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In Conversation with Reach Ladakh

**Prof. Deskyong Namgyal** 

Expert talk

Old age home



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#### **Brief News**

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## Reach Ladakh Bulletin

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## JK Governor inaugurates 'Sindhu Darshan Festival' in Leh



Satya Pal Malik ,Governor along with Rigzin Samphel, Secretary Tourism, Avny Lavasa, DC and Sargun Shukla, SSP inaugurating the Sindhu Darshan Festival in Shey.

#### Reach Ladakh Correspondent

SHEY: Inaugurating the Sindhu Darshan Festival, Governor Satya Pal Malik said our primary concern is to save rivers for the future generations on June 28 at Sindhu Ghat.

He highlighted the importance of rivers throughout the world and their contribution to the development of great civilizations.

He informed that the Sindhu Darshan was first initiated by former Union Minister L.K. Advani with an aim to signify the role of river Sindhu in shaping the culture of this region. He suggested for making this event a 3 to 4 days 'Sindhu Mela' so that people from all over the world can experience the rich culture of

Governor noted that river Sindhu has remain cradle of many civilizations since time immemorial. Citing a book on Maharaja Ranjeet Singh, he said that Sindhu has also been a reason to avert many wars due to its fierce flow for months together. He added that India got its name from Sindhu and our ancient history is rooted in the Indus civilization. He stressed on the need to repay by honouring the River.

Governor praised people of Ladakh for their honesty, hospitality, humbleness and peaceful nature. He said that there is

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### **World Elder Abuse Awareness Day observed in Leh**

Justice Tashi Rabstan suggests a recreational centre with facilities for the elderly in Leh



#### Stanzin Dasal

Leh: To voice against the abuse and suffering faced by the older generation, an awareness campaign themed, 'Ageing with Dignity' on World elder abuse awareness day was organised on June 15 at the main market.

The awareness campaign was organised by the District Legal Services Authority in collaboration with Help Age India, J&K Art & Cultural Academy Leh and Bar Association Leh.

A walkathon from Leh main gate to the main market was also commenced.

Justice Tashi Rabstan, J&K High Court was the chief guest and Saugat Biswas, Divisional Commissioner, Ladakh Division was the guest of honour.

Talking about the importance of the World elder abuse awareness day, Jus-

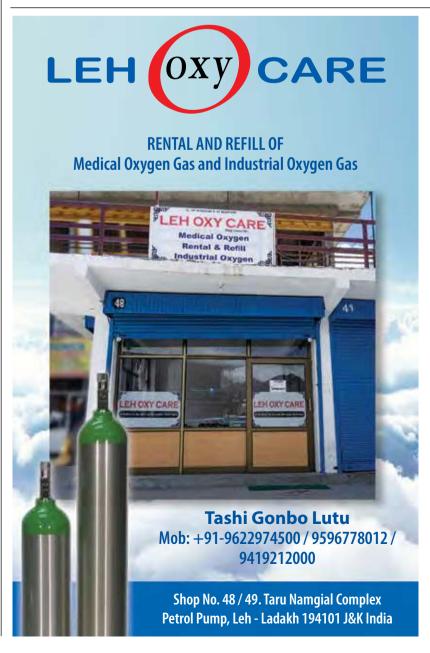
tice Tashi Rabstan said that the world observes this day to understand and spread awareness against the abuse and suffering inflicted of some older generations.

He informed about the legal rights of the senior citizen which protects them from any abuse and to support and create a better atmosphere for them in society.

Justice Tashi Rabstan also expressed the need of recreation centres for the elderly people in Leh. He asked District administration to open one such centre which will have a provision of all the facilities such as health care, cafeteria, library, legal service booth for easy accessibility. He assured the help from the State Legal Service Authority to start and run the project.

"The centre will be a special place for all the elderly people where they can share

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### **Leh celebrates International day for Yoga with zest and zeal**



Officials and personnel of Ladakh Scouts practicing Yoga at Ladakh Scout Regimental Centre, Gupuks.

#### Stanzin Dasal

LEH: Marking the 5th International day for Yoga, people around Leh town along with other parts of the world did yoga with great enthusiasm on June 21.

Different organisation including, District Jail Leh, Mahabodhi meditation centre, ITBP, Ladakh Scouts, Sports Authority of India along with Lamdon Model Senior Secondary School, Leh, Nehru Yuva Kendra and many other arranged a yoga session.

Talking about the importance of Yoga, Ven. Bhikshu Sanghasena said, "Yoga and meditation is not associated with any religion or belief. It is a need of the hour for every human being for holistic development".

"I appeal everyone to practice yoga and meditation for a healthy and peaceful life", he added.

Avny Lavasa, DC, Leh who was the chief guest at Lamdon school said that yoga is essential to excel in academics and sports as it helps in developing concentration, mental focus and to learn proper body postures to live a fit and healthy life.

She urged upon everyone to spare at least half an hour a day to practice yoga or play some sport for a healthy mind and body.

In District Jail, Jail inmates, CRPF personnel and Jail staff participated.

Superintendent Jail Leh stressed upon the participant and inmates to make Yoga a part of life. He said that exercising with full mental and physical conscious will have more benefits of Yoga.

International day for yoga or World Yoga day is celebrated beyond the boundaries with equal enthusiasm. Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit, which means to join or unite, symbolising the union of body and consciousness.

## One-day training programm on 'Cyber Law' held in Leh



Officials from both Leh and Kargil district attending the one-day training programm on 'Cyber Law'

#### Reach Ladakh Correspondent

Leh: As the world is entering rapidly into an era of digitalization, a one-day training programme on 'Cyber Law' for the Judicial Officers, Public Prosecutors, Prosecuting Officers, Investigating Officers and Advocates from both Leh and Kargil district was held on June 20 at DC conference hall.

The training programme was organised by the Jammu & Kashmir State Judicial Academy (JKSJA). Justice Tashi Rabstan, Judge High Court of Jammu and Kashmir, who is also the Administrative Judge for Ladakh and Member Governing Committee of State Judicial Academy, inaugurated the programme.

The day-long training programme saw resource person including Advocate Supreme Court of India and Cyber Law Expert Dr. Pavan Duggal (through video conference), Associate Professor Law Department Jammu University Dr. Savita Nayyar, and Faculty, Cyber Crimes, Central Detective Training Institute (CDTI) Chandigarh, Gurcharan Singh, share their valuable and wide knowledge on the subject with the participants. They also shared special anecdotes from their personal experience in cyber law.

Justice Tashi Rabstan spoke about the importance of Cyber Law for the judiciary as the coming of cyberspace has revolutionized communication networks, with its vulnerability to misuse.

He said there is a great need to equip ourselves with cyber laws and necessary measures to prevent its misuse, regulate its use, monitoring its operations, and provide proper deterrence to prevent recurrence of such offences.

As the country is rapidly entering into an era of digitalization, everything is put in the cyberspace vis-à-vis communication, banking, schooling, governance, commerce, storage of data, etc, it intrinsically provides criminals with easy access to penetrate and commit offences like theft, defamation, forgery among others from the considerable ease of one's home.

"Cybercrime may become a threat to country's security and financial health, issues surrounding this kind of crime have become high profile and there are problems of privacy, where private information is lost or intercepted lawfully or otherwise". Justice Rabstan said.

He further added that the Government has come up with stringent laws of e-activities of Information and Technology Act 2000 to curb the issue.

Sachin Kumar Vaishya, ADC, Leh appreciated JKSJA under the guidance of Justice Tashi Rabstan for conducting this very informative conference at the right time for the awareness of the people of Ladakh.

He said that as Information Technology acts as the catalyst for the developing economy world over, it is apparent to keep a check on the cyber crimes which is bound to escalate with time. Therefore, the administrative pillars of Judiciary, Executive, Legislature set up must work in tandem for cyber security which will prove beneficial even after 3-4 decades.

He further added that such kind of training will prove highly informative for Judicial Officers, Investigating Officers, and Public Prosecutors in their investigations.

The conference discussed in detail about Important Salient Aspects of the Indian Cyber Law, Information Technology Act, 2000; Setting of the Information Technology Act and Cyber Offences including crimes against Women and Children, and connected Cyber Law regime; Technical Aspects of Cyber Law and Information and Communication Technology; and Electronic Evidence - Legal Issues and way forward.

The brainstorming session cleared many doubts regarding the aforesaid topics.

Rajeev Gupta, Director, J&K State Judicial Academy highlighted the objective behind organising the workshop on Cyber

R. S. Jasrotia, Principal District and Sessions Judge Leh, Riyaz-ul Haq Mirza, Principal District and Sessions Judge, Kargil, Suresh Chib, ASP J&K Police, Leh, Spalzes Angmo, Secretary, District Legal Services Authority and many others were present.

## JK Governor inaugurates 'Sindhu Darshan Festival' in Leh

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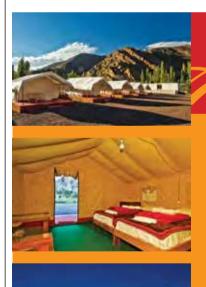
a great scope to learn such virtues from Ladakh.

He also expressed his commitment to fulfill the developmental aspirations of Ladakh. He assured balanced development of Leh, Kargil and Zanskar and said that the Divisional offices will be established

in Leh and Kargil without any discrimination.

Rigzin Samphel, Secretary Tourism, highlighted various initiatives taken for giving a boost to the tourism sector in Ladakh.

Avny Lavasa, Deputy Commissioner Leh expressed gratitude to Governor for gracing the occasion with his presence.



## CAMP DELIGHT ULLAY

Village - Uleytokpo, Leh-Ladakh

Camp Delight Ullay is situated in Uletokpo, 70 km west of Leh on the Leh — Srinagar Highway.

Set amidst the vibrant woodlands and majestic plantations of poplar and willow trees, Camp Delight Ullay offers a grand view of snow-clad mountains. With the sweet smell of greenery, fresh mountain air and chirping of birds, Camp Delight Ullay is an ideal place to stay.



#### **AMENITIES**

#### **CAMP DELIGHT ULLAY**

## 4th edition of Tuffman MTB Ladakh Duathlon to be held on 10th September



#### Rinchen Angmo Chumikchan

LEH: The fourth world's highest 'Duathlon'- cycling and running races to be held on September 10 in Leh. Tuffman India is organising the event in collaboration with 'Spic N Span' as its hospitality partner and co-organiser. The registration for the same has already been started.

During a press conference, Sanjay Mangla, Director, Tuffman India said, "We are very happy to announce the 4th edition of 'Tuffman MTB Ladakh Duathlon' which is all set to take place on 10th September from NDS Memorial Stadium Leh."

He said that this time they are looking forward to local participants as well and expecting over 400-500 participants from all over the world. He further informed that they have organised numerous marathons and cycling races in the past in different parts of the country successfully.

Talking about three different categories of races, he said that athletes must be 18 years or older for 63-kilometre cycling and 10 kilometre running, 14 years or older for 50 kilometre cycling and five kilometre running, and 10 years or older for 20 kilometre cycling and two kilometre running.

Race	Start Time	Cut Off Timing
63K Cycling & 10K Running	06:00 hrs	6:00 hrs
50K Cycling & 5K Running	06:00 hrs	4:00 hrs
20K Cycling & 2K Running	07:00 hrs	2:30 hrs

He further informed that there will be 3 Aid Stations along with 1 Medical Station to keep the participants well hydrated all the way to and fro.

"Bib Collection and Race Briefing will be on 9th September at 10:00 to 17:00 hrs at Ratna Hotel Ladakh where we'll talk about the race, routes and conditions. We'll talk about the Race Course, Rules and Regulations, Conditions and a Q/A session," he said.

The participants are advised to either bring their own bike or rent out good quality bikes from Leh Reach Ladakh Bulletin July 1-15, 2019 | **3** 

### Commissioner Secretary, J&K Tourism, visits Biama village



Rigzin Samphel, Commissioner Secretary, J&K Tourism in Biama.

#### Reach Ladakh Correspondent

BIAMA: Under 'Back to village' programme, Gram Sabha of Biama village was held under the chairmanship of Rigzin Samphel, Commissioner Secretary, J&K Tourism on June 25.

Rigzin Samphel said that the 'Back to village' programme aims to reach grass root governance for speedy development and planning process.

He took stock of various ongoing developmental projects in Biama village and interacted with the Panchayat members and villagers. The concerned HODs were directed to complete all the pending works including road connectivity, drinking water facility, electrification and filling up of vacant posts of teachers at the earliest.

He further assured to solve their grievances at the earliest possible. Later, he also inspected school hostel, classrooms and medical sub-centre.

Tool kits from Horticulture Department and Conifer plants from Forest Department were also distributed among the farmers of Biama.

## State Govt. employees demand 10% SDA and promotion in reservation

#### Reach Ladakh Correspondent

LEH: All the government employees including the HODs of Leh district went on complete pen-down strike in protest of non-fulfilment of their long pending demands on June 26.

A rally demanding 10% Special Duty Allowance (SDA) and restoration of Reservation in promotion was organised by State Govt. Employees Association Leh. They also demanded the release of the salary of teachers under RMSA, SSA and RET of Leh district which is withheld since March 2019.

Thousands of Govt. employees participated in the rally which started from NAC Eco-Park Leh and culminated at Polo-ground, Leh.

Tashi Chosphel, President, AGEA, Leh said that the demand of 10% SDA to the Govt. employees working in Ladakh is genuine considering area specific hardships including inhospitable climatic condition, inadequate healthcare facility, and high cost of living.

The speakers highlighted that the consequences of pity allowance for employees working in Ladakh



Government employees on complete pen-down strike in protest at Pologround

resulted in their reluctant to work which has grossly affected all the important sectors like education, health and development.

The Executives of the Employees Union threatened for more strikes if the Govt. fails to respond to their genuine demand.

The Central Government employees working in Ladakh have been granted 12.5% SDA since 2006 under Sixth Pay Commission while the State Govt. has kept its employees of Ladakh Division deprived of this benefit.

## Back to village' programme ends successfully in Leh



Reach Ladakh Correspondent

Leh: Covering the remaining last 9 panchayat halqas of Leh district, 'Back to village' programme successfully concluded on June 27.

Avny Lavasa, DC played a crucial role in the successful conduct of Back to village programme by personally monitoring the events organised in different Panchayat halqas and maintaining constant communication with the district officers deployed to visit respective PHs.

As per the guidelines, every officer conducted public interaction, gave a patient hearing to the problems and grievances of the village people, visited various government institutes including health centre, anganwadi centre, CA&PD stores, government schools and took stock of the ongoing government works/projects.

The participation of state-level officers further added to the effectiveness of this thereby building accountability and strengthening the connection with people at grassroot level.

The week-long programme offered a first of its kind platform to have a direct connection between officers and the rural population at the grass root level with the objective to strengthen governance at the rural level.

Huge number of people participated in every Panchayat halqas paving its way towards a fruitful result

## **World Elder Abuse Awareness Day observed in Leh**

...Continued from Page 1

...Continued from Page 1 their feelings and interact with each other," he added.

Saugat Biswas, Divisional Commissioner, Ladakh Division said, "We all should change our behaviour, thoughts and beliefs to grow above me and myself and give dignity to each and everybody".

Talking about the roles of Help Age India, Dr. Rohit Kumar said that the organisation is working on the three core issues namely, isolation, poverty and neglect which is being faced by the elderly people in India. Elderly people are facing isolation because of the generation gap created by us, migration of the young people in search of job and education and trend of nuclear family system.

He said, "It is an irony that the parents who sacrificed their lives to raise us and make a better person is treated as an economic burden by the same children in times of giving back the same comfort, love, and respect. We all should understand our responsibility towards our parents so they can live with dignity and honour."

R.S. Jasrotia, Principal District and Session Judge Leh, Spalzes Angmo, Secretary District Legal Service Authority, Leh, Padmashree awardee Morup Namgyal, Mohd Shafi Lasu, President Bar Association, Sonam Sopari, Ravia Bano, Representative of All Ladakh Women Association and Thinles Norbu, Representative All Ladakh Student Association, Leh also spoke on the occasion.

## Merchant Association, Leh, raises garbage management and water supply issues

#### Reach Ladakh Correspondent

LEH: To address the demands and grievances of Merchant Association, Leh, Avny Lavasa convened a meeting with Merchant Association, Leh on June 15 in the main market, Leh.

Avny Lavasa stressed on the need to ensure all basic amenities specially garbage management and water supply in the market. She urged upon public and all concern stakeholders for their cooperation and contribution in keeping Leh clean and well managed. She said that it is the responsibility of every stakeholder to maintain the Leh market in a well managed and systematic manner.

She asked the owners of restaurants and hotels functional in Leh market for proper segregation of wet and dry waste to help the administration in its proper disposal. Also, she appealed residents of Leh town for judicious use of drinking water and systematic use of drainage and sewerage system.

The concerned officer were asked to clear the sewerage blockage causing a foul smell in the market within the next few days.

Avny informed the plan for formulating a long term development policy based on educational activity to ensure a secure future of Leh town with priority on water and waste management.

She said for all the public gathering, social and other events, MC Park situated opposite Balkhang Chowk will be used instead of the main market. Also, she talked about the space adjacent to J&K Bank to be developed as Public Park cum tourist attrac-



Officials of district administration, Leh attending the meeting regarding garbage management and water supply issues.

tion centre with the installation of stalls of handicraft, handloom and other local products.

She gave on spot instruction to officers of LDA and MC, Leh to develop the park at the earliest possible. She also told about the space adjacent to J&K Bank to be developed as Public Park cum tourist attraction centre with the installation of stalls of handicraft, handloom and other local products.

P. Wangyal, President Merchant Association, Leh apprised DC of their problems and issues regarding Leh beautification and cleanliness of Leh main market.

They complaint about the unmanaged drainage system in the market, uncontrolled presence of stray dogs, donkeys, cows and poops all around the market, insufficient/irregular water supply in some parts of market, need for extra dustbins and proper collection of garbage from the market and high trade license

fee as compared to other parts of the state. They also raised the need to organise public events and gathering in the MC Park rather than at the doorway of the Leh market posing problem to visitors and shopkeepers. Their issues also include the need for the concerned Department to check the wholesale rates of food items, beverages etc and the huge loss caused to local business due to army sales counter at Hall of Fame and Amazon Delivery Centre at Leh.

Dr. Ishey Namgyal, President, Municipal Committee also spoke on the occasion. He appealed the shopkeepers and residents of Leh town to sensibly use the dustbins, drainage and sewerage system and to extend their full cooperation to MC in keeping the town neat and clean.

Moses Kunzang, ADDC, Leh, Executive Officer, MC Leh, MC Wards and concern engineers were also present on the occasion.



#### NATIONAL INSTITUTE OF FASHION TECHNOLOGY

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## **ADMISSIONS – 2019**

Online applications are invited for admissions to the Bachelor of Design (B.Des.) Programme being offered at NIFT Campus Srinagar <u>for the Domicile Candidates of Jammu & Kashmir</u>. Admission is based on an Entrance Examination to be held at NIFT Campus, Srinagar, SIDCO, Electronic Complex, Rangreth, Srinagar-191132 on 20<sup>th</sup> July 2019.

## Admission Calendar -2019 ine Registration 25.6 2019 Availability of Admit Cards (Or

Commencement of Online Registration 25.6.2019

Last date for Registration (4.00 P.M.) 15.7.2019

Online Application Fee (Rs. 1000/- for ST, SC and Differently Abled Candidates (PWD))

Availability of Admit Cards (Online)	Instant
Entrance Exam (GAT & CAT)	20.7.2019
Situation Test	21.7.2019
Declaration of Result	22.7.2019
Admission Counseling at Srinagar Campus	23.7.2019

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### **EXPERT TALK**

## Old age home

By Stanzin Dasal



Spalzes Angmo, Secretary, District Legal Service Authority, Leh: In the year 2014, J&K Government enacted J&K Maintenance and Welfare of Parents and Senior Citizen Act to provide a safe environment to senior citizens. The Act provides a comprehensive legal framework for the elderly care system in the state including the establishment of Old Age Homes

and Senior Citizens Welfare Fund. It also provides constitution of Maintenance Tribunal, Appellate Tribunal, State Advisory Council and Conciliation Officers to address the issues of senior citizens.

The increasing trend of the nuclear family system, working children, busy life often let the old people left behind ignored and neglected. Old aged people are more vulnerable to the growing change and development and such law has become a need of the hour to ensure equal rights and safe environment for them.

In our society, people are reluctant to come forward and seek legal help. There are issues faced by the senior citizens but hardly anyone comes up with it. Reason being, the close-knit society we are living in where people know each other because of which many chose not to speak out. People still have a misconception that such cases are not prevalent in our society but the facts can't be changed.

District Legal Service Authority is extensively carrying out an awareness program to educate people about legal help and provisions. In genuine and needy case, a lawyer is also provided without any fees to the senior citizens who want to file a case. Also, under the Alternative Dispute Resolution (ADR) method, pre-litigation is filed after which both the parties are called upon to share their part of the stories in the court. Such cases are resolved in the Lok Adalat and if the children are found guilty the court orders to provide all the care and maintenance. If failed to do so, the court can issue arrest warrant also.

Senior citizens in need of such help can come to the District Legal Service Authority office and register their complaint. Also, if the person is unable to come then in such exceptional cases a Paralegal volunteers meet the person at their place.

Earlier, in the past, many parents prefer to stay separately but the care, protection, and love remain the same though living apart. Things have changed now with the development and changing sce-

nario, the idea of joint family is taken over by the nuclear family system. The age-old culture and tradition are gradually fading away.

It is very unfortunate to have an old age home but with the changing time, I personally feel that the idea of a recreation centre for the senior citizen is good. On June 15, an awareness campaign themed, 'Ageing with Dignity' on World elder abuse awareness day was organised during which Justice Tashi Rabstan, J&K High Court expressed the need for a recreation center for the elderly people in Leh. The centre will have a provision of all the facilities such as health care, cafeteria, library, legal service booth for easy accessibility. The project will start by the District Legal Service Authority in collaboration with District administration.

Maximum of the people are busy working and in such cases, the recreation centre will be a second home to the elderly where they can come and share their feelings and experiences with others of the same age. This will also, ensure security because keeping elders at home alone is also risky.

Senior citizen is facing a crisis and it becomes our responsibility to look into the issue, understand and avoid it.

#### Solutions:

- Awareness for everyone is must especially from the very young age.
- People need to limit their expectations.
- The generation gap needs to be bridged.
- The system of joint family needs to be revived.



Mohd. Ali Abassi, Project Director, HelpAge India: HelpAge India works for the cause and care of the disadvantaged older persons and to improve their quality of life enabling them to live with dignity and lead an active healthy life.

India's elder population is 110 million out of which 55 million sleeps hungry, 12 million going blind without treatment, 90% must work to sur-

vive, No pension, PF, gratuity and medical coverage.

The main problems faced by the elderly in India are:

Poverty	90% elders are from the unorganized sector,20 million destitute widows and just 10% have a pension or financial support
Lack of Healthcare	25% can't access or afford healthcare
Isolation & Neglect	11% live alone (By 2025, 25% of 60+ & 40% of 75+ will live alone) 12% feel no-one cares they exist, 13% feel trapped within their own homes, 21% feel alone, no social circle/support
Crime & Abuse	Violence (42.2%), murder (35.5%), robbery (13.3%) Abuse, harassment, abandonment — by own children

When I first joined the organisation I felt that there won't be such elderly cases in Ladakh but after field visits, I found that the situation is completely different. Till now we have come across 40 to 50 lonely elders cases in which many are struggling for their livelihood and most of them have health issues. In a weekly rotation, we visit villages along with doctors who conduct a health check-up and provide medicines.

The growing change mainly the tourism industry has involved everyone so much that everyone gets too busy that no one has time for anyone. A person when turns above 60 age, needs special attention it's not just about providing the basic necessitates but understanding their emotional feeling. We have come across many elderly in villages who are longing to see and spend time with their children and grandchildren. The migration of young people in the town in search of job, education and better facilities has left the old people alone in a village. Such cases are increasing every year and we see old aged people going under depression and loneliness.

Secondly, we come across people who feel uncomfortable to ask money from their children. We are living in a time where many parents are seen as a burden or a liability. We have cases, where a mother is abandoned by his own son. Besides, many cases go unreported.

Getting old is a part of life and we need to understand it. When people get old they find happiness even in small things. All they need is warmth, companionship, and happiness which become more important than food and clothes.

#### **Future plans**

We are planning to build an old age home in Ladakh to provide all the needed facilities. It is very unfortunate that even in Ladakh which is known for cultural values and tradition is in need of old age home. We already have two old age homes in Ladakh run by Mahabodhi and SOS and nearly 100 are staying in it. Now it seems that the tradition of respecting elders is eroding away with time.

We are also planning to carry out awareness campaign themed 'Bridging the Gap' in different schools on the importance of spending time with grandparents. Also, there is a need for elderly association in every village which will work for the welfare of each other. This will give a common platform to share their feelings, idea, and thoughts. If any member of the association faces a problem with his / her family members the others can go and talk to them.

#### Solutions:

- Spending quality time with the elderly people
- · Awareness among children about moral values is important
- A strong family bonding is necessary.

## Cultural museum inaugurated at Lonpo Khang, Henasku

Reach Ladakh Correspondent

HENASKU: A cultural museum in the historic Lonpo Khang (house) was inaugurated by Haji Anayat Ali, Chairman J&K Legislative Council on June 19 at Zbayul (the Hidden Village) Hinasku, Kargil.

The museum was opened during the concluding function of 10 day-long design workshop conducted by Roots Ladakh, a for-profit social enterprise based in Kargil and Little Local, a travel company based in Mumbai, in collaboration with CEPT University, Ahmedabad, as part of their Summer Winter School 2019.

Around 35 students from across India lived in Henasku village for a week and documented the life, history and culture of the place. The workshop also engaged local volunteers and support teams who helped the students



Haji Anayat Ali, Chairman J&K Legislative Council inaugrating the Cultural museum.

through their research work.

This workshop was part of a long term, integrated community development initiative known as "Project Zbayul" by Roots Ladakh and Little Local. The aim is to preserve the lesser known heritage of Ladakh and create

alternative livelihood opportunities for grassroots communities through eco-tourism initiatives

Haji Anayat Ali congratulated the team of Roots Ladakh for their Project Zbayul and other projects like Hundarman Brok, Project Brown Bear which helps in promoting tourism in the district.

He said that the museum is now a permanent cultural asset for the community, which will serve as a unique cultural experience for travelers. He urged the team to do such work in other historical places also so that the industry of tourism can be boosted for a healthy living of the society.

Also, he assured speedy completion of macadamisation of the link road which was a long-standing demand of the people of Henasku.

## Appreciation lets us enjoy the good things of life

SoulSpeak

P. P. Wangchuk



Appreciation, sadly, is not appreciated these days. We have become an egoistic society, and we find faults in others' achievements as well. We have lost our sense of seeing and celebrating the good things of life. And, at times, we take pleasure in criticising others' good deeds.

It is high time we looked within and find out what has gone wrong with us and why?

Appreciating others, as well as ourselves, is the basic thing that contributes to peace and harmony. It is a sign of positive energy used for the right cause. As a result, it leads to the growth of collective responsibility.

American author Alan Cohen says, "Appreciation is the greatest form of prayer, for it acknowledges the presence of good wherever you shine the light of your thankful thoughts."

Appreciation of a good thing around you can be expressed in many ways. One way is the simple expression of saying 'thank you." And, another way is to do the same good thing by you too and let others benefit from your work. Of course, you also have the way to respect and honour all those who are great doers for the well-being of the society. One should never be happy and satisfied and keep quite when someone does a wonderful job. One must express one's joy at others' achievements; only then one gets inspired to do similar things, thereby resulting in many good things happening simultaneously or one after the other.

And, as Voltaire had said, "appreciation is a wonderful thing: It makes us feel what is excellent in others belong to us as well." That is to say, appreciation can make you reach a level of perfection in human development that you consider everybody around you as your own kind and beneficial. You have turned so positive that nothing but the light of appreciation shines on you!

Courtesy: WongWorld

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

### Mahabodhi International Meditation Centre launches J&K 1st Pyramid meditation hall

#### Reach Ladakh Correspondent

CHOGLAMSAR: A Pyramid Meditation Hall 'Shangri-La Pyramid Meditation Temple' was inaugurated by Brahmarshi Pitamaha Patriji, Founder, Worldwide Pyramid Spiritual Societies Movement and Bhikkhu Sanghasena on June 21 at Mahabodhi International Meditation Centre.

Gyal P Wangyal, Deputy Chairman, Hill Council, Leh and Maj. Gen. Yash Mor SM, GOC Leh-Sub area were the guests of honour.

Recognising the sincere and outstanding contribution in promoting Maha-Karuna, Vegetarianism and Science of Meditation glob-



Launch of the J&K 1st Pyramid meditation hall at Mahabodhi.

ally through Pyramid Spiritual Societies Movement, Mahabodhi conferred the Global Peace Award to Brahmarshi Patriji. DLN Shastri and Nunna Subrhamaya Kishore were awarded with Lifetime Achievement Awards for their outstanding contribution

to serve humanity.

A MoU between Mahabodhi International Meditation Centre and Pyramid Spiritual Societies Movement was also signed.

Brahmarshi Patriji expressed his gratitude to Bhikkhu Sanghasena for his tireless work and selfless nature benefiting humankind in general and the people of Ladakh in particular.

Talking about the Shangri-La Pyramid Meditation Temple, Bhikkhu Sanghasena said that it will open more ways to serve people affirming the message of MIMC-meditation in action.

"People from all walks of life and any part of the world can practice meditation here and we assure that this pyramid meditation hall will be brought to its optimum usage", he added.

Besides that many scholars and guest spoke on the ocassion.

#### In Conversation with

## Prof. Deskyong Namgyal, Principal, EJM College, Leh

#### Interviewed by Rinchen Angmo Chumikhan

Q. Congratulations. Recently, Eliezer Jolden Memorial College, Leh, was accredited with NAAC B grade. What are the advantages of it?

NAAC accreditation is a basic requirement to avail MHRD and UGC Fund. This is for the first time that in the last 25 years our college has been accredited with National Assessment and Accreditation Council (NAAC) accreditation. In terms of funding, there are lots of advantages. If in case we sent a project proposal, we could get funding from them.

So far our college has been run with very meagre finances. Until a few years ago, we used to get UGC funding of around Rs 20 lakh, and at that time NAAC accreditation requirement was not there. We got this funding only for one time. After that, they have made NAAC accreditation mandatory and the fund inflow was stopped in 2011-12.

Secondly, the teachers can avail of Faculty Improvement Programme which is to provide an opportunity to the teachers of the Universities and Colleges to pursue their academic/research activities leading to the award of M.Phil./Ph.D. degrees.

Thirdly, having NAAC accreditation itself is a status symbol. In 2019, NAAC ranking, the highest grade in J&K is B +. Only Government College for Women, Cluster University MA Road got B+ grade and after that immediately is the B grade which we got. It is very encouraging not only for the college but for the people of Ladakh as well.

Like I have said earlier, there will be more inflow of funding, not only for construction but for organising different kinds of workshops and activities too. We can provide additional classes for students, we can buy books for the library and many other things. Earlier also, we organised workshops but that was with a limited funding. But now with this, teachers will also get an honorarium to conduct workshops. I hope now teachers will put in more effort.

Having NAAC accreditation doesn't mean that funds will flow automatically, we have to put in efforts and send project proposals as per requirement, and then it could be approved and sanctioned.

#### Q. How important is it to prioritise the education sector because the issue of lack of funds has always been there? What is the annual Hill Council budget for higher education (for degree college, Leh)?

No doubt, it is very important to prioritise higher education. All in all, education is something that simply has to be a priority over everything else. The role of school education is to make the base of the students and to teach them with morality lectures. The work of higher education is to guide them and show them proper direction for the future. But, here we are still running with the old concepts like going strictly by syllabus, and having to complete it; and exams are conducted, no matter the result. It should not be like this.

Infact, in higher education, class teachings should stop; we have to provide all the materials to the students. Monologue lectures do not have any role in higher education. Their development should be holistic and we have to prepare them for the future. Our approach should be

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#### Message to the readers

Parents should keep an eye on their children when they enter higher education and should not neglect them. Many parents let them be free without any check. Atleast check whether they are going to college or not, what is their behavior, etc. Monitoring your child is worth the effort. And for the students, whatever your aim is, stay focused. Many students take it very lightly. This approach will not work in this competitive world.

different from the old concept and should be skill-based.

Presently, we have half skill-based courses that are academic- oriented where there is no practical hand. It's more of a theoretical nature. To provide them with skill-based courses, we have to show them practically; but due to limited funding, we are not able to provide them with the learning materials.

We need to understand that when we talk about higher education we should not simply think about education but there are many aspects to it. The students who get into higher education are of the age group that

needs counseling and orientation. If they don't get all these things, then their future is bleak.

The funding for Leh Degree College is very limited. The plan Capex Budget is Rs 14.5 lac annually which is a very meagre amount. Due to limited funding, we cannot do many things. In the last financial year, we didn't have a penny even to buy books, and we have a very limited collection of books. Now, due to NAAC accreditation, we do not have to depend on one department for the funding, as we can look for other places for funds.

Q. Now the examination has been delinked from Kashmir University. Has it solved the numerous challenges faced by our students?

The college is still affiliated with Kashmir University but the examination has been delinked. Now, they have set up an examination sub-centre in both the districts of Leh and Kargil. The question papers of the semester examinations are also different.

From March next year, the new academic session will start, and the students who will take admission in Ladakh in all the five colleges, their affiliation will not be with Kashmir University, but with the Ladakh University. In a phased manner, old colleges will be delinked with KU. Now the problem of the students like delay in examination and degrees is partially solved, not fully.

### Q. What is the present enrolment rate and what are the courses available? Any plan to introduce new courses?

At present, we have around 1,300 students enrolled in our college, out of which 75% are female and 25% are male. We are providing courses in three streams but with limitations. Now with the cluster university, I see a ray of hope to improve higher education. Earlier, the courses were designed by the Kashmir University as per their choice and they imposed those courses on us. But now we can design our own courses. The decision on courses will be designed by the cluster university. Definitely, many new courses will be introduced with the start of Cluster University.

Q. Congratulations! You have been appointed as Controller of Examination of the University of Ladakh. And you had the opportunity to teach in many colleges of the state. How has the journey been?

To be very honest, the journey has been very satisfying and happy. So far, I have taught in 5-6 colleges of the state. My main goal was always to be in this field.

As the Controller of Examination of the University of Ladakh, my priority will be to solve the issues related to students and then to introduce new courses.

Many university posts have been created, be it Registrar, Vice-Chancellor, Controller of Examination, and many more will be created. There will be more job opportunities. Secondly, the examination system will be smooth without any problem. Thirdly, we can design our own courses according to UGC norms.

## Conference on 'Celebrating Diversity in the Muslim World' held in Delhi

#### Abdul Ghani Sheikh

A conference themed, 'Celebrating diversity in the Muslim World' was held on June 15 at India International Centre, New Delhi.

Inspired, encouraged and sponsored by His Holiness Dalai Lama, the conference was organised and arranged by Anjuman Moin-ul-Islam and Anjuman-Imamia, Leh.

His Holiness Dalai Lama was the chief guest and Dr. Mohammad Hamid Ansari, Former Vice President of India participated as a guest of honour.

Some leading scholars and leaders of Sunni, Shia and Bohra Muslim communities participated in the one day conference and spoke on the occasion. Besides, Tsewang Thinles President, Ladakh Buddhist Association, Rinchen Angmo, President LBA Women wing and Deachen Chamga, President Christian community also took part.

The conference started with the recitation of verses from the Quran followed with English translation by Hafiz Ghulam Mohammad, Imam, Jama Masjid Leh.

Addressing the audience, His Holiness Dalia Lama urged to cultivate love and compassion, both of which gives true meaning to life. He said, 'Seven billion people living on the planet prefers different religion, speak different languages and practice diverse culture and traditions. Our planet is facing acute problems and we should be concerned as we all are responsible. Most of the problems are the creation of us. Human being has been blessed with a wonderful brain but it has been misused occasionally. Man has made horrible weapons, which have created disaster in this world."



His Holiness the Dalai Lama and other prominient leaders and representatives of Muslim communities at 'Celebrating Diversity in the Muslim World' conference in Delhi.

Laying emphasis on Shia and Sunni Muslims, Dalai Lama said, "Remain united and manifest your unity to the world".

He expressed satisfaction that Shia and Sunni Muslim live harmoniously in Ladakh and did not see any rift between them during his visits in Ladakh. His Holiness expressed his desire to convey the message of love and goodwill to the Islamic world.

Dalai Lama described the current situation in Syria, Yemen and Afghanistan as unfortunate, where Muslims are killing their own brothers violating the teachings of Islam. Many children are losing their lives and immensely suffer from starvation, miseries and for want of medication.

In the context of diversity, Dalai Lama said, "There are differences among various Buddhist sects also but the difference should not cause fear, hatred and hostility. Tolerance and compromise are essential and best option. We are natural animals and happiness is a key factor for our survival. Everyone wants happiness. Love and compassion are prerequisites for happiness. I am a Buddhist I love all mankind irrespective of caste creed and religion".

Dalai Lama underlined the importance of education based on moral values for children from the nursery level

Former Vice president, Dr. Mohd. Hamid Ansari stressed on unity. He said, "Diversity has its own

beauty and it is a desirable concept. Diversity is found in everything including plants. We should seek unity in diversity. One can see the scenario of unity in diversity on the eve of Haj and during the pilgrimage of shrines of Ajmer Sharif and Nizam-ud Din Aulia.

Bohra Scholar Abdul Qadir Nooruddin said, "The fundamental teachings of all religion are same, we should seek common grounds and share common values."

Shia scholar and a senior member of the All India muslim personnel law board Maulana Kalbi Jawad Naqvi said, "The present-day majority of Muslims are not true followers of Islam. God has created human beings to serve mankind and to maintain peace in the world but we indulge in bloodshed and wrong doings."

Maulana Mahmood Madani, Former MP and leader of the Jamiat Ulama i Hind highlighted sufi traditions of Islam. He said, "Islam was introduced and propagated in India by Sufi saints, not rulers and gave the message of universal brotherhood. Stating his visit to Ladakh, he praised Ladakhis for their simplicity, sincerity and beauty of the land.

Dr. Mohammad Hussain Mukhtari, Iranian scholar and Vice-chancellor said," It is mandatory on Muslims to maintain peace and forge unity among all people irrespective of religion and recognize the faith of the followers of all religions."

He added that the diversity is a fact and it is imperative to accept the diversity.

Earlier welcoming the chief guest and others, Dr.

..Continues on Page 6

## Kargil bags silver and bronze medals in SAI Korea Ambassador Cup 2019



Winners of SAI Korea Ambassador's Cup Taekwondo Championship 2019.

#### Reach Ladakh Correspondent

NEW DELHI: Taekwondo students of SAI SAG Kargil bagged 2 silver and 4 bronze medals in 2nd All India Inter SAI Korea

Ambassador's Cup Taekwondo Championship 2019 held from June 7 to 10 at IGI stadium.

6 boys and 4 girls of Sports Association of India SAG Kargil

represented Sports Association of India RC Chandigarh in the tournament.

Gulzar Hussain Munshi, President, Kargil Taekwondo Association expressed gratitude to the Government for opening SAI Special Area Game Center in Kargil. He congratulated Taekwondo Coach Mohammad Ali who has put his efforts to bring the standard of the player's up to such level.

Gulzar Hussain Munshi requested the Government to provide all facilities at the center for the players and increase the intake capacity so that more young talented player gets benefited.

## 3-day workshop on 'Happiness Curriculum' held in Kargil

#### Reach Ladakh Correspondent

KARGIL:A three-day workshop on 'Happiness Curriculum' was conducted in which 46 teachers from dif-ferent educational zones participated. The workshop started from June 24 at Conference Hall, Baroo.

Feroz Ahmed Khan, CEC Kargil said that concrete measures are being taken up including the Happiness Curriculum workshop to achieve the targeted goals. He informed that Hill Council, Kargil will also sign a MoU with the Delhi Government in near future to carry out similar training and exposure exchange programmes for teachers and students.

Considering the success of Happiness Curriculum Model of teaching and learning in Government schools of Delhi, he also added that Hill Council, Kargil is committed to introduce such model in the schools of Kargil district.

Feroz Ahmed said that with the involvement of community and efforts of the Hill Council and District Administration, the standard of education in



schools has gone up.He also appreciated the efforts of District Resource Unit (DRU) in this regard.

The members of the Happiness Curriculum team from Delhi Government briefed the key aspects of the Happiness Curriculum.

Baseer ul Haq Choudhary, DC Kargil expressed optimism that the informative sessions during the workshop will go a long way in imbibing the necessary skills and positive attitude among the teachers towards their job.

He urged the teachers to exude wholehearted enthusiasm and interest in the training sessions.

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## Administration carries out 'Back to Village' programme in 16 blocks of Leh district



#### Reach Ladakh Correspondent

LEH: Different programmes under the 'Back to Village' project was carried out in 16 blocks of Leh district on June 23 under the supervision of Avny Lavasa, DC, Leh.

The programmes include Gram Sabha, public interactions, the constitution of Social Audit Committees, interaction with social organisations, respectable citizens, visits of health centers, educational institutions, Anganwadi centers, field inspections of Languishing projects, MGN-REGA works, water reservoirs, CA&PD stores, Public Health Engineering schemes, road projects, Panchayat Ghar and distribution of Schedule Tribe

certificates, Rural Backward certificates, Soil cards, KCC loan cards, etc.

Highlighting the essence of Back to Village project, Avny Lavasa instructed the visiting Government officers to carry out the programme in their respective Panchayat Halqas promptly.

She urged upon the officers and Panchayat members to ensure maximum people's participation in the programme so that future developmental initiatives are taken on the feedback and cooperation of the people thus ensuring a decent standard of living to the people.

The 'Back to Village' programme has been started on June

20 and Government Officers have reached in all the 95 Panchayat Halqas of Leh.

Meanwhile, Mohd. Taqi, SDM Nyoma also launched the B2V programme in Nyoma Subdivision bordering with China, by introducing PRIs and Line Department. Scheduled Tribe certificates, Rural Backward certificates, and KCC loan cards were distributed.

SDM along with the Sarpanches and other concerned officials inspected and assessed the functioning of MGNREGA works, water reservoir of PHE, Primary Health Centre, educational institutions and Anganwadi Centre in the village.

## Conference on 'Celebrating Diversity in the Muslim World' held in Delhi

#### ...Continued from page 5

Abdul Qayum, President, Anjuman Moin-ul-Islam said, "The idea of convening this conference on celebrating diversity in the Muslim world is suggested, encouraged and monitored by the HH the Dalai Lama its intents are to make conscious people on the importance of harmony and to strengthen inter-community and intra -community harmony and unity.

Ashraf Ali Barcha, President Anjuman Imamia, Leh said, "The conference is intended as a small step in swimming against the trend of divergence of present troubled times. We have to cultivate harmony among ourselves first. Then, we can give message of peace and harmony to the people of our country and to the world. In this context, we will always seek the guidance of His Holiness the Dalai Lama.



On this occasion, Siddiq Wahid, Former VC of Islamia University Awantipora, Kashmir said, "The Muslims of Ladakh are a miniscule ethnic, cultural and linguistic group in the demographic reen of the Muslims of India and the world. And from our perch in Ladakh, our internal quarrel seems minor in comparison to our sense of intra shared culture, a blessing that is something unnoticed even by ourselves. This conference is an effort to build awareness about it amongst our-

selves in Ladakh and to initiate a dialogue on the importance of recognizing it amongst Muslims in our state and the country."

In the second session, Farah Naqvi, feminist writer and activist, Seema Mustafa, a senior journalist and the chief editor of The Citizen, Dr, Ali Khan Mehmud Abas, Scholar and Mehmud ur Rashid, a columnist and opinion editor of Kashmir largest daily 'Greater Kashmir' spoke to the audience followed by a question-answer session.



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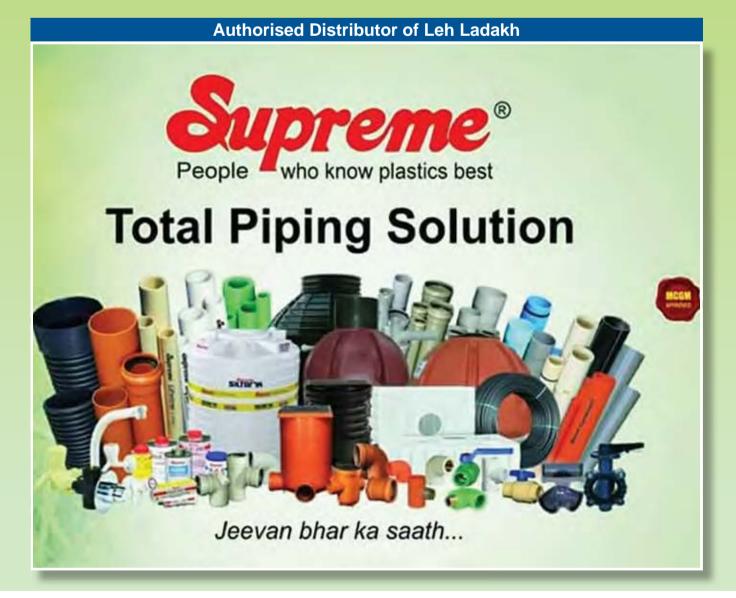
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