

# REACH LADAKH BULLETIN

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June 16-30, 2019

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## Brief News

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### Hundar village gets waste management centre under Project Tsangda

LEH: Expanding the Project Tsangda initiative, Avny Lavasa, DC, Leh inaugurated a waste management centre in the tourist hub area Hundar village on June 7.

It is second such project in Nubra valley followed by Diskit which was made functional last year and was successful.

Avny Lavasa said that the Project Tsangda is already a successful project implemented by rural development department. The project was started in December 2017 in Choglamsar and later replicated at Diskit, Khaltse, Nimoo and now in Pangong this year. The initiative was carried out because of the urgent need for garbage management in Leh district in a scientific way.

### Div Com Ladakh reviews developmental projects of Leh district

LEH: A review meeting of work carried out under various major projects such as NABARD, CRF, PMDP, AIBPB, PMGSY, UIDSSMT, AMRUT and NRD-WP in Leh district was held on June 13.

Saugat Biswas directed all the Executive Engineers to prepare milestone-based-project timelines for all the pending and ongoing projects and submit to his office in the next three days.

### Correction and clarification

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

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

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

## Two-day General Council meeting concludes

Reach Ladakh Correspondent

LEH: Two days general council meeting on draft capex budget 2019-20 of Leh district was held under the chairmanship of Deputy Chairman, Gyal P Wangyal on June 11 and 12 at Assembly hall, Council Secretariat.

Gyal P Wangyal informed that the total approved outlay of 2018-19 was ₹ 13,739.62 lakh and revised outlay 2018-19 was ₹ 13,739.62 lakh. The total expenditure up to March 2019 ending was ₹ 5,427.53 lakh and proposed outlay for the year 2019-20 is ₹ 14,214.53 lakh.

Addressing the house, Gyal P Wangyal said that the General Council Meeting is already delayed by 2 months and urged all councillors to raise plan related issues to mark in a fruitful outcome of the meeting. He also asked district officers to be responsible for timely implementation of the projects and urged them to commence the projects as soon the budget plan gets the final shape.

The house was appraised that because of technical issues with Beams (Budget Estimation, Allocation & Monitoring System) expenditure couldn't meet up to mark in the last financial year but assured smooth functioning of Beams and timely achievement of expenditure budgets.

Advocate Mohammad Nassir, Nominated Councillor, walked out and boycotted the General Council Meeting. He said that since his nomination, several issues



and demands were put forward and none of them has been addressed.

It was informed that around 2 Kanal of land in Dwarka, Delhi has been allotted for construction of Ladakh House that will incur nearly ₹ 160 lakh. To meet the required deposit of the land percentage of funds has been cut from the annual budget allocation of the certain department which will meet up from council fund and skill development task force.

Gyal P Wangyal said that the repair and renovation has been shifted to non-plan and directed all the district officers to submit their estimates to DC's office at the earliest.

Agriculture being on the top priority of 5th Hill Council, Stanzin Phuntsog, EC Agriculture informed the house about the organic mission. Training experts from Sikkim signs an MoU with Hill Council, Leh to start ₹ 45 crore project to turn Leh district into complete organic region into three phases from 2019-20, 2022-23

and 2025-26 based on a well-planned roadmap. He also informed about the promotion of local seeds of buckwheat and broad beans, bio-fertilizers and composed manure through concern department on subsidy.

Councillors raised the issue of rising dog menace posing threat to human and wildlife.

Dr. Mohd Iqbal, Chief Animal Husbandry Officer informed about the ₹ 62 crore council fund granted to Animal Husbandry for dog sterilization operation. He added that this will enable the department to overcome the shortage of funds and manpower. The team will be operating with a target of 20 dogs per day. Deputy Chairman directed the officer to submit a detail report of total dogs sterilized in the next review meeting.

The councilors also stressed on the need to make army accountable for rising population and breeding of dogs. Gyal directed DC, Leh Avny Lavasa to frame a

committee involving councillors and also army representative to address the issue of dog menace.

Avny Lavasa said that with the given council fund the department can have a comprehensive target and expressed hope to achieve the optimum level of sterilization.

Question was also raised on the non-expenditure of environment fees collected till date. Councillors from Changthang and Nubra constituencies demanded to spend the environment fees in their areas considering the fact that the fees so collected is charged to visit places only in Nubra and Changthang. The councilors stressed on developing an effective mechanism to utilize council fund on need basis with common consensus on using the fund in strengthening and expanding Tsang-da project in other parts of the district.

Avny Lavasa said that there has been expenditure from the environment fees and a detailed statement of last financial year will be submitted.

Tsering Sandup, EC Health informed about the commitment of Airport Authority of India to sponsor ₹2 crore under CSR scheme to acquire MRI machine for SNM hospital, Leh and also a digital X-ray. He said that with the upgradation of SNM hospital to 300 bedded capacities around 99 new posts will be created

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## 10-day Mountain Leadership and Rescue Training Course starts in Leh

Dawa Dolma

LEH: A ten days Mountain leadership training for the youths of Ladakh was launched on June 10 at Lotsava Auditorium, J&K Culture Academy, Leh.

The training was organised by All Ladakh Tour Operators' Association (ALTOA) with experts from the International Climbing and Mountaineering Federation (ICMF), commonly known by its French name Union Internationale des Associations d'Alpinisme (UIAA).

The trainers representing UIAA from different parts of the world including Austria, UK, Nepal and Cyprus were present. They will be training the trainers using certified climbing equipment.

The objective of the training is to promote mountaineering and climbing in Leh by advancing safe and ethical mountain practices. Also, it is to educate youths of Ladakh in pursuing mountaineering as a profession, pro-



Participants of Union Internationale des Associations d'Alpinisme (UIAA) Mountain Leadership course in Leh.

moting mountain sustainability, leaving no waste, respect for the mountain community, and the environment.

Tsetan Angchuk, President, ALTOA mentioned that the training will create leaders of the mountains and will further train new guides, thereby building a community of certified and skilled mountain guides.

He also added that it would benefit the trekking mountain guides and make the adventure stronger and more robust.

Steve Long, Chairman, UIAA training panel, said, "We are ready to come back with ALTOA and provide leadership to bring a whole lot of potential, new instructors and also trek leaders. Our philosophy is to empower locals as they could pass on their learnings to other people."

The event is being sponsored by J&K Tourism, The Himalayan Club and LAHDC, and supported by Ladakh Mountain Guide Association, Rimo Expedition and ALTOA.

## Training conducted for Haj pilgrims



Reach Ladakh Correspondent

LEH: The final Haj training for the Haj pilgrims of Leh district was conducted on June 10 at Leh under the supervision of Executive Officer State Haj Commit-

tee, Abdul Salam.

They were given detail awareness and necessary training about various Haj performing activities and procedures.

It was told that a total of 30 Haj pilgrims that included 12 female has been selected from Leh district for Haj-2019 and they are all set to proceed for Mecca in the first week of July.

Avny Lavasa, Deputy Commissioner/CEO, Hill Council, Leh greeted the Haj pilgrims and gave them best wishes for a successful and meaningful Haj journey.

She said that this is the greatest opportunity of transforming one's life with all the positivity and qualities. She also said that the values and merits of performing Haj should be shared with others who do not get such opportunity. Lavasa assured that the administration will extend every possible help and assistance for their comfortable holy journey.

## 42 Kanals of land occupied illegally in Agling



Reach Ladakh Correspondent

AGLING: In another illegal land allotment case, Jamyang Tsering Namgyal, CEC, Hill Council, Leh gave the decision to retain 42 Kanal of land at Agling on June 6.

He gave the decision on behalf of Council in presence of Gyal Wangyal, Deputy Chairman; Stanzin Phuntsog, EC Agriculture; Mumtaz Hussain, EC Animal/Sheep Husbandry; Sachin

Kumar, ADC, Leh; Gurmet Namgail, Tehsildar, Leh; Mohd Sharif, ACR In-charge, HQ Assistant and Tsering Angchuk, BDO, Rural Development Department.

Addressing the media, JTN said that without any official allotment through Hill Council, 42 Kanal land has been allotted to 33 individuals and a group through illegal means. He said

that it's the decision of Council to reserve the land and allot this officially to Rural Development Department with the purpose to provide accommodation facility to most needy and deserving homeless poor people.

He added that the decision is based on complaints of public and detail enquiry of the case submitted by the concerned department. He said that the Council is determined to take corrective measures to stop such kind of illegal occupation of government land and assured not to let such things happen in future.

He further said that legal notices will be issued to the present occupants and action will be taken as per law and land norms. He also projected people involved in this illegal land allotment and urged media for their support in exposing these people to stop such crimes in our society.

## Two-day General Council meeting concludes

...Continued from Page 1

and efforts are on with state government to fill the posts with required staff at the earliest.

While discussing education department the councilors reiterate the need to prioritise education sector and raised the issues of transfer policy, provision of teachers subject wise, minimize weight of school bags considering the children age, enhancement of diet charges, regularization of residential schools, regulation of school fees of private schools and to complete the pending infrastructural works of schools in villages.

On the second day, a resolution on the adoption of a Child Protection Policy in the educational institutions of Leh district was moved by Phuntsog Dorjey, Councilor Phyang and was passed unanimously.

Gyal P Wangyal directed all the executive engineer and district officers to give priority to far-flung, unconnected and border villages under CRF, NABARD, BADP and other sponsored schemes considering their short working season and difficult accessibility. He also directed the Ex-ens to complete

blacktopping in Changthang region by August.

Chering Dorjey, MLC, Leh questioned the thickness of blacktopping of the road at Upper Leh done in a non-uniform way. He stressed on the need for strict monitoring of road works to ensure quality.

Deputy Chairman directed the concern executive engineer of R&B, Construction and PHE to work in coordination and rectify the roads wherever required.

Poor performance under PHE sector was another issue raised loudly in the General Council. Discussion on projects under the Rural Development Department including MGNREGA, Community Development, MSDP and IAY was also held. Deputy Chairman pointed out the lack of field knowledge and coordination between the main office and block office. He instructed the officers to come fully prepared with detail information of field works and facts from next time in the review meeting.

Other departments like Power, Education, Employment, Tourism, Horticulture, Cooperative, Animal Husbandry, Sheep Husbandry, Health, CA&PD, Wildlife, Fisheries etc. were also discussed.

## Avny Lavasa inaugurates 'Project Tsangda' in Pangong

Reach Ladakh Correspondent

PANGONG: After successful implementation of waste management centre 'Project Tsangda' in Choglamsar, Diskit, Nimoo, and Khaltse, Avny Lavasa, DC, Leh inaugurates one such new unit in Pangong lake also on June 6.

Konchok Stanzin, Councillor Chushul was the guest of honour. Rigzin Spalgon, Sub-Divisional Magistrate, Durbuk, Tsering Paldan, Assistant Commissioner Development, Leh, staffs of rural development department and villagers in large number were also present.

Conceptualized by Avny Lavasa herself, the timely needed waste management project is being successfully executed by the Rural Development Department Leh.

Speaking on the occasion she assured that the project will benefit all besides protecting the sanctity and beauty of the Pangong lake. She also appealed the locals for their full cooperation to make the project successful.

Talking about making Pangong area as per the standard of International Tourist destination, she said that the administration is working on a master plan for proper development of the newly allotted camping sites.

She further added that to promote tourism, work on activities like Yak cheese, home-stay and



other projects is in the pipeline.

Konchok Stanzin appreciated the initiative and said that the Project Tsangda was much needed in Durbuk area mainly in Pangong in the wake of heavy tourist inflow.

He further added that the Council is working on the master plan for establishing newly allotted camp sites.

An awareness programme about the project was conducted for the villagers of Pangong, Mann, Merak, Lukung, Phobrang, Khaksted and Yurgo and owners of camps, resorts, guest houses and restaurants.

Rigzin Spalgon, SDM Durbuk welcomed the initiative of Project Tsangda in Pangong and also congratulated the entire team for successful running of all the

units in different other villages

Highlighting the success story of Project Tsangda that started in December 2017 at Choglamsar, Tsering Paldan, ACD appealed people to make the project successful. He further requested proper usage of dustbin, segregation of garbage, and understand the importance of reuse, recycle, reduce of garbage.

Later, a dustbin was also distributed and residents were charged the subsidized rate while full price was charged from the commercial establishments.

An interactive session also held that strongly emphasised on involvement of ITBP and Army to make the project successful. During the programme, films and documentary films on Project Tsangda were also screened.

## 40th death anniversary of Munshi Abdul Sattar observed in Leh

Reach Ladakh Correspondent

LEH: The family members and close relatives of Late Abdul Sattar organised a congregation meeting on June 6 in the loving memory of the great Hero of Ladakh on the occasion of his 40th death anniversary.

He represented J&K under the leadership of Late Sheikh Abdullah in 1935 and he was the only freedom fighter from Ladakh who was part of the meeting chaired by the then Prime Min-



ister Late Pt. Jawaharlal Nehru and then President of India Dr.

Zakir Hussain.

In 1938, he was sent to jail in Skardu while agitating for Independence. He was a newsreader and used to educate people about the importance of freedom and independence.

In 1949, along with Kushok Bakula Rinpoche and five others, he joined the National Conference and was associated with it from 1949 to 1970.

He passed away on 6th June 1979.



## Thakchen Sojong Tsogspa organises two-day prayer during Saka Dawa



Rigzin Wangmo

LEH: A two-day fasting practice (Nyungnes) was observed during the holy month of Saka Dawa from June 8 to 10 under the guidance of Venerable Tsultrim Stobdan Rinpoche at Chowkhang Vihara.

The two-day prayer practice was

organised by Thakchen Sojong Tsogspa Leh.

Nawang Yarphail, President, Thakchen Sojong Tsogspa Leh said, "We have been organising this fasting practice for the 13th time. During the two-day intensive fasting practice, the devotees refrain from eating, drinking and also not supposed to speak a

word except the mantra recitation or prayer".

Thakchen Sojong Tsogspa also organises prayers for world peace, to prevent the untimely death of youngsters and timely rain and snowfall for the cultivation, he added.

Saka Dawa in the 4th month of the Tibetan lunar calendar is one of the most significant months for the Buddhist. The full moon day of the auspicious month commemorates Lord Buddha's birth, enlightenment, and parinirvana (death).

Devotees were seen chanting prayers and lighting butter lamps. It is said that the karmic results of everything we do on Saka Dawa are multiplied by one hundred million.

## PHE daily wagers, without salaries for 16 months, call off strike



Reach Ladakh Correspondent

LEH: On assurance of paying off the last 16 months wages to the daily wagers of PHE, the employees who were on indefinite strike from June 6 called off the protest on June 12.

Jamyang Tsering Namgyal, CEC, Hill Council, Leh met J&K Governor, Satya Pal Malik on June 11. A copy of memorandum demanding payment of last 16 months wages to the

daily wagers and permanent regularization of casual labours of PHE Division/PWD Circle, Leh among other issues of the district was submitted.

Addressing the protesters, he informed that the Governor has issued an order from the concerned Commissioner Secretary office in their favour authorizing DC, Leh/CEO LAHDC, Leh to settle the issue as allowed by Finance Department.

He said that as per the order the wages will be released soon as per provision in installment if not in one go. Also, the issue of permanent regularization of casual labours was taken up personally by Governor with Chief Secretary and gave assurance to resolve the matter soon.

The employees expressed their gratitude for resolving the issue in a short time.

## Hill Council, Leh, to start implementing Ladakh Organic Mission this year

Project to be completed in three phases by 2025, at a cost of ₹ 45 cr, says EC Agriculture



Reach Ladakh Correspondent

LEH: To implement Ladakh Organic Mission in Leh district from this year, memorandum of understanding (MoU) was signed and exchanged between Sikkim State Organic Certification Agency (SSOCA), Sikkim and Department of Agriculture, Hill Council, Leh on June 12 at Council secretariat.

Jamyang Tsering Namgyal, CEC said that it is a historic moment for the farmers of Leh district to commence the implementation of Ladakh Organic Mission in Leh which is a long pending dream of Hill Council, Leh. He said that in the past few months, representatives from Hill Council, Leh has visited Sikkim to learn and understand the functioning of organic farming. Series of meetings in Leh with Hill Council members, district officers, scientists and local experts were held to have deliberations on making Leh district completely an organic region.

He expressed gratitude to the representative of Sikkim Government, Sherab Latso Dorje, Chief Executive Officer, SSOCA, Sikkim for the time, commitment and support of Sikkim government in making Ladakh Organic Mission achievable.

Stating that the Hill Council has framed a draft policy on making Leh district an organic region for the first time, Jamyang said that it is time to imple-

ment this policy with the signing of the MoU with SSOCA, Sikkim for 5 years.

He said that there will be an exchange of ideas, knowledge, expertise, and training between Sikkim and Leh in the coming years to complete the project by 2025 a target to turn entire Leh district into organic farming.

He also appreciated the efforts of officers and the staff of the agriculture department, scientists and experts for their inputs and hoped for their constant support in achieving the goal by 2025

Sherab Latso Dorje appraised everyone about the duties and functioning of SSOCA under Sikkim Government as a recognized agency in providing organic certification.

She said that Ladakh having scattered areas with clustered villages have the potential to go for organic farming in a much easier way as compared to Sikkim. Ladakh by default is organic and getting an organic certification will benefit the local farmers to grow organic produce with low cost of cultivation, zero dependent on outside outputs like urea, fertilizers, seeds and a better opportunity to sell their organic produce outside Ladakh.

She gave full assurance to help Hill Council, Leh in getting the organic certification and other supports like capacity building and guidance in a phased manner.

Phuntsog Stanzin, EC Agriculture informed that the first phase of the Ladakh Organic Mission in Leh district will start from this year with an estimated cost of ₹ 30 lakh. The project will be completed in three phases by 2025 at an estimated cost of ₹ 45 crores.

In the first phase, registration formalities will be done and around 34 villages will be covered. The project includes certification process, public awareness programme, training to officers and field staff of the agriculture department.

## Hill council, Leh, gives reception to Gya students on returning from France

Reach Ladakh Correspondent

LEH: After a month-long cultural tour to France, students of Government Middle School Gya were given a warm reception by Hill Council, Leh led by Gyal P Wangyal, Deputy Chairman on June 7 at Council Secretariat.

Gyal P Wangyal said that the trip was a great opportunity for the students of Govt. school Gya to visit different cities of France and in promoting and showcasing Ladakh's culture. Also, the school has set an example to all other Govt. schools and proved that they are not behind in any field.

He said that the experiences gained from the one-month educational tour in such a developed country should bring positive changes in all the students and teachers.

Filmmaker Stanzin Gya initiated the excursion tour. 17 students, 9 adults including 5 teachers, the area Councillor, one interpreter and two musicians toured different cities of France for 36 days starting from May 1 to June 5. They showcased different cultural activities of Ladakh in different cities of France. The students from France showed a great interest to visit Ladakh to present their cultural heritage and also to learn art, culture, agriculture,



and customs from Ladakh.

Gyal P Wangyal appreciated the initiatives of Stanzin Gya and said that it is a great contribution and a token of love for the children of his native village.

Stanzin Gya extended gratitude to Hill Council, Leh for the reception and said that such a gesture would encourage the students of Govt. schools. He also mentioned the generosity of sponsors who have ensured the tour in different ways.

Sharing experience of the tour, a student told that France has a sound and practical educational system with rich infrastructure and also informs that they have a good traffic rule. Keeping the elderly people in isolation in old age home made them deeply upset.

A teacher who also accompanied the students on France tour said that they have earned all the expenditure of money by present-

ing cultural shows in different cities.

Tashi Dolma, Joint Director Education Ladakh urged that the best educational practices whatever they observed in France should be replicated at the local level besides scaling up to other schools. She said that the students of Govt. schools have comparatively bigger opportunities for holistic development and are not lacking in any field of education.

Tsering Paldan, Councillor said that the tour has benefitted the students to open up their knowledge horizon.

The tour has not only brought students together but has further strengthened the relationship between the two nations. Efforts will be made to make this programme a regular feature in future between the school children of the two countries.

भारतीय डाक



India Post

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(\*\*\*\*)

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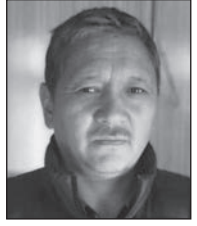
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## EXPERT TALK

## Child Labour

By Rinchen Angmo Chumikchan

**Chotak Gyatso P rogramme Manager, LNP:**

The term 'child labour' is defined as employment of children that deprives them of their childhood, their potential and their dignity, and that is harmful to physical and mental development. That means it interferes with their schooling by depriving them of the opportunity to attend school, obliging them to leave school prematurely, or requiring them to attempt to combine school attendance with excessively long and heavy work.

In our district, there is no exact data or specific study report on child labour issue. But a study was conducted by Leh Nutrition Project in collaboration with UNICEF India on general child rights issues in Khaltse and Nubra region in 2015-2016. It revealed 39 per cent of participants/responder (children and adult both) identified that child labour is an issue in their region. It says Ladakhi children are mostly engaged as domestic helpers by wealthier families or relatives and there are some school drop-outs between 15 to 18 years of age engaged in BRO and other agencies as labour. Not big in number, but

it exists in almost every village. Similarly, many non-local children, from Nepal, Bihar and other states, are engaged as child labour. There are children who are working in shops, guest houses, restaurants and automobile mechanic shops in Leh town. Besides, you will find many non-local children begging in Leh town, especially during the religious congregations.

The new Child Labour Prohibition and Regulation Act, 2016 completely bans employment of children below 14 in all occupations and enterprises, except those run by his or her own family, provided that education is not hampered. The addition of a new category of persons, called 'adolescent', children between 14 to 18 years, are barred from employment in any hazardous occupation. The Act makes child labour a cognizable offence. Employing children below 14 years will be punishable for a jail term between 6 months and two years (earlier 3 months to 1 year) or a penalty between Rs 20,000 and 50,000 or both for the first time. Many experts believe that even this law is also weak because the complete ban on child labour is for those below 14 years. They feel that it should be extended up to 18 years like in the developed countries.

We also need to know that Children's or adolescents' participation in work that does not affect their health and personal development or interfere with their schooling, is generally regarded as positive. This includes activities such as helping their parents at home, assisting in a family business etc. This kind of activities contributes to children's development, equip them with skills and experience, and help them get ready to be productive members of society later in life.

In my view, our district is ill-equipped to deal with child labour issues as we do not have 'District Child Labour Task Force'. It seems that child labour issue is not mandated to District Labour Department. Our policy makers, planners and authorities lacked the sensitivity towards this issues and no initiative has been taken to deal with it. As I have said earlier, the number may be small but child labour is indeed an issue for our district. It will be easier for us to deal with if an intensified awareness initiative is taken by the district authorities with the support of LAHDC. We can be a completely 'free from child labour' district within a short span of time if we wish to see it and it will be a proud moment for our district and LAHDC.

**Solutions:**

- Awareness campaigns
- 'District Child Labour Task Force' needed to deal with child labour issues
- Proper Facilities should be provided to them
- Policy is needed at the local level to curb this issue.



**Ghulam Nab Tak, Assistant Labour Commissioner:** The Child and Adolescent Labour (Prohibition and Regulation Act, 1986) is extended to the whole of India. According to this Act, a 'child' means a person who has not completed 14 year of age and an 'adolescent' means a person who has completed 14 years but has not completed his 18th year.

No child below the age of 14 years can be employed or permitted to work in any occupation or process. A child should be able to receive proper education and all the rights which he/she is entitled to.

**Hours and period of work**

Besides that, when they complete 14 years of age, and if someone wants to employ them, then there are certain procedures to follow. The time is fixed for them to work. The period of work on each day is 6 hours including lunch break of one hour.

The employer has to give notice to the labour inspector that they have employed an adolescent. The labour inspector will check the birth certificate. In case they don't have birth certificate, then the inspector will consult a doctor and check whether he/she is above 14 years of age or not. If he/she is above 14 years, then he will give the permit to work.

**Maintenance of register**

The employer/occupier should maintain a register to be available for inspection by an inspector at all times during working hours or when work is being carried on any establishment. It should include the name and date of birth, hours and period of work and the intervals of rest and the nature of work.

**Health and safety**

There are rules for the health and safety of the adolescent employed in an establishment. It should be clean and hygienic. Facilities for disposal of wastes and effluents, ventilation and temperature, dust and fume and artificial humidification and others should be there.

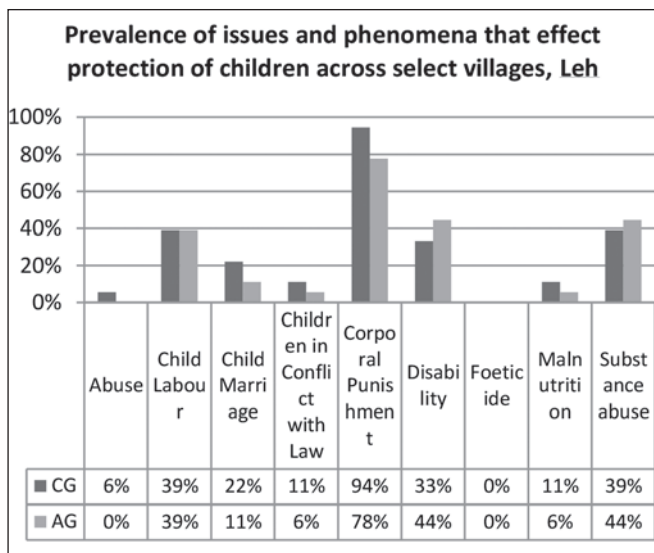
**Penalties**

Whoever employs a child or permits a child to work in contravention of the provision of Section 3 shall be punishable with imprisonment for a term which shall not be less than six months but which may extend to two years, or with fine which shall not be less than Rs 20,000 but which may extend to ₹,000 rupees or with both.

**Plans & initiatives of the Department**

We are planning to conduct a drive soon, and if we find any cases of child labour, we will hand over the child to Child Welfare Committee. Strong action will be taken against violators of child labour law and will file a 'challan' in the court. We register all the labours in

...Continues on Page 6



## IN FOCUS

## Ramadan an opportunity to be a true human being

## Ramadan

Razia Parveen, S kampari

Ramadan is the 9th month as per the Islamic calendar. During this holy month, Muslims have to abstain from eating, drinking, smoking, and refrain from lying, cheating, backbiting, cursing, gossiping, and the like.

**The Qur'an says:**

"O you who have attained to faith! Fasting is ordained for you as it was ordained for those before you, so that you might remain conscious of God." (2:183)

Fasting has both physical and spiritual benefits for human beings as it rejuvenates our multidimensional faculties. The aim of fasting is to release human beings from all the worldly desires; to realize the goal of human purification and everlasting blessedness. It is aimed at curtailing the intensity of desires and lust by means of hunger and thirst; at inducing humans to realize how there are many people in the world who go even without a small quantity of food; at fighting the

inner self from devil's deception. It expels the toxins that are injurious to health and cures the ailments which develop in the body due to over indulgence. It is beneficial for health and most helpful in leading a life of devotion and righteousness.

The divine selection of the month of Ramadan for fasting has a special significance, as it was during this holy month that the final message of God to mankind through the final prophet of God, Muhammad (PBUH) started coming in 610 C.E./A.D.

"It was the month of Ramadan in which the Qur'an was (first) bestowed from on high as guidance unto man and a self-evident proof of that guidance, and as the standard by which to discern the true from the false. Hence, whoever of you lives to see this month shall fast throughout it." (2:185)

Thus, fasting is the expression of gratitude by the faithful to the Lord for the greatest gift in the form of Qur'an. Adoption of lunar

calendar by Islam rotates the benefit of fasting in all the months and seasons of the year, thus bestowing in the faithful the 'festival of piety and righteousness'.

"God wills that you shall have ease, and does not will you to suffer hardship." (2:185)

Fasting in the month of Ramadan is compulsory for all adult, healthy Muslims, male or female. But few people temporarily exempted by the Qur'an and Hadith are sick, voyager, women during pregnancy and nursing mother. And a few others completely exempted from fasting are the old and feeble persons; person suffering from incurable disease. Such people are advised to feed the poor.

"But he who is ill, or on a journey (shall fast instead for the same) number of days (after Ramadan)" (2:185).

The writer is an Assistant Professor, Bemina Colleg ,8 inagr .

## SoulSpeak

P. P. Wangchuk

## A day is as good as you make of it



Training yourself daily and regularly is as essential as not missing your daily food. Every morning comes up with new challenges and greater demand for newer tactics for suitable solutions. As they say, success comes to those who are well-prepared for any challenge.

Actor Bruce Lee had said, "I fear not afraid of the man who has practised 10,000 kicks once, but I fear the man who has practised one kick 10,000 times." That means that we have to make ourselves stronger and smarter every day, and learn newer ways to tackle difficult problems. Looking back and sitting over your laurels will do no good as that is like getting into a complacency mood. Any feeling of smug and uncritical satisfaction is surely the road down the hill.

In simple terms, training yourself means doing everything that makes you capable of handling a situation that might come your way. Every challenge demands a newer way and better imagination for a happier ending. The fact that you put in your best without any smart planning would be a mere wastage of time and energy. Learning more is getting more, and getting more means you are constantly improving yourself.

There is no limit to your learning, just as there is no limit to your output. The more you train yourself, the more you are likely to be in a position to tackle your issues.

This idea of a better and healthier readiness has to be updated every day. Only then one can be said to be fully prepared to deal with the daily onslaughts. A day is as good as you make of it with critical thinking and a definite road map.

Courtesy: Hindustan Times

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



## In Conversation with

# Dr. Rinchen Zangmo, MBBS, MD, DNB; Obstetrician and Gynaecologist

Interviewed by Stanzin Dasal

### Q. **What are the most common health issues seen among pregnant women?**

A woman may experience common pregnancy symptoms like morning sickness, fatigue, headache, constipation, and mood swings because of the increasing level of a certain hormone and slight breathlessness with advancing gestation.

The concerning health issue includes high blood pressure, diabetes during pregnancy (Gestational Diabetes), low hemoglobin (Anaemia) and hypo/hyperthyroidism. Pregnancy may aggravate preexisting medical illnesses like heart disease, asthma, Type 1 or type 2 diabetes, chronic hypertension, and neurological diseases. Special attention is needed in women with such problems and in certain cases, patients are advised to avoid getting pregnant altogether.

High blood pressure during pregnancy is one of the most common causes of referral from Ladakh to higher centers.

### Q. **Can you explain the reason behind the blood pressure and referrals for the same?**

Risk factors for high blood pressure in pregnancy include pregnancy at an advanced age, twin or higher order pregnancy, obesity, family history, chronic hypertension, kidney disease, high altitude. I have seen many patients being referred in view of uncontrolled blood pressure in Ladakh, as soon as the patient lands up in Delhi her blood pressure becomes normal.

Uncontrolled Blood pressure can lead to poor foetal growth, fetal demise, risk of uterine bleeding and bleeding in other organs, risk of maternal death. Babies with poor growth inside the womb need to be referred to higher centers due to lack of level three neonatal intensive care unit.

### Q. **What are the causes of a problem like hypothyroidism, anaemia during pregnancy?**

There are two kinds of thyroid disorders in relation to the level of active thyroid hormones: hypothyroidism and hyperthyroidism. Hypothyroidism is common in India especially in females with around 11% prevalence. Previously iodine deficiency was the most common cause of hypothyroidism, as iodine is a mineral needed for the synthesis of thyroid hormones T3 and T4. Now, hypothyroidism because of iodine deficiency is very rare with the availability of iodized salt. Autoimmune thyroiditis is said to be the most common cause of hypothyroidism.

Causes of anaemia include nutritional deficiency of iron, folic acid, vitamin B12, and other micronutrients, poor absorption, worm infestation, chronic diseases and genetic (e.g. Thalassemia). Thalassemia is uncommon in Ladakh. We can consider screening for Thalassemia traits in children born from inter-race marriages, where one of the couples is from Thalassemia belt.

### Q. **What are the causes of infertility?**

Infertility is when a couple cannot conceive despite trying regularly for 1 year. It can be due to male factor (1/3rd roughly), female factor (1/3rd) and other 1/3rd of the cases is unexplained. The male factor can be due to obstructive causes (by birth or later), infections like mumps, occupational (working in hot places), smoking, excessive alcohol intake.

Female factors include blockage of fallopian tubes, ovulation disorder, ovarian failure and endometrial factor. In developing countries like India, tuberculosis plays an important part in female infertility. Age is a very important factor for female infertility. Apart from a decrease in ovarian reserve with age, the risk of chromosomal abnormalities like down syndrome in the baby increases with increasing maternal age and more so after 35 years of age. A woman's body reproduces and there is a time for it. It's up to you whether you want to have a family, but if you have decided for one, don't delay.

### Q. **We have seen many cases of cesarean delivery nowadays as compared to normal delivery. What is the reason behind that?**

If we compare the maternal and neonatal mortality rates of the present day with say 25 years back, the rates have declined. One reason for this decline is timely delivery by cesarean section in those needing immediate delivery to save lives. Another reason for the increased cesarean section is more number of high-risk pregnancies.

Pregnancy at an advanced age has more chances of complications like high blood pressure, poor foetal growth. Many patients conceive with IVF treatment and in such cases, we cannot take many risks. More intensive fetal monitoring is again one of the reasons for Caesarean



A woman knows that she is pregnant when she misses her period, by the time she and her doctor comes to know about this, the pregnancy is already 5 weeks gestation.

Preconception care is important for all females planning a pregnancy, but more so in patients with preexisting medical illnesses like diabetes, high blood pressure and neurological problems. It is during this time, that we review the status of her disease and her medications. For example, high blood sugar in mother during the first 3 months can lead to abnormalities in the foetus, there are certain medications for blood pressure, which can lead to abnormal organ development in the baby and the woman needs to be switched to safer medications.

All women planning for pregnancy should take preconception folic acid, ideally 3 months before planning pregnancy. Women with a preexisting medical condition must have a preconception counseling with her doctor before she is deemed fit to conceive.

### Q. **Tell us about the Cervical Cancer. What are the early symptoms, precaution and treatment?**

Cervical cancer is the second most common cancer in females in India after breast cancer. It is caused by high-risk strains of Human papilloma virus, which get incorporated in the cells of the cervix and gradually convert the normal cells into cancer. I have seen many cases of cervical cancer from Ladakh since my post graduation days. The symptoms include excessive foul-smelling discharge, irregular bleeding, contact bleeding. In advanced stages pain, bleeding with stools, blood in urine, and kidney failure due to obstruction of the ureters by growth, importantly, patients may remain asymptomatic till later stages. Here comes the importance of screening.

Screening for cervical cancer is done in asymptomatic sexually active females above 25 years of age. Pap smear is the most commonly used screening test, once normal, it has to be repeated every 3 years till 60 years of age and then 5 yearly till 65 years. Patients with abnormal screening results proceed for further tests. In places with no facilities, an internal examination by a gynaecologist can tell about the health status of the cervix grossly.

To prevent cervical cancer safe sexual practices, being faithful to your partner (both male and female), regular screening and vaccination are important. Vaccination is available against HPV strains 16 and 18, the most common types of HPV implicated in cervical cancer. So even if one has been fully vaccinated, screening has to be done for the other strains. Vaccination can be done after 12 years of age. Treatment includes surgery with/ without chemoradiation therapy depending on the stage of the disease.

### Q. **What is menopause and what are the symptoms and treatment of menopause?**

Menopause or cessation of ovarian activity is when a woman stops having periods and can no longer get pregnant naturally. Cessation of periods, hot flushes, mood swings, irritability, depression, and anxiety palpitations, sleeplessness, night sweats, decreased sexual drive, vaginal dryness and urinary symptoms are common complaints.

Treatment for menopause depends on the severity of symptoms. The primary aim is to provide symptomatic relief. It may include lifestyle changes or hormone therapy and treatment of specific symptoms with non-hormonal medications. Lifestyle changes like avoiding caffeine, spicy food, eating soy products can reduce symptoms of menopause significantly. One must take plenty of calcium and vitamin D in food or supplements. Exercise, healthy diet and relaxation techniques help to maintain a healthy lifestyle in postmenopausal women. Any kind of physical activity is helpful, besides this, 30 to 40 minutes of weight-bearing exercise in a day is important.

Hormone replacement therapy (HRT) should be prescribed only after discussing the benefits and risks of hormone therapy with the woman.

### Q. **Can you give some tips to women for a healthy lifestyle?**

A nutritious diet is an important component of good health. Folate supplements in reproductive years, protein-rich diet, iron and calcium supplements in pregnancy and post delivery are important to stay healthy and bear healthy offspring. Women should also focus on pelvic floor exercises after a normal delivery, stress management by yoga and meditation, regular cervical screening, screening for breast cancer after 40 years, adequate calcium and vitamin D intake during perimenopause and weight-bearing exercises

## MESSAGE TO THE READERS

*“Don't ignore any abnormal symptom, perhaps your body is trying to tell you that something is not right. Remember that there is a time for everything; plan your pregnancy well in time. Consult your doctor to clarify doubts. Last but not least take good care of yourself so that you can take care of your family.”*

deliveries. Women should have continuous support, warmth, and encouragement during labour from her closed ones, which play a big role in decreasing cesarean rates. Caesarean delivery has to be done for a genuine indication and not just like that. Time to time audits are carried out in most centers on the same topic, decreasing caesarean rates. I think there is more to do from our (doctors) side on this matter.

### Q. **What is pre and postnatal care?**

Prenatal care is caring for a woman during pregnancy to monitor the progress and to detect and manage complications on time with a timely referral if needed. As per latest WHO guidelines, a pregnant woman should have at least 8 antenatal checkups, the frequency can be more in case of complications, and women must follow their obstetrician's advice on when to come for next follow up.

Postnatal care is caring for women and newborns after delivery. Care doesn't end with delivery, there are certain complications which can arise after delivery and which can be directly or indirectly related to the delivery. Postnatal care is to detect and manage any such complication.

### Q. **What is preconception care?**

This is something, which many are unaware of including many of the well-educated people. It is when a female comes to her doctor with a plan to start a family. Formation of organs (Organogenesis) starts from the 3rd week, the period from 3rd to 8 weeks is the most important.



## Div Com holds public 'Darbar' at Tangtse



Reach Ladakh Correspondent

TANGTSE: To get first-hand information regarding people's problems and to review the developmental works being carried out in Durbuk sub division, the Divisional Commissioner Ladakh, Saugat Biswas (IAS) took a Public Darbar at Tangtse on June 10. It was attended by Councillor Durbuk, Sarpanches, Nambard-

ers, public from different villages and block officers.

The Div Com listened to people who put forth various demands and problems. The demands included relaxation in BADP norms by inclusion of entire Durbuk sub-division under BADP schemes, connecting Durbuk with Northern Grid, improvement of school and hostel infrastructure, increase in

the duration of power supply, providing pipe drinking water facilities, skill development for youths, upgradation of PHC Tangtse, posting of dental surgeon and gynaecologist at Tangtse & Chushul health centres, opening of new trekking routes, improvement in mobile communication coverage, and others.

Saugat Biswas discussed the relevant issues with the block officers and ensured to take up the issues with concern departments for maximum implementation. After the public Darbar, he also listened to the departmental problems faced by the block officers. Putting a priority on education, he sought last three years detail of students who passed out the 12th standard and their present status in order to get a clearer picture of dropouts.

He further instructed the block officers to redress public issues on top priority and give their best to resolve them.

## One killed, seven injured after two cars collide on Likir-Basgo road

Reach Ladakh Correspondent

LEH: One youth killed and 7 injured in a road accident that happened between Likir and Basgo on June 11. The accident was stated to have occurred as a result of the collision of two vehicles.

Gyal P Wangyal, Deputy Chairman, LAHDC, Leh expressed his deep shock and grief. He along with Tsering Sandup, EC Health also visited SNM Hospital to enquire about the health condition of the injured passengers.

The health condition of the injured persons stated to be stable. Earlier Avny Lavasa, DC Leh also visit-



ed SNM Hospital to take stock of the situation. She directed the hospital administration to provide best possible medical facilities to the injured persons.

## 5th edition of 'Ladakh Review' launched in Leh



Reach Ladakh Correspondent

LEH: The 5th edition of 'Ladakh Review' on water issue along with a revised edition of 'A Cultural History of Ladakh' compiled and edited by scholar

Nawang Tsering Shakspo was launched on June 14 in Leh.

The program was organised by Tendrel travels in association with Centre for Research on Ladakh.

Nawang Tsering Shakspo said that Ladakh, particularly Leh town is witnessing a tremendous socio-cultural transformation and time has come to give proper thought on promoting and preserving centuries-old culture and way of life of the people.

Dr. Eshey Namgail, President, Municipal Committee, Leh, Pintoo Nurboo, Former Minister, Phuntsog, Former IGP and Ven. Thupstan Paldan, scholar and many others were present.

The speaker highlighted various environmental related issues such as traffic jam, parking, drinking water issue and blockage of sewer pipes and dumping of garbage etc.

## Expert Talk: Child Labour issues in Leh District

...Continued from page 4

the labour department in which financial aid to the children of labours are provided for education. The financial aid starts from ₹2,500 to 50,000 annually. So far, 8,989 labours are registered, out of which 400 are non-local.

Last year, we disbursed over ₹1cr and 10 lakh for education, health and disability. Compensation will also be provided for the registered labours. In

case of natural death, they will be provided with ₹ 2 lakh, and in case of accidental death, they are provided with Rs4 lakh.

### Solution:

- Creating awareness on the issue
- Discouraging demand for child labour
- Concerted efforts from all sections of the society to curb child labour
- Lodging complaint if there are any case of child labour.

## PUBLIC NOTICE

It is for general information that I, JAMCHHO S/o SAMEE, residing at Village Agling, Post Choglamsar, Leh, Jammu and Kashmir – 194101, declare that the name of my father has been wrongly written as TAMDING in my Pan Card No.BVEPG9565Q. The actual name of my father is SAMEE, which may be amended accordingly.

## MLC, Leh, donates ambulance to PHC, Sakti



Reach Ladakh Correspondent

SAKTI: A fully equipped ambulance was donated by Chering Dorje, MLC Leh to Primary Health Centre, Sakti from MLC area fund.

He handed over the ambulance to PHC Sakti on June 7 in presence of Deputy Chairman, Hill Council, Leh Gyal P. Wangyal and Executive Councilor for Health Tsering Sandup.

Chering Dorje said that the new ambulance for PHC Sakti will not only prove beneficial for people but will play a crucial role in evacuating patients from Changla-pass in case of emergency.

"A fully equipped ambulance at PHC Sakti was urgently needed from a very long time as this area is one of the busiest tourist routes in Ladakh beneath the famous Changla-pass", added

Dorje .

He hoped that this ambulance will be of great use for tourists as well as for entire Sakti area. At the same time, Dorje appealed doctors of PHC Sakti and people of Sakti for proper use and maintenance of this ambulance.

Talking about the improving health facilities in Leh district, Chering Dorje said that Leh district is better in many ways as compared to other districts of our state and hoped that the demand of medical college for Leh and the upgradation of PHC Khaltis and Nyoma to sub-district hospital will be fulfilled in near future.

Gyal P. Wangyal, Deputy Chairman who is also the area Councillor thanked MLC on behalf of entire Sakti people for sanctioning ₹ 11.00 lacs out of his MLC fund last year. He said that the ambulance was purchased last year but due to the closure of Sri-

nagar- Leh road the ambulance was stationed at Srinagar.

Talking about other facilities needed at PHC Sakti, Gyal Wangyal said that a complete analyzer machine for various blood tests will also be equipped in the laboratory of PHC Sakti soon.

"To keep the records of patients and for other office use, a set of computer will be provided by J&K Bank under CSR for PHC Sakti", added Wangyal.

He directed Dr. Lal Didi, MO PHC Sakti to ensure proper maintenance of this new ambulance and cautioned that misuse of the ambulance will not be tolerated.

Highlighting the improving medical facilities in terms of infrastructure, equipment and services in Leh district, Tsering Sandup, Executive Councilor for Health said that SNM hospital Leh is one of the best district hospitals in the state.

He further said that with the efforts of Hill Council Leh, Airport Authority of India has agreed to sanction Rs. 12 Crore for procurement of MRI Machine under their CSR scheme for SNM Hospital Leh.

Earlier, CMO, Leh Dr. Motup Dorje also addressed the function and congratulated the people of Sakti area.

## EC Health takes stock of healthcare facilities in Shargole block, Kargil

Reach Ladakh Correspondent

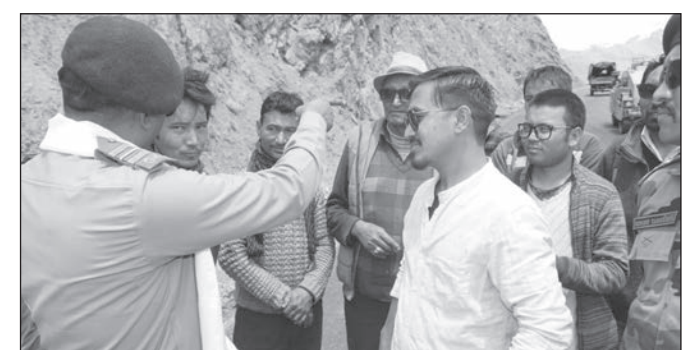
SHARGOLE: To take stock of the healthcare facilities, Muhammad Ali Chandan, EC for Health visited Primary Health Centres, Shargole on June 7.

He also visited several villages of Shargole block including Karamba and take rounds of different sections of the Primary Health Centres to enquire about the medicare facilities.

Block Medical Officer, Shargole informed EC Health about the facilities being provided to the patients. He also briefed him about various issues pertaining to the health institution.

BMO Shargole was directed to get the PHC details for the last two years at Council Secretariat.

Muhammad Ali Chandan, EC Health stressed on the BMO,



doctors and the paramedical staff to work with zeal and enthusiasm to provide better health care facilities to the public.

He also asked them to remain punctual in their duties.

He also took stock of the macadamization work being executed by Project Vijayak from 62 to 70 km. The Officer Commanding 55 RCC Vijayak apprised EC about the progress achieved so far.

Muhammad Ali stressed on the executing agency to complete the required works within a time-bound manner while taking due care of quality parameters.

The concerned officers of Vijayak assured that macadamization of the road stretch and other allied works will be completed as per the specifications approved by the department within the stipulated timeline.



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