

REACH LADAKH BULLETIN



In Conversation with
Dr. Padma Deskit, first woman surgeon of Ladakh

PEOPLE VOICE:
Key Expectations From Lok Sabha Polls

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Election campaigning starts in Ladakh

Speculations of a rift in BJP surface

Nenzes Chodon

LEH: Voting is scheduled for 20th May in Ladakh for its parliamentary Lok Sabha seat. Returning Officer/District Election Officer, Leh, Santosh Sukhadeve issued the Notice of Election on 26th April. The election will take place in the fifth phase with nominations closing on 3rd May. The people of Ladakh are watching the nominations of candidates made by different parties.

In this regard, BJP has nominated current Chief Executive Councillor, LAHDC, Leh, Adv Tashi Gyalson as its candidate. The supporters of incumbent Member of Parliament and BJP leader, Jamyang Tsering Namgyal responded to this nomination by expressing their unhappiness.

On 25th April, Jamyang Tsering Namgyal returned to Leh where his supporters organised a grand reception to welcome him at KBR Airport, Leh. Jamyang Tsering Namgyal also interacted with the media on his return. In response to a question, he expressed his disappointment that some members of the party were not present to receive him. He added that he had worked tirelessly to ensure that the party reached its current position. He questioned why he was ignored and added that his supporters are also wondering about it. He congratulated the newly-nominated candidate Adv. Tashi Gyalson but stated that the decision made by BJP has hurt the sentiments of party worker in Ladakh and dashed their hopes. He explained that a collective decision will be made after holding a meeting



with his well-wishers on the next step.

He said, "As a Member of Parliament for five years, I have served the people tirelessly, made impactful speeches in the Parliament, toured every single village in the constituency, ensured harmony among every community, facilitated developmental activities, implemented every Government of India scheme in the region, worked to strengthen the Hill Councils, and contributed in Hill Council elections. I think I have performed diligently. As a loyal party worker, I can accept the decision of the party but my supporters are very disappointed and unwilling to accept it."

On the same day (25th May), BJP, Ladakh launched its Lok Sabha election campaign in Leh. Adv Tashi Gyalson too addressed the media. He said, "The campaign launch had been planned well in advance with a visit to the offices of all religious organisations to meet their representatives and spiritual leaders. It has been a busy day for the members of BJP Party as there were many events taking place throughout the day including the launch of the campaign, formal reception for the incumbent MP and the programme at the BJP Office. The reception at the airport was organised on the direction of

the party state president."

The events of the day have led observers to speculate on a rift within BJP Party in Ladakh. When asked about it, Tashi Gyalson denied there was any rift and said it was baseless speculation. BJP State President, Phuntsok Stanzin added that some members were not able to attend the reception as it was a busy day that had numerous programmes.

Jamyang Tsering Namgyal visited Zaskar recently where in 2019 the public had extended their support to him. He said he respects the sentiments of his supporters and assured them that he would think of fighting the election independently if the situation was handled satisfactorily. He is expected to make announce a decision soon.

District Congress President, Leh, Rigzen Namgyal refused to comment on the internal issues of BJP Party. He said, "Any leader or politician who does not work for the public has to face consequences. Their downfall is inevitable."

While BJP has already nominated its candidate for the upcoming election, other parties, especially Congress and National Conference are yet to declare their candidates.

Leh celebrates 35th birth anniversary of Panchen Lama



Khensur Rinpoche Lobzang Tsetan cuts the ceremonial cake.

Yangchen Dolma

LEH: His Holiness the 11th Panchen Lama, Tenzin Gendun Choeki Nyima's 35th birth anniversary was celebrated at Lamdon School here on April 25. Organised by the Panchen Wisdom Trust, the event witnessed the presence of esteemed guests and participants from various schools.

Khensur Rinpoche Lobzang Tsetan graced the occasion as the chief guest. LGA President Ven. Tsering Wangdus, President of LBA Women Wing Yangchan Dolma, Dr. Tsering Dolker, teachers and students from different schools attended the function.

The celebration began with prayers, the offering of a Mandala, the lighting of a holy lamp, and a ceremonial cake-cutting.

Kachen Lobzang Tsumtim and Lopon Naris Chakrot spoke on the life of the 11th Panchen Lama. Kachen Lobzang Tsumtim shared, "Gedhun Choeyki Nyima was born on April 25, 1989, in Lhari, Tibet, and was recognised and announced as the 11th Panchen Lama by the 14th Dalai Lama on May 14, 1995. Three days later, on May 17, 1995, the 6-year-old Panchen Lama was kidnapped by the Chinese government, selecting another boy in his place. Gedhun Choeyki Nyima remains forcibly detained by the Chinese government, along with his family, in an undisclosed location since 1995. He was for years considered the world's youngest political prisoner. His Khenpo, Chadrel Rinpoche, and another Gelugpa monk, Jampa Chungla were also arrested."

He said that the United Nations, with the support of numerous states, organisations, and private individuals, continue to call for the 11th Panchen Lama's release.

LGA President Ven Tsering Wangdus said, "The abduction of the Panchen Lama by the Chinese government is not just a massive loss for Buddhists in the Himalayas, but it's also a loss for the entire global community. Unfortunately, not many people are aware of his situation. Interestingly, even the United States has started questioning China about the Panchen Lama."

As part of the celebration, a debate competition was held between eight different government and private schools of Leh, themed "Ladakhi Cultural Heritage Debate Competition 2024."

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People Voice:

Key Expectations From Lok Sabha Polls

Yangchan Dolma and Stanzin Padma



Skarma, a resident of Skurbuchan: As we approach the Lok Sabha election, I believe it is important for Ladakh's future that our representative possesses qualities like vision, integrity, and empathy. Previously, as part of Jammu and Kashmir, Ladakh lacked development. Since becoming a Union Territory in 2019, we have hoped for progress, but challenges such as ecological preservation and unemployment remain. It is crucial for all candidates to prioritise Ladakh's needs for real progress, regardless of which party forms the government at the center.



Tashi Dolker, a student at Ladakh University: As the Lok Sabha election draws near, parties are picking candidates for Ladakh's single parliamentary seat, making voters like me think carefully about who to support. We all want leaders who are honest, educated, and accountable. These qualities are really important for good leadership. Ladakh's recent political activity has made people more aware of what we need from our leaders. Now, we know that a leader needs to listen to us and focus on our community's needs, not just their party's goals.

We need leaders who can talk to us, take action when needed, and think carefully before making decisions. When parties promise things during election time, it's important to make sure they can actually deliver on those promises. The government declared Ladakh a Union Territory, which was a big moment for us. But now we realise we need something more to protect our interests.

We are demanding the implementation of the 6th Schedule to give us more control over our affairs. Unemployment is a big problem here, and we need more jobs. The money we get for development needs to be used properly, and we want to see clear plans for that. We also want our language and culture to be protected, and we need better waste management to protect our environment.



Mehdi Shah, a resident of Turtuk: Our next representative should also be brave enough to stand up for public demands like statehood and implementing the 6th Schedule, while also earning the trust of the people with real actions, not just words. It is important that he do not divide Leh and Kargil but unite everyone as residents of Ladakh. I encourage young voters to carefully assess candidates, choosing someone who will genuinely fulfill our needs and contribute to Ladakh's progress.

As a voter, I think it is crucial for politicians to focus on key issues like healthcare access, better education, protecting the environment, social justice, and honest governance in their plans for the future. These are the things that really affect our well-being and what tomorrow looks like, and tackling them shows a real dedication to serving the people.



Padma Ladol, a resident of Basgo: The leader of Ladakh should prioritise representing the voices of local people, while also showing respect for tradition and fostering unity within the community. Considering Ladakh's ecological sensitivity, the leader should promote sustainable development while being mindful of the environment and ecosystem's fragility.

In my view, a political party's manifesto is crucial for voters to trust and rely on when casting their vote. It is essential for the manifesto to be clear, transparent, and achievable. For Ladakh, the manifesto should focus on key demands, including implementing the 6th Schedule, establishing

a Public Service Commission, ensuring separate Lok Sabha seats for Leh and Kargil, and striving for statehood. Also, it is crucial to include our script (Bhoti) in the 8th schedule.



Chamba Tsetan, a resident of Kargyam: One quality I value in a leader is integrity - being honest and having strong moral principles. A leader with integrity will always prioritise the basic needs of the people.

The ongoing demands for implementing the 6th schedule and safeguarding our land and culture must be top priorities. Unfortunately, unemployment is a major issue in Ladakh and needs attention. However, I am not just talking about creating more government jobs because that won't solve the future job market. We need to create new opportunities for youth in the private and business sectors. To achieve this, we must focus on improving youth employability. The future of Ladakh lies in becoming self-reliant, with a strong emphasis on organic agriculture, pastoralism, and responsible tourism.



Stanzin Chosphe, a resident of Kyungyam: When choosing a leader to represent Ladakh in the Lok Sabha, integrity, empathy, strategic vision, cultural preservation, environmental stewardship, inclusivity, and honesty are crucial. Ladakh's diverse communities need a leader who understands their unique needs and can navigate the challenges of our remote and rugged terrain while preserving our culture and environment.

We need leaders who will protect our fragile ecosystem from the threats of climate change and unregulated tourism. This includes promoting renewable energy, water conservation, and responsible tourism practices. Besides, unemployment, especially among our youth, is a pressing issue that needs to be addressed through job creation and skill development programmes.

Political parties must prioritise these issues in their manifesto for Ladakh. By doing so, they can contribute to Ladakh's sustainable development and ensure our unique identity and aspirations are represented effectively at the national level.



Dechan Yangdol, a student at Ladakh University: In my opinion, the ideal candidate for the upcoming election should have expertise in addressing current challenges and understand the concerns of the people and the land. Priority should be given to issues like implementing the 6th schedule or achieving statehood, ensuring employment generation, and supporting youth.



WORLD PRESS FREEDOM DAY

- World Press Freedom Day was proclaimed by the UN General Assembly in December 1993, following the recommendation of UNESCO's General Conference. Since then, 3 May, the anniversary of the Declaration of Windhoek is celebrated worldwide as World Press Freedom Day.
- After 30 years, the historic connection made between the freedom to seek, impart and receive information and the public good remains as relevant as it was at the time of its signing. Special commemorations of the 30th anniversary are planned to take place during World Press Freedom Day International Conference.
- May 3 acts as a reminder to governments of the need to respect their commitment to press freedom. It is also a day of reflection among media professionals about issues of press freedom and professional ethics. It is an opportunity to:
 1. celebrate the fundamental principles of press freedom;
 2. assess the state of press freedom throughout the world;
 3. defend the media from attacks on their independence;
 4. and pay tribute to journalists who have lost their lives in the line of duty.

Courtesy: un.org

DID YOU KNOW

1. The circulatory system is more than 60,000 miles long.
2. The Pope can't be an organ donor.
3. The world's longest concert lasted 453 hours.
4. It's impossible to hum while holding your nose.
5. Africa is the only continent in all four hemispheres.
6. All mammals get goosebumps.
7. Japan has one vending machine for every 40 people.
8. McDonald's once made bubblegum-flavored broccoli.
9. Finland has more saunas than cars.
10. The longest time someone has spent holding their breath underwater is 24 minutes and 37 seconds.
11. Frida Kahlo painted 55 self-portraits.
12. Avocados are actually fruits, not vegetables.

Courtesy: today.com

SoulSpeak

Dr. P.P. Wangchuk

Success leads you to better luck



You may call it 'luck' for your success, but the fact is that it was your hard work, sincerity and consistency that did the magic of letting you realise your goal.

Most of us call it our 'bad luck' when we fail to succeed in an endeavour. And, when we succeed, we may or may not give the credit to our luck. Actually, there is nothing called luck as such. Your success is a direct result of the total inputs of your endeavours over a period of months or years.

Nothing that we call great today was done in a day or two. They took years and years of thinking and action, smart and systematic planning. Those of you who have read English literature would know that Milton had taken several years to complete his magnum opus, Paradise Lost, in 1667; and later Paradise Gained in 1671. He used to get up at 4 am to write as if his objectives were his obsession.

Similarly, there are so many other examples of one doing great things but only after years of sweat. For instance, Noah Webster is said to have taken 36 years to complete Webster's Dictionary, everybody's 'beloved' until the laptop replaced it in recent times.

Lest I be accused of bias towards English literature, I add that Thomas Edison had to languish through great mental and physical pain before he could perfect the light bulb in October 1879, 14 months after other forms of light had been already invented.

And, to be honest, I have been a student of English literature, with Shakespeare and Milton as my favourites!

I take up here a lovely Oprah Winfrey quote: "I believe luck is preparation for meeting an opportunity. If you had not been prepared when the opportunity came along, you won't have been lucky."

So, one can say that success and luck are nothing but an intertwined 'game' that plays for each other. Success brings you luck, and luck gets you more success!
Best of luck!

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

Fortnightly News

In Conversation with Dr. Padma Deskit, first woman surgeon of Ladakh

Interviewed by Yangchan Dolma

Q1. Tell us a bit about your yourself, including your educational background and what inspired you to pursue a career in surgery?

My name is Padma Deskit. I was born in Leh. I completed my MBBS from Lady Hardinge Medical College, Delhi and pursued my postgraduation in surgery from Government Medical College, Jammu. I have been working as a senior consultant surgeon at SNM Hospital Leh for the past 18 years. My father was a doctor and my mother also worked in the health department. Surgery as a career for women in those days was not common. It was my father who sowed the seed of my love for this speciality and later while studying at Lady Hardinge Medical College, seeing the confident surgeons handle various life-threatening trauma and abdominal emergencies I realised that I needed to follow this stream.

Q2. Could you share some of the experiences and challenges you have encountered in your profession?

Every day is a challenge for a surgeon, no matter where he or she is working. But working in Ladakh means facing double the challenges due to the resource-limited setting, especially during my initial years.

Q3. Tell us about some of the major surgeries you have performed so far?

I have performed several major surgeries, including saving a 4-month-old baby with a large segment intussusception after a successful right hemicolectomy, performing scalp reconstruction on a young engineer during the peak of the COVID-19 pandemic, where both the patient and I shed tears of happiness upon seeing the result, and saving the limb of a Nepali laborer after vascular repair, among many others.

Q4. Tell us about the research papers you've written and published?

I have been involved in several research projects. I collaborated with DIPAS (Defence Institute of Physiology and Allied Sciences) on a study investigating the feasibility of using a blood marker called BNP to predict high altitude-related conditions. I also did a study on emergency care at SNM Hospital, in collaboration with the Department of Public Health at AIIMS Jodhpur, as part of my training in Public Health Policy and Health Management. I was also selected as the principal investigator in a hospital-based cancer registry project in collaboration with ICMR-NCDIR. I recently reviewed an article for the International Journal of Surgery Case Reports, a publication by Elsevier.



Q5. You were awarded a scholarship by the Royal College of Surgeons of England in 2017. Could you tell us about the program and how it helped you upon your return to Ladakh?

The program was designed to train surgeons in regions facing armed conflicts, such as Syria and Afghanistan. I presented a paper at the International Conference of the Red Cross. One of the tutors from the Royal College was in the audience, who thought I could be a potential candidate. Following several rounds of telephone interviews and background checks, I was awarded the scholarship. After completing the training, I applied the skills acquired to handle various complex trauma cases in Leh.

Q6. Since you are the first female surgeon of Ladakh, what impact do you hope to have on your community and beyond?

Thankfully Ladakhi society is very unique unlike the rest of India, girls are given equal opportunities in all spheres of life. But lately, I have realized that there do exist some glass ceilings which are yet to be broken. I hope the coming generation of females will break those barriers as well and make a name for themselves and Ladakh not only in India but in the entire world.

Q7. What advice would you give to young girls and boys who want to pursue a career in medicine?

I would like to advise all the young boys and girls who wish to pursue a career in medicine that unless you are motivated and inspired to become a doctor it becomes tough to pursue medicine as it is a very long journey and you are a student all your life. Unlike other professions, you get settled only in your 30s. For a girl, balancing home, kids and profession is challenging, but if you love your job then the journey becomes easier.

Q8. How do you envision the future of healthcare in Ladakh?

One of the best things about the Ladakhi healthcare system at this point is that there is no corporate or private player, so health care is still affordable and accessible. But in recent times, there have been many instances where doctors have been shamed and defamed on social media for no fault of theirs, which demoralizes them. People who criticise the doctor should shadow a doctor for one day to realize the difficulties and constraints that one faces given the absence

MESSAGE TO THE READERS

“Building a healthy society with a strong public healthcare system is very important. It is all about making sure everyone has access to quality healthcare services, regardless of their background or income. By investing in healthcare infrastructure, promoting preventive care, and ensuring affordable healthcare for all, we can create a society where everyone has the opportunity to lead a healthy and fulfilling life.”

...continues on page 6

Fortnight Highlights



Ladakh University students performing a street play as part of SVEEP campaign in Leh market.



Animal Husbandry Department, Leh, observing World Veterinary Day.



Brij Mohan Sharma, Additional Principal Chief Conservator of Forests, planting Lycium ruthenicum (Goji Berry) plants at the Trans-Himalayan Herbal Garden of the National Institute of Sowa-Rigpa on World Earth Day.



School students in Leh participating in a cleanliness drive on World Earth Day organised by the Ladakh Pollution Control Committee.



CEC Tashi Gyalsen and Executive Councillor for Minority Affairs, Ghulam Mehdi, bid farewell to Commissioner Secretary (Tourism/Labour & Employment) Mehboob Ali Khan, who has transferred to the Ministry of Finance, GoI.



Commissioner/Secretary Dr. Lalthinkhuma Franklin and Chief Electoral Officer UT Ladakh Yatindra M. Maralkar inaugurating the Apricot Blossom Festival in Saspol village.



Khensur Rinpoche Lobzang Tsetan cutting the ceremonial cake during the 35th birth anniversary of the 11th Panchen Lama at Lamdon School.



Thiksey Rinpoche and Drukpa Thuksey Rinpoche during the Golden Jubilee celebration of Gompa Association Ladakh.

Fortnightly News

District Legal Services Authority organises awareness programme on Motor Vehicles Act and Rules

Reach Ladakh Correspondent

LEH: The District Legal Services Authority (DLSA) Leh organised an awareness programme on the Motor Vehicles Act and Rules at the Taxi Union office, on April 23.

Deputy Chief Legal Aid Defence Counsel, Nema Stanzin, delivered a lecture on the functioning of DLSA, eligibility under Section 12, and the Motor Accident Claim Act. Assistant Legal Aid Defence Counsel, Phuntsog Stobgyal, addressed the topic of the Motor Vehicle Act 1988 and compulsory insurance.

Inspector of Traffic Police,



Leh, Parveez Ahmad informed about road safety awareness, while Sub Inspector Phunchok Dorjey gave instructions on vehicle documentation. The event was attended by PLVs, Sub Inspector, Mohd Ali, Vice President and Secretary of the Taxi Union, all Executive members, Taxi owners and drivers. Approximately 150 participants were present at the event. The event was attended by PLVs, Sub Inspector, Mohd Ali, Vice President and Secretary of the Taxi Union, all Executive members, Taxi owners and drivers.

Drug awareness programme held at Mahabodhi Residential School



Reach Ladakh Correspondent

LEH: Continuing the awareness programme on drugs and substance abuse organised by the Cultural Wing of the Department of Information and Public Relations Leh, in collaboration with the Ministry of Information and Broadcasting, Government of India, and the District Administration Leh, a similar programme was conducted at Mahabodhi Residential School, Choglamsar on April 23.

Psychiatrist and Drug De-Addiction Specialist, Dr. Padma Angmo from SNM Hospital Leh, along with Vice Principal Skarma Nodon, Assistant Exhibition and Culture Officer Stanzin Wangmo, and Culture Assistant Sonam Youton from DIPR Leh, as well as faculty and staff members of Mahabodhi School along with students and their parents, were present during the event. Dr. Padma Angmo spoke about the various stages of implications and corrective measures to overcome substance abuse, encouraging students to stay informed and away from such menace. Vice-Principal Skarma Nodon and AE&CO Stanzin Wangmo also shared their views during the event. Later, students were encouraged to speak and consult with Psychiatrist Dr. Padma regarding their concerns related to mental well-being.

EJM College organises field visit to DIHAR vermicomposting unit

Reach Ladakh Correspondent

LEH: The Department of Botany, Eliezer Joldan Memorial College Leh, organised a field visit for the students of the second semester skill enhancement course to the vermicomposting unit at the Defense Institute of High Altitude Research (DIHAR), Leh on April 19.

The aim of the field visit was to enhance student's practical knowledge and skills in vermicomposting. DIHAR is renowned for its expertise in vermicomposting techniques, especially in high-altitude regions like Ladakh. Therefore, students were eager to observe and learn from the advanced practices and technologies employed at DIHAR.

The visit provided the students with valuable insights into vermicomposting



ing and also inspired them to contribute positively to environmental sustainability initiatives in our region, as vermicomposting is also an alternative way in waste management. Deskyong Namgyal, the Technical Officer, shared his experience with the students on how to adopt vermicomposting and its importance in the agricultural system. Assistant Professor of Botany, Dr. Tsetan Dolker, also shared her expertise to the students regarding vermicomposting. She highlighted that vermicomposting is an eco-friendly and sustainable method for waste management that involves the conversion of organic waste into vermicompost.

Zangskar celebrates Earth Day with plantations and environmental awareness events

Reach Ladakh Correspondent

KARGIL: Government Degree College Zangskar in collaboration with Forest Department, Range Zangskar observed World Earth Day on April 22.

The day reminds citizens across the globe about the importance of environment conservation, sustainability and encouraging people to come together to take action for a healthier planet and brighter future.

The event commenced with a plantation drive at the college premise. More than 50 saplings of willow (sps) were planted in presence of Sub Divisional Magistrate, Romil Sing Donk, Forest Range Officer Zangskar, Mohd Ilyass, faculty members and students.

A debate competition on the theme "Planet vs Plastic" was also held after plantation drive, in which the college students partic-



ipated. Falzang Angmo, 4th Semester, Stanzin Dawa 6th Semester and Tsering Dolm 4th Semester student bagged 1st, 2nd and 3rd positions respectively. Assistant Professor, Environmental Science, Thuptan Dolker threw light at length on health issues caused by micro-plastic and waste treatment.

Assistant Professor Zoology, Dr Abid Hussain emphasised on plastic pollution on marine, riverine and terrestrial ecosystems and its effects on different biodiversity. He also dis-

cussed chemicals released due to usage of plastic and its product on human health. Forest Range Officer Zangskar, Romil Sing Donk, who was the chief guest on the occasion, spoke at length on the theme and suggested reducing the plastic usage and free environment from plastic. Forest Range Officer Zangskar, Mohd Ilyass presented vote of thanks. The program was moderated by Dr Jamphel Shayam, Assistant Professor English. In the end, certificates and prizes were presented to the students.

Zangskar GDC organises one-day tour for students

Reach Ladakh Correspondent

KARGIL: The Environmental Science and Education Department at GDC Zangskar jointly organised a study tour for second-semester students to Zangla Village of Zangskar Sub-division on April 20.

The tour aimed to provide hands-on training and bridge the gap between employability and skills by offering practical learning opportunities.

During the tour, students received valuable information and knowledge about the process of making paneer and cheese from Stanzin Donsal, a nun at Changchub Choling Nunery, Zangla.



Furthermore, students interacted with the Women's Self-Help Group (SHG) of the region. Members of the SHG shared their experiences in carpet weaving, and students were provided practical knowledge of carpet weaving through demonstrations.

Towards the end of the tour, a waste audit at the household level was conducted, and residents were urged to take responsibility for their waste and ensure effective waste management to preserve the ecology and beauty of the region.

Cleanliness drive held in Leh on World Earth Day



Reach Ladakh Correspondent

LEH: The Ladakh Pollution Control Committee celebrated World Earth Day 2024 on April 22.

To commemorate the occasion, LPCC organised a cleanliness drive in Leh

Nallah, involving students from Government Girls Higher Secondary School and Sindh Public School.

The cleanliness drive, initiated at Karzoo and concluded at Shenam, saw

students actively participating by displaying placards and banners to raise awareness about eliminating single-use plastic.

Ruksana Parveen, District Officer LPCC, highlighted the necessity of eliminating single-use plastic due to its significant littering potential.

Students were encouraged to carry forward the message of eliminating single-use plastic (SUP) by embracing their roles as responsible citizens of the country.

Selfie point at Hamboting La inaugurated

Reach Ladakh Correspondent

KARGIL: The Forever In Operations Division and Tourism Department Kargil inaugurated a selfie point at Hamboting La on April 24.

Situated along the Kargil-Leh Bataalik highway, its strategic placement ensures that locals and tourists can easily access and enjoy the captivating scenery of Kargil Valley and adds to the pride the visiting tourists have in the Armed Forces.

Dr. SD Singh Jamwal, IPS, ADG Ladakh Police, was the chief guest. SSP Kargil Shree Ram R, IPS, and AD Tourism Kargil, Rehmatullah Butt, along with



senior Army officials and Kargil civilians, were also present, marking its opening to the public.

Kargil Selfie Point is not just a photo spot, it adds to the immersive experience that encourages self-expression and celebrates the beauty of Kargil.

Officials said that this initiative reflects the Army's commitment to enhancing community engagement

and providing a space that truly resonates with the spirit of vibrant India.

They also added that the innovative space will set new standards to the way visitors capture and share their memorable moments while visiting the remote border region of Hamboting La in Kargil district. This has even refreshed the Hamboting La pass in the list of tourist attractions of the area.

Expenditure Observer holds meeting with election officials



Reach Ladakh Correspondent

LEH: Election expenditure observer for Ladakh Parliamentary constituency, Gajendra Singh (IRS), held a meeting with district election officials on April 27 at the DC office.

The meeting began with a briefing by Nodal Officer, Election Expenditure Monitoring, Dr. Zulfikar Ali, about the training conducted till now for the different teams and the details of the appointed nodal officers.

The EO, Gajendra Singh, talked about the role of Flying Surveillance

He also talked about how the work that each of the team is doing helps in preventing election-related misdoings and ensuring free and fair elections.

Further, he opened the floor for doubts and queries and encouraged everyone to contact him or other officials if any doubt arises. The officials present at the meeting were Deputy District Election Officer, Leh, AG Zargar; SSP, Leh, Shruti Arora; Nodal Officers, Leh, Excise & Taxation Officer, Virinder Singh Pawar; Head of FSTs, SSTS, Lead Bank Manager; Accounting and Video Viewing Team, Leh; AD Tourism, Leh, Fesal Iqbal Tantray, members of the VSTs and the other officials from different Sub Division joined online.

He instructed the Video Surveillance Team to also check for Model Code of Conduct violations along with the expenditure. He also instructed the Lead Bank Manager to send a daily report of cash deposits and cash withdrawals along with suspicious activity reports.

In conversation with Dr. Padma Deskit, first woman surgeon of Ladakh

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of super speciality care and advanced care. Our hospital has equal gender representation in all specialities. I hope that the coming of the medical college will bring all super-speciality care to Leh.

Q9. Are there specific medical issues or concerns in Ladakh that you are particularly passionate about addressing?

The burden of cancer in Ladakh is increasing day by day. I am very passionate about addressing this concern by raising awareness among the masses so that the disease is detected and diagnosed at an initial curable stage. I am committed to advancing my skills to provide optimal surgical care to cancer patients.

Q10. How do you manage medical emergencies in remote areas? How do you maintain a balance between your professional responsibilities and personal life?

Managing a medical emergency in any remote area is always a challenge. All medical emergencies are a race against time. Having said that, timely care is possible only if we have dedicated emergency medical services (EMS) like heli evacuation routes staffed with trained pre hospital caregiver. Regarding managing work-life balance, I would say my family is my biggest support, especially my mother, who inspires me to work harder every day, and my husband, who is my greatest strength.

EJM College organises field trip to DIHAR and LOFF



Reach Ladakh Correspondent

LEH: Department of Zoology at Eliezer Joldan Memorial College in Leh organised a one-day field trip to the Defense Institute of High-Altitude Research (DIHAR) and the Ladakh Organic Farmers Foundation Farm (LOFF) at Chuchot Shamma on April 22.

The trip aimed to provide practical insights into poultry and cattle breeds, along with hands-on experience in Rainbow trout culture for the 6th-semester students of Batch 2021. Accompanying the students were two faculty members, Assistant Professors Dr. Nasima Bano and Gul Jabin.

At LOFF, students delved into the Recirculatory

Aquaculture System (RAS) hatching technology focused on Rainbow trout, which is spearheaded by farmer and entrepreneur Zahir Ahmad. Ahmad elucidated the fundamental requirements for trout spawning, emphasising its potential applications. This pioneering RAS hatching technology, successfully implemented for the first time in Ladakh's private sector in collaboration with ICAR-DCFR, Bhimtal, was discussed as a viable avenue for entrepreneurs in various fisheries-related endeavors. Ahmad elaborated on the diverse opportunities in fishery, including Trout culture, aqua gardening, aerobic composting, and Aromatic lab techniques, among others.

Awareness programme on lavender cultivation



Reach Ladakh Correspondent

LEH: The CSIR-Indian Institute of Integrative Medicine Srinagar/Jammu organised a one-day awareness programme on lavender cultivation and distribution of lavender (QPM) under CSIR-Aroma Mission Phase III at IIIM-field station Palam on April 20. Dr. Padma, Scientist at IIIM branch, Srinagar, explained lavender cultivation techniques and its importance to farmers. Besides, 30,000 lavender-rooted plants were distributed to 19 farmers.

The programme was held under the guidance of Dr. Zabeer Ahmad, Director of

Plantation drive held at Munsif court complex Khalbte



Reach Ladakh Correspondent

KHALTSE: Tehsil Legal Services Committee, Khalbte organised a plantation drive at Munsif court complex on April 20. encourage others to do the same. Saplings of apples and plums were also planted in the court complex.

The programme was attended by staff and students of Higher Secondary School, Khalbte, Staff of Court, Para Legal Volunteers of Khalbte, Skrubuchan, Lingshed and Temis-gang.

FCS&CA officials inspects restaurants in Khalbte



Reach Ladakh Correspondent

KHALTSE: A team led by Naib Tehsildar, Mohammad Yousuf, along with Tehsil Supply Officer, Mohd Afzal Khan from the Food, Civil Supplies and Consumer Affairs (FCS&CA) department, conducted a surprise inspection of restaurants at the Khalbte market on April 23. During the inspection, the team identified the use of uncommercial cylinders in several hotels/restaurants. They seized the cylinders and imposed fines totaling Rs 10,000 on the defaulters. Additionally, the team assessed food standards, hygiene practices, and verified necessary documents

ཁམས་བདེ་ཅན་གྱི་མི་ཆེ་སྤང་ཅེས་ལ་ ལག་པ་ཀུན་ལགས་མོ་འབོད།

ལག་པ་ལུ་བའི་ཆེར་ཀ་བདུན།



Step 1

ལག་པ་ལྗོན་པ་བཅོས་ཏེ་ས་བོན་ལག་
ཆེགས་ཚུགས་སླེབ་བཅུག།



Step 2

ལག་ཐེལ་ལེ་རྒྱབ་མདུན་ཀུན་མཉེས་ཡང་
མཇུག་གའི་བར་ཀུན་ལགས་མོ་བཅོས།



Step 3

མཇུག་གའི་བར་ཀུན་ལགས་མོ་བཅོས།



Step 4

ཐེ་མོ་ཀུན་མཉེས།



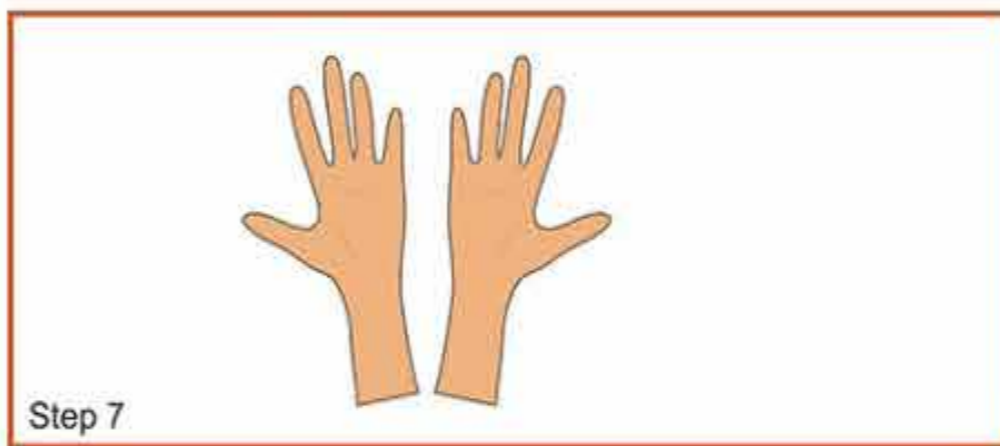
Step 5

སེན་མོ་ཀུན་ལག་མཐེལ་ལ་སྤང་
ལགས་མོ་བཅོས།



Step 6

ལག་ཆེགས་གཉིས་ཀ་མཉེས།



Step 7

ལག་པ་དང་ལག་ཉར་ཀུན་ལགས་མོ་བཅོས་ཏེ་ལྷུས།

ལག་པ་གོན་ལ་བསྟན་ཅིང་གྲུ་མོང་ས་ཕྱོགས་ལ་བསྟན་ཏེ་ལག་པ་ལྷུང་པོས་བསྐྱམ་བཅུག།

