

REACH LADAKH BULLETIN



In Conversation with

Stanzin Angmo, Public health professional / Co-founder of New Ladakhi Girls

PEOPLE VOICE:

Lok Sabha election: Expectations from voters

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Lok Sabha election: Ladakh records 71.82 % turnout

Nenzen Chodon

LEH: Ladakh reported a 71.82% voter turnout in the 2024 Lok Sabha election...



Elderly voters after polling in Ladakh on May 20.

There are three contenders for Ladakh's Lok Sabha seat: Tsering Namgyal of Congress, Adv. Tashi Gyalson of Bhartiya Janata Party (BJP) and Haji Hanifa Jan, an independent candidate.

This is the first parliamentary election after Ladakh became a Union Territory. The people of Ladakh have been demanding constitutional safeguards through inclusion under Sixth Schedule of the Indian constitution.

al Secretary in Ladakh, Qamar Ali Akhoun explained that the party high command was pressuring them to extend support to the official Congress candidate from Ladakh, Tsering Namgyal.

On the day of the election (20th May), an incident took place at a polling station in Housing Colony in Leh. Phrases written against BJP were found on a wall outside the entrance of a polling station.

There is a general consensus in Ladakh that whoever wins the Lok Sabha election for Member of Parliament from Ladakh should work to ensure that

Ladakh is given constitutional safeguards. This emerged as the most important issue highlighted by all the people who shared their expectations from the upcoming MP for Ladakh. This needs to be seen in the context of preceding events. In March 2024, a six-member delegation that included representatives from Apex Body, Leh and Kargil Democratic Alliance (KDA) had met Minister of Home Affairs, Government of India, Shri Amit Shah in New Delhi.

DC reviews banks' Q1 2024 performance, wants focus on social security and digital payments



Reach Ladakh Correspondent

LEH: The Deputy Commissioner, Santosh Sukhadeve, who also chairs the District Level Review Committee and District Consultative Committee, reviewed the banks' performance for the first quarter of 2024 at his office on May 24.

Lead Bank Manager, Leh, Tsering Wangmo, apprised the DC about the CD ratio and reported that total deposits, as of March 2024, stood at Rs 5901.50 crore, compared to Rs 5637.82 crore in December 2023.

The District Development Manager, NABARD, Leh, Tsewang Dorjay, presented a booklet of the Potential Linked Credit Plan 2024-25 to the DC.

The DC instructed the banks to adhere to the targets set for each bank, particularly in the category of Social Security Schemes, and to achieve these targets by the next quarter.

The Lead District Officer (LDO), Neha Mattoo, instructed the banks to thoroughly review the Potential Linked Credit Plan.

The meeting discussed bank-wise performances under various sectors, including priority and non-priority sectors further categorised into sub-sectors such as ag-

riculture, agriculture infrastructure, MSME, education, housing, social infrastructure, renewable energy and others.

The performance of banks under various government-sponsored schemes like Pradhan Mantri Employment Generation Programme, Kisan Credit Card was also reviewed.

Representatives of the CRISIL foundation, that operates the Centers for Financial Literacy (CFL), discussed the centres they have set up in various blocks and requested banks to collaborate with them during field visits.

The meeting was also attended by ADDC, Leh, Sonam Nurboo, and bank branch heads and representatives of the 18 public and private banks operating in Leh district.

Recruiting of porters for porter company notice with details of locations, dates, and requirements.

Public notice from the court regarding a property dispute and recruitment process.

Counting on June 4: Election Officer reviews preparations ahead of Lok Sabha results



Reach Ladakh Correspondent

LEH: In the run-up to the counting of votes for the Lok Sabha polls, Leh District Election Officer Santosh Sukhadeve held a meeting on May 24 to review preparations at the Sindhu Sanskriti Kendra (SSK), where counting will be held on June 4.

Polling is underway for 543 parliamentary seats, with the last phase concluding on June 1.

Providing a layout for the arrangements, the DEO ordered officials to complete the preparations for counting by May 27.

The need for scanners and computers for preliminary counting, in addition to internet connectivity and back-up, was also discussed.

The meeting was attended by ADDC, Sonam Nurboo, EVM Nodal Officer, Mohd Ayub Khan, and District Informatics Officer P. Paldan along with other officers and engineers from the concerned departments.

Fortnightly News

Kotwal reviews Annual Action Plan for Watershed Development Component-PMKSY 2.0

Reach Ladakh Correspondent

LEH: The Advisor to the Union Territory of Ladakh and Chairman of the Union Territory Level Sanctioning Committee (UTLSC), Dr. Pawan Kotwal, chaired a meeting to review and approve the Annual Action Plan for the Watershed Development Component-Pradhan Mantri Krishi Sinchayee Yojana 2.0 (WDC-PMKSY 2.0) for the fiscal year 2024-25 at the Civil Secretariat, Leh, on March 30.

At the outset of the meeting, the Administrative Secretary of the Rural Development & Panchayati Raj Department, Ladakh, Amit Sharma, gave an introductory speech on the WDC-PMKSY 2.0 to the Advisor. This was followed by a comprehensive PowerPoint presentation by the Director of the Rural Development & Panchayati Raj Department, Ladakh, Syed Sajjad Qadri, outlining the projects and funds sanctioned for the fiscal year 2022-23 and achievements under the Watershed Development Component-Pradhan Mantri Krishi Sinchayee Yojana (WDC-PMKSY) 1.0 for 2023-24.

The presentation highlighted the key activities and phases of the WDC-PMKSY 2.0 projects, emphasising the procurement process for the release of instalments for the current year. Detailed expenditure reports showcased the utilisation of funds and progress in various projects, including the Micro Watershed Projects in Kargil and Leh under WDC 1.0.

The roles and responsibilities of the Watershed Development Team (WDT) were outlined, and a comprehensive proposal for fund allocation for activities under WDC-PMKSY 2.0 for the financial year 2024-25 was presented.

Advisor Dr. Pawan Kotwal highlighted the importance of transparency and adherence to guidelines in all schemes. He directed officials to prioritise the construction of check dams over water reservoirs, emphasising the promotion of both traditional and modern systems of water conservation and the preservation of existing water bodies.

Dr. Pawan Kotwal urged the District Magistrates of Leh and Kargil to take proactive measures in implementing these directives to enhance the efficacy of water conservation efforts and ensure the sustainable management of water resources across Ladakh.

Administrative Secretary Amit Sharma assured Advisor Dr. Pawan Kotwal of the efficiency in water conservation, preservation, and sustainable management of water resources under WDC-PMKSY 2.0.

The meeting was attended by the Commissioner/Secretary of the Forest Ecology & Environment Department, Ladakh; the



Commissioner/Secretary of the Planning Development & Monitoring Department, and the Agriculture/Animal Husbandry & Fisheries Department, Ladakh; the Administrative Secretary of the Rural Development & Panchayati Raj Department, Ladakh; the District Magistrate/CEO, LAHDC, Leh; the Director of Animal Husbandry, Ladakh; the Director of Horticulture, Ladakh; the Chief Agriculture Officer, Leh; the Superintendent Engineer of PHE/I&FC, Leh; the Under Secretary of the Rural Development & Panchayati Raj Department, Ladakh; a representative of SKUAST, Leh; and the Nodal Officer of the Watershed Management Project, Leh. Additionally, the District Magistrate/CEO, LAHDC, Kargil; the Assistant Commissioner Development, Kargil; the Director of DIHAR, Leh; the Director of Rural Development & Panchayati Raj, Ladakh; the Chief Agriculture Officer, Kargil; a Senior Scientist of SKUAST, Kargil; and other concerned officers joined the meeting virtually.

Commissioner/Secretary of the Planning Development & Monitoring Department, and the Agriculture/Animal Husbandry & Fisheries Department, Ladakh; the Administrative Secretary of the Rural Development & Panchayati Raj Department, Ladakh; the District Magistrate/CEO, LAHDC, Leh; the Director of Animal Husbandry, Ladakh; the Director of Horticulture, Ladakh; the Chief Agriculture Officer, Leh; the Superintendent Engineer of PHE/I&FC, Leh; the Under Secretary of the Rural Development & Panchayati Raj Department, Ladakh; a representative of SKUAST, Leh; and the Nodal Officer of the Watershed Management Project, Leh. Additionally, the District Magistrate/CEO, LAHDC, Kargil; the Assistant Commissioner Development, Kargil; the Director of DIHAR, Leh; the Director of Rural Development & Panchayati Raj, Ladakh; the Chief Agriculture Officer, Kargil; a Senior Scientist of SKUAST, Kargil; and other concerned officers joined the meeting virtually.

Awareness campaign for voter participation held



Reach Ladakh Correspondent

LEH: In a significant effort to enhance voter awareness and mobilise participation for the upcoming Lok Sabha election, the Chief Electoral Officer, Yetindra M. Maralkar, visited Sakti Village in the Kharu Sub-Division of Leh on May 16.

The event commenced with a warm welcome from the village nambardar and goba, who, along with the lamas of Chemdey Monastery, students from the Government Model School, Sakti (Serthi), and residents, greeted CEO Yetinder Maralkar and officers with traditional khataqs.

Addressing the gathering, CEO Yetinder M. Maralkar highlighted the importance of active participation in the electoral process and urged all eligible voters to cast their ballots on May 20. "Every vote counts in shaping the future of the region and nation. I encourage all citizens to exercise their democratic rights responsibly," he stated.

State SVEEP icon, Phunsok Ladakhi, further motivated the crowd by highlighting the significance of electoral participation through a locally inspired song dedicated to the General Election 2024. Female icon Stanzin Idzes also spoke passionately and urged the voters and the youth to ensure a

strong turnout on election day.

The SVEEP Ladakh initiative is dedicated to educating and encouraging voters across the Union Territory of Ladakh to engage actively in the democratic process. The visit of the Chief Electoral Officer to Sakti Village is part of a wider strategy to reach out to remote and rural communities, ensuring comprehensive voter awareness and participation.

Among the attendees were the Additional Secretary, Elections, Ladakh, Swaran Singh; State icon Phunsok Ladakhi; female icon Stanzin Idzes; sub-divisional magistrate, Kharu, Sonam Dorje; both level officers, and other concerned officers.

On the other hand, a dedicated team from the Systematic Voters' Education and Electoral Participation Ladakh (SVEEP Ladakh) programme, led by the State Nodal Officer Dr. Tsewang Morup, and district icon SVEEP Ladakh Stanzin Dorje Gya conducted a significant outreach initiative. The team visited prominent monasteries in the region, including Spituk, Phyang, and Likir Monasteries, to raise awareness about voter participation in the upcoming General Elections 2024.

During their visit, the team engaged with key religious and communi-

ty leaders, including Ven. Gonbo Dorje, Chakzod of Spituk Monastery, Ven. Rigzin Dorje, Chakzod of Phyang Monastery, Ven. Lobzang Tsetan, Chakzod of Likir Monastery, and students of Government High School, Likir. Additionally, they met with the nambardar of Phyang (Tsewang Nurboo), the nambardar of Likir (Skarma Jorgyes), and the president of the Women's Alliance, Likir (Jigmet Choskit).

The State Nodal Officer, Ladakh Dr. Tsewang Morup, highlighted the importance of every vote in shaping the future of the nation, at Phyang Monastery. Dr. Tsewang Morup urged all the venerable monks to educate, inform, and encourage the voters of the areas to actively participate in the electoral process on the day of the General Elections 2024.

The District icon SVEEP Ladakh, Stanzin Dorje Gya, engaged with the voters and urged them to exercise their democratic rights in the forthcoming elections.

The District icon and State Nodal Officer presented the Ven. Chakzods of Monasteries, Nambardars, and the president of Women's Alliance with special tokens of appreciation, including water bottles, SVEEP Ladakh T-shirts, and badges.

Kargil DC chairs DLRC, DCC meeting, stresses on collaborative efforts by banks, line depts



Reach Ladakh Correspondent

KARGIL: Deputy Commissioner/CEO, LAHDC, Kargil, Shrikant Suse, chaired the District Level Review Committee/District Consultative Committee (DLRC/DCC) meeting for the quarter ending March 2024 on May 30.

The meeting was attended by heads of concerned departments and the nodal officers of banks in the district. The achievements of the Annual Credit Plan and various Government Sponsored Schemes until the end of March 2024 were reviewed.

While presenting the performance of various banks operating in the district, Lead District Manager (LDM) and convener of

the meeting, Gulzar Ahmad Dar, informed that the Credit Deposit Ratio had improved from 37 percent on March 31, 2023, to 41.02 percent as of March 31, 2024, registering a growth of 4.02 percent.

The Lead Bank Manager also briefed the Deputy Commissioner on the banks' performances in priority and non-priority sectors, covering areas such as agriculture, education, housing, energy, and self-employment schemes like NRLM, NULM, KCC, PM-SVANIDHI, PHEMEP, and PMFME.

Further, branch heads of various banks apprised the Deputy Commissioner

about achievements and future plans to improve performance in these parameters.

The Deputy Commissioner directed all banks to take measures to further improve the CD ratio. He also directed the concerned officials to conduct awareness camps on Social Security Schemes. During the meeting, DC Shrikant instructed the heads of departments to boost sponsorships and education loans.

In the end, LDM Gulzar Ahmad Dar assured the chair that performance would improve under his valuable guidance.

Lok Sabha election: Training for counting staff held in Kargil

Reach Ladakh Correspondent

KARGIL: A training for Counting Supervisors, Counting Assistants, and Micro Observers for the Lok Sabha election-2024 was held at Conference Hall, Baroo, Kargil, on May 30.

Additional Deputy Commissioner, Kargil, Suhail Ahmed; Assistant Returning Officer, Skalzang Dorje; Naib Tehsildar Election and other concerned officials were present on the occasion.

The counting staff were trained about their roles and responsibilities. Besides providing hands-on training to the participants, the trainers presented a



detailed PPT on the roles of Counting Supervisor, Counting Assistant, and Micro Observers, and the mandatory counting of VVPAT slips at office polling stations randomly selected.

The trainers requested the officials to check the machines thoroughly and ensure that they were intact. They asked the officials to

work as a team and function as one unit during the counting process. They also urged officials to highlight any problem that may arise during the counting process to the concerned authority for early correction. The training was imparted by district-level master trainers: Kacho Hassan, Mohd Ali and Mohd Hussain.

Director inspects ongoing work at rural development complex

Reach Ladakh Correspondent

KARGIL: Director of the Rural Development and Panchayat Raj Department, Syed Sajjad Qadri, conducted an inspection of the ongoing work at the Rural Development Complex and Resource Centre at Kurbathang, executed by CPWD, on May 22.

He also identified shortcomings in the building and directed the CPWD authorities to address them promptly.



Expressing dissatisfaction with the building's deteriorated condition prior to completion, the Director emphasised the need for proper channelisation and

drainage of rainwater.

ACD Kargil, Padma Angmo; Executive Engineer REW, Fiza Banoo; Accounts Officer RD&PRD, Sajad Hussain and officials of CPWD were present during the inspection.

DEO calls meeting to discuss preparations for LS poll

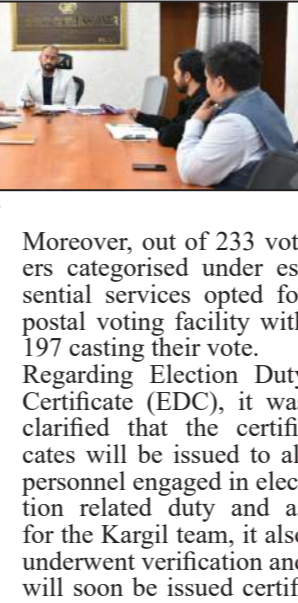
Reach Ladakh Correspondent

LEH: District Election Officer Santosh Sukhadave convened a meeting with political parties and contesting candidates on May 16.

The agenda points of the meeting were updates on postal voting, Election Duty Certificates (EDCs), polling stations, Intermediate Strong Rooms, and the appointment of polling agents.

Regarding postal voting, it was highlighted that out of 522 individuals who opted for this facility, 471 successfully availed it.

Notably, among electors aged above 85 years were 262 out of which 248 votes were cast. Additionally, 27 individuals having benchmark disability certificates opted for postal voting with 26 casting their vote,



Moreover, out of 233 voters categorised under essential services opted for postal voting facility with 197 casting their vote.

Regarding Election Duty Certificate (EDC), it was clarified that the certificates will be issued to all personnel engaged in election related duty and as for the Kargil team, it also underwent verification and will soon be issued certificates.

The meeting also highlighted the presence of 298 polling stations. A dispatch plan was outlined for all the polling stations and for places such as Dipiling and Zingchen, two inaccessible polling stations devoid of road connectivity, it was informed that police force and CAPF will utilise helicopters

with polling parties scheduled to arrive on May 17. Additionally, all vehicles involved in transportation are equipped with GPS facilities to enable real time tracking.

It was further informed that in Nubra, Nyoma and Durbuk, Electronic Voting Machines will be collected and securely stored in an intermediate strong room located at the treasury office. These EVMs will then be transported to the Leh strong room on the following day.

DEO pointed out that every candidate can keep a polling agent along two reserved agents, who are tasked with observing the voting process to ensure it is conducted fairly and to check any kind of discrepancies. He stressed the need to start the appointment of the polling agents as soon as possible.

The meeting was attended by Superintendent of Police, Shruti Arora and the contesting representative candidates.

Dr Kotwal presides over 9th Bankers Committee meeting



Reach Ladakh Correspondent

LEH: The Advisor to the Union Territory of Ladakh and Chairman of the Union Territory Level Bankers Committee (UTLBC), Dr. Pawan Kotwal, presided over the 9th meeting of the UTLBC for the quarters ending December 31, 2023 and March 31, 2024.

The Assistant General Manager of the State Bank of India and Convener of UTLBC, UT Ladakh, Tsering Morup, highlighted significant banking achievements in Ladakh for the quarter ending March 2024 through a PowerPoint presentation. This presentation emphasised progress under various banking schemes aimed at fostering economic development and financial inclusion in Ladakh.

He also directed banks to sanction loans for craftsmen under the PM Vishwakarma Scheme and instructed the sponsoring department to check the quality of training provided to PM Vishwakarma beneficiaries. He urged bank heads to ensure their successors complete all duties before transferring.

Dr. Kotwal released a focus paper outlining the strategic financial goals for the fiscal year 2024-2025, serving as a roadmap for targeted economic growth and development in the region.

The Additional General Manager of NABARD, Sonika Rana, presented key initiatives, including the promotion of solar energy, research and development, homestay initiatives, village development, skill development, and tourism sector expansion.

Dr. Kotwal directed NABARD officials to prioritise quality control and standardisation measures for Ladakh's unique products to ensure their authenticity and marketability, thereby strengthening the local economy.

The meeting concluded with Additional General Manager Rajeev Kumar Chhabra extending a vote of thanks to all dignitaries and participants from the line departments and banks.

The meeting was attended by Principal Secretary Sanjeev Khirwar; Commissioner Secretary Padma Angmo; Administrative Secretary Vikram Singh Malik; Under Secretary Mohit Sharma; representatives of the District Magistrate, Leh; Directors of concerned departments; Regional Director (J&K & Ladakh) Reserve Bank of India, Jammu; General Manager, RBI; Chief General Manager, NABARD Jammu; General Manager, State Bank of India; and senior representatives of member banks and financial institutions. The District Magistrate, Kargil, and Chief General Manager, SBI joined the meeting virtually.

Banks achieved 118% of their target by disbursing a total credit of Rs. 970.95 crore under priority sector advances against an annual target of Rs. 821.03 crore. The overall achievement under both priority and non-priority sector advances by all banks in UT Ladakh reached 148% by the end of March 2024.

Dr. Kotwal was informed that total deposits as of March 31, 2024, stood at Rs. 9,193.08 crore, compared to Rs. 8,593.25 crore as of March 31, 2023, reflecting a 7% year-on-year growth. Total credit as of March 31, 2024, stood at Rs. 4,166.75 crore, compared to Rs. 3,618.63 crore as of March 31, 2023, showing a 15.15% year-on-year growth. The overall Credit-Deposit (CD) Ratio of UT Ladakh was 45.32% for the year ending March 31, 2024.

Dr. Kotwal emphasised the importance of government schemes like the Solar Rooftop Scheme and the Atal Pension Yojana, stressing their significance for the financial and social well-being of the community. He urged banks to prioritise sanctioning loans under the Solar Rooftop Scheme and to ensure universal coverage of eligible beneficiaries under the Social Security Scheme.

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Voters' awareness campaign for LS polls launched



Reach Ladakh Correspondent

LEH: In a significant step towards enhancing voter awareness and mobilising participation in the upcoming Lok Sabha election on May 20, the Chief Electoral Officer, Yetindra M. Maralkar, initiated a door-to-door campaign.

The initiative aims to educate and encourage the voters to actively participate in the electoral process. During the visits, the CEO personally engaged with the voters, urging them to exercise their democratic rights in the forthcoming election. As a symbolic gesture of encouragement, each voter was presented with an invitation to vote along with water bottles and election-themed badges.

The Chief Electoral Officer, along with the SVEEP (Systematic Voters' Education and Electoral Participation) Ladakh Team, visited several polling stations including Ibex Colony, Sankar, Yourtung and Housing Colony D polling stations. These

visits are part of a broader strategy to enhance voter engagement and ensure a high turnout in the General Elections 2024.

The CEO emphasised the importance of every vote in shaping the future of the nation. The initiative also aims to address voters' interest by making the electoral process more accessible and engaging for the residents of Ladakh, and the distribution of the invitation and badges is intended to raise awareness and create a sense of participation among the voters.

The Chief Electoral Officer, Ladakh, was accompanied by the Joint Chief Electoral Officer, Ladakh, Sonam Chosjor; State Icon SVEEP Ladakh, Phunsok Ladakhi; District Nodal Officer, Icon SVEEP Ladakh, Stanzin Gya; State Nodal Officer, SVEEP Ladakh, Dr. Tsewang Morup; District Nodal Officer, SVEEP, Leh, Tajammul Ara; and Booth Level Officers, among others.

Fortnightly News

Advisor inspects model, pink polling stations

Reach Ladakh Correspondent
LEH: Leh: Advisor to the Union Territory of Ladakh, Dr. Pawan Kotwal, inspected the model polling station at DIET, Skara Yokma and the pink polling station at EJM College on May 17.



The advisor directed the concerned departments and officials to provide all the basic facilities, including washrooms, tents, drinking water, security arrangements and entry and exit points for the voters.

He asked all the polling officers and the concerned officials to facilitate and enhance the voters' experience on the day of polling, May 20.

The advisor was accompanied by the State Nodal Officer, SVEEP Ladakh, Dr. Tsewang Morup, and other concerned officers.

Chief Electoral Officer meets religious heads to raise awareness on voting

Reach Ladakh Correspondent

LEH:The Chief Electoral Officer of Ladakh, Yetindra M. Maralkar, led a team to raise awareness, educate, inform, and mobilise participation for the upcoming Lok Sabha election on May 20. The Chief Electoral Officer was accompanied by the Additional Secretary of Elections, Ladakh, Swaran Singh, and the State Nodal Officer, SVEEP Ladakh, Dr. Tsewang Morup. The team visited and met with the religious heads, including Ladakh Buddhist Association (LBA) President Chhering Dorjay Lakrook, Christian Community President Sonam Parvaz, Shia Community President Ashraf Ali Bar-



cha, Sunni Community President Dr. Abdul Qayyum, Hindu Community President Balvir Singh, Sikh Community President Kamaljeet Singh, and All Gonpa Association President Ven. Tsering Angdus. The team presented the heads of the religious communities with special tokens of appreciation, including water bottles, SVEEP t-shirts, and bad-

ges. The officers emphasised the importance of every vote in shaping the future of the region and the nation. They urged the religious heads to inform the general public about the significance of participating in the election and to work towards increasing voter turnout.

Chief Electoral Officer inspects polling stations



Reach Ladakh Correspondent

LEH: The Chief Electoral Officer, Yetindra M. Maralkar, conducted a comprehensive visit to several polling stations across Leh on May 19. The visit included an inspection of model polling stations, special polling station for specially abled persons and innovative pink polling stations, where the entire polling staff, including security personnel, are women. The initiative aims to encourage greater female participation in the electoral process, both as voters and as polling officials, thereby promoting gender inclusivity and

empowerment within the electoral framework. During the visit, the CEO reviewed the facilities and arrangements at these polling stations to ensure a smooth and efficient voting process. He interacted with the polling staff, expressing appreciation for their dedication and commitment. He also assessed the security measures in place, reaffirming the commitment to conducting a free and fair election. He emphasised the importance of the special polling station for specially abled persons, pink polling stations in setting

a positive example towards inclusive electoral practices. He highlighted that such initiatives are crucial for strengthening democratic values and fostering an environment where every citizen feels encouraged and safe to participate in the electoral process. Yetindra Maralkar confirmed the readiness of the polling stations to handle the electoral process efficiently and effectively. He was accompanied by the Additional Secretary, Elections Ladakh, Swaran Singh; State Nodal Officer, SVEEP Ladakh Dr Tsewang Morup; and concerned officials.

Advisor chairs review meeting on police dept's fund expenditure



Reach Ladakh Correspondent

LEH: Advisor to the UT Ladakh, Dr Pawan Kotwal (IAS) chaired a meeting to review the expenditure of funds under the revenue component and capital component of the Home Department for the current Financial Year in the VC Conference Hall, Civil Secretariat, Leh on May 14. The meeting, held in the presence of key stakeholders, discussed the progressive steps and expenditure of budgets for the significant development of various projects in the Police Department. During the meeting, the

Police Department, and concerned officials from various departments presented their workwise expenditure reports before the Advisor. Dr. Kotwal reviewed the work expenditure of officials minutely and directed the executing agencies that inspection of the projects to be done regularly by the respective Xens, AEEs and JEEs to ensure quality of work being executed. Highlighting the importance of collaborative effort, the Advisor issued directions to the concerned officials to ensure

maximum expenditure and timely release of payment to contractors so that the functioning of both work and quality is not suffer. At the end of the meeting, the Advisor directed to process various medical reimbursement cases on priority basis. The meeting was attended by the ADGP Ladakh; Chief Engineer, PWD Ladakh and CPWD AIG, Provision, SSP Leh and Kargil; Senior Accounts Officer, SP Traffic Ladakh; Deputy Planning, SE, PWD Leh; AEE, Kargil; and other officials joined the meeting virtually.

District Election Officer inspects arrangements for dispatch of polling parties

Reach Ladakh Correspondent

KARGIL: Deputy Commissioner/District Election Officer, Kargil, Shrikant Suse, inspected the arrangements for the distribution of election materials and the dispatch of polling parties ahead of the Lok Sabha polls on May 17. The visit aimed to ensure the smooth distribution of election materials to polling parties and their transportation. Detailed directions were issued for the smooth distribution process, inter-de-



partmental coordination, welfare measures, and transportation of polling parties. Three polling parties for Shadey, Ralukung, and Phe-ma have reached their destinations via air sorties pro-



vided by the Indian Air Force. The remaining polling parties for Zanskar and one polling station in the San-ko subdivision will be dispatched tomorrow.

Kargil prepares for LS poll with enhanced security and monitoring measures

Reach Ladakh Correspondent

KARGIL: To ensure fair and transparent voting, district election authorities and Kargil police have made elaborate arrangements for the election scheduled for May 20. After a detailed analysis as per the norms set by the Election Commission of India, 118 out of 279 polling stations have been identified as critical. Various force and non-force measures have been taken for these polling stations.



Webcasting will be conducted at 140 polling stations, including the 118 critical ones, on polling day to monitor the process. A dedicated control and command center has been established at the DEO office to observe the poll process from Kargil Headquarters, enabling quick detection of any abnormalities inside polling stations and immediate response. Video recording and CCTV surveillance will be used at polling stations where webcasting is not possible. Micro observers will be deployed at all critical polling stations to monitor the poll process. They will report to the General Observer if any issues regarding fairness and transparency arise during the poll.

and order inside polling stations are maintained. CAPF will also be deployed as Quick Reaction Teams (QRTs) to intervene in case of any malpractice or law and order issues on polling day. Additionally, 7 Flying Squad Teams (FSTs) and 7 Static Surveillance Teams (SSTs) have been deployed to respond to complaints and check for Model Code of Conduct (MCC) violations and other attempts to sway voters. CAPF will be deployed with SSTs for additional deterrence at inter-state and inter-district entry points. Women police personnel will be deployed at all polling stations, except male-only polling stations, to ensure that women voters are properly checked. Women polling officials will be deployed at polling stations with female voters. Polling officials and police personnel have been randomised to prevent any bias or favoritism.

Voters have been informed through social media and other mediums about the essential documents required for voting as mandated by the Election Commission of India. The use of mobile phones will be prohibited inside polling stations and within a 100-meter radius of the stations. Necessary directions have been issued to ensure strict compliance with these instructions, with strict action against any violations by voters.

Twenty Zonal Magistrates and 20 zonal police officers will monitor the entire poll process in the district on polling day, assisted by 43 sector magistrates and sector police officers. During a preparatory meeting held on May 17, instructions were issued to all these officers to ensure that all norms related to fair and transparent polling are observed by polling officials under their jurisdiction.

In district Kargil, 10 polling stations will be model polling stations. Four polling stations will be managed by women polling personnel, and one polling station will be managed by PWD officials. Political parties have been informed about "corrupt practices" under Section 123 of the Representation of the People Act, 1951, and other offenses that could attract penal action.

Joint Chief Electoral Officer launches voter awareness campaign



Reach Ladakh Correspondent

LEH: The Joint Chief Electoral Officer, Sonam Chosjor, initiated a door-to-door campaign to enhance voter awareness and mobilise participation in the upcoming Lok Sabha election scheduled for May 20. The Joint Chief Electoral Officer, along with the SVEEP Ladakh Team, visited several monasteries and villages, including Thiksey Monastery, Hemis Monastery, Thiksey, and Shey village. During their visit, the team engaged with key religious and community leaders, including Ven. Nawang Chotak, Chakzod of Thiksey Monastery; H.E. Chosam Rinpoche, and Ven. Nawang Jigmet, Chakzod of Hemis Monastery; Head Master (Mumtaz Hussain) and students of Government High School, Thiksey. Additionally, the team met with the Nambardar of Thiksey, Tundup Targais, and the members of the Women's Alliance, Jamyang Chuzin, Tsering Diskit, Skarma Rigz-

in, and Fatima Banoo, of Thiksey and Ranbirpura.

As a symbolic gesture of encouragement, each voter was presented with an invitation to vote along with election-themed badges.

During the visits, the Joint CEO personally engaged with the voters, urging them to exercise their democratic rights in the forthcoming elections. He emphasised the importance of every vote in shaping the future of the nation. "The initiative also aims to address voters' interest by making the electoral process more accessible and engaging for the residents of Ladakh. The distribution of invitations and badges is intended to raise awareness and create a sense of participation among the voters, he added.

State SVEEP icon, Phunsok Ladakhi, further motivated the crowd by highlighting the significance of electoral participation through locally inspired Hindi songs dedicated to the General Election 2024. District SVEEP icon, Stanzin Dorjai Gya, highlighted the importance of active participation in the electoral process and urged all eligible voters to cast their votes on May 20. Female District icon Stanzin Idzes also spoke passionately and urged the voters and youth to ensure a strong turnout on the election day. The Joint Chief Electoral Officer, Ladakh, was accompanied by State SVEEP icon Phunsok Ladakhi; District SVEEP icon Stanzin Dorjai Gya; district SVEEP female icon, Stanzin Idzes; Qanoongo of Kharu Sub-Division, Skalzang Dadul; and Booth Levels Officers, Tsering Angmo and Tundup Lamo, among others. On the other hand, a dedicated team headed by the State Nodal Officer, SVEEP Ladakh, Dr. Tsewang Morup, visited Matho Monastery along with District SVEEP icon Stanzin Dorjai Gya. The team met Ven. Khenpo Thinlay, Chakzod of Matho Monastery and the monks to encourage their participation in the election.

LS election: Personnel sent to 44 polling stations



Reach Ladakh Correspondent

KARGIL:Ahead of the Lok Sabha election, the polling parties for all 44 polling stations in the Zanskar Sub Division were flagged off by District Election Officer (DEO) Kargil, Shrikant Suse, from Khree Sultan Chow Sports Stadium on May 18.

SSP Kargil, Deputy District Election Officer Kargil, Nodal Officers, and other concerned officers were also present on the occasion.

The District Election Officer said that the polling parties for the far-flung areas of the district, including Phe-ma (located at 14,100 ft), Ralukung (13,800 ft), and Shadey (14,500 ft), were dispatched on Friday through IAF helicopters.

While flagging off the polling parties, the DEO urged them to perform their assigned responsibilities with utmost sincerity and dedication, and to strictly adhere to the ECI guidelines to ensure a free, fair, transparent, and ethical election process in the district. Expressing satisfaction with the overall preparedness, he stated that all necessary arrangements have been put in place to ensure that the elections are conducted smoothly. He also mentioned that, according to ECI norms, the use of mobile phones by voters within a 100-meter radius of the polling booth is completely banned.

The DEO called May 20 the "Festival of Democracy," urging the public to participate enthusiastically in the voting process and to cast their votes without fear.

Similarly, under the supervision of the District Election Officer, EVMs, voting materials, and polling staff were dispatched from the warehouse to Shun and Ichu (remote polling stations) in the presence of the Assistant Returning Officer, Kargil.

NT Election, Kargil, representatives of political parties, independent candidates, and other concerned officers and officials were present on the occasion.

Justice Tashi Rabstan visits old age home at Mahabodhi Centre



Reach Ladakh Correspondent

LEH: Justice Tashi Rabstan, the senior-most judge of the High Court of Jammu & Kashmir and Ladakh, Administrative Judge for District Leh, Chairman of the Mediation and Conciliation Committee of the High Court of Jammu and Kashmir and Ladakh, and Chairman of the Building Infrastructure Committee for Subordinate Courts of UT Ladakh, visited the Old Age Home at Mahabodhi Centre (MIMC), Ven Sanga Sena, on the last day of his three-day visit to District Leh. The visit included an interactive session with the senior citizens organised by the District Legal Services Authority (DLSA), Leh on May 15. During the occasion, Justice Tashi Rabstan received a warm welcome from the founder of Mahabodhi International Meditation Centre (MIMC), Ven Sanga Sena, and other monks and officials of the center. Also present were Member Secretary of LLSA and Principal District and Sessions Judge, Leh, Spalzes Angmo, also shared her views during the program.

DLSA Leh and Special Mobile Magistrate Leh, Phuntsog Angmo; Munsiff of Nubra, Chemit Yuryal; Deputy Chief Legal Aid Defense Counsel, Nima Stanzin; Panel Lawyers; and PLVs. During the interaction, the senior citizens expressed their happiness about Justice Tashi Rabstan's visit and appreciated Ven Sanga Sena and the entire staff of MIMC. In his remarks, Justice Tashi Rabstan mentioned that he was one of the founding members of MIMC and had always wanted to visit the Old Age Home. He expressed his happiness over the visit.

Member Secretary of LLSA and Principal District and Sessions Judge, Leh, Spalzes Angmo, also shared her views during the program.

People Voice:

Lok Sabha election: Expectations from voters

Nenzes Chodon and Stanzin Padma



Tashi Namgail, Councillor, Tangtse Constituency: I just voted at polling station no. 78 in Shachukul, which is one of the polling stations with a high number of voters (385) in Tangtse constituency. It is crucial to ensure that there is high voter turnout. In the 2019 elections, the voter turnout ranged between 60-65% in most areas. Political parties conduct campaigns before every election to present their vision, promises and plans for development. In Ladakh, safeguarding the region is one of the most pressing issues that need to be addressed. Given these factors, it is essential for everyone to vote in high numbers. The Member of Parliament representing Ladakh must be experienced, wise, and capable of making informed decisions to represent Ladakh effectively in the Parliament. I am a member of the Bharatiya Janata Party (BJP), which has nominated CEC of LAHDC, Leh, Adv Tashi Gyalsen for the Lok Sabha election. He is a capable and experienced candidate and is currently serving as the CEC of LAHDC, Leh. Many people are hopeful and confident to support him.



Thupstan Tsultrim, Ex- Sarpanch, Shachukul: First and foremost, voter turnout should be high. The public does not need to be told whom to vote for as everyone must make their own decision. However, it is crucial that voter turnout is maximised. The MP should be wise and capable of representing Ladakh in the Parliament and to make the right decisions. Among the three candidates for the Lok Sabha elections, the public needs to vote for the one they regard as the most suitable candidate.



Tsering Angchuk, Shachukul: A leader's actions must be impartial. Discrimination is morally wrong. The party affiliation is less important than the leader's impartiality. The position of Member of Parliament has significant authority and can have a lot of influence over developmental activities. The candidate must be wise and impartial towards every citizen, prioritising the needs of all rather than personal gains. He should care for every citizen from the youngest to the oldest.



Konchok Rinchen, Shachukul: Irrespective of who wins this election, the MP must work to secure safeguards for Ladakh, which is everyone is demanding. Ladakhis have struggled to become a Union Territory, and now we are demanding safeguards for the UT as our top priority. Ladakhis have even gone on long hunger strikes to highlight this demand. So whoever wins the election must work to ensure a prosperous and thoughtful future for all of Ladakh.



Stanzin Youdon, Tharuk: I cast my vote today with high expectations, hoping that the elected MP will be someone who is proactive in ensuring development, advocating for the welfare of all citizens, and prioritising improvements in education facilities and initiatives aimed at spreading education. It is crucial that the MP remains impartial and genuinely helpful to all members of society.



Nawang Namgyal, Tangtse: I voted for the first time. I participated in the election process with the hope that the winning candidate will understand and prioritise the aspirations of our people, working diligently to fulfil public demands in the future. The MP must embody a sense of consciousness and pride in being Ladakhi and be dedicated to serving the people of Ladakh. It is important that the MP acts as a true representative of the people, listening to their concerns beyond the election period and works selflessly to

build a better Ladakh.

As a tribal region, Ladakh's MP should represent every Ladakhi in the Parliament and advocate for the demands of our people. We must highlight the importance of safeguards for Ladakh and ensure that our concerns are heard across the nation.



Konchok Namgyal, Ex-Sarpanch, Durbuk: Today, I voted for the candidate who I believe will work for the development of the entire region. The MP from Ladakh should be someone who is impartial towards the public, irrespective of their religion, class, and caste. The MP must also strive to secure safeguards for Ladakh to protect its land, language, jobs, environment, culture and heritage.



Phuntsog Angchuk, Durbuk: I hope that the MP will be someone committed to addressing Ladakh's four-point agenda: Statehood, sixth schedule status, a dedicated Public Services Commission (PSC), and two Parliamentary seats. The votes of the public will go to the candidate who pledges to fulfil these demands. The MP should be someone who will advocate for Ladakh's demands in the Parliament with the intention of fulfilling them.



Tsering Angchuk, Tia: Regardless of the who comes to power in the centre, this election is an opportunity to push our demands. In my opinion, a leader should be educated, articulate, and be able to represent the voice of the people in the Parliament. Voting is crucial, and I didn't base my vote solely on the candidate or party. Instead, I assessed all three candidates based on their qualities and leadership abilities to determine who can address the pressing issues of Ladakh.



Sonam Dorjey, Tingmosgang: This election is of great importance. Since becoming a UT, there have been numerous developments in the fields of education, healthcare, roads, etc. In my personal view, for the upcoming election, we should elect the party that has successfully transformed Ladakh. The BJP party was instrumental in achieving UT status and bringing about developments for Ladakh.



Sonam Tsomo, Tingmosgang: I have just cast my vote, and I feel very happy. The MP should be well-educated and be able to advocate in the Parliament for Ladakh's inclusion under Sixth Schedule along with addressing the other demands raised by Apex Body, Leh and Kargil Democratic Alliance. We should be very thoughtful when we exercise our voting rights.

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5 June- World Environment Day

Happy World Environment Day

World Environment Day is observed every year on 5 June and is celebrated by more than 100 countries. The environment is a major issue, which not only affects the well-being of the people but also hampers economic development throughout the world. The theme of World Environment Day 2021 is "Ecosystem Restoration". World Environment Day is a global platform for inspiring positive change. People from more than 150 countries participate in this United Nations international day, which celebrates environmental action and the power of governments, businesses and individuals to create a more sustainable world. The event has been led by the United Nations Environment Programme (UNEP) since its inception in 1973. World Environment Day, held annually on 5 June, brings together millions of people from across the globe, engaging them in the effort to protect and restore the Earth. This year's World Environment Day campaign focuses on land restoration, desertification and drought resilience under the slogan "Our land. Our future We are #GenerationRestoration." The Kingdom of Saudi Arabia will host the 2024 World Environment Day global celebrations with a focus on land restoration, desertification, and drought resilience.

Courtesy: un.org

SoulSpeak

Dr. P.P. Wangchuk

Commitments make you a hero

If you are committed, success is yours, for sure. When we talk of commitments, we talk of a very solemn kind of an 'agreement' that one does with one's self or with any other to do or get a thing done. In such cases, except in rare ones, the proverbial saying, do or die, comes into play to give your commitment a happy ending. In simpler words, commitment is a pledge or a kind of agreement with self or someone else. In doing so, it forces you to keep up a word or complete a task. That is why it is of utmost importance that we develop a sense of commitment in life. Not only you are taken seriously by others, you also stand to gain respect. Such people are always trusted and they get high public positions. A commitment compels you to keep going and doing so that there is continuity in work until it is done. American author Jim Rohn has beautiful words to say on commitment: "Motivation is what made you started, commitment is what keeps you going." As such, one can say that a commitment is a positive action keeping up your word. And that keeps everyone 'in the deal' happy and optimistic. Once the commitment is fulfilled, it not only gives the 'executor' immense happiness of satisfaction and fulfilment but others too with whom the commitment was done get happy and grateful. Yet another beauty of a commitment is that it opens all the doors, as it were, and makes it possible to do things that one never even had in dreams. As such, it facilitates work performance in a manner that the 'executor' envisions great things coming up his way while performing his duty. One must bear in mind that it pays well to be a committed person. Your quality of life is determined by your commitments. And, as American actor Will Smith says, your road to success is through commitment. The writer is a New Delhi-based Editor-at-large, columnist and public speaker.

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

DID YOU KNOW

1. Besides water, tea is the most popular beverage worldwide.
2. Your heart beats an average of 100,000 times each day.
3. The first animals to travel to outer space were fruit flies.
4. Bats are the only flying mammals.
5. Tomatoes are a fruit, not a vegetable.
6. Chihuahuas are the smallest dog breed.
7. Snakes smell with their tongue.
8. Buzz Lightyear's original name was Lunar Larry.
9. A chicken once lived for 18 months without its head.
10. Ketchup was once sold as medicine.
11. A sheep was the first animal to be cloned.
12. Jupiter is the largest planet in the solar system.
13. The closest planet to the sun is Mercury.

Courtesy: today.com

Fortnightly News

In Conversation with Stanzin Angmo, Public health professional / Co-founder of New Ladakhi Girls

Interviewed by Yangchen Dolma

Q1. Firstly, could you tell us a bit about yourself, including your educational background?

Absolutely! I grew up in the village of Stok and attended Siddhartha School Partnership until the tenth grade. During my final year at Siddhartha, I had the opportunity to apply for to attend secondary school in the United States. With the unwavering support of my mentors and teachers, I succeeded in securing admission to North Yarmouth Academy in the state of Maine. Although adapting to a new country with a different education system and language presented challenges, the life skills and education I received at Siddhartha helped me adjust quickly. Inspired by my experiences, I decided to pursue higher education in the United States. I studied at Bennington College in Vermont, where I majored in anthropology and graduated in 2020. Following my undergraduate studies, I was accepted into the master's program at Johns Hopkins Bloomberg School of Public Health, where I completed my Master of Science in Public Health in 2022.

Q2. What inspired you to pursue a career in public health?

From a young age, I harbored a deep interest in the fields of medicine and science. As a child, I aspired to become a doctor, captivated by the prospect of curing and helping people—a purpose I found both exciting and meaningful. However, as I grew older, I discovered the broader discipline of public health, where health is perceived holistically rather than being confined to hospital settings. I firmly believe that public health is one of the most crucial career fields today. Public health initiatives have a far-reaching impact, influencing individuals, families, communities, populations, and societies globally. These initiatives tackle broad issues that affect our health and well-being both presently and for future generations. They possess the unique ability to address the root causes of health issues and implement change at the community level, which I believe is the most effective strategy for fostering a healthy society.

Q3. How did Chuskit and you come up with the idea of starting a non-profit organisation and what are its primary objectives?

In the summer of 2015, my friend Tsewang Chuskit and I participated in Smith College's Summer Science and Engineering Program, enrolling in a course titled, 'By Girls, For Girls' that highlighted the crucial role of public health initiatives. We were inspired by it and on our return to Ladakh, we shared our insights at our high school and in three villages in Changthang. The response was overwhelming, with many girls and women engaging in discussions about their bodies, menstruation, and related myths and taboos for the first time.



Encouraged by this success, we founded "New Ladakhi Girls" (NLG) to educate and empower marginalized populations in Ladakh on stigmatized health and social issues. Over the years, we secured funding, including the Davis Projects for Peace grants, enabling us to conduct seminars on adolescent health, menstruation, mental health awareness, sexual assault and safety, contraceptives and sexually-transmitted infections, and women's empowerment. Our 2019 project focused on menstrual health, introducing washable cloth pads and menstrual cups in various villages and schools in Zanskar, Leh and Changthang region. Through NLG, we have seen gradual but impactful changes. Many individuals have become more informed and empowered to advocate for equality, demonstrating the transformative power of education and community engagement.

Q4. As a professional health worker, how do you manage your work at New Ladakhi Girl as Chuskit lives abroad?

Managing my role as co-founder of New Ladakhi Girl (NLG) alongside my responsibilities at the National Health Mission (NHM) in Ladakh requires careful coordination, especially since Chuskit lives abroad. Over the past few years, NLG's focus has evolved with each of us contributing to this process in our own unique ways. Chuskit is pursuing a PhD to deepen her understanding of the education system and find ways to make it more inclusive and holistic, aligning with NLG's mission. Meanwhile, my work at NHM has shown me the importance of strengthening existing government programs to meet the needs of marginalized groups, particularly ones related to health that remain the main focus of NLG.

For example, the Rastriya Kishore Swasthya Karyakram (RKSK) program addresses unmet needs of adolescents, such as menstrual health, mental health, and the need for adolescent-friendly services. By integrating my NLG experience with my NHM work, I can enhance the effectiveness of these programs. Chuskit and I still collaborate whenever possible. Last year, we joined forces on HealthINC's "Women's Wellness Project." We partnered with AMAZE, a global organization that creates educational videos on health topics for adolescents. We dubbed several videos into Ladakhi to make them more accessible to our community. I encourage readers to check out these videos on AMAZE's website for valuable information on body awareness, well-being, and healthy behavior. Balancing my professional role with my work at NLG allows me to make a positive impact through government programs and our project initiatives.

MESSAGE TO THE READERS

"We must start having crucial conversations about topics that impact well-being and future prospects. Let's discuss safe sex practices, educate our children about healthy relationships and mental health, and empower our youth to make informed decisions. By guiding and supporting them, we can help them become empowered adults who can change the world and build a healthier, more equitable society. Let's rise above shame and stigmas to be responsible parents, teachers, mentors, healthcare workers, and citizens."

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Tsewang Stanzin, Khardong Pharka: Over 90% of the people of Ladakh are demanding inclusion under the Sixth Schedule to safeguard the region's interests. Every vote matters to achieve change in Ladakh. In terms of developments in Khardong, there has been minimal change. The school has remained the same for the last 20 years, and roads were constructed over 10 years ago with no further improvements. Many people did not know the incumbent MP as he did not visit our village. Now, I hope that our four-point agenda will be fulfilled by the incoming MP, and there will be changes in our village.



Tsering Samphel, Khardong Pharka: Casting one's vote is a vital part of the democratic process. Each person must decide who they are going to vote for. The MP should follow through on their manifesto and promises. It is not clear why the previous leader failed to fulfil his promises and respond to public demand. We hope that the next MP will fulfil the demands of Ladakhis, and I anticipate improvements in education, water facilities and roads in Khardong village.



Sonam Angmo, Nurla: I have cast my vote for the first time. I voted for someone who I believe can bring positive changes to Ladakh. I appeal to young voters to be responsible citizens and not waste their votes as a single vote can change the future of Ladakh.



Tsering Wangdus, Khardong Pharka: I walked 3 km to vote. I urge everyone, whether educated or not, to vote. I hope the government that comes to power is responsible. Given Ladakh's current situation, we should choose our leader carefully.

Fortnight Highlights



Historian Mohammad Sadiq Hardassi's book 'Rajgan Purik: Ek Short History' was launched at the Ladakh Academy of Art, Culture, and Languages, Kargil, on 29th May.



Students stage a drama at Lamdon Model Senior Secondary School, Leh to mark World No Tobacco Day on 31st May.

Fortnight Highlights



Changthang Zone with the winner's trophy after winning the final football match at Astro Turf Open Stadium, Spituk, on 29th May. The Sports for Change event was organized by Bal Raksha Bharat in collaboration with Directorate of Youth Services and Sports, Leh, and supported by HCL Foundation.



Lekzes Angmo (first from the left) won the bronze medal in the Women's Cycling (Track) National League held on 26th and 27th May at the IG Sports Complex in New Delhi.



Mountaineer Skalzang Rigzin became the first Indian civilian to successfully scale the world's highest peak, Mount Everest (8,848m above mean sea level) without supplemental oxygen.



Leh celebrates Buddha Purnima on May 23rd. Celebrated on the 15th day of Saka Dawa (Vesak) of the Buddhist calendar, the festival marks the birth, enlightenment and Mahaparinirvana of Gautama Buddha.

Fortnightly News

GDC, Drass, organises 3-day yoga retreat for students and faculty

Reach Ladakh Correspondent KARGIL: The Department of Physical Education at GDC Drass organised a three-day yoga retreat for its students and faculty members from May 15 to May 17.



The retreat aimed to promote the benefits of yoga for physical and mental well-being among the college community. The sessions included instructions on various yoga postures (asanas), breathing exercises (pranayama), and meditation techniques. The retreat received positive feedback from participants who appreciated the opportunity to learn and practice yoga under the guidance of experienced instructors. The sessions provided a platform for students and faculty to relax, de-stress, and improve their overall health. Dr. Abassi further emphasised the importance of regularly incorporating such wellness programmes and expressed his hope for more similar events in the near future.

Speaking on the occasion, Dr. Amjad Ali Abassi, Principal of GDC Drass, expressed his gratitude to yoga instructor Raj Kumar. He commended the efforts of the Department of Physical Education for organising such a successful event and highlighted its positive impact on the college community.

In conclusion, Mohd Yasin, College Director of Physical Education and Sports, extended heartfelt gratitude to all the participants and guests. He also thanked the staff members and the principal for their unwavering support and encouragement.

Ladakh Biodiversity Council organises exhibition-cum-competition

Reach Ladakh Correspondent KARGIL: Ladakh Biodiversity Council, in collaboration with Department of Forest, Ecology and Environment organised a bioresource exhibition-cum-competition on the International Day for Biological Diversity at Rgyal Khatoon Forest Park in Kargil on May 22.



The event was graced by Sajjad Hussain Mufti, CCF/Regional Wildlife Warden, as the chief guest, and the Deputy Commissioner of Kargil, Shrikant Suse, as the special guest. Other dignitaries present included Assistant Director DIPR Kargil, Murtaza Ali; Principal GDC Drass, Dr. Amjad Abassi; Zonal Officer of Soil and Water Conservation, Mohd Lateef; District Sheep Husbandry Officer, Dr. Niyaz-ul-Hasnain; General Manager Industries/Assistant Director Tourism Kargil, Rahmatullah Bhat; DFO Mohd Ali; Wildlife Warden Raza Ali, and other officers.

Sajjad Hussain Mufti, emphasised the significance of conserving biodiversity in Ladakh and highlighted the department's initiatives, including the formation of 195 Biodiversity Municipal Communities (BMCs) in various Panchayats.

He urged the district administration to extend cooperation and support for the upcoming People's Biodiversity Research (PBR), aimed at discovering the diverse flora and fauna of different regions in Ladakh.

Deputy Commissioner Kargil, Shrikant Suse congratulated all participants and expressed gratitude for their involvement in the programme. He encouraged participants to raise awareness about biodiversity and indigenous bio-resources found in Kargil. The administration pledged support to enhance the economic value of indigenous food derived from local flora and fauna.

The initiative aims to raise awareness about Kargil's rich biodiversity and the importance of conserving and sustainably utilising its natural resources. The event showcased a diverse range of cultural foods, traditional attire, agricultural practices, and indigenous tools used historically in the Kargil region by different BMCs from various parts of the district.

"We are thrilled to host this event, providing a platform to showcase Ladakh's unique biodiversity and promote its conservation. Through interactive exhibits and educational activities, we hope to inspire local communities and visitors to appreciate our efforts to conserve Ladakh Biodiversity," said Sajjad Hussain Mufti.

The exhibition also featured a bioresource competition among different BMCs, with the Department of Forest, Ecology, and Environment presenting rewards for the best and most innovative showcases.

The participating panchayats included Minjee, Kanoor, Holiyal, Bodh Kharbu and Darchiks.

DC chairs meeting on ocular trauma prevention and mitigation

Reach Ladakh Correspondent LEH: Deputy Commissioner Santosh Sukhadeve chaired a meeting to implement the National Human Rights Commission (NHRC) advisory on ocular trauma prevention and mitigation at the DC Conference Hall on May 27.

for bans on dangerous firecrackers, updated eye protection standards, low-cost safety eye protection, first-aid kits in high-risk areas, eye check-up camps, and regulation of hazardous chemicals. Mandatory eye check-ups for drivers and developing underground shelters for war-related injuries are also emphasised.

Ophthalmologist Dr. Motup Angmo from SNM Hospital delivered a presentation on ocular trauma types, emphasising the importance of timely intervention and protective measures such as safety glasses and helmets.

Treatment recommendations include developing ocular trauma as a sub-specialty, increasing post-graduate seats, equipping hospitals with necessary facilities, increasing ophthalmologist posts with trauma training, sponsoring research, and upgrading eye banks.

Chief Medical Officer, Leh, Dr. Deskit Dolma, provided an overview of the NHRC advisory, focusing on prevention, treatment, and rehabilitation. The advisory highlights the significance of ocular trauma in India, particularly among young males, with major causes being road accidents, sports, and occupational hazards. Recommendations include establishing an online portal for recording ocular trauma cases, involving ICDS workers and school teachers, raising awareness among health professionals, and collaborating with relevant organisations for data analysis.

DC Santosh Sukhadeve emphasised the importance of holistic efforts across departments and rural outreach. He urged the dissemination of general advisory material through social media and advertisements to create dedicated awareness activities. He added that stakeholders involved in construction work should ensure that their workers are provided with safety glasses and headgear.

Dr. Dolma also discussed preventive measures such as public awareness campaigns, informative posters, educational curricula, warnings on hazardous products, and seminars for high-risk individuals. In addition, the advisory calls

The meeting was attended by Block Medical Officers, SP Traffic Police, and officials from various departments.

Photo caption: Dr. Motup Angmo delivers a presentation on ocular trauma prevention and mitigation.

Social Welfare Office launches volunteering initiatives at childcare institutions



Reach Ladakh Correspondent LEH: Following directives from Commissioner/Secretary Padma Angmo and Director Tashi Dolma, the District Social Welfare Office in Leh has initiated volunteering initiatives at childcare institutions (CCIs) in Leh district.

Social workers from the District Social Welfare Office, Mrs. Deachen Skalzang and Miss Rubina Kausar, actively involved children at rGatsaal Leh by teaching them basic computer applications, including Microsoft Word, Microsoft Excel, PowerPoint presentations, and engaging them in fun educational computer games.

This initiative by the Department of Social and Tribal Welfare Ladakh is a result of a brainstorming session held on February 17 at the Pal Hotel Leh.

Ladakhi students can now avail of 16 seats in technical courses

Reach Ladakh Correspondent LEH: The Department of Higher Education, UT Ladakh, has secured 16 seats for students from Ladakh in Technical Courses (Diploma Level) for the academic session 2024-25 across eight states.

This decision follows a proposal by the Department of Higher Education, UT of Ladakh, to include Ladakh in the Government of India scheme, which reserves seats in Engineering and Technical courses for States/Union Territories lacking infrastructure in Technical Education.

Eligibility for these diploma courses varies: students who clear 10th Board exams can apply for Mechanical Engineering, Textile Technology, Library and Information Science, Automobile Engineering, Bio-Medical Engineering, and Fashion Designing, while those who clear Class XII Board exams are eligible for the Pharmacy seats.

Currently, while the CBSE results have been declared, the results of JKBOSE are awaited. Applications for the scheme will be invited immediately after the results for Class X and XII under JKBOSE are announced.

In the previous academic year 2023-24, 22 seats were reserved for Degree level Engineering courses in branches such as Civil Engineering, Computer Science and Engineering, Electrical Engineering, Architecture and Planning, Automobile Engineering, Electronic and Communication Engineering, Textile Technology, and Mechanical Engineering. These seats were allocated in Engineering Colleges across Chandigarh, Maharashtra, Kolkata, Karnataka, Gujarat, Hyderabad, and Tamil Nadu. The Department of Higher Education successfully admitted 19 students under this scheme during the 2023-24 academic session.

The scheme is set to continue in 2024-25, offering opportunities for students from Ladakh to pursue an engineering degree.

GDC, Drass, celebrates International Biodiversity Day

Reach Ladakh Correspondent KARGIL: Government Degree College, Drass, observed International Biodiversity Day under the guidance of Principal Dr. Amjad Ali Abbasi on May 22.



The event, themed "Be Part of the Plan," aimed to raise awareness about the significance of biodiversity conservation and the urgent need for collective action.

Dr. Imtiyaz Hussain, Assistant Professor of Botany, led the programme by explaining the importance of biodiversity, especially in the Ladakh region. His talk highlighted the crucial role biodiversity plays in supporting ecosystems and life on Earth.

Assistant Professor of Geology, Syed Rizvi, explained the critical role of biodiversity and strategies for its conservation in his presentation. He discussed factors contributing to biodiversity loss, including habitat destruction, over-exploitation, and the introduction of alien species. He also spoke about the methods for biodiversity conservation.

Another faculty member, Dr. Jahangir Magray, delved into the study of significant species and their profound impact on ecosystem dynamics. He also provided a poignant reflection on the historical context of mass extinctions and the one which is ongoing due to anthropogenic activities. He emphasised the importance of prioritising natural prod-

ucts over non-biodegradable alternatives. Assistant Professor of Environmental Science, Sajid Hussain, highlighted the intricate interdependence of species and eloquently articulated the religious perspective on biodiversity conservation. He emphasised how safeguarding biodiversity ultimately ensures the preservation of humanity itself. In the end, Kaneez Fatima expressed heartfelt gratitude to all the faculty members who contributed their insights to the event, as well as to the students and attendees for their active participation.

In conversation with Stanzin Angmo, Public health professional/ Co-founder of New Ladakhi Girls

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Q5. How has your experience at Johns Hopkins School of Public Health influenced your approach to public health research and community outreach in Ladakh?

At Johns Hopkins University, I worked as a Research Assistant on several studies, which honed the skills I had acquired in my classes. Building connections with professors, researchers, and partners was an important aspect of this experience. These interactions allowed me to gain a comprehensive understanding of conducting public health research from formulating research questions to disseminating results.

A key influence of this experience on my current work is the ability to tailor projects and research to the needs, customs, and culture of the target population. It is essential to place the interests of participants or beneficiaries at the center of any project or research endeavor. This ensures that our efforts are both respectful and effective and fosters meaningful and sustainable outcomes in public health.

Q6. Please tell us about your research projects in Ladakh as well as their findings and impact on women's health and life in general.

For my undergraduate thesis, I conducted a qualitative study on the stigmatization of menstruation and the menstrual experiences of Ladakhi women. The findings revealed that religious and social norms, along with the availability of infrastructural resources such as running water and disposal systems, significantly influenced these experiences. Many participants reported a more positive and normalized view of menstruation and found it easier to manage their menstrual health after relocating outside Ladakh.

Religious and social norms critically shape women's perceptions and experiences of menstruation, as well as their menstrual hygiene practices. The availability of accurate information and adequate infrastructural resources is pivotal in shaping these attitudes and ensuring proper menstrual hygiene. The study highlighted the need to address both cultural factors and resource availability to improve menstrual health outcomes for women in Ladakh.

Q7. You have also served as the State Project Coordinator for the Ayushman Bharat Digital Mission. What were some of your key initiatives in this role?

I worked with the Ayushman Bharat Digital Mission (ABDM) for one year during its initial implementation phase. One of our key initiatives was to conduct extensive training for healthcare professionals at all levels of the health system to ensure that the project was implemented effectively. Currently, nearly all health facilities in Ladakh are empaneled with ABDM and are initiating the

digitization of medical records. The objective is to ensure that patients will not need to carry physical copies of their health records. All these records are linked to a unique identifying number known as the Ayushman Bharat Health Account (ABHA). Patients can access their records on their phones and consent to sharing them with healthcare providers. Additionally, we organized various outreach camps to educate the public on the benefits of the ABHA card and how to leverage the advantages of ABDM. This initiative aims to enhance healthcare accessibility and efficiency through digitization and increased awareness.

Q8. How do you approach stakeholder engagement and community outreach in your work? In your experience, what strategies are effective in promoting health education and awareness?

In my work, I emphasize collaboration, inclusivity, and transparency to address health issues effectively. Health professionals across various levels and people across sectors share common goals, making intersectoral collaboration essential. Effective stakeholder engagement is crucial, as working in isolation leads to inefficiencies and redundancies.

For promoting health education and awareness, I find community-based approaches most effective. For example, through New Ladakhi Girl (NLG), we realized that involving enthusiastic young people in the community allows the work to continue locally throughout the year. This strategy ensures sustainable and ongoing health education and awareness through efforts led by the community itself.

Q9. Tell us about your current responsibilities as a consultant at NHM?

In January 2024, I began working as a consultant at the National Health Mission (NHM) in Ladakh. My responsibilities include overseeing the Rastriya Kishore Swasthya Karyakram (RKSK) and Comprehensive Primary Healthcare (CPHC) programs, among others. My primary goal is to ensure these programs are effectively implemented so that the intended beneficiaries can access and fully benefit from them.

For the RKSK program, we have set up adolescent-friendly clinics, trained adolescent health counselors, and launched school health and wellness programs among other initiatives. My job is to ensure our team is well-trained and skilled to address the specific needs of adolescents and to reach as many adolescents as possible, educating them on critical health topics and making them aware of the available support at health facilities, including designated counselors and clinics. Under the CPHC program, health facilities now offer a comprehensive range of

services, including oral, eye, and mental health care. Free medicines and diagnostic services are available at all sub-health centers and primary health centers, bringing essential services to people's doorsteps within their communities.

However, significant challenges remain, particularly in raising awareness. Many people are unaware of these services, and even those who know about them may hesitate or remain reluctant to seek help. My role is to bridge this gap, ensuring that services are accessible and that people receive the highest quality care and guidance.

Q10. How do you ensure that various programs are successfully executed and what impact do you expect them to have on public health in the region?

I am still early in my career and have much to learn. I am incredibly fortunate to work with the National Health Mission (NHM) under the exceptional leadership of Dr. Motup along with the support of my experienced seniors and colleagues. Their guidance and mentorship are invaluable as I navigate and grow in this field.

To ensure the success of our programs, I prioritize teamwork and effective communication. It is crucial that everyone collaborates towards our shared goals and understands their responsibilities. I am committed to ensuring that my team, which includes people at all levels of the health system, knows their roles. By fostering an environment where we can openly discuss issues and suggestions, we can address problems directly. Clear expectations and proper training ensures that everything runs smoothly.

I focus on community health workers, who are the heart of our health system. They bring essential services directly to the community, spread awareness, promote healthy behavior, identify individuals who need medical attention, and provide follow-up care. They know their communities better than anyone, and every program relies on them. It is important that they are well-trained, skilled, and supported. A skilled and empowered community health worker can do wonders.

Effective public health programs can significantly improve health outcomes, promote preventive care, and enhance community well-being. By keeping our team informed, trained, and motivated, we can achieve these goals and have a lasting positive impact on public health in the region.

Fortnightly News

CEO inspects counting arrangements in Kargil



Reach Ladakh Correspondent
KARGIL: The Chief Electoral Officer, Yetindara M. Maralkar, IAS took stock of counting arrangements and security measures deployed at strong room on May 31.

Detailed discussions took place for arrangements of counting of votes scheduled on 4th June. He was accompanied by District Election Officer /Deputy Commissioner Kargil Shrikant suse, SSP Kargil Shree Raam R., Deputy Secretary (Elections)

The District Election Officer, Kargil provided detailed briefings on the preparations undertaken. CEO, Ladakh expressed his satisfaction with the arrangements in place and issued suitable directives for smooth counting process.

GDC, Drass, organises inter-college tournament

Reach Ladakh Correspondent
KARGIL: The Department of Sports at Government Degree College (GDC) Drass organised an inter-college tournament including Cricket (Men) and Table Tennis (Women) competitions between GDC Kargil and GDC Drass on May 19.



The event witnessed enthusiastic participation from both colleges in the region. This year's tournament highlighted the college's commitment to promoting gender equality in sports and served as a platform for budding athletes to showcase their talent.

The cricketer and table tennis matches were well-organised, with participants demonstrating exceptional skills and sportsmanship. In the cricket match, GDC Kargil emerged as the winner. In table tennis, GDC Kargil secured victory in the doubles category, while GDC Drass won in the singles category.

GDC, Sankoo campus, holds rock-climb training

Reach Ladakh Correspondent
KARGIL: The Sankoo Campus of Government Degree College (GDC) Kargil organised a one-day rock climb training for students enrolled in the High Altitude Trekking Guide (HATG) skill course. This event was held in collaboration with the Indian Army's Kargil Battle School in Drass.



The training was conducted under the guidance of Anamika Bisht, a skill trainer for the HATG course. A dedicated team from the Kargil Battle School, led by Training SO Colonel Vikram Chandar, provided hands-on instruction.

welcomed by the Kargil Battle School team and introduced to rock climbing equipment. They received practical training in various climbing techniques, including free climbing, overhang climbing, single jumaring, rappelling, and stomach rappelling.

In the afternoon session, NK Amarnaath (NA) delivered a medical lecture covering first aid, CPR, Acute Mountain Sickness (AMS), and the use of oxygen cylinders. This was followed by the students returning to the college campus.

Anamika Bisht expressed gratitude on behalf of Sankoo Campus to the Kargil Battle School for providing this invaluable training opportunity. She stated that the experience significantly impacted the students' academic learning, providing them with practical skills and knowledge beneficial for their future careers.

Rogi Kalyan Samiti meeting held at CHC, Khaltsi



Reach Ladakh Correspondent
LEH: The quarterly meeting of the Governing Body of Rogi Kalyan Samiti was held at the Community Health Center (CHC) Khaltsi on May 29.

X-Ray section, repairing of signage board of hospital, repairing of electrical system, curtains for new casualty wards and Air Quality Index (AQI) device, autoclave tape indicator and noise meter.

Block Development Officer (BDO) Khaltsi, Pankaj Rajput; Zonal Education Officer (ZEO) Khaltsi, Sonam Dolker; Child Development Project Officer (CDPO) Khaltsi, Shakila Bano; AEE PWD Khaltsi, Anwar Khan; Ayush, Dr Padma Yangchan; Mirza Hussain from Information department; ASHA Khaltsi, Padma Disket; Monitoring Evaluation Officer CHC Khaltsi, Rinchen Dolma and Account Manager CHC Khaltsi, Stanzin Lanzes were present during the meeting.

Detailed discussions were held on various agenda points including bathroom items and repairing of hospital bathrooms, essential medicines during stock out period, 5 KV UPS for

ments of the hospital and also submitted the agenda point for approval before the members.

Brigadier Deepak Sajanhar visits GDC, Kargil, interacts with NCC cadets

Reach Ladakh Correspondent
KARGIL: Brigadier Deepak Sajanhar, a distinguished recipient of the Sena Medal and Group Commander of Srinagar, paid a visit to Government Degree College, Kargil on May 24 and interacted with NCC cadets. Murtaza Ali, the in-charge Associate NCC Officer (ANO) of GDC Kargil, extended a warm welcome to Brigadier Sajanhar, presenting him with a traditional khatak.



In his address, Brigadier Sajanhar stressed the significance of the National Cadet Corps (NCC) in the Senior Division. He spoke about the NCC's role in nurturing leadership qualities, discipline, and a sense of duty among the youth.

During his visit, the acting principal of GDC Kargil highlighted the accomplishments of NCC cadets from the college, commending their dedication, discipline, and community contributions.

Health Dept launches holistic school health programme

Reach Ladakh Correspondent

LEH: The Department of Health launched a holistic health programme at the Government Higher Secondary School in Chuchot Shamma on May 28, aiming to promote overall well-being among students.



The programme is designed to extend to all schools in the forthcoming days, providing an array of health services under the National Health Mission, Ministry of Health and Family Welfare (MoHFW), GOI. Key components of the programme include child health screening and early intervention services, targeting 32 diseases through the Rashtriya Bal Swasthya Karyakram (RBSK), and adolescent health counseling through the Rashtriya Kishor Swasthya Karyakram (RKSK), supported by RKSK AFHC counsellors and clinical psychologists. The initiative also integrates the National Mental Health Programme and the National Tobacco Control Programme, promoting holistic youth health and wellness.

During the event, State Nodal Officer, National Mental Health Programme, Dr. Iqbal Ahmad emphasised the importance of school health and wellness programmes. Psychiatrist and Drug De-Addiction Specialist, SNM Hospital, Leh, Dr. Tashi Tundup, addressed individual and interpersonal issues, providing personalised counselling sessions. Dr. Tashi emphasised the importance of managing day-to-day stress, interpersonal issues, and mental health challenges to maintain productivity and contribute positively to society. He discussed various mental health conditions, such as depression, anxiety, bipolar disorder, and behavioral problems, emphasising the need for proper treatment as revealed by the National Mental Health Survey, which showed that 11%

of the population requires immediate mental health intervention. District Consultant for the National Tobacco Control Programme, Dr. Stanzin Jamyang discussed tobacco addiction, cessation methods, and Nicotine Replacement Therapy (NRT), along with coping strategies for withdrawal symptoms. Individual counselling sessions were also conducted by RBSK clinical psychologist, Mariyah Samreen, and RKSK AFHC Counsellor, Stanzin Edzes. A live demonstration of the Telemanas toll-free helpline was shown to educate students on its significance and optimal usage. The initiative highlights the Department of Health's commitment to community well-being through comprehensive health services and awareness programmes.

DLSA organises awareness programme on child-friendly legal protection scheme



Reach Ladakh Correspondent

KARGIL: The Chief Judicial Magistrate of District Legal Services Authority (DLSA), accompanied by a team of DLSA staff members, visited the Kasturba Gandhi Balika Vidyalaya (KGBV), Minjee, on May 25. The purpose of the visit was to observe and promote child-friendly legal services and the protection scheme for children. The initiative aims to provide a nurturing environment where children can access legal aid and protection services in a supportive and understanding manner.

During the visit, the DLSA team interacted with students and staff members and discussed various aspects of the scheme and how it can effectively safeguard children's rights within the legal framework. The Chief Judicial Magistrate emphasised the importance of creating awareness among children about their legal rights and avenues for seeking help if needed. In addition to providing legal aid, the scheme focuses on educating children about their rights, responsibilities, and the legal system to empower them to speak up against any form of injustice or exploitation they may encounter.

The Assistant Legal Aid Defence Counsel, Adv. Nissar Hussain, appreciated the efforts of KGBV Minjee Kargil in implementing the child-friendly legal services and protection scheme and pledged continued support from the District Legal Services Authority in nurturing this noble cause.

Newly-recruited ASOs briefed on administration structure and operation



Reach Ladakh Correspondent

LEH: The newly recruited Assistant Section Officers (ASO) of Central Ministry as part of their probation training interacted with the different sections of DC Office, Leh at DC Conference Hall today on May 27. The newly recruited batch of 30 ASOs learned about the structure, functioning and operation of the Administration of UT Ladakh which was presented by Additional District Development Commissioner (ADDC), Leh, Sonam Nurboo (JKAS), Additional Deputy Commissioner (ADC), Leh, Ghulam Mohd (JKAS) and Chief Planning Officer (CPO), Leh, Tsewang Gyalson.

He also presented a detailed PowerPoint presentation about project Tsang Da, a project introduced by the Leh administration to tackle the high garbage accumulation in urban as well as rural areas due to tourism. He explained under this project the administration has set up segregation centers and deploys collection trucks to collect the waste and this collected waste is segregated and recycled. ADC, Ghulam Mohd talked about the functioning of different departments and the roles and responsibilities of the councillors of LAHDC. He added that the structure of the administration in Ladakh and the presence of Ladakh Autonomous Hill Development Council (LAHDC) which plays a major role in planning and allocation of budgets to the different departments through the elected councillors.

the district administration also releases funds on panchayat level for development of villages. The UT administration also allocated 1 crore to BDC in blocks for development of infrastructure in villages. Along with this he talked about the tendering and transaction which is done electronically. CPO, Tsewang Gyalson talked about the budget structure of LAHDC, the process of allocation of budget to different departments and how there are executive councillors who are in charge of the different departments. He also talked about the process that happens from budget allocation, dissemination and implementation. The interaction ended with a questionnaire session where the ASOs raised their queries about the different aspects of implementation of government schemes in Ladakh.

Nubra LBA unit delegation meets CEC



Reach Ladakh Correspondent

LEH: A delegation of the newly formed executive body of the Ladakh Buddhist Association, Nubra unit headed by deputy chairman, Lahdc leh, Tsering Angchuk; president, Tsering Nurboo and president youth wing, Tundup Namgal called on the chairman/CEC, Lahdc leh, Tashi Gyalson on May 28. During the meeting, CEC congratulated and felicitated the newly elected body

of the LBA Nubra unit led by both presidents and wished them the best for their new responsibilities. He further discussed all the preliminary necessary arrangements, considering the much-anticipated visit of his holiness the 14th Dalai Lama to Nubra region this summer. He expressed gratitude to all participants for their active and pivotal role during the drive.

Cleanliness drive held at main market Sankoo



Reach Ladakh Correspondent

KARGIL: A cleanliness drive was conducted in the main market of Sankoo under the direction of the Sub Divisional Magistrate on May 28.

stakeholders participated in the drive. Garbage and litter were collected from the main market and disposed of accordingly.

The drive, initiated by Asgar Ali Naib, Tehsildar of Sankoo, aimed to raise awareness among the general public, shopkeepers, and hoteliers about the importance of maintaining a clean environment.

At the conclusion, Naib Tehsildar urged all shopkeepers and other business establishment owners to maintain cleanliness in and around their surroundings. He expressed gratitude to all participants for their active and pivotal role during the drive.

A significant number of

District Health Society Kargil organises awareness programme on mental health



Reach Ladakh Correspondent

KARGIL: District Health Society Kargil organized a mental health awareness camp at Munshi Habibullah Mission Higher Secondary School on May 29. The aim was to educate students and teachers about the importance of mental well-being and provide essential information on identifying and managing mental health issues. The awareness programme featured a series of informative sessions led by mental health professionals, including Dr Fatima Nissa, Nodal Officer, Mental Health and Dr Murtaza Ali, psychiatrist. The experts addressed various topics such as the importance of mental health, common mental health disorders, coping strategies and the available resources for seeking help.

In her opening remarks, Dr Fatima Nissa emphasized the role of mental health in overall well-being. "Mental health is as important as physical health. Through education and open dialogue, we can break the stigma and encourage individuals to seek the support they need," she said. Interactive sessions were conducted to engage the students and teachers, focusing on stress management, emotional resilience, and the importance of maintaining a healthy lifestyle. The event also included a Q&A session, allowing students and teachers to voice their concerns and receive personalized advice from the attending experts.

1 Ladakh Battalion NCC holds inaugural annual training camp



Reach Ladakh Correspondent

KARGIL: 1 Ladakh Battalion NCC Leh organised its inaugural annual training camp in Kargil on May 28. Over 280 school and college-going cadets from across Ladakh participated in the training. The training programme aimed to cultivate motivated, organised, and skilled youth capable of leadership in diverse areas. It encompassed various basic military activities, including drill, weapon training, fieldcraft, battlecraft, map reading, and firing. To enrich the programme, experts from different fields were invited. Taira

Bano, Assistant Professor of English at GDC Kargil, was invited as the guest speaker. She extensively discussed career prospects, emphasising aligning career choices with personal interests. The importance of skills, interests, and academics in achieving goals was emphasised, along with technical advice on managing crises. Special focus was placed on techniques for unlocking students' latent potentials. Cadets enthusiastically attended Taira Bano's lecture, appreciating her unique delivery style and wealth of experience.

NOTICE

I, Yangchan Dolma D/o Tundup Yangjor R/o Stok Leh, UT Ladakh has lost my 10th pass certificate duly issued by J & K State Board of School Education Leh through Govt. High School Stok under Roll 965278 with Session Annual 2003 and lost my resident certificate too issued by Administration of Union Territory of Ladakh, Office of Naib Tehsildar Chuchot, Resident Certificate No. 1861/NTC(R)22 Dated 2/2/2022. Now I am applying for a duplicate Certificates in lieu of lost documents. Objection if any may be sent to the J & K State Board of School Education Jammu/ Leh and Naib Tehsildar Chuchot, Leh within 7 days from date of publication of this notice.

NOTICE

Whereas Nuzhat Fatima D/o Sher Mohd R/o Turtuk A/P Skalzangling, Leh has lost the Birth Certificate which is issued by Registrar Birth & Death, Municipal Committee Leh with Registration No.5357 and Date of Birth 31 January 2019 and now she has applied for issuance of duplicate Birth Certificate in lieu of lost documents. Hence the notice is hereby served through press to file objection if any in this office of Registrar Birth & Death, Municipal Committee Leh within 7 days from date of publication failing which new Birth Certificate will be issued accordingly.

Registrar Birth & Death, Municipal Committee Leh

Regional Institute of Education, NCERT, Ajmer
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 Capt. D.P. Choudhary Marg, Ajmer-305004

Admission Notice : 2024 - 2025
 Online applications are invited from the eligible candidates belonging to the Northern Region States and UTs for admission to the Two year B.Ed. and Two Year M.Ed. Programmes. The last date of online application forms has been extended up to 04/06/2024. Hence online application forms are available up to 04/06/2024 on www.cee.ncert.gov.in. Common Entrance Exam (CEE) will be held on 16th June, 2024 at various centers of country. For more details visit to URL <https://cee.ncert.gov.in> and www.riaajmer.raj.nic.in

Administrative Officer

Advertisement

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