

# REACH LADAKH BULLETIN

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## Brief News

### DISCLAIMER

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### North West Frontier ITBP establishes its office in Leh

CHONGLAMSAR: Office of the North West Frontier of Indo Tibetan Border Police Force was inaugurated on April 1 at Choglamsar by Arvind Kumar, IPS, General, North West Frontier.

Arvind Kumar said that operationalisation of this Frontier at Leh will facilitate better operation and administrative co-ordination amongst Indo Tibetan Border Police Force formations and other sister organisations.

Rajesh Sharma, DIG, SHQ (LOK), Achal Sharma, DIG (OPS), Anwar Illahi, Commandant, 24 Battalion, Baljinder Singh, Commandant and Ajay Singh, Commandant, 16 Bn were also present.

### Cleanliness drive held in Phey

PHEY: A cleanliness drive under the banner of Swachhta Pakhwada was carried out on April 15 in Phey village. The cleanliness drive was carried out under the leadership of Tsewang Norboo, Sarpanch, Panchayat halqa Farka.

A resolution for quarterly cleanliness drive in the village was passed unanimously, making mandatory to take the household garbage at newly constructed segregation place.

Also, the medical staff organised awareness about women's hygiene mother and child nutrition.

### 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.

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## Tributes paid to Dr B R Ambedkar in Leh on his 128th birth anniversary

Dr. Tundup Tsewang receives Dr. Bhim Rao Ambedkar award 2019



Dr. Tundup Tsewang receiving Dr. BR Ambedkar 2019 award.

### Stanzin Dasal

LEH: Commemorating Dr. Bhim Rao Ambedkar on his 128th birth anniversary, the principles propagated by Father of the Indian constitution was highlighted by all the speakers on April 14 at Pologround, Leh.

Dr. Tundup Tsewang, Former President Ladakh Buddhist Association was awarded Dr. Bhim Rao Ambedkar award 2019 for his selfless effort and contribution for the welfare of the society.

The celebration was organised by Ladakh Buddhist Association Youth wing and Padmashree awardee, Dr. Tsering Nurboo, Physician specialist was chief guest.

Remembering Dr. Bhim Rao Ambedkar quote, "Life should be good rather than long", Dr. Nurboo said that the day will be celebrated at the best if we get in-

spired and follow his life principles.

He said, "Bharat Ratna Babasaheb Dr. Bhim Rao Ambedkar's life is an inspiration to all of us. His work for caste annihilation, upliftment of downtrodden sections of Indian society, and the idea of freedom and equality inserted in the constitution through various provisions benefited the masses tremendously".

"Dr. Ambedkar is a visionary leader and his contribution towards making India a better society to live is worth mentioning. The best tribute to this legend is only by imbibing his values and ideas in our life and implementing it for a positive change", he added.

He also asked students to inculcate reading habits which is lacking in children nowadays.

...Continues on Page 2

## Expenditure Observer inspects various election cells in Leh



### Reach Ladakh Correspondent

LEH: Expenditure Observer 4-Ladakh Parliamentary Constituency, Milan Ruchal inspected various election cells in Leh including District Election Control Room, Media Certification and Monitoring Centre and Video Viewing Centre on April 13.

He took stock of the poll preparedness and other necessary arrangements put in place to ensure free, fair and transparent conduct of elections in Leh district.

Milan Ruchal also visited Sindhu Sanskriti Kendra where the Strong Room

for EVMs and Counting Centre are established.

Avny Lavasa, District Election Officer Leh and the Returning Officer, 4-Ladakh Parliamentary Constituency informed about the steps taken by the administration and framing of committees with regard to monitoring of election expenditure of parties and candidates.

Milan Ruchal stressed on the officials to work with utmost dedication and in close coordination with each other to ensure free and fair elections besides implementation of Model Code of Conduct.

## Illegal structures demolished near Pangong Lake



A demolished building at Spangmik

### Reach Ladakh Correspondent

SPANGMIK: District administration, Leh has demolished commercial set up along the banks of Pangong Lake on April 10. In the year 2018, the J&K high court directed the district administration to remove all the illegal business establishments close to the lake to ensure 'sustainable tourism' in the area.

Showing resentment, the villagers of Spangmik marched towards the Sino-India border. However, the protestors were stopped by the army at the border personnel meeting point (BPM).

The Supreme Court had in 1987 declared the Pangong Lake area Changthang Cold Desert Wild Life Sanctuary and has issued strict instructions not to disturb the lake area.

Before demolishing the illegal structures, several notices were issued to the camp owners but they failed to follow the instructions of the government.

Notices Issued	Date
AD Tourism	13 December, 2017
Wildlife Department	2 May, 2011 12 May, 2011 17 November, 2011 4 January, 2012 11 August, 2016
District Magistrate	2 May, 2017 8 November, 2017
SDM Durbuk	6 January, 2018 8 February, 2018

While on the other hand, Tsewang Tharchin from Shayok a camp owner said, "I am the sole bread earner of my family and started my business in 2018 by taking loan from the bank. Around 10 to 15 camps have just started in the year 2018 who have taken loans from different banks. We have a short earning season and it's very difficult to reimburse the loans. The total investment to set up a camp cost around 25 to 35 Lakh for 10

...Continues on Page 2

## Voters awareness program held in Taru and Umla villages



### Reach Ladakh Correspondent

LEH: District SVEEP team conducted voters awareness programs in Taru and Umla villages on April 14.

Avny Lavasa, DC/ District Election Officer along with Sachin Kumar, ADC and Abdul Wahid, Naib Tehsildar were present.

SVEEP master trainers spoke about the importance of participating in elections and educated people on election process and casting votes on EVM machine. Also, briefed about the importance of VVPAT machine.

The badges "My Vote Counts" was dis-

tributed among the villagers.

Avny Lavasa spoke about the importance of people's participation in elections. She urged the villagers to exercise their right to vote without any fear or influences to elect a sensible and responsible political representative.

"India is known for its foolproof & impeccable election process all over the world and we should all feel proud to be part of this election process", she added.

Training and demonstration on EVM/VVPAT was also conducted to make people familiar with the process of voting using EVMs.

## 'Next Of Kin' Rally for Veer Naris & Veterans held in Nimmo



**Reach Ladakh Correspondent**

NIMMO: Marking the 20th anniversary of Kargil war, a 'Year of Next of Kin (NOK)' rally for Veer Naris & Veterans was organised by Parashu Brigade, Fire & Fury Corps at Nimmo Military Station on April 13.

Hundreds of Veer Naris, Veterans and NOKs from all over Ladakh region were present.

Veer Naris, Veterans and NOKs were given important information pertaining to Ex-Servicemen updates and Ex-servicemen Contributory Health Scheme (ECHS) and Army Welfare Education Society (AWES) welfare

schemes provided for them by the Central/ State Government, various investment schemes and possible loan proposals towards house building, business establishment and vehicle purchases. Representatives from the Defence Pension Disbursing Office (DPDO) were also present, to resolve pension related anomalies.

Zonal Army Wives Welfare Association (AWWA) under the guidance of Ina Joshi, President, AWWA, Fire & Fury Zonal along with the civil administration, also conducted a Medical Camp. A total of 154 Veer Naris, Veterans and their dependents benefitted from the medical

cum dental camp, where three Medical Officers from the Army Medical Corps, a dentist with Mobile Dental Van and two specialist doctors from the civil administration provided health advice and medicines.

Army Band display, Polo Match, Archery competition was also organised.

Fire & Fury Corps reiterated the commitment of the formation in particular and the Indian Army in general, towards the well-being of retired Army personnel and their dependents, in the year which the Indian Army has designated as 'Year of the NOK'.

## Nomination notice issued for Ladakh Parliamentary Constituency

**Reach Ladakh Correspondent**

LEH: Returning Officer, 4 Ladakh Parliamentary Constituency, Avny Lavasa issued the notice of nomination on April 10.

As per the notice, nomination paper of candidates for the forthcoming Lok Sabha election in the 4 Ladakh Parliamentary Constituency need to be delivered by a candidate or any of his/her proposers to Returning Officer at the office of Deputy Commissioner, Leh near Polo-ground or to Assistant Returning Officer, Kargil at the Dak Bungalow, 1st Kargil on any day (other than public holiday), not later than 3:00 PM on April 18. Forms of nomination paper may be obtained at the places and time aforementioned.



The notice reads that nomination papers will be scrutinized on April 20 at 11:00 AM and withdrawal of candidature may be delivered either by a candidate or by his/her proposers or by his/her election agent who has been authorized in written by the candidate to deliver it to either at

the office of Returning Officer (Deputy Commissioner, Leh) or Assistant Returning Officer, Kargil before 3:00 PM on April 22.

It is also mentioned that in the event of the election being contested, the poll will be held on May 6, between 7:00 AM to 6:00 PM.

## SVEEP conducts awareness camp for specially-abled people



**Reach Ladakh Correspondent**

SABOO: To educate and encourage specially abled people to take active participation in the forthcoming Lok Sabha election, SVEEP team conducted an awareness camp on April 10 at PAGIR.

Tashi Dolma, Joint Director Education Ladakh/Nodal Officer said that their purpose is to encourage and ensure specially-abled voters to cast their vote on May 6.

She informed about the efforts taken by the Election Commission of India to make polling

booths accessible to 'Divyang' citizens.

Facilities like bathrooms, ramps, separate exit and entry, helpdesk will be made available for differently-abled voters.

She further asserted that the SVEEP team is committed to ensure that no voter is left behind.

Mohd Iqbal, PAGIR's Founder & President urged all the specially abled voters to come out and cast their votes on May 6.

A workshop on EVM/VVPAT designed for the specially abled voters was also conducted. A mock poll where voters got a real-time experience of voting, registration of voters in an electoral roll was also carried out.

## Tributes paid to Dr B R Ambedkar in Leh on his 128th birth anniversary

*...Continued from Page 1*

Students from different schools participated in a mass essay writing competition in Bhoti language. The result will be declared during the 'Buddha Purnima' celebration.

Highlighting Dr. B R Ambedkar's contribution for a better society, Konchok Stak, President, LBA youth wing said, "His concern for a better future is unforgettable and we all should follow the message

and path lead by him."

He also talked about the recognition of Bhoti language in the 8th schedule of the Indian constitution.

Ven. Shedup Chamba, President, Ladakh Gonpa Association and Tsewang Thinles, President, LBA also spoke on the occasion.

Representatives from different religious organisations, students from different schools and many other dignitaries were also present.

## Illegal structures demolished near Pangong Lake

*...Continued from Page 1*

rooms. Around 400-450 people get employment opportunities through these camps."

He questions that if Pangong area falls under Changthang Cold Desert Sanctuary and the business establishment is illegal then what about the commercial set ups in Tsomoriri lake and Nubra valley.

Ladakh has attracted more than 3 Lakh tourist in the year 2018 but due to lack of policy and regulation, it is creating a lot of problems.

Thinless Anchuk from Durbuk another camp owner said, "We have also put forward a proposal to manage garbage, construct proper sewerage system on our own expenditure and also to follow the rules and regulation framed by the administration but they didn't agree."

He further added, "District administration has issued notices few times but they have failed to pro-

vide an alternative solution to the problem."

Reacting to the decision, the camp owners got a stay order from J&K High Court in September 2018.

On April 8, Sarpanches of five Halqa Panchayat submitted a letter to Avny Lavasa, DC demanding land for five halqas in Pangong to set up business.

The letter reads as, "We stakeholders of Durbuk Block including all Sarpanches, Councillors and Gobas welcome the administration decision over protection of Pangong valley's environment. Thereupon, we the Sarpanches of five Halqa Panchayat namely Tangtse, Durbuk, Shachukul, Kargyam and Chushul would like to highlight over the land allotment and our right for all Lalok's citizen to have economic related activities near Pangong Lake."

Pangong Lake was first opened for tourist in the year 1994 and the business setup was initiated by the tourism department.

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## 'Selfie frame' launched in Leh market to motivate young voters



Reach Ladakh Correspondent

LEH: Encouraging young voters to cast their vote in the forthcoming Lok Sabha election, a photo deck or selfie frame was launched on April 5 at the main

market.

Avny Lavasa, DC, Leh/ District Election Officer said that the idea of having this photo deck is to generate interest among youth using the famous trend of selfie

about ethical voting and encourage them to cast their vote in the forthcoming Lok Sabha election.

The photo deck idea has been conceptualized by SVEEP team of Education Department with support from the District Election Authority.

On the enrollment process, Avny Lavasa informed that it is going well and the electors photo identity cards (EPIC) distribution will soon be started. Around 3,000 EPICs will be distributed among new voters in the coming days.

Joint Director Education, Ladakh Tashi Dolma, (Nodal Officer) SVEEP team and faculty members of the education department were present on the occasion.

## Saugat Biswas, Divisional Commissioner Ladakh reviews ongoing developmental work progress in Leh



Reach Ladakh Correspondent

LEH: A review meeting of Assured Minimum Facility (AMF) at all polling station was convened by Avny Lavasa, DC/ District Election Officer, Leh on April 8.

Zonal Magistrates and Sectoral Magistrates who are assigned in different zones of Leh district for ensuring free, fair and smooth parliamentary elections were present.

Avny Lavasa expressed satisfaction over the achievements so far registered, however, she urged upon the executing agencies and the magistrates to accelerate completion of remaining important works mainly the creation of ramps and toilets at some polling stations.

She also assessed the present status of a basic facility such as connectivity, availability of electricity, drinking water, furniture at the polling stations.

The concerned agencies were directed to put in place all basic facilities well in time for the convenience of the voters. To ensure availability of connectivity, she urged upon BSNL to restore the defunct DSPTs in rural pockets so that timely reporting on the progress of the election process is ensured.

She sought proposals for setting up of intermediate Strong Rooms for EVMs and VV PATs at Sub Divisional levels from the SDMs.

Moses Kunzang, Additional, District Development Commissioner, Leh stressed upon the need to speed up the works of Assured Minimum Facility keeping in mind the fast approaching general elections.

A refresher training on the procedure and operating system of EVM and VV PAT was imparted to the Zonal and Sectoral Magistrates.

## Leh administration initiates mentor-ship plan to advance education system

Reach Ladakh Correspondent

LEH: Government schools in Leh are going to receive mentor-ship and training programme to advance education system. Avny Lavasa, DC, Leh convened a meeting with the school principals and headmasters on April 6 at Officer's club Leh.



Explaining the key objective of initiating mentorship and training programme in Govt. schools, Avny Lavasa said that it aims to improve the education system in Leh by ensuring measurable output to upscale it in future.

She informed that it will be a joined endeavour of schools and district officers who will offer monitoring and teaching services voluntarily for 2 hours a week to each school in 30 selected government schools to start with the programme. Also, the aim is to provide students with an interactive opportunity to speak on career options, their field of interest/hobbies and encourage them to participate in extra-curricular activities.

The district officers will deliver their services to provide quality education to students by conducting classes in subjects that

the school faces shortage of teachers and teaching their specialized subjects.

Besides teaching, the officers will also give career counselling to the students and provide them with guidance considering the talent and interest of the students to ensure academic excellence and overall development of students.

"Such programme will also enable the administration to identify basic needs and infrastructural requirement of schools," she further added.

Avny Lavasa stressed upon the officers and teaching faculty to target a measurable outcome from this programme. She asserted that better result and greater effectiveness will enable to extend

the ambit of this programme to cover more schools in future.

Moses Kunzang, Additional District Development Commissioner said that the mentor-ship and training programme is purely a voluntary task and there is no government imposition on district officers to participate in the programme compulsorily. There will be no interference by officers in school curriculum rather the purpose is to assist the schools by utilizing their free periods without disturbing the regular classes.

The teaching faculty welcomed the initiative of district administration and suggested to provide education on moral/ethical values and health-related issues to the students.

## Rotten and expired food products seized in Leh



Reach Ladakh Correspondent

LEH: The enforcement team of Food Civil Supplies & Consumer Affairs and District Police Leh inspected shops and vegetable vendors in Skara and Skalzangling area on April 9.

The officials seized and destroyed a large quantity of rotten food products, including decayed vegetables, meat products, stale chickens, expired eatables and soft drinks.

Avny Lavasa, DC, Leh said, "The defaulters will face severe action, including cancellation of their licenses, if they don't stop this practice with immediate effect."

Fines were imposed upon defaulters for violating the provisions of Food Safety and Standards Act 2006 and Essential Commodities Act.

## DC lays foundation stone of Press Club Leh office complex

Reach Ladakh Correspondent

LEH: Foundation stone of Press Club Leh office complex was laid by Avny Lavasa, DC on April 8 at Skara Yokma.

Moses Kunzang, Additional District Development Commissioner was the guest of honour.



Avny Lavasa said that PCL at present is at the stage of infancy and assured support in whatever way possible from administration to ensure a good foundation for the future. PCL can also contribute to spreading awareness about important government schemes among the public while focusing on constructive criticism, investigative journalism and ethical reporting.

She said that media plays a crucial role in ensuring a good foundation for society by keeping a system of check and balance through their reporting mechanism. And urged upon the media people in Leh to uphold journalistic ethics and values and take their responsibility with a sense of professionalism.

She further asked them to encourage the younger generation to pursue a career in the field of media.

Talking about the challenges faced by media fraternity in present time like social media, technological changes she stressed on doing relevant reporting for the benefit of the general public.

Moses Kunzang said that PCL can prove a great sharing and learning opportunity not only for media concern people but for youth and others to have productive dialogue and training activities.

Morup Stanzin, President, Press Club Leh said that PCL was formed in September 2014 with an aim to promote and strengthen free, fair and fearless journalism in the region while also safeguarding freedom of speech and expression as enshrined in the constitution of India. He expressed gratitude to DC, Leh and

ADDC, Leh for their constant support and guidance in giving a functional shape to PCL.

Tsewang Rigzin, Gen. Secretary PCL spoke about the members and membership criteria to join PCL. He said that members of PCL are also the member of Ladakh Journalist Union formed in 2018 recognised under state unit of Indian Journalists Union.

He informed about the PCL solar passive building office complex designed by AE Wangyal Tsering and to be constructed by Rigzin Namgial, Eco-Design Construction Firm who also spoke about the building design on the occasion.

District Officers, representatives of religious and social organisation head and many other dignitaries were present.

## Market Inspection Squad inspects quality, prices of essential commodities in Kargil

₹ 15,300 fine imposed for violating provisions of Food Safety Act

Reach Ladakh Correspondent

KARGIL: Around 120 shops, hotels, tea stalls and other business establishment's quality and prices of essential commodities were checked by a team of district administration, Kargil on April 8.

A fine of ₹ 15,300 was recovered for violating the provisions of the Food Safety and Standards Act 2006 and Essential Commodities Act.

The inspection team was led by Muhammad Hassan, Naib Tehsildar, Kargil comprised of the officers and officials from Police, Municipal Committee, Food Safety, and Food Civil Supplies & Consumers Affairs.

Inspection of the hygienic conditions of food items available in the market, charging of rates and other set standards were carried out. The shopkeepers and traders were asked to display the rate list prominently at their establishments besides maintaining cleanliness.



District Magistrate Kargil appealed all traders to avoid black marketing or hoarding and warned of stern action against the violators under rules.

Specific directions have also been issued to the concerned officers to carry out frequent inspection and to conduct checking of the market so as to curb overcharging, black marketing, and use of polythene and sale of substandard food items.

## OPINION

## Lok Sabha Election 2019

By Stanzin Dasal

**Tashi Lundup, Journalist**

Ladakh needs a leader who will lead from the front. Unfortunately, that's not the case. Religion-based politics is hurting the region and also ripping apart the social fabric. We need to vote for a leader who will treat Leh and Kargil districts equally, someone who cares about the people and not vote-bank politics. Every citizen has a role to play to choose his/her leader by exercising the right to vote. Thupstan Chhewang won the Ladakh Parliamentary seat by a narrow margin of 36 votes. It shows that every vote counts. It is very important to reflect upon and analyse various poll promises political parties have made in their manifestos. We definitely don't want to vote for a party which doesn't keep its promises.

**Stanzin Dorjay Gya, Filmmaker**

Voting is very important as we get an opportunity to decide not just the 5-year term of a government but how our future should be. Our vote shouldn't be cast under the influence of pleasing words, money and wealth but by looking at the capability of the leader. I want to appeal every voter to cast their vote positively on May 6 without any confusion and doubts.

**Thupstan Tsewang, Saboo**

Election process is very crucial for the overall development of a region aiming to which different parties come up with end number of promises. We have seen promises for Union Territory status, Inclusion of Bhoti language and many other big issues which are important but what about the growing unemployment issues and the problems that youth are facing.

Today there are youths with different talents but no platform and support from the government to shape them up further. Along with the big promises, there is an utmost need to talk on small local issues which maximum of the youth is facing. For holistic development, there should be equal participation at all levels. Today we see that the maximum of the youths consider politics as a dirty game and show very less interest. Many hardly care whoever comes and goes, they just end up saying one vote won't make any difference. I feel we should be very much concerned about who are our leaders. We all should vote to the right candidate for a better tomorrow.

**Tsewang Dolma, Farmer, Khakshal village**

Voting right is the most prestigious power and it is our responsibility to use it wisely without any influence and hesitation. Our vote shouldn't be for sale because it is an opportunity to elect capable leaders who can work genuinely for the people without any discrimination. A leader should be one who can treat everyone equally and work for development. Equal responsibility lies with the elected leaders. They should keep up their promises and work to meet up the expectation of the people who stand in a long queue during polling day and cast vote. The leaders should not forget their responsibilities and duties after coming into power.

**Thupstan Lhamo, Student, Tingmosgang village**

I have turned 18 years old and will cast my vote for the first time on May 6. I am very excited and want to appeal to every youth to use their voting rights.

**Sonam Stanzin, Alchi**

We cast our vote to elect a leader for a better tomorrow, one who can work to bring holistic development. Ladakh has a fragile ecosystem, today none of our leaders talks about curbing the environmental issues, garbage management, water scarcity and unemployment which almost every village of the region are facing. During the election wave, all we hear is big promises, there is no one to talk on the core local issues. Also, it is the responsibility of the people to cast their vote to the right candidate because many a time we come across people who vote under the influence of many things. If we don't cast our vote wisely we lose the right to complain.

**Fatima Ashraf Barcha, Student**

Right to vote is a prerogative of every adult citizen of a democratic nation as it helps to form a government of our choice. In exercising these rights, we as citizens have a great responsibility to choose and support a candidate who is a visionary leader with an unbiased attitude towards religion and caste-based politics. A rhetoric candidate with extreme political views aiming to be a leader of a secular nation can cause nothing but disharmony in a diverse community, be it on a national or a regional level. Therefore, it is important that we are aware of the candidates of every political party during the elections and choose our leaders wisely, keeping in mind who among them will walk the talk and not simply make hollow unrealistic promises.

Also, a lot depends on the young voters as they account for more than half of the voting population in India, making us a powerful group of voters. But unfortunately, in case of Ladakh these young voters, who pursue higher education out of Ladakh, do not get to cast their vote which I feel is one of the major drawbacks that has not been addressed till now.

**Zakir Hussain, Kargil**

Like every 5 years we are again on the turn where we realize how powerful a single vote is. This time again we will see how politics goes beyond the value of a place. Ladakh has a different kind of political scenario than the rest of the country. As Ladakh gets closer to Election Day, Leh has successfully announced its candidates for the big battle whereas Kargil is still in doldrums, unable to decide the best option. Not long ago, a joint committee was formed with members from all groups during divisional status issue which was supposed to govern all political decisions thereafter related to Kargil. It was a successful formation of the committee and the results were remarkable as Kargil got victorious in getting an equal share for headquarters in the new Ladakh division. But after that, the joint committee has been unable to decide a candidate for MP.

The politicians of Kargil speak about giving chance to youth leaders, but they don't deliver what they preach. As usual, they are in a chicken fight to grab the seat. Three names have been announced but there is still a lot of confusion. Our old leaders have made several promises to us like the Zojila Tunnel, Kargil Airport, Kargil Kurbathang planned city, and many more but none has succeeded on getting even a little close.

The youth has always worked for the community without any greed for votes or money, unlike the old leaders of the past who speak of youth fighting elections but spend lakhs of money and other things during elections and buy votes to win in any condition.

## IN FOCUS

## Mushroom Cultivation in Ladakh: An Initiative by KVK-Leh

Vikas Gupta and Dorjay Namgyal

The climate of the Ladakh region, during summer, is conducive for the production of mushroom with little modifications to maintain humidity. In the Ladakh region, over the years, farmers have adopted several area-specific and time-specific cultivation practices to meet the requirements of their staple food crops. The women farmers of Ladakh region are very enthusiastic about mushroom cultivation and want to adopt it. In the Ladakh region, almost every house has almost one glasshouse/greenhouse or seller where there is enough opportunities/possibilities for growing mushrooms for better livelihood/nutritional security.

Mushroom cultivation requires no land and can be grown indoors. Mushrooms are fruiting bodies of higher fungi which consist of both edible as well as poisonous varieties. They are known to be rich in protein, carbohydrates, vitamins, minerals and fibres. They are fat-free, cholesterol-free, gluten-free and low in calories and sodium. The protein content in mushrooms is higher than in cereals, pulses, fruits and vegetables on the dry weight basis, and the nine essential amino acids required by humans are present in mushroom.

Because of its high protein, high fibre, high K:N ratio, low calories and fat (rich in linoleic acid and devoid of cholesterol) diabeticians include mushrooms in diets for people suffering with or prone to obesity, hypertension, etc. Mushrooms are also found to be a wonderful source of nutraceuticals, antioxidants, anticancer, anti-inflammatory, cardiovascular, anti-microbial, anti-diabetic,



Mushroom cultivation under glasshouse at KVK-Leh, SKUAST-K in the month of December

etc. Therefore, mushrooms could be a very important food in future. It is also a very effective method of cultivation to convert agricultural wastes into a valuable resource. In addition, it can also become an important part of sustainable agriculture.

In the Ladakh region, availability of fresh vegetables in summer is limited, and in the winter months, that too is not possible. To fulfil the requirement of the local population and the armed forces, it is difficult to import vegetables from other parts of the country to Ladakh mainly due to their highly perishable nature and involvement of long-distance transportation. Therefore, to promote mushroom cultivation under these circumstances is worthwhile, as it is an indoor venture for better livelihood/nutritional security and to improve their socio-economic uplift. The raw material for the cultivation of mushroom, i.e. wheat straw, barley straw,

saw dust, fallen wood logs etc. are available in the region. Mushroom cultivation recycles agricultural wastes into an easily digestible source of protein that enriches human diet. After mushroom cultivation, the used substrate can be composted and applied to the soil as soil amendment to increase soil health.

Sincere efforts to bring mushroom under cultivation in this region were made in 2015 after the establishment of spawn (Mushroom Seed)-cum-pathology lab (first spawn laboratory in the Ladakh region) at Krishi Vigyan Kendra-Leh, and mushroom production unit at KVK-Leh in 2016. In 2018, Dr. Vikas Gupta, under the supervision of Dr. Dorjay Namgyal, successfully conducted a one-month skill development training on "Mushroom Grower" under the Pradhan

...Continues on Page 6

## SoulSpeak

P. P. Wangchuk

## Interdependence needs to be promoted for greater achievements



There is nothing like realising that interdependence and interaction are the very basis of our coming into being. That necessarily means that nothing in the world, living or non-living, can exist without interdependence. The literary meaning of interdependence is the dependence of two or more people or things on each other.

Recall what English author John Donne had to say: "No man is an island." That means that left alone as an individual, the very purpose of doing something good and progressive can't be met. A pilgrim's progress, in today's world, needs multiple factors in order to make his mission meaningful and fruitful.

Even William Shakespeare had said this in his own inimitable way: "The whole world is a stage and we are its mere characters." As we live in a globalised world, interdependence has become a 'must' even for nations for progress and prosperity. The same is the case with individuals, families and societies. No human being or a society can forge ahead without constant interdependence for peace, happiness and prosperity.

Since the purpose of our mission in life is to be progressive with a zeal of love, compassion and kindness, interdependence plays a pivotal role for a smoother journey on the way to fulfil our mission.

What we need today is to see that we fully gear up to heartily give and take in a manner that justice and social equity prevails all over. Only then we can rest happily in peace. And the whole world will be like a beautiful garden that so willingly and cheerfully hosts so many varieties of plants and flowers irrespective of their breed, size, colour and smell!

Courtesy: Hindustan Times

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

## In Conversation with Avny Lavasa, Deputy Commissioner/ District Election Officer, Leh

Interviewed by Rigzin Wangmo

**Q. How is the preparation for the upcoming Lok Sabha elections? How many polling stations will be there?**

Election preparedness in the district including the provision of infrastructure, distribution of election materials and transporting polling parties to the polling stations, SVEEP activities and different other things are being carried out in full swing.

There are 294 polling stations including Nubra and Leh assembly constituency and 1,411 polling personnel. Training for all the polling parties, electoral registration of the voters and Electoral Photo ID Card (EPIC) print outs are going on.

Also, there are 49 polling stations in Leh district where women polling staff will be deployed.

**Q. How many registered voters are there in the Leh district?**

We have 84,000 registered voters in both Leh and Nubra assembly constituencies. The registration of new voters in the electoral rolls is still going on and will continue till April 18. So anyone who is not yet registered can still register themselves.

**Q. What new measures have been introduced in the Lok Sabha election 2019?**

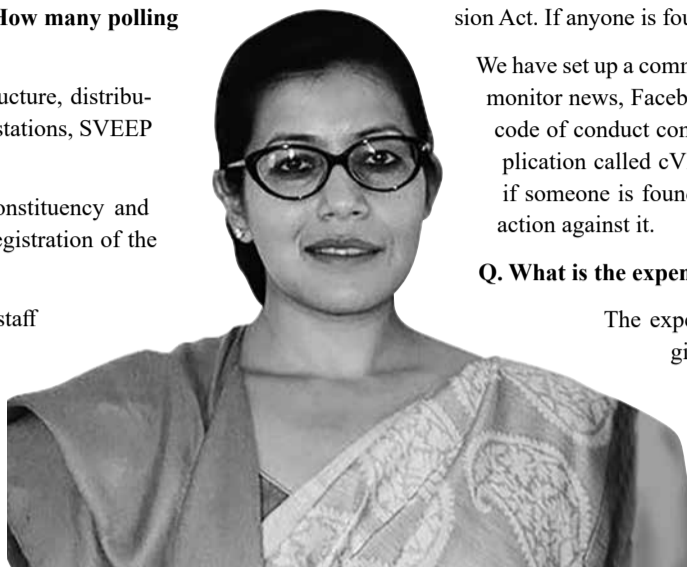
For the first time, VVPAT (Voter Verifiable Paper Audit Trail) machine has been introduced throughout the country. The VVPAT machine is connected with EVM which ensures transparency of the election process. It allows voters to verify that their vote goes to the candidate of their choice.

Also, the Election Commission of India is focusing on making the electoral process accessible to all the voters especially people with disability.

**Q. Could you tell us briefly about the model code of conduct – the guidelines to political parties and candidates?**

During the model code of conduct, everyone agrees to abide by the rules while campaigning. They lay down certain guidelines which prevents the party in power from misusing the official position.

There are checks and balances. Various mechanisms have been put in place such as expenditure monitoring to check how much the candidate is spending on the elections. There is a sealing of ₹ 70 lakh per candidate. So, our mandate is to check how much the candidate is spending.



### MESSAGE TO THE READERS

“I appeal everyone to please cast your vote ethically and the new voters who are not yet registered in the electoral rolls kindly, enroll yourself till April 18 and cast your vote.”

The model code of conduct also includes monitoring paid news advertisement that is put out in the public forum. They are supposed to have pre-certification from District Election Office. The main objective is to ensure a free and fair process of the campaign.

**Q. As a District Election Officer, how would you ensure a free and fair election in this region?**

The entire process has gone over so much evolution over the past 70 years. There are checks and balances, the implication of model code of conduct and provision of flying squads, static and video surveillance teams to ensure a free and fair election. The teams will go around checking hoardings, distribution of cash, liquor and other illegal practices. These are check symphonies mandated by the Electoral Commis-

sion Act. If anyone is found violating the rules and norms action will be taken under IPC, RPC.

We have set up a committee called MCMC (Media certification and Monitoring Cell) who will monitor news, Facebook, WhatsApp and other social media platform. There is also a model code of conduct committee. This year the Election Commission of India has started an application called eVIGIL which can be downloaded by anyone. A person can take a photo if someone is found violating the rules and upload it. We will check and take immediate action against it.

**Q. What is the expenditure limit for MP election?**

The expenditure includes approximately ₹ 2 crores, for the transportation, logistics and everything. During the election, infrastructure is provided at every polling stations and the advantage is that we are using schools as polling places, therefore up gradation of schools are in process.

**Q. Election Commission of India has instructed to have women polling stations. How it going to make a difference?**

It is a proud moment for Leh district to have women polling station while other districts are facing difficulties in having a single women polling station. It is something that others should learn from. I feel that it is something that everyone here needs to be complimented because women are in this position of having certain terms of freedom and choice and the men are also giving them space. Similarly, it is vice versa, both the section of the society needs to support and cooperate with each other.

Voting Date for Ladakh Constituency - Jammu & Kashmir Lok Sabha Elections 2019		
S.No	Poll Event Phases	Schedule
1	Announcement & Issue of Press Note	March 10, 2019
2	Issue of Notification	April 10, 2019
3	Last Date for filing Nominations	April 18, 2019
4	Scrutiny of Nominations	April 20, 2019
5	Last date for withdrawal of Candidature	April 22, 2019
6	Last date for campaigning	May 4, 2019
7	Date of Poll	May 6, 2019
8	Counting of Votes on	May 23, 2019
9	Date before which the election shall be completed	May 27, 2019

## An illiterate woman who is a know-all person

By Stanzin Norboo

There is this popular adage: “Knowledge has no boundaries, it has no growth rate—a child’s knowledge may grow faster than an adult’s knowledge.” I realised the true meaning of this adage recently when I got to spend about a week with my sister.

My sister is from a Changpa family, and she became a shepherdess at the age of eight. She is one of the few women who have grown up to become shepherdesses in the Changpa community of Changthang, who herd goats and sheep. She has never worn a school uniform, or read a book, or played on a school playground with her friends. Instead, she has dedicated her life to promoting the identity of the Changpa community. She epitomises the true spirit of the Changpa community that lives in the high altitude steppe region in eastern Ladakh whose average altitude is well above 13,000 ft.

Far removed from the materialistic world and the hustle and bustle of city life, she lives in one of the least populated regions of the world. The climate of Changthang is harsh and the landscape is relatively barren. In such forbidding conditions, the Changpas set an example for the whole world to emulate.

During my recent stay with my sister, I realised the depth of her dedication to the sheep and goats that make up her herd. She accompanies them to isolated valleys where she is often the only human. These areas have a haunting beauty to them with their cool breeze, shallow crystal clear rivers, white snow and wild animals that are her constant companions.

My sister lives a solitary but happy life in high altitude valleys for six months. Her simple lifestyle causes no harm to the environment or the people. She spends the entire summer season caring for sheep and goats. She invests a lot of time and energy in caring for them and claims that it is her duty to guide them to the best pastures in the area. She is always available whenever they need her for any reason. She gets up early each morning to prepare for the day. She milks the goats and sheep and then makes butter and cheese. She shears wool and combs hair from 150 sheep and goats in the summer, which requires skill and dedication.

When my sister is out in the mountains with the goats and sheep, she passes her time knitting and weaving while watching them graze. She embraces a lifestyle that has been honed to perfection and is based on a symbiotic relationship with nature.



Most of us constantly look for the easiest way around things. We try to ensure that we still have time to do other things that may interest us. In contrast, choosing the life of a shepherd means giving up all other pursuits to provide 24x7 care to sheep and goats. As a Changpa, it means leading sheep and goats to new pastures and being aware of their needs, anticipating trouble, watching over them carefully and making efforts to ensure that they are well. My sister starts each day looking for pastures where her goats and sheep can graze. She does not have the choice of waking up late, watching TV or hanging out with her friends. She wakes up along with her sheep and goats and goes around with them all the day.

My sister is blessed. She is not a loner but a master of her destiny. She stays close to nature with the sky over her head. She lives on the top of the world, away from maddening crowds, removed from pollution and the ills of ‘modernisation’. She is not educated and yet she is very knowledgeable and wise about life and everything around her. She nurtures a deep knowledge about her surroundings, especially plants that are found in the area. She knows all the local names of grasses and plants—Burkar, Burnak, Kedang, Nyergal, Samde, Gabshen, Pedma, Chonjor, Taksha, Phurmo, Sayre, Bopa Kau, Khelchey, Trolo, Sreao, Longma, Khelag, Logdze, Demok/Yakru, Lukru, Serchen etc. Some of these grasses are used for medicinal and religious purposes, and she collects them for people who need them.

As a child, I remember each household in the village had their own flock of sheep. In time, this tradition has disappeared. In my opinion, this decline in the village culture is closely linked with the people to the increasing presence of the army in the region and the ever-increasing number of tourists visiting Pangong-tso. As a result, people have abandoned their ancestral occupation of rearing sheep and goats. And

they have started working as porters or running hotels, restaurants, and stalls for tourists.

So, what has our local government done to help the Changpas and protect their traditional culture? In my experience, the Hill Council has hardly paid any attention on this. However, there are many things that it could do to help the Changpas. For instance, it could provide a small monthly salary to the Changpa community, which would go a long way in protecting this traditional occupation. In the past, there was a government plan to provide salaries to the Changpas but it was never implemented.

Similarly, educational institutions can also help protect the Changpa community. For instance, I never learnt anything about Changpas during my time in school and college. Our educational institutions must teach our students about the importance of this livelihood and the Changpas. These institutions play an important role in shaping young minds and must make students more aware of Ladakh’s traditional occupations.

People have changed their thinking and way of life in keeping with changing times. As residents of Changthang, we must take pride in being young shepherds who have been practicing this ancient livelihood inherited from our ancestors.

I am deeply grateful to the renowned Ladakhi filmmaker, Stanzin Dorjay Gya, of the ‘Shepherdess of the Glacier’ fame, which showcases the power and dedication of a shepherd. It serves as a source of inspiration for people like me, and it motivated me to write about my observations.

I am the first member of my family to receive an education and earn a graduate degree. I am now using these skills to express my admiration for my sister. I hope she sees this as my way of honouring her. I also hope that it inspires other shepherds in Ladakh to take pride in their culture, lifestyle, and their timeless occupation. Our modern lifestyle is eroding our rich culture, values, lifestyle and traditional organic occupations. We need to make earnest efforts to protect Changpa culture for future generations.

Stanzin Norboo is from Tharuk village in Lalok, Changthang. He graduated from Eliezer Joldan Memorial College, Leh, and has also been associated with the Students Educational and Cultural Movement of Ladakh (SECMOL).

## Kargil Padum road will be open for traffic by April 20



**Anayat Ali**

**KARGIL:** While inspecting the snow clearance work on the Kargil Padum Highway Baseer-ul-Haq Choudhary, DC Kargil informed that the road will be opened for traffic by April 20.

The snow clearance is complete

up to 139km from Kargil side and the work is going on from both sides. Only 30 km remained to connect both the side.

Appreciating the efforts of the team of Mechanical Division, Baseer-ul-Haq Choudhary assured the casual workers of the

division to fulfil their demands like regularization of their services, uniform etc.

He also presented gifts to the team of the mechanical division.

People of Rangdum put forth their demands like DSPT/Telephone, teachers, hand pump, electricity, solar plant, bridge etc.

Baseer-ul-Haq assured the villagers that their demands will be fulfilled on a priority basis in a phase manner.

Later, he also inspected Police Post Panikhar during which he directed to shift government offices of Tai Suru Block to Dak Bungalow.

## ADC Kargil reviews election preparedness



**Anayat Ali**

**KARGIL:** A review meeting for election preparedness and to discuss various election-related issues was convened by Sonam Chosjor, ADC Kargil on April 11.

Sonam Chosjor stressed on the

entire nodal officers to work in close coordination and corporation. He further asked them to keep a close vigil on the assigned assignments of the respective nodal officer.

The assignment of all the 18 nodal officers was reviewed in-

dividually.

The officers were instructed to submit a daily report on an urgent basis to the nodal officer media cell/control room for further submission to the higher authorities.

## Kargil administration gears up for traffic management

**Reach Ladakh Correspondent**

**KARGIL:** To devise a feasible traffic management system, a meeting was convened by Baseer ul Haq Choudhary, DC, Kargil with the concerned officers, civil society members and other stakeholders on April 4.

A discussion on devising ways and means for decongestion of traffic in the town, rationalisation of parking slots and identification of new parking area, demolition of unused buildings for expansion of parking, regu-

lation of traffic and its stringent enforcement, strict enforcement of traffic laws, rationalisation of the movement of taxis and vans besides other related issues were carried out.

Assistant Regional Transport Officer projected several short term and long term measures suggested by a committee constituted by the DC to recommend ways and means to deal with the issues of traffic congestion in the town. The measures includes establishment of no parking zones in

Main Bazaar Kargil and Circular Road, conversion of the existing available unpaid parking at Hus-saini Park to paid parking, use of land available in front of Agriculture Office Baroo and Government quarters near DC Office for parking, demolition of old Government buildings for convergence into parking lots, etc.

Baseer ul Haq Choudhary said that all out efforts will be taken to undertake both short term and long term measures to resolve the issue.

## Kargil DC visits Batalik, Darchiks Garkone areas

**Reach Ladakh Correspondent**

**BATALIK:** Baseer ul Haq Choudhary, DC Kargil took stock of various problems and demands of the people during his tour in Batalik and Darchiks Garkone area of Aryan valley on April 5.

He interacted with the public delegations from Batalik, Gargardo, Sanachay, Hardass and adjoining villages who apprised him about the problems and issues being faced by them.

People demanded augmentation of healthcare facilities at PHC Batalik, provision of electricity to the area from Chutuk Hydel Project, the establishment of High and Higher Secondary School in Batalik area, realignment and widening of Kargil-Batalik road.

Also, repair and renovation of school buildings, construction of community halls, provision of computer facilities in schools, construction of protection bunds, repair of irrigation khuls, macadamization of link roads, ambulance service, deployment of



teachers and other related demands.

Baseer ul Haq Choudhary said that the District Administration is fully committed to its duty to redress the issues of the people.

He said that a holistic approach is adopted to streamline water and electricity supply, better road connectivity and irrigation, healthcare, communication system and other related facilities in the in rural areas of the district.

The officers were asked to take timely measures to kick start the developmental projects and works in the area for the current financial year so that these could

be dedicated to the people well in time.

Baseer ul Haq Choudhary also took sector wise brief from the officers on the issues related to water supply schemes, power supply, health centers and schools, roads, livestock, health care, ration supply and other necessities of the people and gave on spot instructions for taking necessary measures for early grievance redressal.

He also asked the officers to conduct regular field visits to see the status of the implementation of various developmental activities and get people's feedback.

## Awareness programme on rights of children held in Sankoo, Kargil

**Reach Ladakh Correspondent**

**SANKOO:** Tehsil Legal Services Committee (TLSC) Sankoo in collaboration with the Juvenile Justice Board (JJB) Kargil organized a legal awareness programme on the theme "Crime Against Children, Culpability of Young Offenders and Rights of Children" at Government Girls High School Sankoo April 10.

The legal awareness programme was held under the chairmanship of the Chairman Tehsil Legal Services Committee and Munsiff /JMIC Sankoo Muneer Ahmed.

During his address, Muneer Ahmed, Chairman Tehsil Legal Services Committee and Munsiff /JMIC Sankoo threw light upon the provisions on POCSO Act 2018, Juvenile Justice Care and Protection Act 2013, Rights of children under the Constitution

of India, rights of children under Section 488 CrPC besides provisions of RPC and CrPC relating to children.

President Bar Association Kargil also spoke in detail about the provisions of POCSO Act 2018.

Meanwhile, Advocate Asgar Ali Yarkin threw light on the fundamental rights envisaged in the Constitution of India with special reference to Article 21-A & Article 14 i.e; right to education and right to equality respectively.

Kacho Manzoor Ahmad Khan threw light on the working of District Child Protection Unit while as Chairman Children Welfare Committee Nazir Ahmed threw light upon the working of the Children Welfare Committee.

Muhammad Ali Bhutto, Prin-

icipal DIET, Kargil impressed upon the children to be open for all kinds of education including legal education so that they are able to invoke the same in the hour of need and also thanked TLSC Sankoo for organising the awareness programme.

The legal awareness programme was attended by the students of both the schools with full enthusiasm.

Incharge Headmaster of Government Girls High School Sankoo also addressed the children and exhorted upon them to strive for knowledge including the legal knowledge so that a better and progressive society is evolved.

He also thanked the TLSC Sankoo for organizing the event and expressed hope that such programmes shall be organized in future as well.

## Mushroom Cultivation in Ladakh: An Initiative by KVK-Leh

...Continued from page 4

Mantri Kousal VikasYojnaat KVK-Leh in which 20 rural youth from different parts of the region were trained and many of them started their unit in their respective areas which is a big success, and ultimately the goal of conducting one-month training program was achieved successfully. This coming financial year, among other skill development training programmes, this Kendra has again got one-month skill development training programme on "mushroom grower" which will not only be fruitful for the region but the tribal farmers will also gain enough experience in cultivating mushroom for their livelihood security. Now, many women self-help groups in different villages of Ladakh region in block Khaltai, Kharu, Nubra, Chuchot, Nyoma, Panamik and Chiktan are cultivating different species of mushroom after getting hands-on vocational training and spawn by KVK-Leh. Free spawn from our own

KVK Spawn-cum-Pathology lab were also provided to the tribal farmers of the region to promote its cultivation in the region as the region remains landlocked every year from November to April due to heavy deposition of snow on the road passes. Air-lifting of the fresh vegetables results in heavy expenditure, which is not affordable for the people.

Therefore, to promote mushroom cultivation under these circumstances is worthwhile, as it is an indoor venture. Many years ago, a few progressive farmers used to grow mushroom in this region but they were facing problems of technical know-how and procuring quality spawn which used to come from Jammu and Himachal Pradesh which deteriorated because of its perishable nature. Keeping all these constraints in mind, Krishi Vigyan Kendra-Leh, SKUAST-Kashmir has taken initiative from 2015 to till date to promote mushroom cultivation in the region.

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