

REACH LADAKH BULLETIN

VOL. 6 ISSUE 18 PAGES 8

October 1-15, 2018

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Brief News

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Leh to celebrate 3rd Ladakh dPal-rNams Duston on 19 October

LEH: The 3rd Ladakh dPal-rNams Duston to celebrate in honor of Lama Lot-sava Rinchen Zangpo on October 19 in Leh.

A meeting was convened to make the event a grand success by Dorjay Motup, CEC. All dignitaries including religious organisation, eminent scholars, experts, and district officers assured all support.

A high-level expert committee headed by Tsewang Paljor, Special Officer, J&K Culture Academy, Leh was also formed to carry out the event planning.

gTam-Pde /Proverb

Tar-khan tang zer-khan gye nang
Ka-tang buhid gyi chi khar khar.

Among Tarkhen and Zirkhen
Who will listen to a magpie's crying.

It means that when there are many big persons discussing and talking, the words of a poor and gentle person get no attention.



Correction and clarification

It is the policy of 'Reach Ladakh Bulletin' to correct significant errors as soon as possible. Please specify the edition, date, news item or the article.

You can contact at 9858394403 or email at editor@reachladakh.com.

All communication must carry the full postal address and telephone numbers.

REACH LADAKH BULLETIN

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Published at:
Reach Ladakh, Skara Yokma, Airport Road, near Councillor Quarter
Contact: 9858394403

Printed at:
Kaizen Offset Pvt Ltd,
3 DISDC Complex, Okhla Industrial Area, Phase - I, New Delhi - 20

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Ladakh festival commences with cultural extravaganza

Stanzin Dasal

LEH: Showcasing the rich cultural heritage of Ladakh, Ladakh festival brought people from different parts of the world to experience the tradition and culture of the region from September 22 to 25.

A four-day cultural extravaganza was organised by J&K Tourism department and LAHDC, Leh with an aim to promote the rich culture and heritage of Ladakh and tourism.

Around 20 cultural troupes from different parts of the region dressed in their traditional attire and five groups of school children participated in the cultural procession.

Rigzin Samphel, Secretary, J&K Tourism, chief guest welcomed the visitors to Ladakh. He said that the simplicity, hospitality and warm nature of the people of Ladakh have definitely won the hearts of visitors who came from different parts



of the world to explore Ladakh. He expressed his gratitude and hope that in the future they will visit Ladakh not just as a tourist but more like a friend.

He further appreciated the coordinated

efforts of all the tourism sector stakeholders for developing and promoting tourism along with culture and tradition without any conflict.

Scintillating traditional dance and song

from various part of Ladakh region including, Nubra, Changthang, Sham, Dha-Hanu, Gya were showcased.

Avny Lavasa, DC, Leh said, "The influx of tourist visiting Ladakh is growing every year and it becomes crucial to focus on responsible tourism to maintain harmony with the traditional ecological practices for sustainability".

Talking about the potential of adventure, wildlife, culture and pilgrimage tourism in Ladakh, she urged the locals and tourist to understand the responsibility and protect the fragile ecology.

The festival provides an opportunity to explore and witness the different traditional dance and songs, traditional sports like archery and polo, handicrafts, local cuisine, mask dance, photo exhibition on birds and mammals of Ladakh, demonstration of contemporary sculpture and many more.

EDWIN -11,380 travel fair held for the first time in Leh

100 travel agents, tour operators and 26 exhibitors participated



Stanzin Dasal & Kunzang Chosdol

LEH: The Educational Destination Workshop International (EDWIN) by Global Panorama Showcase (GPS) was launched for the first time in Ladakh on September 25 at Grand Dragon Hotel.

The two-day event was organised in association with Overland Escape and Ravine Trek.

A total of 100 travel agents and tour operators and 26 exhibitors participated in the event. Both the buyers and the exhibitors build their network, relation and updated for sustainable development. They were also educated and given first-hand experience of the Ladakh region to help them learn more about the destinations, environment, and exposure.

The core focus of EDWIN 11,380 is to promote responsible and sustainable tourism in Ladakh.

Tsetan Angchuk, President, All Ladakh Tour Operator Association (ALTOA) and Ghulam Mustafa, Owner Grand Dragon Hotel inaugurated the event.

Talking about maintaining and protecting the fragile ecosystem of Ladakh, Tsetan Angchuk said, "Being a popular tourist destination it becomes the responsibility of every tourist industry professionals to promote quality tourism. Sustainability will be there if we develop the tourism industry by keeping the culture and environment values of the region intact."

He stressed on the need to set strict guidelines by tour operators and agency while arranging tours in the region.

Harmandeep Singh Anand, Co-Founder GPS said, "After coming to Ladakh for the first time in the year 2016, I found that this is the place one has to visit in

their lifetime. People have to experience the serenity and environment".

"EDWIN -11,380 is organised to benefit the exhibitors as everyone get the opportunity to promote their business and tourism. Agents from 16 different states and 56 different cities of India are present. Otherwise, one has to spend a lot of money to attend such travel fair and couldn't afford and miss the opportunity. This kind of initiative will help in building their network and promote the destination", he added.

He further informed that such programs have been carried out in various other states of India with 600 exhibitors and over 8,000 buyers. Also, more than one lakh meetings across the country were held.

Global Panorama Showcase (GPS) is a business meeting point for tourism professionals from the Tier II and Tier III cities of India and the leading Tourism Service providers from India and overseas and is a key forum to shape the future of the industry through networking and education. It is a complete paperless event, the only e-event of its kind in the world right now.

Leh gears up for municipal election

29 candidates contesting out of which 13 candidates are from BJP, 13 from Congress and 3 Independent candidates



Reach Ladakh Correspondent

LEH: For the upcoming Leh Municipal Committee election, all the 31 filed nomination papers were scrutinized by the election authority on September 26.

A total of 29 candidates are contesting for the upcoming Municipal Election. Out of which 13 candidates are from Congress, 13 candidates are from BJP and 3 Independent candidates.

The polling will be held on October 8 through Electronic Voting Machines (EVMs) and will be counted on October 20.

A total of 29 nomination papers got cleared while nomination paper of Stanzin Otsal, the Independent candidate from ward no. 9, Housing Colony-B got rejected.

According to the notification, the last date for withdrawal of candidature was September 28.

Sanjay Vashist as General Observer and Javeed Maqbool Khanday as the Expenditure Observer were deployed to oversee the ongoing election process.

To conduct free fair and transparent local bodies election in Leh, a meeting was also convened by Moses Kunzang, ADC

with the representatives of various political parties on September 18.

It is informed that all the concerned political parties of the district, Leh and general electors/ public of Municipal Committee, Leh shall approach to the observers at the office/station set up at Karakoram guest house, near KGB Airport, Leh in case of any issues and complaints.

Avny Lavasa, District Election Officer/ DC, Leh said that for any kind of clarification regarding the election process by any candidate or party they can contact the General Observer and Expenditure Observer.

Leh Municipality is divided into 13 wards and election headquarter for Gonpa-Gangles, Sankar-Yurtung, Chanspa-Karzo and Tukcha wards has been established at Food Craft Institute, Sankar.

Likewise, election headquarters for the wards like Shenam, Skara, Skalzangling, and Murtsey has been installed at Divisional Forest Office, Leh. Animal Husbandry office near AIR, Leh has been identified as election headquarter for Housing Colony B, Housing A, and Maney Tselding area while as Sheep Husbandry Office near Polo-ground has been identified as election headquarter for Skampari and Zangsti-Skyanos wards.

Naropa Festival begins with pomp and show

'Shondol Dance' performed by 299 Ladakhi women in traditional attire breaks the Guinness Book of World Records



The holy Relics of Naropa

Rigzin Wangmo

HEMIS: Marking tribute to the 1000+ years of Naropa, the five days long 'Naropa Festival' commenced on September 16 at Naro Photang.

Before the start of the programmes, two minutes silence was observed and prayed for the swift reincarnation of the departed souls, HE Langna Rinpoche, and HE Lamchok Rinpoche.

Naropa Fellowship program was launched on the same day. Dorjey Mutup, CEC, chief guest applauded organisers for coming up with the unique concept and appreciated HH Gyalwang Drukpa Rinpoche for the initiative of Naropa Fellowship. He said that the fellowship will not only help the children but will set an example of compassion in action.

"Children should work hard and set an example for the rest of the world by availing benefit from such program by the Naropa Fellowship", he added. He further assured sup-

port from the Hill Council.

His Eminence Thuksey Rinpoche, Co-Founder, Naropa Fellowship said, "Students of Ladakh have been constantly going to the other parts of the country as well as to abroad for their studies but we never had the amenities to encourage other students in our place for studies. The subjects that a child learns in schools are important but to learn discipline and compassionate life is equally important for peace and harmony".

His Eminence informed that the Naropa Fellowship began its first batch with more than 70 students from different parts of the country and the world. Congratulating the students, Thuksey Rinpoche said that the fellowship focuses on creating and nurturing agents of change who will work towards fostering an ecosystem of entrepreneurship and growth while preserving the cultural heritage of Ladakh and the Himalayan region.

His Eminence Khamtak Rinpoche, Chairperson, Organising Committee of the Naropa Festival informed that the festival was organised this year as many of the devotees were not able to attend and seek the blessing of the holy Naropa Relic in 2016.

Three books, 'Musings from the heart' written by HH Gyalwang Drukpa, 'Meaningful to behold: The Biography of the Glorious Guru' by Khenpo Shedup Tenzin and the 1st EDM Album of Ladakh titled 'Rhythm of the stars' were released.

HE Gyalwa Dokhampa, Rinpoches from different parts of Ladakh and Bhutan, Ambassadors and deputy heads of mission of Embassy of countries of South Korea, Italy, Republic of Poland, United States, and Brazil, Representatives of HH Je Khenpo of Bhutan, and Royal Government, Kingdom of Bhutan, Thupstan Tsewang, MP Ladakh, Nawang Rigzin Jora, MLA Leh, Executive Councillors, religious and political heads and many other dignitaries were present.

Live show of the famous singers of Bollywood, Bhutan and young talented artist of Ladakh mesmerized the evening.

The Naropa Festival was concluded on September 20 with magnificent 'Shondol Dance' performed by 299 Ladakhi women dressed in traditional attire set a new Guinness Book of World Records.

Youm-e-Ashura observed in Leh

Stanzin Dasal

LEH: Commemorating the sacrifice of Imam Hussain (A.S), Youm -e-Ashura, the tenth day of the Muharram was observed with solemnity on September 20.

Showing solidarity, thousands of Shias took part in the procession with an amid cries of 'Ya Hussain', reciting Noha Khwani and beating their chest.

Muharram marks the holy day of Ashura. Imam Hussain Ali, the grandson of the Prophet Muhammad was killed on this day during the battle of Karbala by the soldiers of the Caliph Yazid in 680 AD. The death of Imam al-Hussein is considered by the Shia community as a symbol of humanity's struggle against injustice, cruelty, and oppression.

Sheikh Hussain Ali said, "The sacrifice of Imam Hussain in the battle of Karbala was not only for Islam but for the entire humanity sake and justice. We all should strive to walk on the path led by him to propagate, peace, brotherhood, and harmony."

Anjuman Imamia Youth wing under the banner of Alamdar Health services also organised a blood bank camp in the main market.

Advocate Muzaffar Hussain Barcha, President, Anjuman Imamia Youth Wing Leh talked about Alamdar health services and the importance of blood donation camp on the day of Muharram. He said, "We are trying to save



A youth donating blood at the Alamdar Blood donation camp during Youm -e-Ashura.

lives of the people by donating blood in time of need. This is one such way to walk on the path led by Imam Hussain for the humanity cause".

Reiterating the land allotment for the construction of Imam Hussain blood bank, he said that the request is kept pending from many years by the Hill Council.

Sayeeda Ladakhi, Nominated Councillor applauded the Alamdar Health services for organising the blood camp and helping many needy patients.

Expressing sadness over the non-fulfillment of their long pending demands of land allotment, she said the issue will be raised in the upcoming General Council Meeting.

"The land is not for personal benefit but to establish an organisation who helps the society irrespective of different faiths and caste", she added.

Ashraf Ali Barcha, President, Anjuman Imamia expressed the importance of following the message of Imam Hussain in our life for the greater humanity cause and harmony among each other. The blood donation camp has been organised for many years and is helping many patients in need of blood.

"To keep it continuous for a longer run we demanded a piece of land but sadly, no positive response is seen. The Hill Council, Leh is turning away when it comes to supporting the people who are doing a noble cause for the society. We are ashamed of raising our demand every now and then", he added.

Dr. Abdul Qayum, President, Anjuman Moim-ul Islam; Farooq Qaiser, ASP; Swami Vishwanand from Rajkot, Gujarat and Shaikh Nazir Ahmed Sharifi, President Majilis Ulema Leh also spoke on the occasion.



OVERLAND ESCAPE

Adventure With Care for Nature...



Buddhist Pilgrimage tour 2018-19

Programme Details

- Day 1: 16th Dec 2018, Leh to Delhi and Delhi to Nepal. O/N Kathmandu
- Day 2: 17th Dec, Monastery visit. O/N Hotel
- Day 3: 18th Dec, Monastery visit. O/N Hotel
- Day 4: 19th Dec, Monastery visit. O/N hotel
- Day 5: 20th Dec, Full day at leisure and roam around Kathmandu the city of Nepal. O/N Hotel
- Day 6: 21st Dec, Kathmandu to Lumbini O/N Lumbini (260 kms, 6hrs)
- Day 7 to 9: 22nd to 24th Dec, Monastery visit. O/N Hotel
- Day 10: 25th Dec, Lumbini to Sravasti. O/N Hotel
- Day 11 to 12: 26th to 27th Dec, Monastery visit. O/N Hotel
- Day 13: 28th Dec, Sravasti to Kushinagar. (238 Kms, 5hrs), O/N Hotel
- Day 14 to 15: 29th to 30th Dec, Kushinagar Sightseeing. O/N Hotel
- Day 16: 31st Dec, Kushinagar to Sarnath (222 kms, 5hrs). O/N Hotel
- Day 17 to 19: 1st to 3rd Jan, Sarnath Monastery visit. O/N Hotel
- Day 20: 4th Jan, Sarnath to Bodhgaya, 247 Kms, 5hrs, 50 mins. O/N Hotel
- Day 21 to 36: 5th Jan to 20 Jan, sightseeing and monastery visit at Bodhgaya. O/N Hotel
- Day 37: 21st Jan, Bodhgaya to Delhi by Overnight Train.
- Day 38: 22nd Jan, Arrive at Delhi. O/N Guest House
- Day 39: 23th Jan, Free day for shopping by own. O/N Guest House
- Day 40: 24th Jan, Airport transfers.

Number of Days	Tour Cost Per Person
30 Days	₹ 77,777
40 Days	₹ 96,000

INCLUSION

- Accommodation on sharing basis
- All meals (breakfast +Pack/hot lunch/ dinner)
- To and Fro Ex Leh Airport
- Flight Tickets from Leh/ Delhi/Kathmandu and Delhi to Leh in economy class
- Train Ticket from Gaya to Delhi in 3 AC Tier
- Monastery Guide
- 1 Male and Female escort cum helper
- Cook

EXCLUSION

- Any kind of Personal Expenses or Optional Tours
- Anything not specifically mentioned under the head "prices included"
- Tips, insurance, Laundry, Phone calls
- Any kind of drinks, (Alcoholic, Mineral, Aerated)
- Cost incidental to any change in the itinerary/ Stay on account of flight cancellation due to bad weather, ill health, roadside and any factors beyond.

For further details please visit Overland Escape main market office or branch office at Raku Complex.

Contact Number: 8491947041

Over 2000 Sangha community joins Sanghadana at MIMC, Choglamsar



People offering to the Sanghas of Ladakh during Sanghadana ceremony at MIMC

Kunzang Chosdol

CHOGLAMSAR: Around 2,000 monks and nuns joined Sanghadana 2018 and performed world peace prayer on September 17 at Mahabodhi International Meditation Centre.

The sangha community from Ladakh as well as from Buddhist countries, such as Sri Lanka, Thailand, Taiwan, Bhutan, Burma, Nepal, Bangladesh joined. Sanghadana means offering to the holy Sangha (monks & nuns).

It was organised by Mahabodhi International Meditation Centre in collaboration with Chung-Hwa International Merits Society of Buddha-Puja and Buddhists from Taiwan.

Venerable Shatup Chamba, President Ladakh Gonpa Association, chief guest said, "It is very fortunate that monks from different parts of India and out-

side gathered under one roof for Sanghadana in Ladakh and prayed for the world peace."

Marking the Sanghadana, 2018 as a historic event for Ladakh, Venerable Sanghasena, Director MIMC said, "Merit is earned by offering to the Sangha and praying for the world peace. As we all know that this world is facing lots of violence, disturbance, and aggression, so the prayer for world peace is much needed. We are very happy that we could successfully organise this event where holy sangha member including Rinpoche had participated. It is important for all people to seek peace, happiness, and harmony."

Venerable Nagasaki said, "After 17 years, all the sangha members are gathered at Mahabodhi campus. We are very much glad that 45 Taiwanese Buddhist devotees came all the way to offer Sanghadana. Also, we are fortunate to get

this opportunity in a lifetime."

Madam Wang Shue Yu, CEO and General Secretary of Chung-Hwa International Merits Society said that their society was established in 2003 and have been organising Sanghadana for the past fifteen years and more than 3,000 participants joined.

She said, "It is a special opportunity be here in Ladakh and organise the auspicious day. Venerable Ming Yu, President Young, one of our venerable from Taiwan had come to Ladakh in 1996, 1997, and 1999. Thus, we are able to perform sanghadana here in Ladakh once again after 19 years."

The main aim of the Chung-Hwa International Merits Society is to provide support to the sangha member for their spiritual enrichment regardless of nationality and cover monastery, nunnery, retreat centre and Buddhist colleges in many countries.

Madam Wang Shue Yu said that they will organise Sangadana in Ladakh in future also and informed that on August 25, 2019, they are going to organise Sanghadana at Taipei and invited all the sangha of Ladakh for it.

In the end, Bikkhu Sanghasena honored those who have contributed to organising the Sanghadana 2018.

Tashi Rabgais' book, 'History of Maryul Ladakh', released

People urged govt to award Padma Shri to Tashi Rabgais for his literary work



Reach Ladakh Correspondent

LEH: A book titled, 'History of Maryul Ladakh' by Tashi Rabgais in English version was released by Gyalmo Diskit Wangmo, Former Member of Parliament, Ladakh on September 18 at the Conference hall, Grand Dragon Hotel.

The book was translated from Ladakhi language into English by Sonam Gyatso, grandson of Tashi Rabgais.

Chewang Phuntsog, Former Chief Secretary of J&K termed Tashi Rabgais as the 'Grand Old Man of Ladakh'.

Speaking about his own personal association with the writ-

er, Nawang Rigzin Jora, MLA said that the contributions made by Tashi Rabgais in the field of culture are immense. He besides being a historian is equally an acclaimed master of Buddhism and Buddhist philosophy.

He expressed sadness that the Ladakhi society which is now heading towards an individualistic and self-concerned way have forgotten to respect and admire the person who played a pivotal role in shaping the destiny of the society.

Reviewing the book, Dr. Nawang Tsering said that the book is written in a lucid manner and will help to understand the glorious history of Ladakh. Also,

gave a call to read the book by every Ladakhi to understand the chronology of kings and events of the former Ladakhi Kingdom.

A galaxy of Ladakhi writers, scholars, dignitaries, friend and relatives of the writer pleaded Government of India for conferring Padmashree award to Tashi Rabgais. He in a very skillful manner nourished the under privilege society of Ladakh for more than half a century through his literary works.

Nawang Tsering Shakspo, Former, Chief Editor of Jammu and Kashmir, Academy of Art, Culture and Language, Leh termed Tashi Rabgais as the 'Maker of modern Ladakhi literature'.

Ladakh Autonomous Hill Development Council strengthened, empowered

SAC approves LAHDC (Amendment) Bill-2018



SRINAGAR: The State Administrative Council (SAC), which met under the chairmanship of Governor, Satya Pal Malik gave approval to the draft 'Ladakh Autonomous Hill Development Council (Amendment) Bill, 2018' on September 26.

The Bill is aimed at making Development Councils of Leh and Kargil highly empowered to exercise administrative and financial powers without any obstacles and to address the concerns, requirements, and aspirations of the people living in the remote areas of Ladakh Region.

The amendments in the existing provisions of the Act gives more powers to the LAHDC to levy and collect local taxes and fee within the jurisdiction of the Council on the analogy of Local Bodies and deposit the same in the Council Fund to be operated by the Council. The amendment gives more control to the Council over the functioning of various departments in the districts and more administrative control over the staff. Besides, all such properties like public buildings, public roads etc constructed out of the Council Fund shall belong to the Council.

State Government shall allocate to the Council all funds of the districts under any Budget Head of the State, Revenue or Capex and of such Centrally Sponsored Schemes which do not involve direct and designated flow of funds to the executing agencies or beneficiaries to be deposited into the Council Fund. Moreover, allocations which remain unspent at the close of the financial year shall be carried forward as an additional resource available for the budget of the following year.

The amendments also provide for Panchayats to follow the directions of the Council and the Chief Executive Councilor to be the Chairman of all Tourism Development Authorities. The Councils will also have a Deputy Chairman for better functioning. All Government employees working in the area of the Council, in subjects transferred to the Council will be under the Administrative control of the Council including for disciplinary action.

With this amendment, LAHDC will be among the most autonomous councils in the country.

Courtesy: Scoop News.

25 super-specialist doctors of AIIMS reach Leh for medical camp



Reach Ladakh Correspondent

LEH: With an aim to assist the poor local patient, Ashoka Mission in collaboration with LAHDC, Leh organised a week-long medical camp from September 25 at SNM Hospital, Leh.

A team of more than 25 super specialist doctors from All India Institute of Medical Sciences (AIIMS), Delhi reached Leh.

Dorje Mutup, CEC expressed deep gratitude to the doctors for providing medical treatment to the people of Ladakh and thanked Venerable Lama Lobzang for his continuous effort in getting the super specialists of AIIMS to Leh every year since last 25 years.

He said that their services will not only benefit the locals in high-quality medical treatment specially for the poor section but will also help the local doctors to

learn and gain experience while working with the super specialists.

He urged the local doctors to give their full support in making the best use of time and services of the doctor's team from AIIMS to ensure maximum benefit to the local patients and to enhance their knowledge, practice, and expertise.

Gyal P Wangyal, Executive Councilor, Health also expressed gratitude to the team of doctors for sparing their valuable time to serve people of Ladakh.

Venerable Lama Lobzang said, "It is a good opportunity for the people of Ladakh specially for poor people to get treatment in Leh who cannot afford to go out of Ladakh for medical treatment.

Also, it is helpful in skill upgradation of local doctors while practicing medicine with the su-

per specialists from AIIMS."

One of the senior doctors from AIIMS said that they have been visiting Ladakh since many years and have found certain diseases related to stomach, diabetes, bone, and joints prevalent among Ladakhis. And the team are trying to work out the cause and treatments to address these health issues.

He further said that they feel their purpose fulfilled if they could also do the capacity building of local doctors and impart them with some training in the diagnosis and improved treatment of ailments within Leh.

Tashi Mutup and Tashi Angchuk were also appreciated for their immense contribution in making arrangements for the camp in Leh and bringing needy patients to Delhi for emergency treatment at AIIMS.

EXPERT TALK

Are buildings safe in Ladakh?

By Rigzin Wangmo



Tsering Angchuk, Executive Engineer, R&B Department: The norms for construction of a commercial building is that the built-up area should be 50% of the total plot area and for the residential buildings, the built-up area should not be more than 40% of the plot area, depending on the size of the plot area. The minimum offset distance should be as follows:

Area of plot	Front side	Rear side	Sides
0-2000sqft	10'0"	8'0"	8'0"
2000-3250sqft	15'0"	10'0"	10'0"
3050-4500sqft	20'0"	15'0"	10'0"
4500-7200sqft	25'0"	15'0"	10'0"
7200-Abovesqft	30'0"	20'0"	12'0"

The cantilever projection of the building should not extend beyond the area allotted at any cost.

The applicant should first submit their proposal to the department, and accordingly to the concerned departments like R&B, PHE, PDD, Tourism department and Fire Extinguisher department and check the site as per guidelines for construction. The concerned engineer visits the site and submits a reporter to Executive Engineer R&B department which is then forwarded to the Administrator, Municipal committee Leh. On the basis of the report and on fulfilling all the said conditions, the administrator issues permission for the construction. For the construction of government and private buildings, the drawing or the design of the building should be done from a competent authority or from design director Srinagar and Jammu.

In cities, for the construction of high rise buildings, modern technology such as crane lifter, batching plant with concrete pumping is used. Construction of a steel building is easier and takes less time. Ladakh region comes under seismic zone and special care

is required when it comes to construction of multi-stored buildings. Buildings must be designed by a structured engineer for its safety and security. Department does check the road and land encroachment regularly. All illegal construction is monitored by the District Municipal Committee.

In the recent incident that took place in Shey Lamdon School, there was no problem with the structure. It was the solar panels fixed over the C.G.I sheet of the building was not anchored properly and fell down on the aluminium glazed. While constructing a building by some NGOs, the department is not involved in any form.

Solutions:

- Water cement ratio must be maintained while concreting.
- The formwork should be strong and should not disturb while casting and concreting
- The beams and slab are cast simultaneously to make it monolithic
- All cement work should be made covering at least 20 days or more for proper setting of cement work.
- Multi-storey building must be designed by a structural engineer for its safety.
- Using sand and clay together should be avoided
- The aggregates should not dissolve in water.



Rashid Ahmad, Engineer, B.E. Civil: Ladakh comes under 5th seismic zone and the structure must be built according to the norms. Earlier, the Himalayan region was under zone 4. Now, the region is under a belt 5 after the earthquake in Nepal. So, the region is in the worst prone zone and the place must be structurally sound. The earthquake resistance is incepted in the 50 percent of the commercial buildings but the primary need is the structural designer. It is important to consult a structural designer before the construction of the commercial building. The residential structure can be built on the thumb rule.

In some schools and colleges, there is a lack of proper structural designing and many do not consult the department. If such plans are carried through the concerned department, there will be better designing and the same need the VAT by the director design. Such buildings when constructed as per thumb rule than it lacks the proper implementation of the rules.

People from other places approaches institute in the form of NGO and

sponsors. They start to build without structural designing and do not adhere to any concept and lacks in execution. An engineer is must on the site of the construction to avoid negligence.

The government building is properly checked by the departments and in the case of private, there is no proper check and balance.

It is also important to build a house as per climatic condition to shield oneself from the tough winter season. In the past, many worst incidents took place due to excessive rain and cloudburst and in most of the cases; the houses were built encroaching river and the streams. Houses must be built by maintaining a gap of at least 20 to 30 feet from the river bank and flood basins. Houses constructed on the hills are not safe with the increase of rainfall every year. There can be sliding and the authorities need to restrict such construction.

Also, the designs of the buildings are not as per policy and topography. It is necessary to learn that the building should not be raised beyond three storeys. High rise building is not suitable for the place like Ladakh due to the area being under the seismic zone. The place needs proper structural conceptualizations. Lintel beam is a must for even building a one storey structure. The structure becomes monolithic when there is a combination of lintel beam and column beam. The building or the institute when built with using stones is not as safe as compared to brick. While using stones 3 bond stones must be implemented well after every square foot.

In Ladakh, we must adopt a solar passive energy and column structure.

Low budget construction is done with the use of mud technology and it becomes eco-friendly. The wall insulation can be done by using the straws or even paper inside the wall. The concept of a wooden floor is unique in itself and indeed better to make the place warm. We need to preserve the culture and heritage. Many hotels are designed keeping all the cultural identification like Rabсал, Yabs, and Shingsak intact. The Ladakhi roof combination of Tallu and Ldungma are getting replaced by Reinforced Cement Concrete (RCC). More local material and technology should be used instead of cement.

Solutions:

- Structural designing is a must.
- Ladakh should have a proper master plan.
- Use of woodwork should be less.
- The plan should be executed through the department.

PDP against municipal election in Leh

Rigzin Wangmo

LEH: The survival of LAHDC looks grim when other bodies like municipal come into play which may conflict the power and the Hill Council might get undermine. This was stated by Tashi Gyalson, District president, PDP Leh during a press conference on September 18 at Press Club Office.

Peoples Democratic Party (PDP), Leh elaborated the crisis which can be faced after the Municipal election in Leh.

Tashi Gyalson, and Advocate Mohammad Nasir, nominated councillor said that the institution LAHDC was given to us after a long struggle in the year 1995. The council has been provided with enormous powers that include



Tashi Gyalson, District president, PDP Leh, and Adv. Mohammad Nasir Councillor during the press conference.

budget formulation, development planning and power to collect taxes and fees of various kinds. When other bodies like municipal come into play, the hill council might get undermined also there can be a conflict of powers.

"We are blessed that we have an institution like LAHDC which have their own tiny constituencies and it has given a boost to whole Ladakh besides having MLA and MP which facilitate each other. But creating another level of rep-

resentation will only get a clash of interest because their nature of the job is the same".

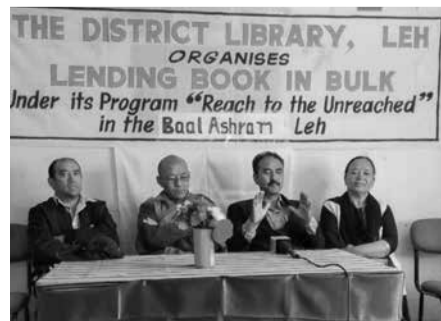
Ever since the Hill Council has been incepted, the town area has well progressed said Tashi Gyalson. They emphasised on strengthening and empowering it.

He said, "We must unite and discuss the issue immediately. All the political parties and stakeholders should come together on a single platform and do a healthy discussion to protect our region."

Tashi appealed the Governor to review and take decision in the interest of Jammu and Kashmir.

Rinchen Lhamo Councillor, Sangay Dorjey, Senior Member and Liyakat Ali, Youth President also attended the press conference.

District library launches library with 250 books in Bal Ashram hostel



Reach Ladakh Correspondent

LEH: A small library with around 250 books was set up under the programme title 'Reach to the unreached', on September 16 at Bal Ashram hostel, Leh.

Venerable Lobzang Nyantak, Councillor Upper Leh, chief guest of the occasion talked about the importance of gaining good knowledge by reading books in different languages like Bhoti, English, Hindi and Urdu and said reading different books is the only way to become a complete knowledgeable person.

Lobzang Tsewang, Senior Librarian, District Library, Leh briefed about the program and said that the main objective is to inculcate reading habits among the younger generations, students to develop general knowledge apart from their syllabus to become an able person in their life.

He further said, "These books will be kept in the hostel for about 4-5 months and taken

back to the district library and other books will be issued. This system will keep circulating for the benefit of the hostel children."

Tsewang Paljor, Special Officer, Culture Academy, Leh stressed upon reading books to gain knowledge.

A story reading session was also been conducted for the children by the Jr. Librarian, Sonam Angmo District Library, Leh.

Tashi Chondol, District Social Welfare Officer, Leh thanked all the participants and especially the Librarian Lobzang Tsewang to initiate such wonderful programs and bringing books to the doorsteps of the destitute children and an unreached section of the society.

SoulSpeak

P. P. Wangchuk

Courage is a virtue that helps bring out all other qualities in you



When we talk of someone being courageous, we mean that the person has the guts to do certain things that are good for all, and most of us shy away from doing so. The literary meaning of courage is the ability of a person to control fear in a situation that may be dangerous or unpleasant. That means the person may consciously undertake things that may cause him difficulties, tension, pain, and even death.

Such a person stands out as a hero among us, and is respected and idolised. He never hesitates to stand up and speak what he thinks to be right and in favour of the society at large. And, if required, he is willing to sit down and listen to others, even his critics, and do the "needful." At the root of courage is your love for humanity, and, as somebody had said, "being deeply loved by someone gives you strength, while loving someone gives you courage."

Courage is such a virtue that most of us can cultivate. It does not require any great sacrifice; all that one has to do is to think positively and think about the purpose and mission of life. If that kind of feeling takes deep root in your mind, you become a courageous person automatically. Courage is built up when you think of yourself as a true human being and that you are here on this planet not to while away your precious years but to do something meaningful.

And, to understand how courage is the most important virtue among all other virtues, we have this quote from American poet and activist Maya Angelou: "Courage is the most important of all the virtues because without courage you can't practise any other virtue consistently."

If we decide to go along with the idea that there is only one life and that we have to do whatever we can and should do in this life, then it is quite likely that we are in a position to do bigger and nobler jobs.

We need to, therefore, cultivate courage very consciously. One definite way is to be rabidly positive and hopeful even in the worst of crisis. This would resolve most of the issues that build up to make us hesitant and scared.

Courtesy: Hindustan Times

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

In Conversation with Nawang Changchup, Founder, Lingshed Area Development Foundation

Interviewed by Stanzin Dasal

Q. Tell us about Lingshed Area Development Foundation and various initiatives taken by you?

Lingshed Area Development Foundation was established in the year 2000 with two prime objectives:

1. To impart modern and spiritual education among the children of Lingshed area
2. To provide basic necessities to the downtrodden section of Singey Lalok area

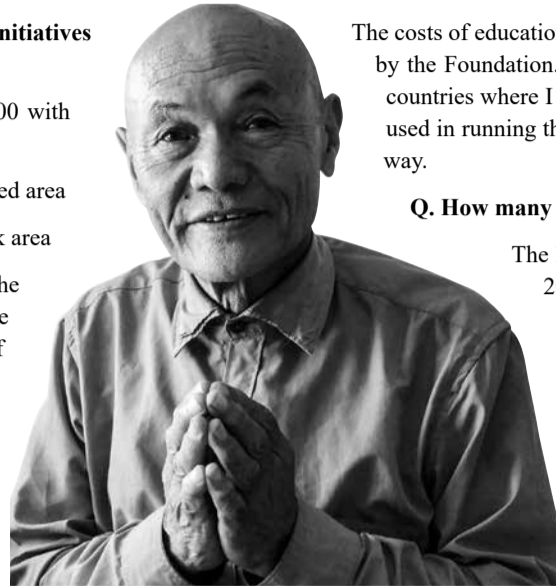
I have been working for the people of Lingshed since 1992, because of the isolation and low standard of living at that time. It was a time when people used to struggle for basic necessities. Agriculture was the only source of livelihood and farmers struggled hard due to the harsh climatic condition, less fertile soil and short growing season. There was no proper food to eat and people commonly suffered from malnutrition. The absence of road connectivity, communication, electricity and modern health system made life difficult. It was also heartbreaking to see young mothers dying while giving birth to a child because of inadequate facilities such as lack of warm clothes, nutritious food, and proper medical facilities. There was a need to understand the issues and find solutions to them. Therefore, in 1992, I organised 'Lingshed Seminar' which was held for 7 days to discuss various issues of the region.

The way out from this entire problem was education, needed to be promoted and developed in the area. Only a limited number of children would go to school and the system was also not up to the mark, hence an education society was formed to make the young generation pursue education for better tomorrow, breaking the cycle of poverty.

Amchi tsogspa and establishment of a Nunnery in Lingshed were other activities initiated at that time. In 1996, I travelled to different countries to collect donations for the construction of a monastery for nuns with an aim to empower them.

Q. When was the Lingshed hostel established?

The only way out from the struggle and hardships faced by the people of Lingshed was through modern education. And the best way was to make the children access the education centres of Leh town by providing residential hostel facilities.



The costs of education, accommodation, food, and health of the children residing in the hostel are borne by the Foundation. Around 20 students have sponsors. I had travelled to many European and Asian countries where I imparted talks on inner peace and development. The money I got from the talks is used in running the hostel. Besides, many locals have been also helping and supporting us in every way.

Q. How many students are living in the hostel?

The hostel was first started with 8 children and the number of enrolment rose to 97 in 2016. Often we face problem due to limited funding. With the help of His Holiness Dalai Lama, 30 students below class 3rd were enrolled in SOS TCV on 3 March, 2017.

At present, 45 students live here and studying in different schools like Lamdon, Ladakh Public School, Moravian Mission, Druk Padma Karpo School, CIBS, Mahabodhi and also at the EJM College.

Q. What kind of challenges you face in running the hostel?

Limited funding along with ration scale curtailment in the year 2016 under the National Food Security Act created a difficult situation as there were 97 kids to look after at the hostel. The facilities are minimal. And it was during a health camp organised by an army officer I was informed that many students were malnourished. I needed to find a way out as the closure of the hostel would ruin the lives of the students. So, I prepared a project 'Nutritious food for children' and looked out for help and support. I approached Ama Jetsun Pema, His Holiness Dalai Lama and the concerned authorities of SOS TCV for some help and with their support 30 students below class 3rd were enrolled in SOS TCV.

Q. What are your future plans?

To keep the hostel functional in future is very challenging because there are already many issues and limited resources. We have stopped enrolling children since 2016. The children are pursuing their education at the Government school in Lingshed and Khaltse. The one who comes to pursue higher studies in colleges can live in the hostel. We bear the transportation and food expenses. If the conveyance fees are borne by the parents then only the food cost is left which can be arranged by approaching various organisation, individuals and association.

MESSAGE TO THE READERS

“Education is a powerful tool. We should stand unitedly and strive for providing quality education to each and every child. Along with modern education, we need to develop spiritual education also to maintain peace and prosperity. Most importantly uplift poor and needy equally in the society. And I extend my heartiest gratitude to all the supporters who have helped me in every way to run the hostel.”

In 1999, a land was procured in Choglamsar to construct the hostel and in 2004 the hostel was started.

Q. Tell us about the funding and how you run the hostel?

FORTNIGHT HIGHLIGHTS



'Shondol Dance' performed during Naropa Festival by 299 Ladakhi women in traditional attire breaks the Guinness Book of World Records.



Demonstration of paragliding by Stanzin Sonam (Solo Pilot) at Warila, Zingral which was a part of Ladakh Festival.



The Baba, Apo and Api of Wanla, (a traditional way of celebrating Losar in Wanla) taking part in the Ladakh Festival cultural troupe.



Shia community of Leh district taking part in the procession of Youm-e ashura the 10th day of the Muharram.

KNOW YOUR CULTURE

Rantak or Churak

'Rantak' the traditional watermill of Ladakh is an indigenous machine used for the grinding locally grown cereal crops, wheat and barley to produce the local barley known as 'Ngam-Phey'.

It is made from locally available materials such as wood, stone and iron by the local experts of village. This eco-friendly and safe structure is in use since times immemorial and is still in use in some rural areas.

Rantak are built next to river, stream and tributaries and the water is diverted and is made to rotate the mill. Most of the mills become non functional during the harsh winter season of the region due to freezing of water as well as the turbine.

Sadly, with the onslaught of modernity, centuries old traditional watermills are now disappearing fast. These are now replaced by mechanized mills operated with the help of fossil fuels and electricity.

Advantages:

It is a vital, centuries old technology, which has zero operating cost as it does not require fuel or electricity.

Traditional watermill does not pollute the environment.

The maintenance is done by the owner himself



and the materials required are available in the village.

The taste, texture, flavors and standard of the flour of the watermill is far superior to flour of modern mills

Because the stones grind slowly, the wheat germ is not exposed to excessive temperatures. Heat causes the fat from the germ portion to oxidize and become rancid (Aubert 1989). The flour hence does not get spoiled for years on storage.

Exposure to less temperature also minimizes the loss of vitamins.

Courtesy: Anwar Hussain and Nazir Hussain

Lecturer Kaneez Fatima selected for Fulbright Grant

Trained around 600 teachers of Leh district in the last 10 years at DIET, Leh



Reach Ladakh Correspondent

LEH: A new face of an empowered dedicated teacher of J&K state, Kaneez Fatima, an English lecturer of District Institute of Education and Training (DIET) Leh bagged semester-long Fulbright Grant under Fulbright Distinguished Awards in Teaching Program for International

Teachers (FDAI) of United States Department of Bureau of Educational and Cultural Affairs.

More than 500 teachers from 18 states of India competed for the grant and only 5 teachers have been selected. Over 635 educators applied from around the world, and Kaneez Fatima is among 54 outstanding educators who will be joining this year's program.

In the year 2007, she was selected for Professional Development Program (PDP) and was placed in University of California Los Angeles (UCLA) for a 6 weeks training. It's her second Fulbright grant.

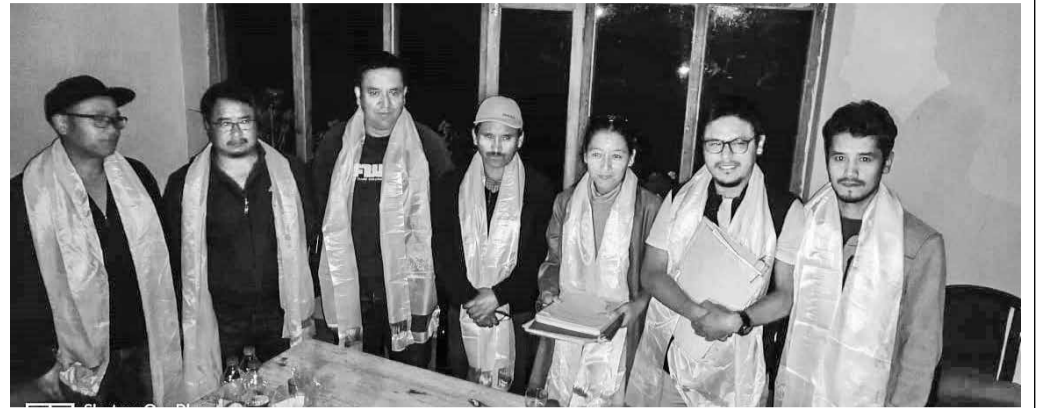
By sharing her skills and creating a new force of trained teachers, she has trained around 600

teachers of Leh district in the last 10 years at DIET, Leh.

Fulbright Distinguished Awards in Teaching Program is a rigorous professional opportunity to promote mutual understanding between educators, their school and communities in the U.S. and abroad. Also, to share best educational practices, enhance educator's expertise in their disciplines and to prepare participants to serve as educational leaders. They are equipped to apply and share their experience and skills with their colleagues and students upon returning. The program will give umpteen opportunities to work with a group of outstanding educators from around the world that will benefit the teacher's parent institution and community.

All-Ladakh Engineers Society meeting held

Decides the term of working committee for two years



Reach Ladakh Correspondent

LEH: All Ladakh Engineers society (ALES), Leh re-elected Tsering Angchuk as the President during the general body meeting on September 15.

The meeting also decided to fix

the term of the working committee for two years.

Tsering Angchuk, President put forward the achievements of All Ladakh Engineers society and detailed financial transaction was presented by Jamyang Lundup, Cashier.

The society also appointed new executives. Chozin Dorje and Sonam Dawa were appointed as Vice Presidents, Spalzes Dolma as Secretary, Ifikhar Ahmed as Joint Secretary, Angchuk Mayur as Cashier, and Thinles Angchuk as Conveyor.

1 killed, few injured as hotel roof collapses due to wind



Fallen cemented blocks to hold solar panel due to strong wind at Shey Lamdon.

Stanzin Dasal

SHEY: A 13-year-old child lost her life and few left with minor injuries when the roof of a hostel aluminum glaze collapsed due to strong wind on September 13 at Lamdon School, Shey.

The incident happened when the cemented blocks fixed over the corrugated galvanised iron or steel (C.G.I) sheet of the build-

ing to hold solar panel fell over aluminum glaze attached with the one storey main hostel building.

A teacher said, "It was around 5-6 in the evening, the children were studying inside the aluminum glaze. The weather was windy and all of a sudden the cemented blocks of the solar panel fall."

The solar panel project was sponsored by LEHO and the project was carried out by Ladakh Solar Energy.

Sargun Shukla, SSP Leh said that the case is under investigation.

Yet in another case, a child was electrocuted to death at Rigjung Public School hostel on September 25 in Choglamsar.

Commandant 5th Btn, ITBP, flags off Bharat Darshan tour

Reach Ladakh Correspondent

CHOGLAMSAR: The first batch of Bharat Darshan tour 2018-19 including 33 students and 2 teachers along with ITBP officials were flagged off on September 22 from Drona Hall, 5th Btn ITBP.

Commandant 5th Btn ITBP, Pritam Singh in presence of Ravi Gautam second in-command O/C SHQ LDK and Nikhil Jain 16th Btn and other officials flagged off the tour.

The tour is scheduled to be conducted from Leh to Bhubaneswar via Delhi. Students will be visiting different historical places and monuments and will also interact with different dignitaries of the Central Government.

The group includes 20 students from Government Council Mod-



el School Serthi, 7 from Government Middle School, Tagar, Sakti and 6 from Government High School, Shara along with Head Master Sonam Gyalton and teacher Raman Bali from Government High School, Shara. Dr. Dharmender Sharma AC/Vet and Inspector Suchit Kumar Thakur also accompanied.

Bharat Darshan tour is conducted with an objective to enhance the educational, interactive and cultural knowledge of the students by visiting different places

of the country and also to develop a mutual relation between the security forces and the civilians.

Commandant 5th Btn Pritam Singh (Sector Commander) ITBP intimated them about the provisions and arrangements made and wished them good luck. He expressed hope that the tour will be beneficial and successful as per the objective with which it is conducted.

Tracksuits, caps, and shoes to the participating students and officials were also distributed.

Axis bank sets up digilabs in 108 schools in Ladakh

Rigzin Wangmo & Urgen Lamo

SABOO: To bring Digital learning opportunities powered by solar energy, a digi lab was launched in Government Middle School, Ayu on September 17.

The initiative was carried by AXIS bank, in collaboration with 17000 ft Foundation, NGO.

Under 3-year project to improve infrastructure and bring in learning improvement for the children, 108 remote Govt. schools of Ladakh are adopted. In 2017, each school was provided with a playground and a library consisting of 500 storybooks in multiple languages.

Sanjay Silas, President, Axis Bank was the chief guest. He talked about the commitment of Axis bank to Ladakh and informed that the CSR funds also include livelihood and the bank has sponsored around 1100 tabs distributed in 108 schools.

He was also happy to learn that the adoption and adaption of Ladakhi students are fast.

Sujata Sahu, Founder, 17000 ft Foundation said, "Axis bank has chosen 108 schools. It is a 3 years project. We have put the curriculum of 1st to the 8th standard of J&K board in the tablets. It will be easier for teachers to teach. We have videos, activities and games on tablets of the main subjects English, Maths, Science, General knowledge, Computer science and so on. Students can log in themselves and their studies can be monitored."

Tashi Dolma, Joint Director, Department of Education said, "When Axis bank discussed the concept of digi-lab with us, I told Sujatha that you have to work hard and also need to customise the contents of digi-lab according to our syllabus. I would try to shift the digi-lab to a good classroom. It took around 6-7 months to customize as per our requirements. Those teachers who are not computer-savvy should learn about it."

Initiatives under this project:

- Electricity- Electricity to power up a Digital Lab in the school consisting of a 200 W Solar Panel and Battery

- Furnishings- Desk and for the Digi-lab room in the school

- Tablets/Tablet PCs- 6 to 14 Android tablets (depending on the enrolment of the school) pre-loaded



Sanjay Silas, President, Axis Bank, Tashi Dolma, Joint Director, Department of Education, Kunzes Angmo, Project Director, ICDS and students during the launch of Digi-lab.

with a student centric learning platform with special curate and graded content to enhance learning

- L.E.D T.V- A32" L.E.D to allow the teachers to display digital content as a part of her teaching process

- Content Server-A Raspberry Pi content server to create a local wi-fi to sync student usage and house extra content

- Books- Graded computer Literacy for individual students of grades 1 to 8

- Educational Content- Specially curate content for Grades 1 to 8 in Maths, EVS, English reading and grammar, General Knowledge. Exploratory stories, videos and games aimed at increasing exposure and access to software aimed at building Digital literacy.

- Individual Students Learning- Personalised students logins, individual learning journeys and students assessments that will be stored in a central dashboard and will be accessible to teachers and the school management within the school as well as centrally to the local administration.

- Individual Teacher Content- Personalised teacher logins to allow teachers to implement and run the program in accordance with the school curriculum

- Performance Monitoring- Assessments, usage and performance data that will be available to teachers, the headmasters and the local administration.

The 3 years project will be closely monitored by the Department of Education with the help of 17000 ft Foundation.

Dr. Sumbli assumes charge as Rector, Kargil, Leh satellite campuses

Reach Ladakh Correspondent

SRINAGAR: Dr. M S Sumbli assumed the charge as a Rector of satellite campuses Leh and Kargil, University of Kashmir on September 25.

After assuming the charge Dr. Sumbli discussed with the faculty and staff at both the satel-

lite campuses. He reviewed the status of courses offered and the facilities available at both the institution.

He discusses the problems being faced by the staff and faculty regarding facilities, services, and infrastructure. He said that all the issues will be addressed in a phased manner. He added that

the interactions with the government authorities, at Leh and Kargil, will be convened whenever needed, for sustained progress and development of the satellite campuses.

Dr. Sumbli emphasised strict adherence to discipline, academic and examination schedules by the staff, faculty, and students.

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