

REACH LADAKH BULLETIN

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Brief News

Hill Council, Leh celebrates 74th Independence Day

LEH: Gyal P Wangyal, CEC, Hill Council, Leh hoisted the national flag during the 74th Independence Day celebration at Council Secretariat.

CEC was accorded a guard of honour by newly formed Ladakh Police.

He greeted the people and extended his warm greeting on the occasion of the 74th 'Independence Day' celebration. Also conveyed his heartiest greetings and congratulations to the brave soldiers of Ladakh Scouts, ITBP, Ladakh Police, CRP, CISF and BSF forces deployed in Ladakh and Ladakhi students studying across country and abroad.

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Mental health issues a growing concern in Leh

From July 2020, nearly 150 cases registered in mental health OPD, SNM Hospital

Stanzin Dasal

LEH: Around 300 new cases of mental health problems ranging from severe mental disorders like Schizophrenia, bipolar disorder, to common mental disorders like depression to anxiety disorder, and substance abuse registered at SNM hospital in five months (data of 2018).

On July 13, 2020, a mental health OPD was formally launched by the Lieutenant Governor R K Mathur at SNM hospital. Though the OPD was in existence since 2018 due to some reasons it was not fully functional. Aiming to provide help and support to the people who have mental health issues, the OPD has given a ray of positive hopes to many who seek help and attention.

After the launch of OPD, near around 150 mental health cases (includes both the new and follow up cases) was registered.

Dr. Padma Angmo, (MD Psychiatry) Psychiatrist and State nodal officer, national mental health program UT Ladakh, who worked in Delhi prior joining to SNM hospital said, "When I first started to work in Ladakh I assumed that there won't be much of the cases but surprisingly the prevalence and pattern seemed similar to Delhi. Compared to the sparse population of the region the number of cases reported is quite high."

Also, this year because of the COVID-19 pandemic, many people are experiencing mental health issue. Economy loss is becoming a rising concern during this pandemic as many in the region are depended on seasonal earning, hefty loan from banks, fear of losing jobs, uncertainty and many more are directly related to the mental health problem.

Mental health problems, including depression, drug addiction, and suicides are becoming a growing concern in the Ladakh region. According to the research paper compiled by Dr. Padma Angmo and Dr. Mohd. Iqbal, DHO published in the International Journal of Scien-



tific Research in the year 2018, a total of 310 new patients registered in the Psychiatry OPD in a period of five months from March to July 2018. Comparing the number of cases reported, depression and anxiety are slightly more common among the female. From 8 years to 82 years old, patients of all age groups are seeking mental health care attention. 69.35% of the patients were in the age group of 20-59 yrs. While 56.5% of patients were married, 38.4 % of patients were unmarried and a small percent of the patients were separated or divorced or widowed.

Dr. Padma Angmo stated that more ground work or study is needed to be precise because so far all the figures and assumptions are based on the number of cases reporting to the hospital. No community based ground study or research has been done regarding the prevalence of the problem in society.

Talking about the reason behind the rising mental health issue she said, "Stress is the biggest factor leading to depression and many other issues. Growing competition and pressure to stand out, earn more, etc. affect mental health".

Not just stress leads to depression many other factors

also contribute to the issue.

"High altitude could raise the risk of depression, suicide cases. Studies have been carried out in High altitude areas of America where they found that the rate of suicide cases is more as compared to the areas of lower altitude. It is believed that lack of oxygen at high altitudes, could be interfering with people's mental health. We still have to study further according to the pattern for further detail", she added.

Many of the mental health cases go unreported in the region reason being less awareness, ignorance, and stigmatization. It was found that even educated people tend to ignore or feel insecure to talk about it openly. There is a need for more awareness among the people about the mental health issue as it can affect anyone.

Stigmatization is a major concern because many people see mental health issues as something to be embarrassed or ashamed of. Many consider people suffering from mental health issue as abnormal, violent, and weak. Thus, many steps back to support and help them.

The growing concern and alarming issue in Ladakh is substance abuse among school-going children and youths.

Addiction to cannabis and volatile substances and inhalants is rampant in society. Many believe that all those habits and exposure is because of the changing lifestyle and negative impact of the tourism industry. Dr. Padma stressed the need of understanding the root cause of youths getting addicted to such habits and how such things are made available.

"Substance abuse is badly prevalent not just limited to alcohol or tobacco but drugs like opioids have also crept in our society", she added.

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Ladakh celebrates 74th Independence Day with great enthusiasm

As UT, it marks the beginning of a new era of growth & support from the Union Govt, says L-G Mathur



R K Mathur, Lieutenant Governor saluting the national flag at Pologround Leh, Ladakh.

Stanzin Dasal

LEH: Ensuring all safety protocols, including social distancing and wearing masks, Ladakh celebrated the 74th Independence day with full enthusiasm on August 15.

R K Mathur, Lieutenant Governor unfurled the national flag at Pologround, Leh while in Kargil, Feroz Ahmed Khan, CEC, Hill Council, Kargil unfurled the tricolor at Khree Sultan Cho stadium, Bymathang.

Addressing the gathering, R K Mathur extended his warm greetings to all the people of Ladakh and congratulated on the first anniversary of UT Ladakh and for the beginning of a new historic journey. He said that this year's Independence day holds a great significance for the people of Ladakh as its 70-year-old demand for Union Territory status was fulfilled.

He also remembered the brave soldiers who laid down their lives to defend territorial integrity and praised Indian armed forces, paramilitary forces, and Indian Air force for playing a pivotal role in the development of the region and has taken care of the people of Ladakh in times of need and difficulties.

Amidst COVID-19 pandemic, Lieutenant Governor expressed gratitude to all the COVID-19 warriors including, doctors, nurses, paramedics, municipal staff, police, and administration.

Talking about the keen interest of Prime Minister Narendra Modi to develop Ladakh, R K Mathur spoke about Special Development Package provision in the J&K Reorganisation Act, 2019, vision to make Ladakh a carbon-neutral region, developing Leh and Kargil as smart cit-

...Continues on Page 3

Veteran BJP, Congress leaders join hands to strengthen LBA

Decides unanimously to work for the betterment of Ladakh region

Stanzin Dasal

LEH: Amidst chaos and confusion after the formation of Ladakh as Union territory, veteran politician including Thupstan Chhewang, Former MP; Nawang Rigzin Jora and Chering Dorjay Lakruk, Former Ministers decided to come on one platform and work for the welfare of Ladakh region.

Surprisingly, all three leaders are not going to fight the upcoming Hill Council election, rather decided to strengthen the Ladakh Buddhist Association.

A meeting was held on the initiative of Former, Rajya Sabha member, His Eminence Thiksey Khenpo Rinpoche on August 4 at Thiksay Monastery Library.

Sources who chose to remain anonymous said that nearly 40 people including LBA President, Vice President, and District Presidents of the political party attended the meeting. All the participants unanimously decided to work for strengthening LBA for the betterment of Ladakh. They stressed the need to safeguard for Ladakh region and decided to work collaboratively for the larger interest.

While addressing the meeting, His Eminence Thiksay Rinpoche said that he had no personal or political interest but felt the need for strengthening LBA. He said that all the major demands of the Lada-

kh region were raised and achieved on the LBA platform, therefore urged all stakeholders to use this platform, not for political debate but to discuss and debate about the future development of Ladakh.

MP Thupstan Chhewang clearly expressed the willingness to work for the betterment of Ladakh without taking part in politics. He informed his disagreement to accept offers made by political parties including Ambassador seat.

Nawang Rigzin Jora also announced not to take part in any electoral process but being the President of Congress party, Ladakh he will only help Congress party during the election.

Also, Chering Dorjay promised to work for strengthening LBA and announced not to take part in politics. He also informed that he rejected number of offers to work for Ladakh on this neutral platform.

LBA President, PT Kunzang; BJP President, Dorjay Angchuk, and Congress President, Tsering Namgyal also spoke on the occasion.

All stakeholders expressed gratitude to Modi led BJP government for granting UT status to Ladakh but asserted the need of strengthening LBA and Hill Council and to fight for the safeguard of the Ladakh region.

Violation of recruitment rules at CIBS alleged

Aspirants demand high-level committee to investigate the matter

Stanzin Dasal

CHOGLAMSAR: Central Institute of Buddhist Studies (CIBS) is facing allegation for violating recruitment rules in the selection process of Trained Graduate Teacher (TGT) in various subjects.

Representatives of Central Institute of Buddhist Studies, Alumni of Central Institute of Higher Tibetan Studies, Varanasi, President of Ladakh Student Welfare Association, and President of LEAF made the allegation. As per the notification for TGT, these organizations alleged that the shortlisted candidates are unrecognized candidates who are not well qualified and deserving as per the recruitment guideline. The notification of selected candidates for the recruitment of Trained Graduate Teacher (TGT) in various subjects was advertised on 25 May 2019.

When we reached Geshes Konchok Wangdus, Director In-charge, CIBS, he asserted that this allegation is baseless. "All the shortlisted candidates are well eligible and experienced one, which matters more to us. It is not just about having degrees. We need experienced candidate which is decided in an academic council", he added.

Talking about the unrecognized candidates who have been shortlisted, Geshes Konchok said, "By unrecognized candidates, they meant to say Geshes and Khanpos who pursued their titles from monastic education. Indeed, the titles are not recognised under UGC, but the level of study and accomplishment is far greater than a Ph.D. Whether the individual titled Geshes or Khanpos qualify for the post or not, solely depends on the university or an



institute."

He further questions the representatives who alleged violation in recruitment rules and asked why they didn't file RTI initially?

"Criticism is important for the development of society, but it should come from the people who are true, have no vested interest and thinks about society", he added.

A letter highlighting various issues regarding recruitment in CIBS signed by Representative of Central Institute of Buddhist Studies, Representative of Alumni of Central Institute of Higher Tibetan Studies, Varanasi, President of Ladakh Student Welfare Association, and President of LEAF was submitted to Joint Secretary, Ministry of Culture on July 26.

The letter reads as "We would also like to draw your attention towards the certain non-justified policies adopted by the administration of CIBS. They are as follows:

The deserving candidates holding a Ph.D. degree, B.Ed. degree, UGC NET-JRF certificates have been excluded from the selection list. Instead, candidates holding unrecognized degrees have been selected for the interview. Such unfair and non-proper recruit-

ment activities have also continued in the past.

The postgraduate course in Bhoti literature is offered only at CIBS Choglamsar, Leh and CIHTS, Varanasi and some Govt. recognized Institute in entire India. But an unfair recruitment policy is practiced by the concerned institute. For a Bhoti literature Teaching Post, where the students have completed the course from the same Institution, they are not being recruited. Instead, those with unrecognized degrees are recruited for the same post.

The recruitments are done suspiciously. The advertisement for various teaching and non-teaching post is not properly notified. And nepotism is majorly practiced during the recruitment process."

Representatives appealed concerned authorities to take immediate action and keep the recruitment process under abeyance/hold. They further demanded a high-level committee to be formed and investigate the matter at the earliest.

The interview and written test scheduled on August 1, 6, and 7 for various posts are postponed but fresh dates of the interview are not notified yet. The notification regarding the same was issued on July 31.

Stories from Ladakh



By Richa Maheshwari & Athulya Pillai

Like coronavirus outbreak, long time ago, there was a smallpox outbreak in Ladakh. At that time, my mother lost a daughter and a son. My father used to work in the forest department, and because there were no phones back then, there was no way to communicate this to him. Two months later, when he came back home for a vacation, two of his children were gone. After that, he stayed at home with my mother.

We are seven sisters. Everyone in the village used to wonder how my parents would raise seven girls. My father sent all of us except the eldest to school. There was a tradition in Ladakh, that the eldest daughter is the most beloved. So, she is not sent to school and after marriage, her husband moves in with her. My eldest sister got married at the age of 18. I was in the 5th standard at the time.

The rest of us worked very hard at our studies. If we didn't study, father would scold us. He was strict. I was the first in our house to study medical science. I like to help people and thought this would be a good profession for me. Now, I work as a nurse at SNM Hospital. My other sisters have jobs as well and we are all married to men with good jobs. The villagers say that all the girls from our home are successful. They think well of us.

When I first heard about COVID-19 in China, I was very scared. I thought that if it ever reaches Ladakh, I would quit my job and run away. But the more I learned about the virus and its transmission, the less scared I was. Then, on March 8, the matron called and told me that two patients admitted in our hospital had tested positive for COVID-19. They were going to make a roster for the nursing staff to work with them during the morning shift and the night shift.

I felt that the rotation of staff was risky, so I went straight to the hospital and volunteered to work in the corona ward. I told them that I would stay with them until they were healed. I was confident in my ability to ensure that neither I nor the patients would come into contact with anyone from the outside. Another student nurse, Angmo, volunteered to join me. Then, I went home and told my husband that the hospital had sent an order for duty and left my daughter with my sister.

One of the patients was 75 years old and the other was 60. They had a high fever, cough, and breathlessness when they returned from Iran. They didn't even know that the coronavirus had spread outside of China. We had to explain the situation to them. It was more difficult with the older uncle. He could not hear very well. So, we used to act out what we wanted to say. The younger uncle treated us like his daughter. We used to sit and talk with them all day. In all those days, we did not let them feel alone or that they could not be touched. When they left 23 days later, they invited us to their homes. They still call and are in touch.

Storyteller: Tsering Yangzom, Skurbuchan

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L-G Mathur unveils Ladakh Police's flag, formation sign, and epaulettes



Stanzin Dasal

CHOGLAMSAR: Flag, formation sign, and epaulettes of Ladakh Police were unveiled by Lieutenant Governor, Radha Krishna Mathur on August 11 at Police Line, Choglamsar.

The flag has the national emblem and floral cover of juniper leaves which is considered sacred in Ladakh. Laden in police colours of red and blue, the flag has been given a traditional design on the corners to make it culturally distinct. The formation sign with red background signifies sacrifice while the snow leopard

shows endurance and strength, despite the hard terrain and harsh weather conditions.

R K Mathur in his address congratulated Ladakh Police for its new identity and termed the unveiling ceremony of the flag and formation sign a historic moment.

He said, "One of the prime objectives of Union Territory formation is to get the administration closer to the people so that better services can be provided. I firmly believe that the capabilities of Ladakh Police will further enhance under UT Ladakh."

He further informed that the UT Administration aims at incorporating all important works – Disaster Management, Fire Service, Civil Defence, Forensic Science, and Cyber Crime of National Level expertise to be able to assist the people of Ladakh efficiently. Also, he stressed the importance of an efficient communication system and that efforts are being made to introduce the nation-wide Police Helpline Number 112 Service in Ladakh for which, all required technologies will be procured.

Suggesting that the department must conduct outreach programs to connect better with the general public, LG Mathur ideated organising a yearly Police rally. He also suggested that the Police Raising Day can be celebrated on 31st October instead of 11th August.

Satish Khandare, Inspector General of Police, Ladakh talked

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CISF takes over security of Leh Airport



Stanzin Dasal

LEH: Central Industrial Security Force (CISF) took over the security of Kushok Bakula Rinpoche Airport, Leh on August 5.

The induction ceremony was organised at the KBR, Airport. M A Ganapathy, Special DG, Airport Sector, CISF; Captain, Raj K Mallick, ED (Security) AAI; Rajesh Ranjan, Director General, CISF; Umang Narula, Advisor, UT Ladakh; Deepam Seth, IG, ITBP, North West Frontier; Satish

Khandare, IG, Ladakh were present.

Rajesh Ranjan, Director General, CISF said, "It is a matter of great honour for us that we will be securing one of the strategically important airports of the country. Around 185 personnel will be designated for the security of the airport".

Talking about the high altitude region and harsh climatic condition he said that the organisation will deploy personnel who are physically fit and can adapt to the environment. He assured that CISF will maintain professionalism and give their best.

Sonam Nurboo, Director, Airport Authority welcomed CISF and gave best wishes. Also, he appreciated and expressed gratitude to the paramilitary force and Police for securing the airport all these years.

He spoke about the importance of Leh airport.

Kushok Bakula Rinpoche Airport, Leh, Ladakh is the 64th airport in the country under the CISF security cover.

Ladakh Cycling Club organises bicycle rally in Leh



Reach Ladakh Correspondent

LEH: Celebrating first Independence day after the formation of Union Territory, over 70 cyclists participated in the bicycle rally organised by the Ladakh Cycling Club on August 15.

The 30 km bicycle rally was flagged off by Lieutenant Governor, R K Mathur from Pologround Leh.

Lead by MP Ladakh, Jamyang Tsering Namgyal the bicycle rally aim was to take forward a symbolic initiative of Prime Minister Narendra Modi's vision of making Ladakh India's first carbon-neutral region as well to promote Fit India Movement.

The rally also highlighted the significance of the PM address on the occasion in the national capital as asserted on how Nar-

endra Modi envisions Ladakh to be the first carbon-neutral region of India just like the way Sikkim has made a mark as an Organic state,

Jamyang Tsering Namgyal said, "Initiative of the Ladakh Cycling Club is a step ahead towards the vision and mission towards making Ladakh Carbon Neutral region as well as making traffic and pollution-free, and promoting a healthy lifestyle."

He thanked Modi Government for the special and attentive care for the region and the people of Ladakh.

The rally was also organised to extend gratitude to the Prime Minister Narendra Modi for granting Union Territory status for Ladakh.

MP alleges 'misbehaviour' by Zaskar Student Union President

Neither I abused nor asked cops to file FIR, says MP

Stanzin Dasal

LEH: Member of Parliament Ladakh Jamyang Tsering Namgyal, who also holds the post of president, BJ Ladakh, has stirred up a controversy as the president of All Zaskar Student Association, Lobzang Paldan, alleged that the former misbehaved with him on July 29 at the Dak Bungalow in Padum at Zaskar.



Student representatives while interacting with the media on the issue.

Lobzang alleged that he along with some other executive members of the Zaskar student association went to meet the MP Ladakh with a copy of the memorandum at the Dak Bungalow.

"The MP was in a meeting with the head of departments. We requested the SHO to allow us to meet him with our demands. Once we got the permission from him, we went inside the room. Once the meeting was over, I introduced myself and started to talk to him, but he asked how was allowed to come inside. He didn't even listen to us and walked outside," he said.

Lobzang said that he felt embarrassed and anguished over the lackadaisical attitude of the MP Ladakh. "I requested him to listen to our demands and grievances since he is the elected representative of Ladakh. Then, some party workers approached him and told us to meet the MP in another room," added Lobzang.

"Once we went inside the other room, he started abusing me and threatened to put me in po-

lice custody. He also said that he would lodge an FIR against me. I was anguished and raised my voice. However, his PSO kicked me and then the SHO slapped me", he added.

In the copy of the memorandum, the students raised the issue of J&K bank recruitment, internet connectivity, delay in declaration of DSSRB result, LAHDC Kargil, transfer of COVID-19 positive patient in GREEF to their respective places, and the early completion of Nimoo-Padum-Darcha road.

When we got in touch with the MP Ladakh, he refuted the allegations and said that he neither abused nor threaten to lodge FIR against the student president.

"The student union broke the protocol by appearing in the meeting hall where an important meeting was taking place between me and the HODs. I told him that I would listen to him once the meeting is over but he repeatedly insisted on talking about it in front of the HODs. He

started misbehaving and spoke rudely to me," he said.

"I understand that since he is young, mistakes do happen. Thus, I tried to make him understand but he refused and was adamant. So, I asked him to go out and asked my PSO to take him out but he continued to misbehave with everyone," he added.

District Congress Committee, Leh and student association convened press conference and condemned the attitude of the MP Ladakh towards student representatives.

Meanwhile, Stanzin Tsedup, President, Lungnak Volunteer Student, President released a video on social media saying that the issue was not so big to be highlighted everywhere; the whole incident was exaggerated and hyped.

Jamyang stated that the opposition would be more effective if they showed concern towards developmental and social issues, and concerns rather than playing politics on such issues.

Ladakh celebrates 74th Independence Day with great enthusiasm

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ies and making Ladakh an organic region. He also highlighted Ladakh's potential to clean energy sources including, solar, wind, hydro, and geothermal energy.

He further assured that the UT administration will meet people's expectations in ensuring protection and development.

Highlighting the apprehension of people regarding job, environment, land ownership, and the fear of inundation by outsiders, he informed that the government is working on a domicile law for Ladakh

that will address the concerns related to land and job protection.

He further added that Ladakh with UT status is at the threshold of a new era marked by accelerated growth assisted by extensive funding and support from Union Government. And urged all to work together to create a new progressive and prosperous Ladakh that will go a long way in bringing parity in development with the rest of the country.

The programme ended with the applaud and felicitation of frontline workers fighting against novel coronavirus.

Hill Council, Leh, launches consultation campaign for Leh Vision Document, 2030

Reach Ladakh Correspondent

LEH: Mass public consultation campaign for the Leh Vision Document 2030 was launched by Hill Council, Leh on August 10.

The draft vision document was prepared by Hill Council, Leh with support from experts from Bremen Overseas Research Development Association (BOR-DA) and Ladakh Ecological Development Group (LEDeG).

The main objective of the mass public consultation process is to involve the residents and stakeholders to make it a truly participative process to make the Leh Vision document a collective vision of people of Leh town. Under the mass public consultation campaign, meetings with stakeholders, members of Municipal wards, experts and interviews with prominent personalities of Leh would be aired. The collective feedback and suggestions would be incorporated to improve the draft vision document.

Leh Vision Document is a roadmap to achieve Sustainable Development Goals (SDG)-6, that focuses on clean water and sanitation, and SDG-11 (Sustainable cities and communities) to make Leh a resilient, inclusive, liveable and happy Himalayan town. LAHDC Leh had earlier prepared a Ladakh Vision Document-2025 for the entire region, but Leh Vision Document-2030 is specifically for Leh town.

C Phuntsog, the advisor and one of the authors of the Leh Vision Document, stressed the importance of making the vision document implementable.

"We have around 7-8 Master Plans gathering dust because they were not implementable. What we need is an implementable Vision Document. The government officials should



Declaring the mass public consultation campaign for Leh Vision Document 2030 open

know what steps they have to take just by looking at the vision document. That is what we have are trying to do with this vision document," he said.

One of the highlights of the Leh Vision Document is a separate chapter on happiness and compassion as Leh is an exemplary town of religious harmony that ultimately elevates happiness. The principal vision for Leh town is to restore and maintain a deep sense of happiness. The objective of the Leh Vision Document is to help Leh achieve the goal of becoming the happiest town in India.

The Leh Vision Document was initiated by Late Dr. Sonam Dawa, the then-chairman of LAHDC Leh, in 2017. Soon after his demise, the initiative was taken further by his successor, Late Dorje Motup, who issued an order to constitute an 8-member Strategic Planning Committee (SPC) team headed by C Phuntsog to prepare the vision document.

Subsequently, the committee held meetings with local stakeholders, government officials and external experts in relevant fields to find the best possible solutions and sustainable practices for Leh town.

Gyal P Wangyal, CEC, Hill Council, Leh said, "Ladakh needed a vision document for Leh town. The previous CECs during their time had come up

with the Ladakh Vision 2025 and micro-level planning. Now, we have the Leh Vision Document 2030. People of Ladakh are responsible for taking Ladakh on the path of progress, especially now that we have become a UT. Today, we are going to launch the mass public consultation process but the onus is on us to implement it to achieve our vision."

Speaking on the occasion, MP Ladakh, Jamyang Tsering Namgyal said that Leh could be decongested if it has a proper vision.

"Today, we are facing problem of solid waste management. We need to utilise concept of reuse and recycle. Some of this would be taken care by the Mass Public Consultation process for the Leh Vision Document while taking feedback and suggestions from the stakeholders and residents of Leh town. There is desire on one side and need on the other but both are different things. What people need or what they desire need to be differentiated and chalked out," said Jamyang.

Executive Councillors, Hill Council, Leh; Sachin Kumar, Deputy Commissioner Leh; Moses Kunzang, Director, Urban Local Bodies, Ladakh; Dr Ishay Namgyal, President, Municipal Committee Leh; Rajiv Pandey (IPS), Senior Superintendent of Police, Leh; leaders from different religious organisations among others were present.

L-G Mathur unveils Ladakh Police's Flag, Formation Sign, and Epulettes

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about the planning and work of Ladakh police. He spoke about the infrastructural development process, transfer of Ladakh Domicile police personnel to Ladakh, welfare, and training activities. Also, he informed about the village wireless network system to be connected with inaccessible areas, Tourist Police with Tourist Facilitation Centers to cater to the tourists and give them the best of services for their safety and security, proactive and respon-

sive policing and CCTV projects to ensure safety among the local populace.

He further assured that Ladakh Police will not leave any stone unturned to make the police friendlier, more technology-based and more professional to serve the public in varied forms and situations.

Rajeev Pandey, Senior Superintendent of Police Leh expressed gratitude to all the dignitaries and the guests for making the moment more historic and encouraging.

Mental health issue, serious concern in Leh

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One of the major challenges faced at present in the hospital is the absence of a separate ward or facilities to admit people who have suicidal tendencies or suffering from severe mental health issues. So far, the hospital is somehow managing with space but the Psychiatrist of SNM hospital expressed the need for separate facilities in the coming days.

In the year 1982, The Government of India has launched the National Mental Health Programme (NMHP). The aim is to ensure the availability and accessibility of minimum mental healthcare for all in the foreseeable future, particularly to the most vulnerable and underprivileged sections of the

population, to encourage the application of mental health knowledge in general healthcare and in social development; and to promote community participation in the mental health service development and to stimulate efforts towards self-help in the community.

The programme has been successfully implemented in all parts of the country but needs to be further strengthened in Ladakh region.

Helpline service

Mental health helpline service has also been started where people can seek consultation through phone on Tuesday, Thursday and Saturday between 10 am to 2 pm on the number 252334

Countering Stress and Depression

By His Holiness Dalai Lama

At a fundamental level, as human beings, we are all the same; each one of us aspires to happiness and each one of us does not wish to suffer. This is why, whenever I have the opportunity, I try to draw people's attention to what as members of the human family we have in common and the deeply interconnected nature of our existence and welfare.

Today, there is increasing recognition, as well as a growing body of scientific evidence, that confirms the close connection between our own states of mind and our happiness. On the one hand, many of us live in societies that are very developed materially, yet among us are many people who are not very happy. Just underneath the beautiful surface of affluence there is a kind of mental unrest, leading to frustration, unnecessary quarrels, reliance on drugs or alcohol, and in the worst case, suicide. There is no guarantee that wealth alone can give you the joy or fulfilment that you seek. The same can be said of your friends too. When you are in an intense state of anger or hatred, even a very close friend appears to you as somehow frosty, or cold, distant, and annoying.

However, as human beings we are gifted with this wonderful human intelligence. Besides that, all human beings have the capacity to be very determined and to direct that strong sense of determination in whatever direction they like. So long as we remember that we have this marvellous gift of human intelligence and a capacity to develop determination and use it in positive ways, we will preserve our underlying mental health. Realizing we have this great human potential gives us a fundamental strength. This recognition can act as a mechanism that enables us to deal with any difficulty, no matter what situation we are facing, without losing hope or sinking into feelings of low self-esteem.

I write this as someone who lost his freedom at the age of 16, then lost his country at the age of 24. Consequently, I have lived in exile for more than 50 years during which we Tibetans have dedicated ourselves to keeping the Tibetan identity alive and preserving our culture and values. On most days the news from Tibet is heartbreaking, and yet none of these challenges gives grounds for giving up. One of the approaches that I personally find useful is to cultivate the thought: If the situation or problem is such that it can be remedied, then there is no need to worry about it. In other words, if there is a solution or a way out of the difficulty, you do not need to be overwhelmed by it. The appropriate action is to seek its solution. Then it is clearly more sensible to spend your energy focussing on the solution rather than



worrying about the problem. Alternatively, if there is no solution, no possibility of resolution, then there is also no point in being worried about it, because you cannot do anything about it anyway. In that case, the sooner you accept this fact, the easier it will be for you. This formula, of course, implies directly confronting the problem and taking a realistic view. Otherwise you will be unable to find out whether or not there is a resolution to the problem

Taking a realistic view and cultivating a proper motivation can also shield you against feelings of fear and anxiety. If you develop a pure and sincere motivation, if you are motivated by a wish to help on the basis of kindness, compassion, and respect, then you can carry on any kind of work, in any field, and function more effectively with less fear or worry, not being afraid of what others think or whether you ultimately will be successful in reaching your goal. Even if you fail to achieve your goal, you can feel good about having made the effort. But with a bad motivation, people can praise you or you can achieve goals, but you still will not be happy.

Again, we may sometimes feel that our whole lives are unsatisfactory, we feel on the point of being overwhelmed by the difficulties that confront us. This happens to us all in varying degrees from time to time. When this occurs, it is vital that we make every effort to find a way of lifting our spirits. We can do this by recollecting our good fortune. We

may, for example, be loved by someone; we may have certain talents; we may have received a good education; we may have our basic needs provided for - food to eat, clothes to wear, somewhere to live - we may have performed certain altruistic deeds in the past. We must take into consideration even the slightest positive aspect of our lives. For if we fail to find some way of uplifting ourselves, there is every danger of sinking further into our sense of powerlessness. This can lead us to believe that we have no capacity for doing good whatsoever. Thus we create the conditions of despair itself.

As a Buddhist monk I have learned that what principally upsets our inner peace is what we call disturbing emotions. All those thoughts, emotions, and mental events which reflect a negative or uncompassionate state of mind inevitably undermine our experience of inner peace. All our negative thoughts and emotions - such as hatred, anger, pride, lust, greed, envy, and so on - are considered to be sources of difficulty, to be disturbing. Negative thoughts and emotions are what obstruct our most basic aspiration - to be happy and to avoid suffering. When we act under their influence, we become oblivious to the impact our actions have on others: they are thus the cause of our destructive behaviour both toward others and to ourselves. Murder, scandal, and deceit all have their origin in disturbing emotions.

This inevitably gives rise to the question - can we train the mind? There are many methods by which to do this. Among these, in the Buddhist tradition, is a special instruction called mind training, which focuses on cultivating concern for others and turning adversity to advantage. It is this pattern of thought, transforming problems into happiness that has enabled the Tibetan people to maintain their dignity and spirit in the face of great difficulties. Indeed I have found this advice of great practical benefit in my own life.

A great Tibetan teacher of mind training once remarked that one of the mind's most marvellous qualities is that it can be transformed. I have no doubt that those who attempt to transform their minds, overcome their disturbing emotions and achieve a sense of inner peace, will, over a period of time, notice a change in their mental attitudes and responses to people and events. Their minds will become more disciplined and positive. And I am sure they will find their own sense of happiness grow as they contribute to the greater happiness of others. I offer my prayers that everyone who makes this their goal will be blessed with success.

Originally published in the Hindustan Times, India, on January 3rd, 2011.

CEC, MP visits flood-hit areas in Matho and Chuchot villages



Reach Ladakh Correspondent

LEH: Gyal P Wangyal, CEC, Hill Council, Leh along with Jamyang Tsering Namgyal, MP Ladakh took stock of the flash flood-affected areas of Matho and Chuchot villages on August 11.

Councillor Martselang, Stanzin Chospel informed that 15 major headworks and irrigation khuls of the village including standing crops and trees especially in Thankob Mohalla of Matho village are damaged by

the flood. Roads and culverts of the area are also damaged.

Sachin Kumar, DC Leh was asked to ensure temporary restoration of all the headwork and irrigation khuls at the earliest possible time so that farmers could harvest their crops timely without further loss.

Executive Engineer, I&FC Tashi Tundup was directed to ensure timely restoration of all the major headworks and irrigation khuls by engaging the required number of JCBs and labour force. BDO Chuchot, Padma Angmo was directed to restore minor irrigation khuls of the village.

Both the officers were asked to execute restoration works in close coordination with Councillor.

Also, Tehsildar Leh, Gyurmet Namgyal was directed to assess the damages caused to the standing crops to claim relief.

Later, CEC and MP along with Executive Councillor, Mumtaz Husain also inspected the flood affected sites at Katong area of Chuchot. At Rampur area of Chuchot-Gongma, CEC and MP met the family member whose houses were damaged due to the overflow of canal water.

L-G Mathur meets CPWD & Regional Fund Commissioner J&K, Ladakh

Reach Ladakh Correspondent

LEH: Lieutenant Governor, R K Mathur met the team of Central Public Works Department on August 11 for widening and strengthening of the Leh-Kargil Highway and other projects.

The CPWD team was headed by Pradeep Gupta, Chief Project Manager, Ratnakar Pandey, Assistant Project Manager, and Bhumika Mishra, Deputy Project Manager.

R K Mathur put forth the challenges of working in Ladakh during the winter months. CPWD assured continuity of work throughout the year with technological advances and a trained workforce.

Later, Prasant K, Regional Provident Fund Commissioner for J&K, and Ladakh met L-G and apprised him of their office set up in Leh



and their legal responsibility to cover all eligible establishments with Employee Provident Fund (EPF) coverage in Ladakh.

Discussing the benefits of EPF, Mathur said that the scheme must be popularized on a

large scale so that all eligible employees can avail of its valuable benefits. He suggested mass publicity through All India Radio, Doordarshan, social media, and workshops with the help of the local administration.

SoulSpeak

P.P. Wangchuk

When 'anger' turns into 'danger'



The word ANGER is just one letter short of DANGER! When a friend reminds you of this 'danger', you have no way but to think over and see that we should never ever be angry, for our own good. Anger is the manifestation of your lack of power to understand a particular situation, and that you are acting/behaving on impulses.

Impulses are unfounded, and that leads to negative reactions which can further spoil the situation. Yea, it is true that even the saints and the most patient can't be free of anger. They too get angry at times, but their anger is temporary and they never let it be a trait of their normal life.

Also, I am aware of the saying that to be angry is to be human in the sense that it is an 'inbuilt' trait in us; and, at times, it is turned into a 'show-off' of one's 'intelligence and power.' But the point here is whether you can control your anger or not. One who can control it and react as if nothing has happened is a true genius with full of wisdom.

Realising the importance of being calm, former US President Thomas Jefferson had said, "When angry, count to ten before you speak. If very angry, count to one hundred." Yea, that is the way to go. As and when a situation makes your blood boil, give yourself a lil rest and see what can be done on a second thought. Your positive and emotional sense of well-being should be allowed to take charge so that a temporary emotional outburst does not destroy your present and future. The Chinese have a saying that if you are patient in a moment of anger, you will escape a hundred days of sorrow.

Actually, anger is not something that will be there forever. It is as temporary as a storm that has the capability of creating havoc. Your anger too will be just like that if you don't bridle it and make it subside with sense and sensibility. That is what Vietnamese author Thich Nhat Hanh has said: "Anger is like a storm rising up from the bottom of your consciousness. When you feel it coming, turn your focus to your breath."

Courtesy: WongWorld

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

Hill Council, Kargil to promote Yarkashing twin medicinal springs, Karchay Khar Chamba



Reach Ladakh Correspondent

KARGIL: Executive Councillor for Tourism, Er Phuntsog Tashi checked possibilities for creating necessary tourism-related infrastructure at the twin medicinal springs at Yarkashing village, Karchay Khar Chamba, and other tourism sites in Barsoo Nallah and Suru Karchay on August 15.

Phuntsog Tashi underlined the importance of twin medicinal springs, an emerging tourist destination in Kargil district. He said that Hill Council will explore all possible options to develop the area in every aspect.

He further informed that consid-

ering the importance of the twin medicinal springs, CEC Kargil, Feroz Ahmad Khan has approved for the construction of link road from Yarkashing village to the site of the twin springs.

According to the locals, the spring is known to have healing powers for back pain, joint pain, acidity, and infertility problems.

Meanwhile, the EC also visited the site of Buddha Rock Statue at Karchay Khar, the tomb of Rgyal Khaton and other historical sites in the area.

During his visit to the rock carving structure at Biama Khumbu near Lankarchay village, he gave

on spot instructions to the SDM Sankoo, AD Tourism, and other concerned officers to demarcate the land for development of the area besides preparing estimates for construction of walling and other necessary structures at the site.

Councillor Tai Suru, Aga Syed Abass Razvi; Councillor Barsoo, Sheikh Muhammad Ansari; Councillor Thasgam, Abdul Rahim; SDM Sankoo Ghulam Mohiuddin Wani; AD Tourism Kargil, Aga Syed Toha, engineers of Kargil Development Authority (KDA) besides other concerned officers and the local villagers were also present.

Secretary, Youth Services and Sports, inspects various stadiums in Leh



Secretary Youth Services and Sport UT-Ladakh, Ravinder along with other concerned officers at Ice hockey rink, Leh.

Reach Ladakh Correspondent

LEH: Secretary Youth Services and Sport UT-Ladakh, Ravinder Kumar (IAS) took stock of the work in progress at various stadiums on August 8.

He enquired about the indoor complex constructed under (USIS) at Nawang Dorjay Stobdan (NDS) multipurpose stadium. Deadline was set for the early completion of remaining work. Construction progress of multipurpose playground, Gymnasium, and Archery ground were also discussed.

Concerned executing agency was directed to submit the detailed project report. Ravinder Kumar asked all the sports Associations to submit their suggestions to develop the sports centre.

While visiting the Ice hockey rink at NDS stadium, the Secre-

tary was informed that the project cost would be increased due to expansion and adding of international standard facilities inside the rink. The rink will be completed at the cost of ₹ 22 crore which includes both civil works, roofing, and machinery. The executive engineer requested to release more funds for it.

Ravinder Kumar directed the Executive Engineers to mature the tender process and early commencement of roofing and other remaining works with a target to finish in the next three months.

While taking stock of progress on several works being executed in the NDS stadium, the concerned executing agency was asked to accelerate the pace of work by further adding to the existing manpower and machinery so that all works get completed in time.

Secretary along with other concerned officers also visited the open stadium Spituk to assess the status of works.

The executing agency apprised the Secretary about the facility and architectural design of the stadium. Nearly ₹ 10 crore was sanctioned under SDP for the construction of youth hostels and other remaining works.

Later, he visited the site of G+1 hostels at Skara Yokma and also visited the mini-stadium for boxing, indoor stadium, and sports infrastructure developed at Officer's Club.

District Youth Services and Sports Officer, Tsering Tashi; DD Planning, Tsering Angdus; Ex-en R&B, Ghulam Nabi; Zonal Youth and Services officer, Abid Ali and other concerned officers were present.

Fortnight Highlights



MP Ladakh Jamyang Tsering Namgyal along with BJP party members during the opening of Leh -Zaskar road via Singhela Lingshed.



DIHAR helping farmers in doubling their income. Over 500 farmers in Phey village of Leh district are into Watermelon farming.



Bharatiya Janata Party, Leh celebrating first anniversary of UT Ladakh.



UPSC qualifiers, Namgyal Angmo, Stanzin Wangyal & Nawas Sharafuddin with Lieutenant Governor, R K Mathur at Raj Niwas.



Thupstan Chhewang, Former MP Ladakh raised his concerns pertaining to Recruitment Policy, Land Laws & various safeguards for the people of UT Ladakh with Lieutenant Governor, R K Mathur at Raj Niwas.

CEC, Kargil, reviews functioning, patient care facilities at COVID-19 hospital



CEC Kargil, Feroz Ahmed Khan convening a review meeting of functioning and preparedness of dedicated COVID-19 Hospital, Kargil.

Reach Ladakh Correspondent

KARGIL: Feroz Ahmad Khan, CEC Kargil reviewed the functioning and preparedness of dedicated COVID-19 Hospital, Kargil in terms of patient care and other related facilities for the winter season on August 14.

Executive Councillors, Deputy Commissioner and CEO, LAHDC, Kargil, Baseer ul Haq Choudhary, Superintending engineer, PWD Kargil, Ved Prakash besides officers of Health, R&B, PHE, Mechanical, PDD and other concerned officers attended the meeting.

Chief Medical Officer, Kargil informed that all patient care and other required facilities are being extended to the symptomatic and asymptomatic patients as well as the people in quarantine facili-

ties at the COVID-19 dedicated hospital, COVID Care Centres as well as other quarantine facilities.

Feroz Ahmed Khan took stock of the pace of ongoing work going on the establishment of the fully automated laboratory, oxygen back up a plant, procurement of DG sets, mega oxygen cylinders, construction of sheds for central heating plant and DG sets, anti-virus vaccines and other required facilities. He instructed the concerned officers to complete all works within the stipulated timelines.

Underlining the importance of augmenting steps towards patient care and observation at the COVID-19 Hospital, he said that services of 5 Physicians and Medical Officers from peripheries will be taken on a roster basis.

CMO was directed to conduct the interviews for the engagement of Nurses for COVID-19 Hospital. Also, he was asked to ensure the procurement of ambulances exclusively meant for COVID-19 Hospital within a week's time and engagement of Nos/Sweepers on an urgent basis.

Baseer ul Haq Choudhary said that saving human lives in the present time of COVID-19 pandemic should be of utmost priority and all necessary timely measures should be put in place to deal with the situation.

He directed SE PWD and other concerned officers to ensure the completion of the 2 floors the COVID-19 Hospital within 1 and a half month's time which would pave way for capacity of 100 beds including side rooms for doctors.

Officers of the Health Department were asked to continue with the process of procalcitonin investigation at the COVID-19 Hospital Kargil and make proposals to process further.

Several other issues like the establishment of separate power feeder for COVID-19 hospital, procurement of plasma separator machines, ambulances, and other related issues were discussed.

Hill Council, Leh, formulates ₹24.63 crore action plan under BADP for 2020-21



During the District Level Committee meeting at DC Office conference hall.

Reach Ladakh Correspondent

LEH: District Level Committee meeting under the chairmanship of Gyal P Wangyal, CEC, Hill Council Leh was held on August 3 at DC Office conference hall.

Annual action plan of Border Area Development Plan for the current financial year 2020-21 of Leh district which is formulated at Rs. ₹24.63 crore was discussed and approved.

After going through every scheme Gyal P Wangyal stressed the need for the completion of BADP projects timely. He directed executing agencies to ensure a

maximum result in the progress of BADP projects in close coordination with concerned Councilors. The progress of BADP projects will be reviewed in the first week of September 2020.

Sachin Kumar Vaishya, DC/CEO LAHDC, Leh asserted that developmental works in the border areas will be taken on priority and therefore stressed on the executing agencies for proper execution and to make every effort for completion of the projects in the same financial year.

Deputy Chairman, Tsering Sandup; Executive Councillors,

Phuntsog Stanzin and Konchok Stanzin; Councilor Korzok; Gurmet Dorje; Councilor Tangtse, Tashi Namgyal, and concerned officers of Army, ITBP, and Administration were present.

Executive Councillors and Councilors of border areas also gave inputs to make the BADP more result-oriented for the people living along the border. Head of the department of concerned departments gave a detailed account of the work-done report and the report of on-going and plan for completion of the projects.

The core objective of BADP is to develop border villages situated along Indo-Pak and Indo-China borders with special focus on important sectors like education, health, agriculture, drinking water, handicraft, handloom, power, rural development, roads, and bridges, irrigation khuls/canals among others.

ADC, Kargil, assess damages caused by flash flood at Hinaskot

Reach Ladakh Correspondent

KARGIL: Additional Deputy Commissioner, Kargil Tsering Motup visited Hinaskot village and took stock of damages caused by a flash flood on August 10.

SDM Shakar Chiktan and the field functionaries of PHE, I&FC, PDD, and other concerned departments, Councilor, Stakchay Khangral, Haji Muhammad Qasim, Nominated Councilor, Padma Angdus, Sarpanchs and other PRI members of the area were present.

The flash floods caused severe damages to the headworks of all irrigation khuls, protection bunds, roads, PHE pipelines and crop fields beside the internal field channels also suffered blockades due to silting.

He also took stock of the clear-



ance work at Kargil-Leh National Highway which had been closed due to the flash floods at Hinaskot. Around 100 stranded vehicles were allowed to cross to either side of the highway. The clearance of accumulated mud and clay on the link road from National Highway to Hinaskot Gonpa was also started immediately.

Baseer ul Haq Choudhary directed concerned officers of R&B,

PHE, I&FC, PDD, Rural Development, and other concerned departments to carry out the temporary restoration of all necessary facilities in the area immediately so that the locals do not face any inconvenience.

The stranded passengers expressed gratitude to the District Administration Kargil for ensuring the clearance of the highway and facilitating the immediate movement of vehicles.

L-G Mathur discusses Jal Jeevan Mission progress with WAPCOS



Lieutenant Governor, R K Mathur convening meeting with WAPCOS at Raj Niwas.

Reach Ladakh Correspondent

LEH: Lieutenant Governor, R K Mathur discussed the works being undertaken under Jal Jeevan Mission in a meeting with WAPCOS on August 10 at Raj Niwas.

The project as envisioned by Prime Minister, aiming to provide Functional Household Tap

Connections (FHTCs) in adequate quantity and of prescribed quality to all households by the year 2022.

R K Mathur stressed that the project must incorporate the existing infrastructures and adopt an integrated approach to develop a water system that can

be used round the year and meet requirements beyond drinking purpose to assist Ladakh in its agriculture vision.

He also emphasized the importance of developing sustainable maintenance and technical system.

The WAPCOS team comprising Anupam Mishra, Director (Commercial & HRD); Shashank Tripathi, Project Manager, Ladakh; Ravi Chandra, Water Supply Expert and Mohit Suri, Deputy Manager, apprised LG Mathur of the pilot projects proposed to be undertaken in Saboo and Stok villages of Leh district.

The team will be visiting Kargil district to check locations for the pilot projects.

PUBLIC NOTICE

We the following persons, propose to register a Non-Profitable Society under the name and style of **Sheyfield, Education, Sports and Socio-Cultural Welfare Association** Shey with the Registrar of the Societies, UT Ladakh under Society Registration Act, 1860.

List of Executive members of the Society:

S.No	Name	Parentage	Residence	Designation
1	Gulam Murtaza	S/o Gulam Mohd	Shey Yokma	President
2	Shahid Ali	S/o Mukhtar Ali	Shey Yokma	Vice-President
3	Bashir Ahmed	S/o Mohd Hadi	Shey Yokma	Secretary
4	Ajaz Ali	S/o Safdar Ali	Shey Yokma	Treasury
5	Ajaz Hussain	S/o Mirza Assadullah	Shey Yokma	Executive Member
6	Irshaad Ali	S/o Mussa Ali	Shey Yokma	Executive Member
7	Shoaib Ali	S/o Mohd Ali	Shey Yokma	Executive Member

Objection if any in this regard may kindly be submitted to General Manager Industries, Leh Union Territory of Ladakh within a period of 21 days from the publication of Notice.

President
Sheyfield, Education, Sports and Socio-Cultural Welfare Association, Shey

Advisor Narula reviews implementation of Centrally-Sponsored Schemes



Umang Narula reviewing the implementation of centrally sponsored schemes.

Reach Ladakh Correspondent

LEH: Advisor, Umang Narula convened a review meeting on the implementation of centrally sponsored schemes in Ladakh on August 6.

Secretary, Ravinder Kumar briefed the Advisor regarding the status of implementation of centrally sponsored schemes in the Union territory. It was informed

that 100% of beneficiaries are covered under SAUBHAGYA, UJALA, Livestock Insurance Scheme, PM Employment Generation Programme, Khelo India, National Youth Corps, and Assistance to Disabled Persons (AIDP).

Umang Narula instructed Administrative Departments for effective implementation of various flagship schemes to achieve

the targets within the timelines. He asked the departments to identify the left out beneficiaries under various schemes and ensure 100% coverage of all beneficiaries. The Departments were asked to especially reach out to the beneficiaries residing in remote areas such as Zanskar, Changthang, etc.

Also, he asked to start a publicity campaign for the schemes with low coverage of beneficiaries.

The Deputy Commissioners were asked to conduct a monthly review of all the schemes at their level. He further asked them to convene meetings with N.G.Os for the implementation of schemes that are required to be implemented through such bodies.



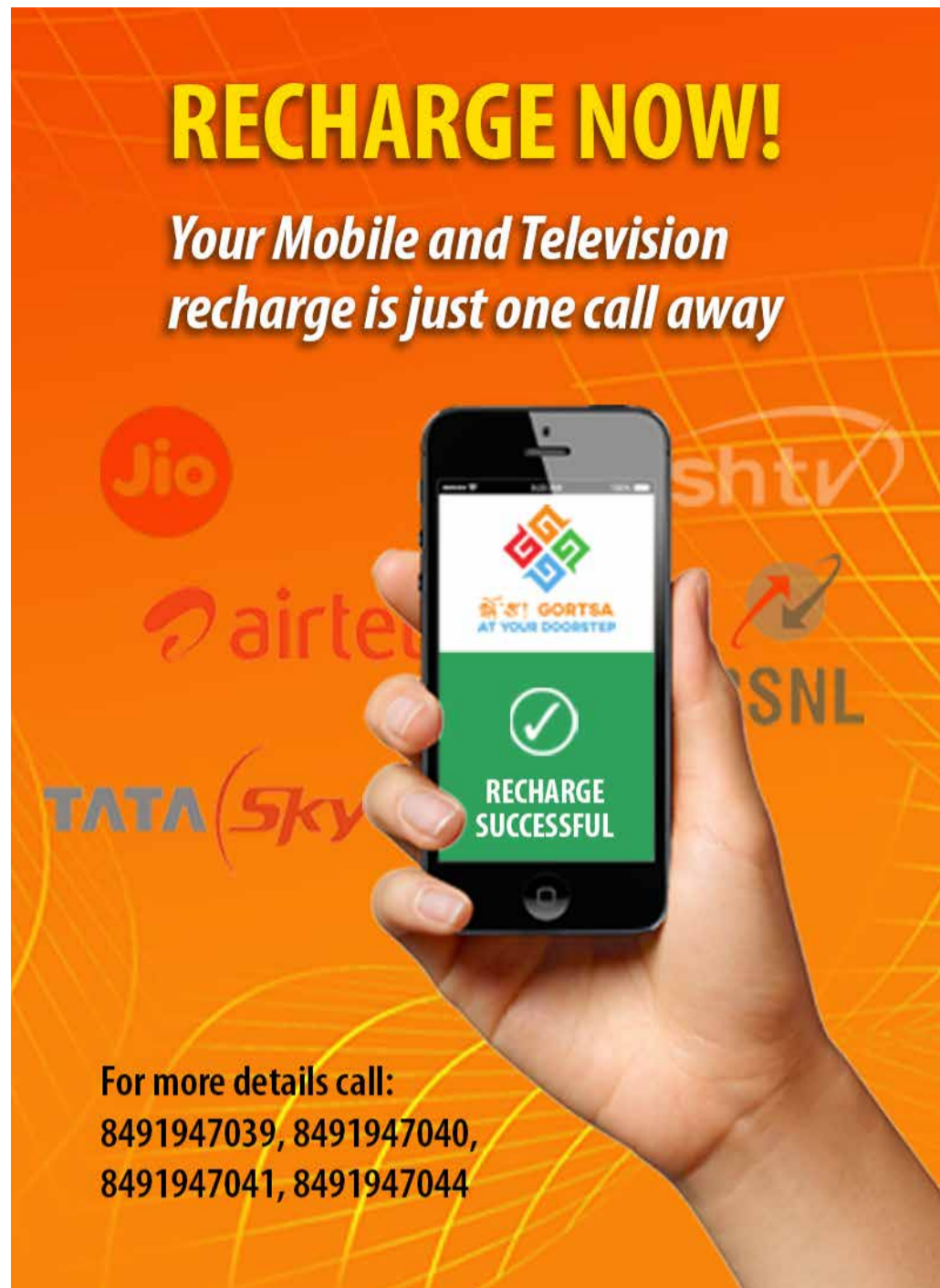
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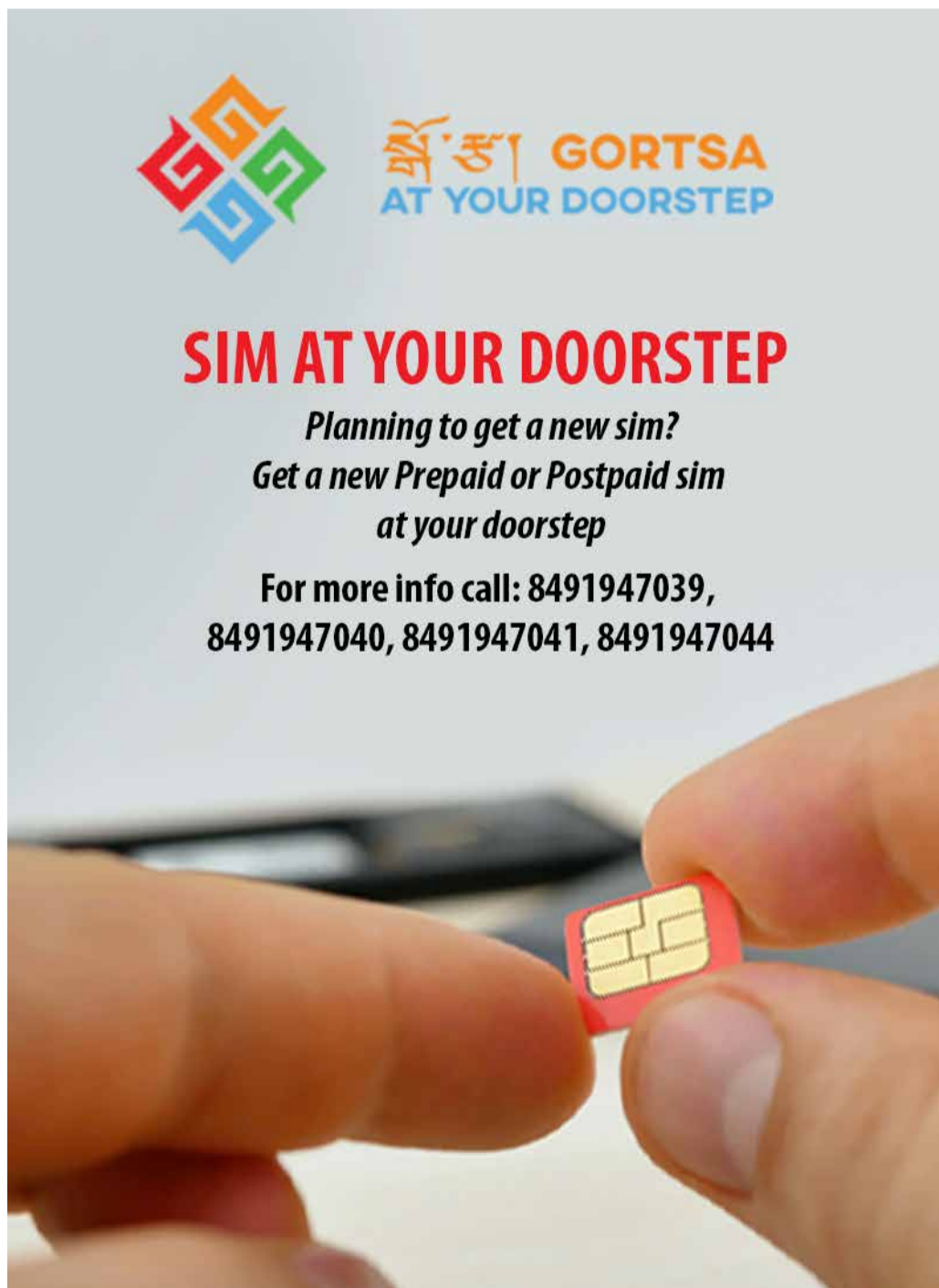
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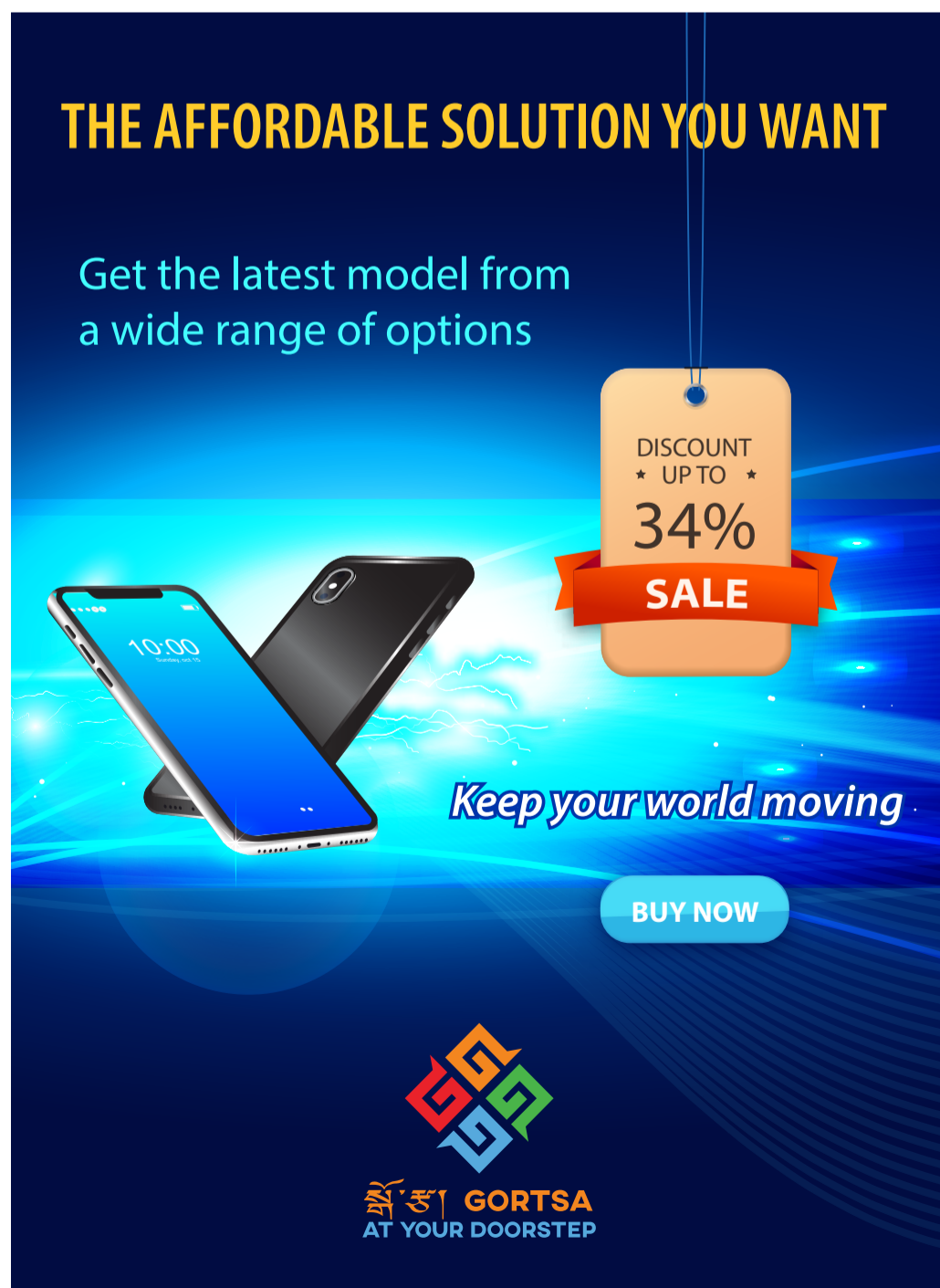


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