indeed man-made diseases, and reducing risk factors becomes imperative to prevent their occurrence. The proactive approach of conducting screenings and establishing specialized facilities demonstrates a commitment to addressing the challenges posed by these lifestyle-related diseases.

Secretary Amit Sharma visits Emergency Operation Centre, evaluates capabilities and functionalities



Administrative Secretary of Disaster Management, Relief, Rescue, and Rehabilitation, UT Ladakh, Amit Sharma during his visit to Emergency Operations Centre (EOC) at Upper Tukcha, Leh.

Reach Ladakh Correspondent

LEH: Administrative Secretary of Disaster Management, Relief, Rescue, and Rehabilitation, UT Ladakh, Amit Sharma visited the Emergency Operations Centre (EOC) at Upper Tukcha, Leh on January 12 and undertook a comprehensive evaluation of the center's capabilities and functionalities.

The highlight of the visit was a live demonstration and performance check of the Quick Deployment Antennas (QDAs) by the adept EOC team and the operations of the centre wherein the public of the UT connects for help in case of emergencies of all kinds.

Administrative Secretary Amit Sharma witnessed firsthand the rapid deployment and seamless functionality of the Quick Deployment Antennas. He emphasised the critical role in ensuring communication during emergencies.

He also mentioned that in the next phase, the UT Administration shall go for setting up a Comprehensive Command and Control Centre which shall help in detecting occurrences of natural disasters with the help of sensors, and public alert systems and take precautionary

measures to minimize loss of precious human lives and property in the UT.

Amit Sharma also lauded the efforts of the EOC team for their proficiency in handling the Quick Deployment Antennas at the Center and commended the Center as world-class. He underscored the importance of such cutting-edge technologies in disaster management and relief efforts, acknowledging the essential role played by the EOC in ensuring the safety and well-being of the community.

The Administrative Secretary stated Emergency Operation Centre, at the forefront of cutting-edge technology and innovation, will be equipped with state-of-the-art facilities, setting a new standard for operational excellence. The state-of-the-art facilities within the Operation Centre are designed to enhance efficiency, responsiveness, and overall operational capabilities, he added.

As UT Ladakh continues to enhance its disaster management capabilities, the EOC stands as an example of preparedness, ready to respond swiftly and effectively to any emergency that may arise, the Secretary stated.

Fortnightly News

Leh DC reviews District Capex Budget implementation

Reach Ladakh Correspondent

LEH: Deputy Commissioner, Leh, Santosh Sukhadeve reviewed the physical and financial performance under the District Capex Budget (CD Normal, DOP, CCDF, United Grants, Others Departmental works) in the Conference Hall DC office, Leh on January 9.



During the session, concerned officers presented an overview of their performance, focusing on the utilization of funds for various developmental works in rural areas within the Leh district. Deputy Commissioner, Sukhadeve emphasized the importance of efficient expenditure implementation to foster the development of rural regions.

Similarly, specific attention was given to the per-

centage of beneficiaries benefiting from Centrally Sponsored Schemes such as MGNREGA, PM Vishwakarma, Swachh Bharat Mission (SBM), Pradhan Mantri Awas Yojana (PMAY), and the progress of Viksit Bharat Sankalp Yatra.

DC Leh set a deadline for officers to submit their expenditure data before January 15, urging them to ensure timely completion of important projects. In

addition, he directed officers to guarantee the provision of minimum basic needs across rural areas and emphasised the importance of working with sincerity and honesty.

The meeting witnessed the participation of key officials, including the Chief Planning Officer, Executive Engineer REW, District Panchayat Officer, and all Block Development Officers, along with AEE/JEs from all blocks.

Ladakh amends State Marriage Assistance Scheme

Divyangjans to get 1lakh financial assistance for marriage

Reach Ladakh Correspondent

LEH: Department of Social and Tribal Welfare, UT Ladakh notified the amendment to the State Marriage Assistance Scheme of the erstwhile State of J&K which has now been revised to Ladakh State Marriage Assistance Scheme. The scheme was made effective from 1st January 2024 onwards. Under the scheme, one-time financial assistance of Rs. 50,000 shall be given to female beneficiaries belonging to Antodaya Anna Yojana (AAY) or PHH (Priority Household) ration cardholder families. This has amended the previous provision of providing 05 grams of gold and an amount of Rs 25,000.

Further, an amount of Rs 1 lakh has been provisioned for Divyangjan beneficiaries, i.e. persons with benchmark disabilities as



defined in "The Rights of Persons with Disabilities Act, 2016".

The guidelines specify that the beneficiary bride must be 18 years or above and the groom 21 years or above and must be a permanent resident of Ladakh. Post determining the eligibility as per guidelines, the committee shall sanction the financial

assistance, subject to the availability of funds. The amount of assistance shall be credited to the Aadhar-linked savings bank account of the beneficiary through DBT.

Applications must be sent to the District Social Welfare Officer/ Tehsil Social Welfare Officer/Social Worker of the Department at Leh/Kargil.

Padma Angmo attends NEP 2020 implementation workshop in Kargil



Commissioner Secretary, Higher Education Department, UT Ladakh, Padma Angmo attending workshop on assessment of the implementation of NEP 2020.

Reach Ladakh Correspondent

KARGIL: Workshop on assessment of the implementation of NEP 2020 in UG/PG programmes in Kargil concluded on January 11. The program was conducted in both online and offline mode by the University of Ladakh in collaboration with the Higher Education Department, Ladakh at Hotel The Kargil.

Commissioner Secretary, Higher Education Department, UT Ladakh, Padma Angmo attended the concluding session.

During the interactive session of the workshop, discussions were held on the challenges on the implementation of the NEP 2020 UG/PG programme in Ladakh, fostering valuable deliberations for effective educational strategies in the region. College faculty flagged various issues and challenges faced in the implementation of NEP 2020 in Ladakh. Participants proposed diverse suggestions and ideas to enhance the education sector in Ladakh, fostering discussion.

Padma Angmo interacted with the participants and shared her valuable insights and suggestions. The Commissioner Secretary directed the concerned heads of the colleges for swift registration of 1st-year students for Academic Bank of Credits (ABC).

The Commissioner Secretary stressed on innovation, skill courses, and soft skills for students. She urged the faculty to intensify efforts for educational improvement, emphasizing their pivotal role in enhancing the region's education.

A series of presentations were given by the representatives of colleges of the Kargil district. It was followed by a 'Question Hour and Discussion' session, where productive feedbacks were given by all the participants in both virtual and offline modes. They also submitted ideas for streamlining the implementation of NEP 2020, more productively in coming sessions.

Preparatory meeting on 2024 Lok Sabha election, National Voters Day held

Reach Ladakh Correspondent

LEH: Review meeting on preparations for the forthcoming General Election to Lok Sabha in 2024 and the celebration of National Voters Day (NVD) on January 25, 2024, was chaired by Deputy Commissioner, Leh, Santosh Sukhadeve on January 8.



Deputy Commissioner, Leh, Santosh Sukhadeve chairing preparatory meeting.

Concerns were raised regarding the inadequacies in facilities across the 298 polling stations in Leh district. Issues such as the shortage of drinking water, ramp facilities, electricity, toilet facilities, and mobile network connectivity at various polling stations were highlighted.

In addition to the election preparations, discussions encompassed the upcoming National Voters Day celebration. DC, Leh,

emphasized the need for well-executed plans and urged officers to support Booth Level Officers (BLOs) by providing their performance data.

DC Leh directed Assistant Electoral Roll Officers (AEROs) to visit polling stations, address issues, and ensure the submission of necessary data by January 20, 2024. He stressed the importance of ensuring 100% provision of basic facilities in all polling

stations. The meeting saw the participation of Additional District Development Commissioner, Chief Electoral Officer of UT Ladakh, Assistant Commissioner Development, Chief Education Officer, Executive Engineers from PWD, PDD, and PHE, all Tehsildar (AEROS), State SVEEP Nodal Officer, and Assistant District Informatics Officer (ADIO), Leh.

Meeting on tourism development and amenities in border areas held

Reach Ladakh Correspondent

LEH: Commissioner/Secretary of the Tourism and Culture Department, UT of Ladakh, Kacho Mehboob Ali Khan chaired a meeting to bolster tourism promotion, enhance infrastructure in border regions, and commemorate the valor of our armed forces, at the Civil Secretariat, Leh on January 8.

The meeting aimed to deliberate on coordination and collaboration strategies, and officials conversed on charting a path for the holistic and sustainable development of tourism in Ladakh. The primary focus of the meeting was to ensure the provision of essential amenities for tourists and explore the untapped potential of border areas/villages like Mushkoo Valley, Kaksar, Chulichan, and Gargardo.

The discussions also focused on the promotion and sustainable develop-



ment of tourism in these border areas by harnessing the unique attractions the regions' have to offer. The meeting acknowledged the strategic importance of Mushkoo Valley, Kaksar, Chulichan, and Gargardo and sought ways to leverage them to foster sustainable tourism.

A notable aspect of the deliberations was the exploration of opportunities in adventure tourism, particularly paragliding and gondola activities in Ladakh. Participants recognized the

potential of these activities in enhancing the overall tourist experience and contributing to the economic growth of the region.

Under the Swadesh Darshan initiative, Leh Town and Kargil Town have been selected as focal points for promotional activities by the Ministry of Tourism, Government of India. The Commissioner/Secretary emphasized the need for sustainable infrastructural advancement and the development of amenities in these towns to attract and

cater to the growing number of tourists.

During the comprehensive discussions, Commissioner/Secretary, Kacho Mehboob Ali Khan emphasized on the significance of promoting Ladakh as a prime tourist destination while simultaneously addressing the unique challenges faced in the border areas. Strategies could be developed to enhance infrastructure, targeting seamless experience for travellers while maintaining the region's cultural and ecological integrity.

He emphasised the need for responsible promotion of adventure tourism, taking into consideration the region's unique topography and environmental sensitivity. Additionally, discussions centered around the training of resource persons to ensure the safe and enjoyable implementation of paragliding and gondola ropeway

activities.

The Commissioner/Secretary appreciated the Army for their support and understanding of the importance of tourism in border areas and the continued efforts to relax access to the zero points along the LOC/LAC in Ladakh. He stressed on better coordination and timely decisions to catch-on to the momentum to accelerate promotion and development of tourism related infrastructure in the border areas of Ladakh. He also emphasised that the Army's support is pivotal for responsible and safe tourism activities in the UT of Ladakh.

He also highlighted the need for a comprehensive and sustainable approach to tourism development that respects Ladakh's cultural heritage, preserves its natural beauty, and acknowledges the historical significance of the region.

Four-day-long SEE learning workshop concludes

Reach Ladakh Correspondent

LEH: Four-day long Social, Emotional, and Ethical (SEE) learning educator preparation workshop concluded on January 9 at the District Institute of Education and Training (DIET) Leh.

Around 150 foundational-level teachers of government schools participated in the workshop in two batches. In these four days' workshop, the experts gave an overview of Social Emotional, and Ethical engagement, one of the important components of the National Education Policy-2020 and National Curriculum Framework for Foundation Stage (NCF-FS). The participants were familiarized with skills like attention practices, resiliency practices, system thinking, navigating emotions, and many more.

District Education Planning Officer Leh, Sonam Wangchuk was the chief



150 foundational level teachers of government schools participated in the Four Social, Emotional, and Ethical (SEE) learning workshop.

guest on the occasion. He congratulated the teachers for the successful completion of the SEE learning workshop as a part of winter training. He urged the teachers to implement such programs for the holistic development of students. He emphasized on the development of reading habits by the teacher for their personal development and suggested some books for personal development.

Bhote's book on 'How to

Deal with Depression' by Gyan Konchok Nodup teacher of High School Yourho was launched in the presence of Education Planning Officer Leh, Sonam Wangchuk, and Principal DIET Leh, Chetan Dorje.

Principal, DIET Leh Chetan Dorje expressed satisfaction over the successful completion of four-day workshops and urged the participants to implement the program with students.

Principal Secretary, schools, assesses winter residential coaching classes

Reach Ladakh Correspondent

LEH: Principal Secretary School Education Department, Sanjeev Khirwar chaired a meeting with Principals and Headmasters of Higher Secondary and High Schools on January 6 and assessed winter residential coaching classes for 10th and 12th grades in UT Ladakh. The primary focus of the meeting was the preparation of students for the upcoming CBSE Board exams.

Director of School Education, Tsering Paldan briefed the Principal Secretary on the widespread implementation of winter residential classes in Leh districts, and the substantial participation of schools in Kargil district. There are 10 centres (winter friendly) established in each district where students of these two classes are being accommodated. Principal Secretary discussed the facilities provided to students, including the quality of food, heating arrangements, and mentorship within the residential winter coaching programs. The challenges faced in running smooth winter residential coach-



Winter residential coaching classes for 10th and 12th grades.

ing classes in remote and far-flung areas were also addressed during the interaction.

Expressing a keen interest in the students' well-being, the Principal Secretary interacted with students from various schools, discussing exam stress and challenges. The students openly shared their study experiences, and the Principal Secretary emphasized the importance of self-awareness, identifying strengths and weaknesses, and diligent practice to achieve success.

Students from HSS Panikhar and Nyoma conveyed their gratitude to the Principal Secretary and the entire School Education Department for providing the invaluable

facility of winter classes. They expressed that, for underprivileged students in the remote areas of Ladakh, winter coaching was once just a dream, but the School Education Department has made it possible. Acknowledging the dedication of Heads of Institutions (Hols) and staff members, the Principal Secretary appreciated their efforts in making winter classes a reality despite the challenging climatic conditions and limited resources.

The meeting concluded with a shared commitment to ensuring the success of winter residential coaching programs and providing students in Ladakh with the necessary support for their academic achievements.

SDM Shakar Chiktan visits Hagnis village

Reach Ladakh Correspondent

KARGIL: Sub Divisional Magistrate (SDM) Shakar Chiktan, AG Zargar visited Hagnis village on January 11 and assessed local issues.

At Hagnis Brok, SDM Zargar addressed the issue of dumped materials on the roadside. He assured the community of redressing concerns related to compensation for lands utilized

in road construction under the Pradhan Mantri Gram Sadak Yojana (PMGSY).

The residents of Hagnis expressed their gratitude to the SDM for his visit and assuring them that their concerns would be taken seriously.

Among the issues raised by the villagers was the damage to an irrigation canal, resulting in harm to both property and ir-

rigation lands. The SDM assured to look into the matter.

During the visit, SDM Zargar also appreciated the efforts of Manzoor Numberdar, who played a pivotal role in converting his heritage home into a museum. This initiative not only promotes tourism but also contributes significantly to cultural preservation.

State Data Centre and Modified Electronics Manufacturing Clusters implementation



Administrative Secretary of Information Technology, UT Ladakh, Amit Sharma.

Reach Ladakh Correspondent

LEH: Administrative Secretary of Information Technology, UT Ladakh, Amit Sharma conducted a series of meetings on Ladakh State Data Centre and Modified Electronics Manufacturing Clusters on January 10 and reviewed the progress of the ongoing works.

The meeting covered critical aspects such as the installation of CCTVs, fire extinguishers, Uninterruptible Power Supply (UPS), Diesel Generator (DG) set, electricity connections, earthing, and other essential components of the Ladakh State Data Centre, and the progress and development of the Modified Electronics Manufacturing Hub Clusters.

Emphasizing the paramount importance of adhering to timelines, Secretary Amit Sharma underscored the urgency for the timely completion of the Ladakh State Data Centre. He articulated the significance of the project in bolstering the technological infrastructure of the region and its pivotal role in advancing the digital landscape of Ladakh.

During the review meeting, Amit Sharma highlighted the significance of maintaining high-quality standards and ensuring that all components are by the specified technical requirements. He further reiterated the Administration's commitment to providing state-of-the-art technological facilities to empower Ladakh's growth and development.

The comprehensive inspection and evaluation reaffirmed the UT Administration's dedication to ensuring the successful implementation of the Ladakh State Data Centre, aligning with the vision of a digitally empowered and resilient Union Territory.

Stanjin Dawa of Information Technology delivered an in-depth presentation, explaining various facets of the Modified Electron-

ics Manufacturing Clusters. The comprehensive presentation covered critical aspects, including land identification, project implementing agency, project management agency, project review committee, and governing council.

The meeting served as a platform for extensive discussions and evaluations of the ongoing projects. The collaborative spirit showcased during the session underscored the commitment of the UT Ladakh Information Technology office towards fostering innovation, economic growth, and technological advancements in the region.

Amit Sharma commended the dedication and hard work of the team involved in the implementation of the Modified Electronics Manufacturing Hub Clusters. He emphasized the strategic importance of the initiative in positioning UT Ladakh as a hub for cutting-edge electronics manufacturing, aligning with the broader vision of promoting technology-driven development in the region.

The Information Technology Department is ready to harness the transformative potential of technology for the benefit of the local community and the region at large, Secretary Amit Sharma stated.

The meetings concluded with a renewed commitment from all participants to continue working collaboratively towards enhanced data security, accessibility, and efficiency, contributing significantly to Ladakh's technological evolution and successful execution of the Modified Electronics Manufacturing Clusters.

The meetings were attended by the Executive Engineer (Electricity) CPWD and concerned officers of the Information Technology Department, while other CPWD officers and Vendors joined the meeting virtually.

People's Voice:

Political promises and public aspirations: Scrutinizing Nubra's quest for district status

By Stanzin Padma & Yangchen Dolma

The ongoing demand for district status in Nubra within Ladakh's evolving administrative framework post-Union Territory transition underscores the region's unique geographical challenges and the necessity for greater autonomy. Political promises, public aspirations, and concerns regarding basic facilities and legislative powers converge in this debate. The delay in addressing this demand raises questions about political authenticity and the genuine fulfillment of public needs. Overall, Nubra's quest for district status reflects a broader call for improved governance, administrative autonomy, and equitable development. Let's read what they have to say about it?



Tsering Angechok, Deputy Chairman, LAHDC, Leh: After the formation of the Union Territory (UT), plans were made to establish 5 to 6 districts under the UT government. The assurance was given that district status would be granted, confirming Nubra and Zaskar. The rationale for Nubra's demand for district status stems from its geographical distance from Leh, often leading to periods of isolation from the city. While there exists an SDM setup, the elevation to district status would involve the establishment of a separate administrative framework akin to Leh, encompassing offices for a District Commissioner (DC), Senior Superintendent of Police (SSP), and various other departments. Although this entails challenges, interim offices could initially operate at the subdivision level, and infrastructure development would progress accordingly.

The approaching election season often prompts the foregrounding of political agendas, leading to perceptions of these objectives being political tools. Nevertheless, there's hope for the imminent announcement of district status for Zaskar and Nubra. The council election manifesto emphasized the need for an administrative setup, deeming district status for Nubra feasible. This demand has been consistently voiced since then, with the belief that reinforcing UT strength involves the establishment of more districts. People have high expectations regarding district status, and the delay has led to careful scrutiny of every administrative setup, despite the completion of formalities. The decision ultimately rests on political will.



Deldan Namgyal, Former MLA, Nubra: The longstanding demand for the Nubra district originates from its historical status as an MLA constituency during the previous government's tenure. Positioned near the borders of Pakistan and China, Nubra holds significant geopolitical and strategic importance within Ladakh. Spanning across a vast area with numerous villages, Nubra faces geographical challenges due to its considerable distance from Leh. Everyday tasks necessitate traversing the Khardong La pass, a particularly daunting endeavor during harsh winter conditions. To address this, there was a proposal to construct a tunnel at Khardong La using the state's grant budget. However, in the absence of its construction, the demand for district status became a political focal point across parties, notably integrated into the ruling party's manifesto.

Given its strategic significance akin to Sikkim, despite being smaller and sharing a border with China, Nubra's district status seems pivotal. The pledge to confer district status influenced the BJP's sweeping victory in Nubra's five seats last year. Beyond political undertones, the 6th schedule's absence diminishes the benefits of district status. With upcoming 2024 elections, public sentiments warrant careful deliberation.

Sikkim is the smallest state and shares a border with China, so it's very important to give Nubra compared to the 6 districts. If the BJP government can repeal the State Reorganization Act 2019, transitioning it to a Union Territory, granting one district appears to be a manageable step. The BJP's overwhelming victory in all five Nubra seats last year was propelled by their commitment to promptly confer district status. Additionally, it's imperative for Ladakh to have safeguards; without the 6th schedule, the merits of having a district diminish.

If the BJP government can repeal the State Reorganization Act 2019, transitioning it to a Union Territory,

granting one district appears to be a manageable step. The BJP's overwhelming victory in all five Nubra seats last year was propelled by their commitment to promptly confer district status. Additionally, it's imperative for Ladakh to have safeguards; without the 6th schedule, the merits of having a district diminish.

As the 2024 elections approach, it's crucial to diligently consider public sentiments. Despite ample funds post the UT transition, Ladakh still lacks legislative power. Granting district status would bestow greater administrative autonomy and decision-making prowess upon Ladakh, fostering the region's holistic development and progress.

Granting district status to Nubra would yield multiple benefits for the region. Firstly, it would enhance local governance, amplifying the community's voice in shaping policies and decisions that directly impact them. This empowerment would foster more efficient administration, with district authorities possessing a deeper understanding of local needs. Secondly, district status facilitates targeted resource allocation. A dedicated administration can channel funds, infrastructure, and development projects to address Nubra's unique requirements, fostering overall regional development. Additionally, district status confers administrative and executive powers to Nubra, enabling more autonomy in policy implementation tailored to local contexts. This empowerment encourages active participation of local leaders in governance, driving the region's progress. It's paramount that the voices and aspirations of the people of Nubra are duly heard and addressed.



Stanzin Tsonus LBA, Nubra Youth President: For the past 8 years, the primary demand of the people of Nubra has been the establishment of a separate district. This demand stems from Nubra's unique geographical position, sharing borders with two nations, causing various hurdles and imposing challenges on the local population. The promise made by the representative and its inclusion in the manifesto to create a separate district for Nubra has instilled significant hope among the people. They firmly believe that the fulfillment of this promise will not only address the district issue but also resolve other pending concerns. As elections draw closer, the public scrutiny intensifies, with voters assessing the success of promises made by their leaders. Failure to fulfill these commitments might lead to voters seeking representatives who can genuinely provide safeguards and address their grievances.

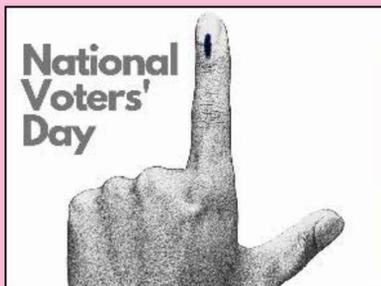
Interestingly, during the previous MP's tenure, there was no significant emphasis on the district demand. With elections approaching, this resurgence of demands appears strategic, possibly to sway public opinion. This timing raises questions about the authenticity of these demands, suggesting a potential political maneuver.

The people of Ladakh exhibit a unique perspective; they value substance over showmanship and easily discern different viewpoints. Their decision-making process revolves around assessing the advantages offered by potential representatives. Despite the transition to a Union Territory, there persists a sense of dissatisfaction among the people, leading to the clamor for the implementation of the Sixth Schedule. This sentiment arises from the belief that merely obtaining district status would be inadequate for places like Nubra, lacking essential amenities.

Nubra, facing a dearth of basic facilities, necessitates frequent journeys to Leh for even minor necessities. The previously established development authority for Nubra proved ineffective, prompting citizens to question the rationale behind granting a separate district. Representatives elected by the public must address these concerns, justifying the need for a distinct district in Nubra and outlining the potential benefits it would bring to the region.



National Voters' Day



25th January is the foundation day of the Election Commission of India (ECI) which came into existence in 1950. This day was first celebrated in 2011 to encourage young voters to take part in the electoral process. No doubt it is the day to celebrate the right to vote and also the democracy of India. Election Commission's main objective is to increase the enrolment of voters, especially the eligible ones.

Let us tell you that earlier the eligibility age of the voter was 21 years but in 1988

it was lowered to 18 years. The Sixty-First Amendment Bill of 1998 lowered the voter's eligibility age in India.

India is a democratic country. Every citizen has the basic right to vote. He or she has the right to select his leader to whomever they think is capable of leading the nation, solving the problems of common people, bringing about change, etc. National Voters Day is a significant root of India as the future of the country lies in the leader that we choose. Just think once, that if we do not come forward

and choose the right leader then the progress and development of the country will be hampered and will also affect the people of the country. It is the leader of the country who decides various big projects and several things. If the basic system will not be developed properly it may lead to under construction of roads, electricity connection problems, etc. Hence, we should encourage youth to participate and build a strong network for the coming generation who will make sure to cast their votes without fail.

DID YOU KNOW



• Deaf people are known to use sign language in their sleep.

A case study of a 71-year-old man with rapid eye movement disorder and a severe hearing impairment showed him using fluent sign language in his sleep.

• Hippos can't swim.

Hippos really do have big bones, so big and dense, in fact, that they're barely buoyant at all. They don't swim and instead perform a slow-motion gallop on the riverbed or on the sea floor. In fact, hippos can even sleep underwater.

• The Moon looks upside down in the Southern Hemisphere compared to the Northern Hemisphere.

• Somebody has been consipated for 45 days. In 2013, an unfortunate Indian woman had to under-

go surgical removal of a faecal mass as large as a football.

• You travel 2.5 million km a day around the Sun without realising.

The Earth's orbit travels around 2.5 million kilometres with respect to the Sun's centre, and around 19 million km with respect to the centre of the Milky Way.

• There are more bacterial cells in your body than human cells. The average human is around 56 per cent bacteria. This was discovered in a 2016 study and is far less than the earlier estimates of 90 per cent.

• Most ginger cats are male. There are roughly three ginger male cats to one gin-

ger female. This is because the ginger gene is found on the X chromosome, meaning female cats would require two copies of the gene to become ginger whilst males only need one.

• Your nails grow faster in hot summer. This is probably due to increased blood supply to the fingertips.

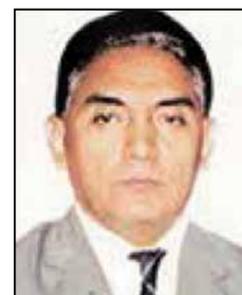
• Insects can fly up to 3.25km above sea level, at least. Alpine bumblebees have been found living as high up as 3.25km above sea level and could even fly in lab conditions that replicate the air density and oxygen levels at 9km.

Courtesy: Sciencefocus.com

SoulSpeak

Dr. P.P. Wangchuk

The New Year thrill with books



Next to my dear friends and relatives, I keep my books close to my chest. Day or night, good or bad times, books are there with you to give your mind and its outlook a new dimension. That is why we call books a 'living companion' you can go with anywhere to 'converse with' and to give boredom a 'go-go' call!

Now that we are in the first month of the New Year, books take more importance in our lives and its totality of functioning. As in the previous years, I have put in this time too quite a labour in order to go and get the best kind of books for the coming months. It is quite tiring to choose a dozen or so books because there are so many good ones that one gets spoiled for choice. It takes days of serious thought over the kind of books one would like to read.

Speaking of my books last year, I enjoyed reading all those I had meticulously selected. Most of them came out to be very good and interesting, but the most interesting, but not the best and most meaningful, happened to be DIE WITH ZERO by Bill Perkins, an American tycoon. Its basic theme is that you should enjoy life to the fullest, and spend every hard-earned penny before you are gone. You need not keep money for your children or any other because they would do much better than you!

To name a few others among a dozen or more books that I read in 2023 were: ATOMIC HABITS by James Clear; MINDSET by Dr Carlos S. Dweck and DEEP WORK by Cal Newport. I must tell you that these books did make my year a little more thrilling and meaningful. The very fact that these books 'could align with my stream of thoughts' made them valuable companions throughout the year!

In the New Year, I hope to be a little more adventurous. As such, some of the books I would like to possess should cater to such a 'taste'!

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

Fortnightly News

**In Conversation with
Dr. Rinchen Chosdol, Medical Superintendent, SNM Hospital, Leh**

Interviewed by Nenzes Chodon

Q. Could you share a bit about your background and your journey in the healthcare sector?

Jullay! I'm Dr. Rinchen Chosdol, and my career in the healthcare field spans over 23 fulfilling years. My journey commenced upon earning my MBBS degree from Medical College Jammu. Since then, I've been dedicated to serving communities in diverse and challenging settings. My professional path has taken me through various remote and underserved areas, including Chushul, Tangtse, Khaltse, Nyoma, and Sham block. I've held significant positions, including Block Medical Officer in Khaltse and Leh, where I actively contributed to enhancing healthcare provisions and addressing community health concerns.

Presently, I have the privilege of serving as the Medical Superintendent at SNM Hospital Leh. In this role, I oversee and coordinate medical services, ensuring the delivery of compassionate, comprehensive, and efficient healthcare to our community.

Q. Could you provide an overview of the services and capacity offered at SNM Hospital, given its significance as the primary healthcare center in Leh?

SNM Hospital Leh stands as a pivotal healthcare center within the UT, offering comprehensive services and surpassing typical district hospital standards across the nation. This hospital serves as a crucial referral point, both for incoming and outgoing patient transfers. Its infrastructure and range of services exceed the typical capacity of a district hospital, making it a preferred choice for patients not only from within the district but also from distant areas like Zaskar.

Unlike most district hospitals limited to consultant-level care in areas like general surgery, gynecology, ENT surgery, and internal medicine, SNM Hospital offers an extended spectrum of super-specialty services including urology, orthopaedics and surgical. The hospital facilitates day care chemotherapy sessions on regular basis for cancer patients. Also, facilities like Hemodialysis of 18 to 20 renal failure patients regular twice or thrice a week depending on need basis going on in hospital all free of cost under Pradhan Mantri Jan Arogya Yojana (golden card)

Recently, SNM Hospital implemented a significant change by offering free diagnostics such as blood tests, X-rays, CT scans, MRIs, DEXA scans, Fibro-Scan, Colposcopy and mammography. Previously limited to older adults and pregnant women, these services are now universally accessible at no cost or on a refundable basis to the entire public through health IDs under PMJAY. The Orthopedic department at SNM Hospital stands out for its exceptional performance, conducting successful surgeries—a distinction not commonly observed in other district hospitals.

Additionally, the hospital facilitates the benefits of the Golden card, enabling individuals to avail themselves of these privileges from the date of admission and continuing even when referred outside the UT. This accessibility to ad-

vanced healthcare services and the comprehensive range of facilities position SNM Hospital Leh as a pivotal healthcare provider not just within the district but on a larger regional scale.

Q. Is there adequate manpower at SNM Hospital, and what challenges does the administration face in this regard?

Manpower shortages have persistently challenged SNM Hospital's operations, particularly in the availability of doctors. Following the transition to a Union Territory, recruitment drives through NHM and outsourcing attempts helped alleviate some of these shortages. Originally sanctioned for 240 beds, the hospital now accommodates 323 beds, though the manpower hasn't scaled proportionately.

During summers, the population surge intensifies patient numbers, straining resources. This influx includes tourists, labourers, and para-military personnel. Government norms mandate a geriatric ward in every hospital, and while we have established one, the challenge lies in the absence of a specialized medical practitioner or physician dedicated solely to this ward's needs.

Operating departments like X-ray and emergency services run round the clock, demanding substantial manpower. My experience as a casualty medical officer involved managing heavy workloads for 18 hours, particularly overwhelming during summers due to the surge in patient volumes. This underscores the urgent need for increased manpower to address emergency situations promptly.

In standard setups, ICUs necessitate a larger staff presence for continuous monitoring. Unfortunately, we face shortages in critical positions such as intensivists for specialized care and anesthesiologists for consistent coverage, with no recent creation of these roles. Additionally, there is a deficit in the number of nurses required to meet ICU standards. Enhancing our ICU setup with adequate manpower could significantly reduce the need for external referrals from Leh. Moreover, shortages in Medical Officers for emergencies, OPDs, and consultants create additional strain. Duty protocols with VIPs exacerbate doctor shortages during such events, exacerbating the hospital's burden.

Lacking super-specialty departments like oncology and gastroenterology, SNM refers numerous patients outside Ladakh, reflecting the need for these specialized services within the hospital.

This response highlights the persistent manpower challenges and their impact on various departments within the hospital, emphasizing the urgent need for additional specialized staff to enhance healthcare services.



MESSAGE TO THE READERS

“Let's prioritize our health by taking proactive steps to address detrimental habits like smoking, excessive alcohol consumption, leading a sedentary lifestyle, and adopting unhealthy eating habits to prevent diseases. Support teens facing mental health issues without judgment. Parents focus on children and spend quality time with them. Together, through compassion, understanding, and active participation, we can contribute to healthier lifestyles and brighter futures for ourselves and the younger generations.”

...continues on page 7

Fortnight Highlights



The 5-days Foundational Literacy and Numeracy training concluded at DIET Leh. Around 150 FLN teachers and 20 State Resource Groups (SRGs) attended.



Deputy Chairman, LAHDC Leh, Tsering Angchok flagged off the Handball Team of both Boys & Girls under 19 to participate in the 67th National School of Games in Hisar, Haryana.



Chairman/CEC Tashi Gyalson participated in the 130th Foundation Day of Da Lat City, Lam Dong Province, Vietnam as a special guest of the Da Lat Local Government.



Viksit Bharat Sankalp Yatra camp held at Sumur on January 5 under the chairmanship of Member of Parliament, Ladakh, Jamyang Tsering Namgyal and Deputy CEC LAHDC, Leh Tsering Angchok.



MeraYuva Bharat (MY Bharat), an autonomous organisation of Ministry of Youth Affairs and Sports organised the National Youth Day across the country including the University of Ladakh honored the birth anniversary of Swami Vivekananda, Youth Icon of India.



Viksit Bharat Sankalp Yatra (VBSY) camp, a flagship initiative aimed at promoting the benefits of Centrally Sponsored Schemes (CSS), reached the Tibetan community at TCV School Agling, Leh. The event was held under the leadership of Member of Parliament, Ladakh, Jamyang Tsering Namgyal.



The Viksit Bharat Sankalp Yatra (VBSY) was organised at Nangma Ralaking, Panchayat Phey in Zaskar Sub Division. The remote hamlet in the Zaskar Sub Division, Ralaking Nangma is situated in Karsha Block, Panchayat Phey and comprised of 6 households and around 43 residents.



Executive Councillor for RDD, LAHDC Leh, Tashi Namgyal Yakzee distributed Ice-Hockey equipment under his Constituency Development Fund to the athletes hailing from Fulak, Tangtse, Tharuk and Shachukul villages.

Fortnightly News

Kargil CEC interacts with members of 17000ft Foundation

Reach Ladakh Correspondent

KARGIL: Chairman/Chief Executive Councilor, LAHDC, Kargil, Dr Mohd Jaffer Akhooon chaired an interactive session with team members of 17000ft Foundation NGO at Conference Hall, Council Secretariat on January 10.

Radha Raj, Head of Operations 17000ft Foundation gave a detailed presentation about the working model of the NGO, achievements, learning experiences, ongoing projects, future plans, potential activities, and other related activities. CEC Kargil appreciated the efforts of the foundation and their efforts in enhancing the quality of education in government schools in the district. He advised them to put their efforts into exploring rural areas so that the students can get the benefit. He also advised the members of the NGO to provide



Chairman/Chief Executive Councilor, LAHDC, Kargil, Dr Mohd Jaffer Akhooon chairing an interactive session with team members of 17000ft Foundation.

translated books for the students in Urdu, Hindi, or local languages.

He requested the NGO to provide training for teachers for the Council Model Schools in collaboration with DIET Kargil and School Education so that the teachers are through the expertise provided by the NGO.

Executive Councilor, Education, Zakir Husain raised the issue of dropouts in various government schools, especially in the rural areas. He

requested the members of the NGO to develop a mechanism in collaboration with school education to reverse the number of dropout students in government schools.

He also thanked the Secretary and Director of School Education for successfully running the night winter coaching classes for the students. He said this step will help the students boost their confidence while appearing during the CBSE board exams which is happening for the first time.

CEC discusses merger of Anganwadi centres with Government schools



CEC, LAHDC, Kargil, Dr Mohd Jaffer Akhooon discussing the merger of Anganwadi centers with Government schools.

Reach Ladakh Correspondent

KARGIL: CEC, LAHDC, Kargil, Dr Mohd Jaffer Akhooon discussed the merger of Anganwadi centers with Government schools on January 11.

Executive Councilor, Social Welfare, Aga Syed Mujtaba Mosavi; Executive Councilor, Education, Zakir Husain; Director Social Welfare, Director School Education, Chief Education Officer Kargil, Program Officer ICDS

Kargil, CDPOs, ZEOs of different Zones besides other concerned officers were present during the meeting.

The meeting discussed ways to avoid duplicacy of mid-day meals provided by Anganwadi Centers and School Education Department.

The Director of School Education informed that under the National Ed-

ucation Policy (NEP), Anganwadi Centers and school buildings should be co-located within the same compound.

CEC Dr Jaffer asked Director Social Welfare Department if there is a plan for the construction of new Anganwadi Centres in the district, necessary provision of land compensation may be kept within the DPRs as most of the state land is far away from the inhabited locations.

Emphasising the crucial role of both departments in establishing a solid foundation for children at an early stage, CEC instructed officials to actively fulfill their responsibilities.

He emphasised that Anganwadi Centers and the School Education Department serve as the backbone of the government in uplifting society, particularly the deprived class.

GDC Kargil launches short-term training courses in hand embroidery, graphic design



Reach Ladakh Correspondent

KARGIL: Government Degree College Kargil launched free short-term training courses under the Pradhan Mantri Kaushal Vikas Yojana 4.0 Scheme on January 10.

The college is granted the status of a skill hub to conduct two short-term training courses in Traditional

Hand Embroiderer and Graphic Designer, especially for the non-college, school dropout, and unemployed youth of the region.

CEC, LAHDC, Kargil, Mohd Jaffer Akhooon launched the two courses and interacted with the trainees.

Superintendent ITI, Mo-

hammad Kazim; Nodal Officer Sankoo Campus, Dr Saleem Ahmed, faculty members of ITI and GDC Kargil as well as the trainees were present.

The launch was followed by an interactive program where the trainers, Syed Rohullah, Graphic Designing Centre, and Zainab Banoo, Traditional Hand Embroidery Centre highlighted the objectives and aims of the training courses.

Mohd Kazim Superintendent ITI Kargil and CEC Dr Jaffer addressed the audience with their valuable insight on the promising courses conducted at the GDC Kargil.

Kargil marks 27th National Youth Day with PM's virtual address



Reach Ladakh Correspondent

KARGIL: On January 12, the District Administration of Kargil organised a program at Auditorium Hall Kargil to attend Prime Minister's virtual address on the 27th National Youth Festival from Nashik, Maharashtra.

Prime Minister Narendra Modi virtually inaugurated the 27th National Youth Festival at Nasik and addressed the youth of the nation.

Present at the Auditorium Hall were ASP Kargil, ACD Kargil, Chief Medical Officer Kargil, DYSSO, DPO Kargil, BDO Kargil, Silver Medalist in Boxing from Pashkum Kargil Vilayat Ali, DYSS officials, and other concerned officials, along with a large gathering of youth.

The young participants attentively listened to the Prime Minister's virtual address on the occasion

of the 27th National Youth Festival, which coincided with the birth anniversary of Swami Vivekananda, celebrated as National Youth Day.

Various departments, including Agriculture, MC Kargil, DIPR Kargil, Handloom, Youth Service and Sports, FCSCA, JJM, set up stalls outside the Auditorium Hall to disseminate information about the welfare schemes of the Government of India.

Kargil CEC holds meeting with Vice-Chancellor Mehta

Reach Ladakh Correspondent

KARGIL: CEC, LAHDC, Kargil Dr Mohd Jaffer Akhooon convened a meeting with Vice Chancellor, University of Ladakh, Dr SK Mehta on January 4 and discussed the issues raised by scholars of Kargil regarding the recent recruitment notice issued by the university.

During the meeting many issues were discussed including reservation of ST posts only for ST Ladakh, ambiguity in seat distribution, display of reservation roster for the recent advertisement, regularization of casual labourers of UoL and other related issues.

CEC Kargil requested VC



UoL to look into the matter seriously to address the concern of scholars. He said that due to the odd geographical constraints of Ladakh and less employment opportunities, preference should be given the local scholars to meet the unemployment issue in the region.

He also said that many scholars have been already teaching on contractual basis in various colleges

and have rich experience in teaching. He added that keeping in view their experience, preference should be given to them.

CEC stressed to address the concerns of scholars with the clear understanding to maintain transparency in the recruitment process which is essential to attract qualified individuals and to foster senses of fairness and satisfaction among the scholars.

NYK Kargil ignites youth vision for future Bharat through declamation contes



Reach Ladakh Correspondent

KARGIL: Nehru Yuva Kendra, Kargil organised a district-level Declamation Contest with the theme "MY Bharat-Viksit Bharat@2047: By the Youth, For the Youth" at the Ladakh Academy of Art, Culture, and Language Hall in Kargil on January 10.

The event was organised by Nehru Yuva Kendra Kargil, Ministry of Youth Affairs and Sports, Government of India, bringing

together over 50 enthusiastic youth from Kargil district who passionately shared insightful visions and ideas for a developed Bharat during a dynamic and engaging exchange.

Jigmat Spaldon, District Youth Officer, emphasised the crucial role of youth in achieving the goal of a developed Bharat and highlighted the necessity of their active involvement in the nation's development.

The jury members for the event included Co-ordinator Culture from SAMAGRAH Education Department, Syed Sajjad; Women Scientist from KVK Kargil, Dr. Rinchen Dolkar; and Assistant Professor, Syed Mustafa.

The results of the declamation contest were as follows: Zahra Batool of Poyen won the first prize, Zareena Khanam's team Stringmo secured the second position, and Shehnaz Fatima from Umba Sankoo emerged as the third prize winner.

The district-level winner will have the opportunity to participate virtually in the upcoming State Level Competition, marking a significant step forward in recognising and promoting the voices of the youth in shaping the future of Bharat.

Health camp brings vital medical services to remote Kargil village



During the health camp at Itchoo.

Mansoor Hosain Beigh

KARGIL: As part of the ongoing Viksit Bharat Sankalp Yatra, a health camp was organised by the Block Medical Officer of the Community Health Centre in Sankoo on January 9 at Itchoo.

The health camp aimed to address health issues, promote preventive healthcare, and provide medical care to those who cannot afford it, demonstrating a commitment to accessible healthcare for all.

The camp offered various health services to the general public of Itchoo, including General OPD services, screening for Non-Communicable Dis-

eases (NCD), laboratory facilities, National Tuberculosis Elimination Programme (NTEP) Tuberculosis Awareness, generation of ABHA (Health IDs), creation of Golden Cards, and other health services.

During the health camp, a total of 15 patients received medical attention, including 12 for NCD screening, 12 for laboratory tests, and 02 CB NNAT samples collected for TB screening. An awareness education session on non-communicable diseases (NCD), hypertension, diabetes, and healthy lifestyles was conducted for the participants.

The medical team from CHC Sankoo, led by Block Medical Officer Dr. Ghulam Hussain, trekked 18 kilometers through difficult terrain, taking more than ten hours to reach Itchoo from Shargandic. The challenging journey was undertaken to provide healthcare services to the residents of Itchoo, situated at an altitude of 12,760 feet above sea level—one of the remotest and inaccessible villages in the region.

During the program, Dr. Ghulam Hussain briefed the general public about the goals of Viksit Bharat Sankalp Yatra and highlighted its mission. The participants were also informed about various healthcare schemes available to them. The initiative not only addressed immediate healthcare needs but also emphasized the importance of preventive measures for long-term well-being in this challenging geographic setting.

Leh DC reviews progress on Jamabandi for land records digitisation

Reach Ladakh Correspondent

LEH: Deputy Commissioner, Leh, Santosh Sukhadeve reviewed the progress on Jamabandi in Leh district under the Revenue Department on January 12.

In a previous decision, it was decided to collect Jamabandi records taking August 2021 as a reference point, aiming for land record digitization. In this regard, the Deputy Commissioner chaired the review meeting to take stock of the progress made.

The Deputy Commissioner took a Tehsil-wise detailed review of the progress made in Jamabandi records. The concerned Sub Divisional Magistrates and Tehsildars gave detailed reports on the progress made and issues in the remaining villages.

The ACR informed that 40



villages have not submitted the Jamabandi records of which the Deputy Commissioner took the case to case review. He directed the concerned officers to expedite the pending cases in Swamitwa to ensure the distribution of property cards by the end of March this year.

He further directed the concerned officers to closely monitor the encroachment of land in the district. Regarding the meeting

agenda, he directed to complete the Jamabandi process on the given deadline.

The meeting was attended by Assistant Commissioner Revenue, Leh, Shabbir Hussain, Sub Divisional Magistrates of Likir, Nubra, Nyoma, Khatse, and Durbuk, and all Tehsildars of Leh district joined virtually. While, SDM Kharu, Gurmet Namgyal, and Tehsildar Leh, Dorje Gyaltan attended physically.

CEC Jaffer chairs Youth Services and Sports meeting



Reach Ladakh Correspondent

KARGIL: CEC, LAHDC, Kargil, Dr Mohd Jaffer Akhooon chaired a meeting with officials of Youth Services and Sports on January 10 and reviewed the developmental works being executed by the department in the district.

The meeting was attended by Director Youth Services and Sports Officer Ladakh, Moses Kunzang; Superintending Engineer, R&B Skalzang Dorje; Executive Engineer R&B, Mohammad Sadiq; District Youth Services and Sports Officer, Abid Ali, besides other concerned officer of R&B and Youth Services and Sports office.

CEC Kargil was informed by Director of Youth Services and Sports Officer about the stages of various ongoing sports-related developmental works in the district which mainly include the construction of multi-storey indoor stadium in Kargil town, development of AstroTurf, Ice Hockey Rink at Airport Road, Ice Hockey rink at Biamathang, development of winter sports academy in Drass and Zanskar, indoor stadium in Sankoo, ice hockey rink at Killing Thang, development of playground at Barsoo, construction of Ice Hockey Rink at GM Pore, Ice Hockey Rink at Chiktan

and various other ongoing projects. Moses Kunzang was asked to start the Ice Hockey Championship next year temporarily at the newly constructed Ice Hockey Ground at Airport Road till the remaining works are completed. CEC Kargil instructed officials from DYSSO and R&B to coordinate effectively for the successful organization of this year's Ice Hockey CEC Cup in Biamathang, Kargil. He suggested to the Director the development of a snow slope at Thulus Pursa near Parkachick, citing its ideal suitability for snow skiing and other winter sports. He directed block-level officers to identify a suitable place in consultation with local villagers to develop short-duration sports-related projects at the block level. CEC Kargil emphasized no compromise on material quality in developmental projects and instructed continuous monitoring of the works. He further emphasized prioritizing sports with the potential to represent Ladakh at national and international levels, such as Ice Hockey, Snow Skiing, Taekwondo, Archery, and other traditional sports.

Rich tributes paid to Swami Vivekananda on National Youth Day celebration in Kargil



National Youth Day: Flagging off of the 25 My Bharat Volunteers, trained by the Traffic Department.

Reach Ladakh Correspondent

KARGIL: On the occasion of the 161st birth anniversary of Swami Vivekananda, National Youth Day was commemorated at LAACL Hall, Kargil, on January 12, organized by Nehru Yuva Kendra Kargil in collaboration with Digital Computer Centre Kargil, under the auspices of the Union Ministry of Youth Affairs and Sports.

The event featured a virtual address by Prime Minister Narendra Modi on National Youth Day, with participants attentively listening to his insightful words. Commencing with the ceremonial lighting of the lamp, the program included a warm welcome speech by Jigmat Spaldon, District Youth Officer, Nehru Yuva Kendra Kargil. Councilor Taisuru, Abdul Hadi, highlighted Swami Vivekananda's teachings, expressing gratitude to NYK Kargil for organizing such significant events that serve the

youth. Councilor Salikote Mohd Sajjad emphasised the inspirational life of Swami Vivekananda and urged students and youth to draw inspiration from his teachings. The event also featured special lectures on the life and teachings of Swami Vivekananda by students of Digital Computer Centre.

National Youth Day, also known as Swami Vivekananda Jayanti, is celebrated on January 12 across India to honor the influential spiritual leader and thinker. As part of the celebration, the chief guest and guest of honor jointly flagged off 25 My Bharat Volunteers, trained by the Traffic Department. These volunteers are set to play a crucial role in traffic management during the upcoming road safety week from January 11 to January 17, 2024.

Fortnightly News

MP chairs meeting of Airport Advisory Committee



Reach Ladakh Correspondent

LEH: Meeting of Airport Advisory Committee, KBR Airport, Leh was held under the chairmanship of Member of Parliament, Ladakh, Jamyang Tsering Namgyal at the conference Hall, DC office, Leh on January 2.

MP Ladakh addressed various issues such as Wi-Fi System, car parking, Flight Information Display outside the terminal, entry passes, and the Solid Waste Management system at KBR Airport. He issued directives for the prompt resolution of these matters within 10 days.

Special attention was given

Members actively contributed valuable suggestions and feedback during the meeting, fostering collaboration among stakeholders.

The meeting was attended, UT Ladakh, Com Secy, UT Ladakh, Ravinder Kumar; Deputy Commissioner, Leh, Santosh Sukhadeve; AOC, 21 Wing, IAF, Leh; Admn Commandant, Leh Sub.Area 14 Corp.C/o 56 APO; Executive Officer Municipal Committee, Leh; Assistant Director Tourism Leh; Station Manager, Air India, Leh; Station Manager, Vistara, Leh; Station Manager, Spice Jet; Leh, Station Manager, Indigo Airlines, Leh; President all Ladakh, Tour Operators Association; President Hotel/Guest House Association, Leh; District President, BJP Leh; General Secretary, Ladakh Taxi Cooperative Society/Union; APD, AAL, KBR Airport, Leh; Assistant General Manager, EIL and CASO, Leh Airport.

en to the oxygen cylinder supply in four airlines, with an emphasis on contractual basis at KBR Airport Leh. The meeting also delved into topics such as solid waste management, a solar power plant, and updates on Nubra-Thoise and Kargil Airports in Leh. MP Ladakh raised pending issues of APD contractual workers, covering service continuity, wages, hard station alliance, C-category, and experience alliance, presenting them to the Director of KBR Airport Leh.

Zanskar SDM reviews arrangements for R-D celebrations

Reach Ladakh Correspondent

ZANSKAR: SDM Zanskar, Romil Singh Donk reviewed the preparation for the 75th Republic Day celebration in Zanskar on January 10 at Tourist Dak Bungalow Padum.

The celebration of the 75th Republic Day shall be held at Sports Stadium Padum. The National Flag shall be hoisted by the chief guest. Ladakh Police, NCC, ex-servicemen, Govt, and Private institutes shall participate in the march past and cultural programs. The full dress rehearsal will be held on 24 January 2024.

The SDM took a department-wise review of arrangements to be put in place. He directed the officers of the concerned departments to ensure all preparations including seating arrangements,



SDM Zanskar, Romil Singh Donk reviewing the preparation for the 75th Republic Day celebration.

march past parade, cultural programs, transport and parking facilities, power and water supply, deployment of sanitation staff, medical/first aid, and installation of PA system on Republic Day. He also stressed to involve all major stakeholders and involve all the sections of society. The Education Department was asked to ensure all necessary arrangements for boarding/lodg-

ing of participating school children and artists are taken care of well in advance with the concerned, while transport arrangements will be made.

On the occasion, matters related to security, media management, and entry of VIPs and other participants were also discussed. Various committees were also constituted to celebrate the function with nationalist vigor and make it successful.

Kargil CEC discusses issues concerning several departments with Commissioner Secretary

Reach Ladakh Correspondent

KARGIL: CEC, LAH-DC, Kargil, Dr Mohd Jaffer Akhoun today chaired a meeting with Commissioner Secretary, Higher Education and Information, UT Ladakh, Padma Angmo ON January 12 and discussed various developmental activities and issues.

Executive Councilor, Social Welfare Aga Syed Mujtaba, Executive Councilor, RD&PRD/Information, Er. Punchock Tashi, Program Officer ICDS Nargis Banoo, District Social Welfare Officer Aga Syed Jamal, Superintendent ITI Kargil besides concerned officers attended the meeting.

Discussions were held on various issues related to ICDS, Higher and Technical Education, Social Welfare and other concerned departments in the district.

CEC said pertaining to the construction of Anganwadi Centers, land compensation is necessary wherever it is required as state land is limited in the district. The Commissioner Secretary said appropriate decision will be followed up to place funds for it. He expressed that the merger of schools and Anganwadi Centers might not be feasible everywhere. Therefore, he suggested facilitating services for children in the 0-3 age group at Anganwadi Centers.

The Commissioner Secretary said that the children aged 0-3 will be attended at Anganwadi Centers, while those in the 3-6 age group will be accommodated in schools.

CEC Dr Jaffer also raised the issue of recruitment of Teaching and Non-Teaching staff to which the Commissioner Secretary said that the UGC guidelines have to be followed

in the recruitment process besides rationality has taken into consideration.

He informed that the University is performing very well and the student strength has increased manifold. During the meeting various issue related to SKUAST and Kri-shi Vigyan Kendra were also discussed.

The Commissioner Secretary apprised CEC that expansion of ITI Kargil is necessary and for that necessary land is required around the peripheries of Kargil town. CEC said that a committee has been framed and said necessary options will be explored.

CEC asked that new trades needs to be introduced and the outgoing students should be ready to get employed in the industry/private sector. The Commissioner Secretary informed that skill center has been introduced at

various colleges besides 13 trades are already operating at the ITI.

He suggested opening new ITIs in other subdivisions, to which the Commissioner Secretary mentioned that the idea will be explored.

CEC Dr Jaffer further raised the issue of to grant full-fledged college status for Government Degree College Sankoo and creation of vacancies for the college.

The Commissioner Secretary further informed that the up-gradation of Polytechnic College to Engineering College is under

process and is being reviewed by the Ministry.

The CEC said that internship for the ITI students is necessary. The CEC was informed that an apprenticeship scheme is currently undergoing.

The CEC thanked the Commissioner Secretary for clearing old age pensions under Social Welfare Department. The Commissioner Secretary directed the concerned department for early implementation of Atal Pension Yojana. During the meeting, the land requirement for installation of petrol pump by HPCL was also discussed.

In Conversation with: Dr. Rinchen Chosdol, Medical Superintendent, SNM Hospital, Leh

...continues from page 5

Q. Are there sufficient facilities available to transport emergency patients to other cities when required?

Patient transportation from SNM Hospital to other cities depends on various factors and patient categories. For instance: **a) For injured tourists needing immediate treatment, time constraints often prevail, even if our facilities could accommodate their care.** **b) Pregnant women and infants requiring specialized or intensive care are promptly referred out under 'fit to fly' conditions for their well-being.** **c) Emergency cases like accidents, strokes, head injuries, and severe chest traumas are carefully evaluated. If further treatment is necessary, patients are referred out; otherwise, we strive to provide on-site treatment.**

We face significant challenges due to the absence of a fully equipped critical care ambulance capable of providing incubation facilities (artificial breathing support) for patients in critical conditions. The timely transport of patients becomes critical, as the 'golden hour' is crucial for their survival in such critical conditions, especially when long road journeys are not feasible.

Unfortunately, the lack of a well-equipped helicopter or air ambulance further compounds this issue. While the Air Force and Army occasionally assist with air ambulance facilities, not all critical patients are transferable via these means. Winter conditions amplify difficulties in road transportation, warranting the urgent need for an air ambulance or a fully equipped, ventilated helicopter. Although we offer free-of-cost ambulance services for road transportation, including critical care and eco ambulances, the multifunctional nature of these vehicles poses limitations.

Efforts have been made to request additional ambulances and hearse vehicles from higher authorities to ensure adequate transportation facilities for referral patients and respectful handling of deceased individuals.

Q. How crucial is the establishment of a medical college in Ladakh, and what role can it play in enhancing the health system?

The establishment of a medical college in Ladakh holds immense significance, but its effectiveness relies heavily on ensuring a sustainable presence of quality healthcare professionals within the region. While setting up infrastructure is feasible with adequate funding, the pivotal aspect lies in having a permanent and skilled workforce.

The transient nature of temporarily hired staff, especially during times like the pandemic, has posed challenges. Despite the high recruitment numbers via NHM and outsourcing, many healthcare professionals, after receiving training and experience, opt for better opportunities or leave due to various reasons.

For a medical college to fulfill its poten-

tial, it needs to be fully operational with a substantial and consistent workforce. Such institutions bring super-specialty expertise that plays a pivotal role in elevating the overall health system.

Q. Talking about public health issues, we have witnessed that many of the patients are

diagnosed late when referred to a big hospital outside states. What is the reason behind and how it can be curbed?

Late diagnosis among referral patients, particularly cancer cases, often stems from inadequate awareness about various illnesses and neglected food habits. There's been a shift from deadly communicable diseases to more prevalent non-communicable diseases (NCDs), highlighting the need for enhanced preventive measures.

The Arogya Mandir in Ladakh have significantly improved post-UT, showcasing progress in manpower, facilities, infrastructure, and community-based programs. These centers play a vital role in screening NCDs, emphasizing their preventable nature.

However, challenges persist due to patients' impatience with waiting times, a systemic issue despite the introduction of ABHA or Golden cards. Additionally, many patients fail to return for prescribed tests, indicating a lack of awareness and neglect toward their health, dietary habits, and lifestyle choices.

Common practices like consuming leftovers, opting for outside meals, and reliance on preserved or packaged foods contribute to health issues like stomach cancer. The shift toward a sedentary lifestyle, minimal physical activity, and the decline in traditional farming practices further exacerbate these health concerns.

Encouraging regular health check-ups, emphasizing the importance of follow-up tests, and promoting self-examination for illnesses like breast and oral cancer can aid in early detection. Establishing a continuum of care, from Primary Health Centers to District Hospitals and beyond, ensures a systematic approach to tracking, following up, and referring cancer patients as needed.

Q. What are the plans and measures of SNM hospital to ensure better health facilities?

Leh, being an isolated region, requires a strategically equipped hospital. However, the sanctioned strength of the hospital hasn't matched the growing requirements, necessitating increased government prioritization. Initiatives include repositioning a Cath lab, developing a Microbiology lab and a cardiology set up. Critical steps for enhancing future healthcare involve regular post creations and the inclusion of a Neuro Surgeon for emergencies, complemented by a Neurology setup. These measures aim to reduce patient referrals outside the region and improve comprehensive care within SNM Hospital.

NOTICE

Whereas Konchok Wangtak F/o Stanzin Gaskit R/o Shang, Leh UT Ladakh has lost the Birth Certificate of his daughter which is issued by Registrar Birth & Death, Municipal Committee Leh with Registration No. 7404 and Date of Birth 21-12-2019 and now he has applied for issuance of duplicate Birth Certificate in lieu of lost documents. Hence the notice is hereby served through press to file objection if any in this office of Registrar Birth & Death, Municipal Committee Leh within 7 days from date of publication.

NOTICE

I, Tsetan Namgail S/o Ishey Tundup R/o Matho, Leh UT Ladakh do hereby notify that my name has been wrongly recorded as Tsetan Namgial instead of correct and actual name Tsetan Namgail in my daughter namely Sonam Wangmo ST Certificate Registration No. 1132-35/ STC-Leh Dated 05-05-2021 duly issued by Tehsil Office, Leh UT Ladakh. Now, I'm applying for change in ST Certificate and objection, if any may be conveyed to Tehsil Office, Leh UT Ladakh within 07 days from the date of publication.

NOTICE

I, Tsering Namgial S/o Tashi Norboo R/o Kungyam, Leh, UT Ladakh lost my contractor card bearing Certificate no. D-185. Now, I want to apply for a duplicate card, Objection if any may be report to the Chief Engineer, PWD, Leh within 7 days from the date of the publication of this notice.

NOTICE

I, Stanzin Dolma W/o Lobzang Tsering R/o Tukcha, Leh UT Ladakh do hereby notify that my daughter's name has been wrongly recorded as Karma Chimet Wangmo instead of correct and actual name as per her Aadhaar card Karma Chimet Wangmo in her ST Certificate Registration No. 80-81/ STC-Leh/ 23 Dated 09-06-2023 and Resident Certificate No. T-Leh /7035 (R) 2022 Dated 22-02-2022 duly issued by Tehsil Office, Leh UT Ladakh. Now, I'm applying for changes in her ST Certificate as well as Resident certificate and objection, if any may be conveyed to Tehsil Office, Leh UT Ladakh within 07 days from the date of publication.



NOTICE

I, Stanzin Sonam S/o Ishey Chotar & Disket Spalzes R/o Nubra Burma, Leh UT Ladakh, Date of Birth 03-03-1996 lost my class 10th Pass Certificate duly issued by The Jammu and Kashmir Board of School Education through Govt. Higher Secondary School, Disket, Nubra under Roll no. 96462 with Registration No. N10500290001, Session Annual, 2013. Now I have to apply for issuance of duplicate Pass Certificate. Objection if any may be sent to the Jammu and Kashmir State Board of School Education Jammu/ Leh within 7 days from date of publication of this notice



NOTICE

Whereas Sonam Tsering S/o Tsering Lamchung R/o Saspol, Leh UT Ladakh has lost the Resident Certificate No. Teh-S -2315/LRC/ 2022 Dated 18-04-2022 and is applying for a duplicate Resident Certificate in lieu of lost documents. Hence the notice is hereby served through press to file objection if any to Saspol Tehsil Office, Leh UT Ladakh within 7 days from date of publication.



NOTICE

Whereas Rigzin Chosdup S/o Lt Tsubtling Tharchin, Date of Birth 15-11-1987 R/o Housing Colony District Leh UT Ladakh, has claimed that his name has been wrongly entered as Rigzin Choddup instead of actual and correct name which is Rigzin Chosdup in my passport bearing Number K5571990 date of issue 26-04-2012 and I'm applying for the correction in the passport. Objection, if any may be conveyed to Regional Passport office, Srinagar within 7 days from the date of publication.



NOTICE

Whereas Kunzang Thinlay S/o Tsering Dorjay, Date of Birth 01-04-1985 R/o Korzok, District Leh UT Ladakh, has claimed that his name has been wrongly entered as Kunzang Thinles instead of actual and correct name which is Kunzang Thinlay in his passport bearing Number M4632344 date of issue 18-12-2014 having validity upto 17-12-2024. Now, he is applying for the correction in the passport. Objection, if any may be conveyed to Regional Passport office, Srinagar within 7 days from the date of publication.



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