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JULY 01-15, 2024

REACH LADAKH BULLETIN



In Conversation with
Nawang Tsering Shakspo, Founder Director of Centre for Research on Ladakh

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Breast Cancer: The leading cancer among women



Yangchen Dolma

LEH: Breast cancer is the most common cancer among women. Although a small percentage of cases, approximately 0.5-1%, occur in men, being female remains the primary risk factor.

At SNM Hospital in Leh, a Women's Day screening program was conducted in June 2024, during which three patients were screened, and one was diagnosed with breast cancer. The diagnosed tumor was less than 2 cm in size and was successfully treated.

Dr. Padma Diskit, Senior Consultant Surgeon, highlighted that the incidence of breast cancer in Leh is relatively lower compared to the Western world and other parts of India. While breast cancer typically affects individuals over 40, it can occur at any age post-puberty due to both hereditary factors and lifestyle influences. Dr. Diskit stressed the increased severity of the disease in teenage girls and underscored the importance of regular self-examination to detect early signs and prevent progression.

Recognizing the Signs

Breast cancer can manifest through various signs as it progresses. These may include:

- A lump or thickening in the breast tissues
- Changes in the size or shape of the breast
- Skin dimpling or puckering
- Redness or warmth on the breast skin
- Bloody or clear nipple discharge
- Changes in the nipple, such as inversion or scaling

- Unusual fluid discharge from the nipple

Dr. Padma elaborated on the risk factors linked to breast cancer, emphasizing the significance of early consumption of junk food. She also pointed to ongoing research exploring the effects of lifestyle modifications such as diet, exercise, and social support. Progress is being made in Leh, encouraging everyone to choose healthy options.

The Importance of Early Detection

Breast cancer can spread to other parts of the body through the bloodstream, often originating from lymph nodes under the arm. In some cases, cancer cells can spread to distant organs without initially causing noticeable lumps in the lymph nodes. Early recognition of these signs through regular self-examination and medical check-ups is crucial for prompt diagnosis and treatment.

Dr. Diskit highlighted the significance of mammography in breast cancer screening in Leh. She described mammography as a non-painful and relatively inexpensive procedure involving an X-ray of each breast. SNM Hospital offers mammograms and conducts biopsies to detect cancer in suspicious areas early, potentially avoiding extensive surgery. Despite lower overall cancer rates in Ladakh, Dr. Diskit urged women to undergo mammograms annually for early detection and effective treatment.

Treatment Options

In the treatment of breast cancer, patients may undergo surgery, followed by radiotherapy, chemotherapy, or hormone therapy. "If it's very severe, then we send them out of Ladakh for treatment, but such cases are very rare," Dr. Padma added.

Addressing Taboos and Raising Awareness

Despite an increase in incidences compared to earlier times, women often overlook and disregard symptoms, thereby heightening associated risks. It is crucial to understand that while breast cancer can be severe, it is treatable and potentially curable with prompt and appropriate treatment. Various health programs, especially for women, such as breast and cervical screening, along with general health and wellness initiatives, are conducted to educate people in remote areas and beyond.

In Leh, there is a perception that many women consider such topics taboo and feel hesitant to discuss them openly. This reluctance to engage in candid conversations about health issues contributes to delays in seeking medical help. Often, discomfort or minor pain in sensitive areas leads people to keep concerns to themselves rather than seeking timely medical attention. Raising awareness and encouraging open discussions about breast cancer can lead to early detection and better outcomes. The efforts in Leh to promote healthy lifestyle choices and regular screenings are vital steps towards combating this disease.

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'KNOW YOUR ARMY' MELA BE HELD AT COLONEL SONAM WANGCHUK, MVC, STADIUM LEH (LADAKH) ON 07 & 08 JUL 2024 FROM 11:00 AM TO 06:00 PM TO MOTIVATE LOCAL YOUTH AND FAMILIARIZE THE LOCAL POPULATION WITH MODERN WEAPON TECHNOLOGY, TACTICS AND BATTLE WORTHINESS OF INDIAN ARMY. WEAPON & EQUIPMENT DISPLAY, BAND DISPLAY, MEDICAL & DENTAL INFORMATION CAMPS, ARMY BATTLE DRILLS, ARMY RECRUITMENT DESK, HELICOPTER FLY PAST, EX-SERVICEMEN HELP DESK WILL BE AT DISPLAY FOR GENERAL PUBLIC TO WITNESS & ADMIRE.

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Fortnightly News

Hemis festival commences with spiritual fervor

Yangchen Dolma

LEH: The two-day annual Hemis festival, also known as Hemis Tsechu, commenced at Hemis Monastery in Ladakh on June 16 and 17.

His Eminence Thuksey Rinpoche described the festival as one of the oldest and most significant celebrations in Ladakh, dedicated to Guru Padmasambhava, a revered figure in Vajrayana Buddhism across the Himalayas.

During this auspicious occasion, various mask dances are performed by the monks, portraying the life and teachings of Guru Padmasambhava. These dances are believed to bestow blessings upon the attendees and to foster peace and prosperity. His Eminence Thuksey Rinpoche mentioned that the masks and silk garments worn during



these dances are rare artifacts of historical value.

The festival features a series of elaborate mask dances, including the 13 Black Hat dancers, the Sixteen Brass mask dance, and the representations of the eight manifestations of Guru Padmasambhava: Guru Tsogyel Dorje, Guru Padmasambhava, Guru Lodan Chod Sred, Guru Padma Gyalpo, Guru Nyima Odzer, Guru Shakya Senge, Guru Senge Dragong, and Guru Dorje Drolod. Additionally,

rituals are performed for the twelve Zhing Kyong, the protectors of truth, as well as for Serkyem, the four Gatekeepers, the four Lords of the Graveyards, the five Chemchog Heruka, the Five Tshog Len, and the ten great Kings.

The festival concludes with monks gathering to worship Gyalpo Pehar (Dharmapala), the protector of Hemis Monastery, followed by sacred mask dances performed in his honor.

Hill Council Leh approves Rs. 344 crore capex budget for 2024-25



Reach Ladakh Correspondent

LEH: CEC Tashi Gyalson presided over the General Council Meeting of LAHDC, Leh, to discuss and approve the District Capex Budget for the fiscal year 2024-25 at the DC Office Conference Hall on June 26.

The District Capex Budget for 2024-25 was approved with a total allocation of Rs. 344.00 Crores for Leh district, up from Rs. 300.00 Crores last year. In fiscal year 2023-24, Leh district achieved a utilization rate of 96%, utilizing Rs. 286.865 Crores with completion of 307 projects.

DC/CEO LAHDC Leh, Santosh Sukhadeve, presented the Capex budget 2024-2025, detailing allocations across departments such as Public Works, Rural Development, PHE, Agriculture, Horticulture, and others.

The House reviewed and discussed the updates and progress of the budget allocations across various departments, including Public Works, Rural Development, PHE, I & FC, Agriculture, Horticulture, Animal & Sheep Hus-

bandry, Wildlife, Tourism, Education, Employment, Power, Health, Cooperative, Information, ITI, CAPD, Culture, NFB, Labour Welfare, and Industries, among others.

During the question hour, Councillors actively sought answers to their queries from the respective district officers, while Executive Councillors provided remarks relevant to their portfolios.

Addressing the issues raised, the Executive Councillors assured that these concerns would be prioritized. Recognizing significant setbacks, CEC Tashi Gyalson instructed the executing agencies of the PWD and RDD to closely monitor the contractors' project work and take stringent actions against those failing to meet standards.

Department-wise completion of works and the allocation under the Councillor Constituency Development were discussed and reviewed, underscoring the ongoing commitment to Leh district's development and progress.

The House highlighted notable progress across various sectors in 2023-24, including the commencement of the Ladakh Cultural Centre Project, successful UPSC coaching under the Reway-Otzer Scheme, and significant upgrades in educational infrastructure. Technological advancements such as 4G BSNL towers, solid waste segregation centers, and healthcare improvements demonstrate the region's development. Cultural initiatives and economic growth, including the establishment of a Co-operative Super Bazar in Diskit, underscore Ladakh's commitment to enhancing residents' quality of life and promoting the region as a cultural and economic hub.

CEC Tashi Gyalson, in his concluding remarks, expressed gratitude to all Councillors for their active participation in the day-long General Council Review Meeting. He also thanked district officers led by DC/CEO LAHDC Leh, Santosh Sukhadeve, and department heads for their contributions and emphasized the need for ongoing discussions and future meetings to address specific areas of concern.

Chuchot PHC introduces state-of-the-art health ATM for quick medical tests

Reach Ladakh Correspondent

CHUCHOT: The Export Credit Guarantee Corporation of India Limited and Manav Vikas Sanstha inaugurated advanced health machines at the Primary Health Centre in Chuchot on June 28.

The Chuchot Primary Health Centre has made a significant advancement in healthcare by installing a state-of-the-art Health ATM machine. This cutting-edge device can diagnose over 46 health parameters, providing residents with quick and comprehensive health screenings.

Incharge CMO/DTO Leh, Dolma Choskit, emphasized the convenience and efficiency of the Health ATM. She also inquired about the machine's durability during winter, noting that it is crucial for the machine to function properly during the harsh winter months when technical issues are more likely to arise.

Amit Kumar, Deputy General Manager and Regional Manager (Northern Region) of ECGC Limited, expressed his enthusiasm for this new addition,



highlighting its benefits for the community. "This initiative demonstrates that the central and state governments are actively working towards providing quality and advanced healthcare to people in rural areas," he said.

Earlier, Kartikeya Tewari, Assistant VP of Manav Vikas Sanstha, provided an extensive overview of the Health ATM. The machine offers a wide range of screenings, including measurements of height, weight, body temperature, blood glucose, haemoglobin levels, ECG, and blood pressure. It also performs both invasive and non-invasive blood tests, heart checkups, and tests for dengue, malaria, and typhoid, among others.

With the introduction of the Health ATM, the Chuchot Primary Health Centre is set to enhance the accessibility and qual-

ity of healthcare services, ensuring that residents receive timely and accurate medical information. This initiative is a testament to the government's ongoing efforts to improve healthcare infrastructure in rural areas.

The event was attended by Dolma Choskit, Incharge CMO, Leh; the Councillor, Chuchot Constituency, Mirza Hussain; Councillor, Phyang Constituency, Tundup Nurboo; BMO Chuchot, Dr. Nurboo Angchuk; as well as other doctors, nurses, and staff of PHC Chuchot. Representatives from Manav Vikas Sanstha, including Secretary (MVS), Tarun Diwan; Assistant VP (MVS), Kartikeya Tewari; AGM (MVS), Amit Kumar; and Senior Manager (MVS), Madan Bairwa, along with concerned officials and officers, were also present.

MP Ladakh Mohammad Haneefa meets Lt Governor BD Mishra, discusses key regional issues



Reach Ladakh Correspondent

LEH: Member of Parliament, Ladakh, Mohammad Haneefa, met Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd), at the Secretariat on June 22.

Advisor Dr. Pawan Kotwal; Commissioner/Secretary of Higher Education, Padma Angmo; Secretary of Tourism, Vikram Singh Malik; and Secretary of PWD, Michael D'Souza, were present at the meeting.

MP Ladakh expressed his gratitude to the LG for the smooth conduct of the Lok Sabha election for the Ladakh Parliamentary Constituency. He informed the LG that the long-pending demand of the Buddhist community has been fulfilled as land has been provided for the construction of a Gopna at Khurbathang in Kargil. He thanked the LG, UT Administration, and LAHDC Kargil for providing the land at Khurbathang.

Stating that Ladakh is known for communal harmony, Haneefa said that providing land for the Buddhist Gopna at Kargil exemplifies true communal harmony.

Haneefa requested the LG's intervention to retain the temporary campus of Sankoo College and establish a full-fledged Degree College in Sankoo. He informed the LG that Sankoo sub-division is the most populated in Kargil and students enrolled in GDC Sankoo are mostly from

remote areas.

Haneefa also highlighted the need for rationalization in the relaxation of ST category posts for filling up gazetted posts in the University of Ladakh. He addressed issues faced by commuters due to a lack of proper traffic management at Zojila and requested the LG to take up the matter with the J&K Government to ensure smooth traffic at Zojila. Haneefa also requested the LG to ensure the availability of Directors posted at Kargil and to visit Kargil twice a year along with the Departmental Secretaries.

MP Ladakh informed the LG that teachers engaged under the Samagra Shiksha scheme have not been paid their salaries for the last few months. He further informed the LG about issues faced by the public due to the non-availability of sand and gravel for construction purposes, requesting the administration to formulate a policy to regulate mining issues and give preference to locals when granting contracts.

Haneefa also requested the LG's intervention in making Kargil Airport operational. He mentioned the DPR submitted for a water supply scheme project for Kargil town and requested the LG to approve the project. He informed the LG that LAHDC Kargil has submitted draft recruitment rules for employees and requested the LG to approve the draft. Additionally, he requested

the LG to give age relaxation to candidates applying for gazetted posts. The LG stated that the issue of Kargil Airport has been taken up with the Ministry of Civil Aviation, Government of India. He directed Commissioner Secretary of Higher Education, Padma Angmo, to take up a case with the Union Government to maintain the status quo of GDC Kargil campus at Sankoo to ensure students do not suffer. He assured Haneefa that the UT administration would try for the college campus in Sankoo to continue functioning.

The LG stated that the water supply schemes for both Leh and Kargil districts should be sent to the Ministry of Housing and Urban Affairs for approval. He directed the Advisor to ensure the availability of Directors posted in Kargil. The LG instructed the Principal Secretary of School Education, Ladakh, to release the salaries of teachers engaged under the Samagra Shiksha scheme at the earliest.

The LG assured Haneefa that the issues flagged would be addressed in a timely manner. He asked Haneefa to draft a letter on the traffic management issue at Zojila so he could take up the matter with the Jammu and Kashmir Government. The LG stated that a committee would be set up to examine age relaxation for candidates during the recruitment for gazetted posts considering the delay in recruitment.

Ladakh Skill Development Mission partners with ICAR-IARI for agricultural advancements



Reach Ladakh Correspondent

LEH: The Ladakh Skill Development Mission (LSDM) and the Indian Agricultural Research Institute (ICAR-IARI), Pusa, New Delhi signed a memorandum of understanding (MoU) on June 26 to enhance collaboration in agricultural research and education.

The primary objectives of this partnership are to provide exposure and conduct value-added short-term training in horticulture, floriculture, and landscaping for students and trainers at the Industrial Training Institutes (ITIs) in Leh and Kargil. ICAR-IARI will also serve as a technical advisor to upgrade the laboratory infrastructure for horticulture and floriculture trades at these government ITIs.

Key areas of cooperation outlined in the MoU include:

- Facilitating 'Applied Research' initiatives at ITIs focusing on high-altitude horticulture and floriculture practices.
- Exploring opportunities for academic and cultural exchanges in teaching, research, and re-

lated activities.

- Providing specialized training in horticulture, floriculture, and landscaping for ITI students and trainers.
- Establishing a practical research cell dedicated to high-altitude horticulture, floriculture, and landscaping at ITIs in Leh and Kargil.

The signing ceremony and subsequent discussions on the future roadmap of the collaboration were attended by Padma Angmo, IIS, Commissioner/Secretary of the Technical Education & Skill Development Department, Ladakh; Dr. C Viswanathan, Joint Director (Research), ICAR-IARI; Dr. B. S. Tomar, Head and Professor of the Vegetable Science Division, ICAR-IARI; Dr. Markandey Singh, Head and Principal Scientist of the Floriculture & Landscaping Division, ICAR-IARI; Dr. O.P. Awasthi, Head and Principal Scientist of the Fruits and Horticultural Technology Division, ICAR-IARI; Dr. Pramod Kumar, Incharge PME, ICAR-IARI; Dr. Murtaza Hasan, Principal Scientist of the Centre

for Protected Cultivation Technology, ICAR-IARI; Abied Hussain, Superintendent ITI Kargil; and Thinles Wangchuk, Superintendent ITI Leh.

This collaboration marks a significant step towards enhancing agricultural education and research capabilities in Ladakh, fostering sustainable development in the region. mo, extended congratulations on the opening of the facility. Stressing the importance of professional capacity building within the centre, she envisioned the DDAC not only as a beacon of hope for Leh but also as a model for similar centres nationwide. Padma Angmo expressed aspirations for establishing a DDAC in Kargil in the future, aiming to replicate the success of the Leh centre.

The inauguration of Leh's District De-Addiction Centre marks not only the opening of a facility but the dawn of a new era of hope, resilience, and community solidarity in the battle against substance abuse.

Leh celebrates 10th UN International Day of Yoga



Stanzin Padma

LEH: Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd) and First Lady Neelam Mishra participated in the 10th United Nations International Day of Yoga held at AstroTurf Open Stadium at Spituk on June 21.

The day marked the commencement of week-long International Festival of Yoga and Meditation organised by UT Administration in association with Mahabodhi International Meditation Centre (MIMC).

The theme of International Day of Yoga 2024 is Yoga for Self and Service.

Calling the celebration of the International Day of Yoga a big achievement, LG stated that the United Nations recognised the knowledge of yoga, which the Indians have been practising since ancient times, and declared June 21 as the International Day of Yoga. He also stated that it was possible due to the concerted efforts made by the Prime Minister of India, Narendra Modi ji, as he convinced that people should practise yoga which has immense health benefits.

Calling yoga an invention made by India, LG highlighted the benefits of yoga- physically, mentally and spiritually and stated that no other country can boast of such practices which are beneficial on all three aspects. He stated that practising yoga will not only benefit the current generation but also the future generations.

He also appreciated President and Founder, MIMC, Ven Sanghasena, for taking charge of organising the International Day of Yoga and hoped that others would also come forward to make the programme successful. He also hoped that the people assembled at AstroTurf Stadium at

Spituk to participate in the International Day of Yoga would also teach yoga asanas to others as well.

President, MIMC Leh, Ven Sanghasena, called yoga and meditation, ahimsa (non-violence), karuna (compassion) and maitri (loving kindness) as the timeless gifts from India to the world to rejuvenate the body, mind and spirit. He informed that the week-long International Festival of Yoga and Meditation would be held at various places of Ladakh such as Pangong Lake, Sindhu Ghat, University of Ladakh, MIMC Leh and Sham Valley, etc.

Advisor to the LG, Dr Pawan Kotwal also spoke on the occasion and highlighted the importance of practising yoga in daily life to keep the body, mind and spirit healthy.

Chairman, LAHDC Leh, Tashi Gyalson; Ambassador, Mauritius, Haymangyal Dillum; Chief Imam, All India Imam Organisation, Delhi, Dr Imam Umer Ahmed Ilyasi; General Secretary, International Buddhist Confederation, New Delhi, Sharsh Khensur Rinpochey Jangchup Choeden; Jain Monk, Swami Devendra; Senior Advisor, UN HABITAT, Dr Markandey Rai; Medical Superintendent, Ramakrishna Mission Hospital, Swami Dayadhipananda; PM Advisor to African countries, Ambassador Deepak Vohra, Chancellor, Chandigarh University, Satnam Singh Sandhu were among the guests present on the occasion.

Representatives from various religious and political organisations, Departmental Secretaries, Head of Departments, DC Leh, SSP Leh, government officials and volunteers from Nehru Yuva Kendra were present during the event.

Leh gears up for "Climate Cup 2024" football tournament



During the meeting on upcoming "Climate Cup 2024" football tournament.

Reach Ladakh Correspondent

LEH: CEC, LAHDC, Leh, Tashi Gyalson, convened a meeting on June 27 to outline plans for the upcoming "Climate Cup 2024" football tournament, scheduled for the first week of September in Leh.

The primary objective of this initiative is to host an environmentally conscious and sustainable event that raises awareness about climate change. The forthcoming "Climate Cup 2024" aims to not only celebrate sporting excellence but also champion environmental consciousness on a global scale.

CEC Tashi Gyalson engaged in detailed discussions with key officials regarding the essential arrangements required for the tournament. Emphasizing the tournament's pivotal role in promoting environmental stewardship, he highlighted the significance of sending a global message on climate impact. The objective is to ensure that the tournament

sets a precedent as a minimal waste football event. The tournament will feature teams from Ladakh alongside national clubs.

The meeting was attended by Dy. Chairman of LAHDC Leh, Tsering Angchuk; Executive Councillors Stanzin Choshpel (Agriculture) and Ghulam Mehdi (Minority Affairs); Secretary of Youth Service and Sports, Vikram Singh Malik; Joint Director Moses Kunzang; Director of Tourism; ADC Leh; CPO Leh; Chief Engineer PDD; Dy. Secretary Culture Academy; OSD to Secretary; AD Tourism; SE PDD; Xen PDD; PD LREDA; AIO DIPR, and other concerned officials.

of medicinal plants will reduce pressure on natural habits. Associate Professor, NISR, Dr. Tashi Stobgais also interacted with participants about status, propagation and ex situ cultivation of trans-Himalaya medicinal plants.

Fortnightly News

Historic Bhumi Pujan ceremony held for Buddhist Gonpa in Kargil

Reach Ladakh Correspondent

KARGIL: The ground worship ritual (Bhumi Pujan) was conducted at the new construction site of the Buddhist Gonpa in Kargil on June 21.

Chairman/Chief Executive Councillor (CEC) of LAHDC Kargil, Dr. Mohd Jaffer Akhoo, along with Executive Councillor for Revenue, Kacho Mohd Feroz, EC for Information Er. Punchok Tashi, EC for Education Zakir Hussain, Councillors of LAHDC Kargil, representatives from religious organizations including Imam Khomeini Memorial Trust (IKMT), Jamiat Ulama Isna Asharia Kargil (JUIAK), Anjuman Ahle Sunnat, President of the Buddhist Association Kargil, monks, and civil society members were present.

CEC Dr. Jaffer expressed gratitude to Deputy Commissioner Kargil, Revenue Officers, and others for their contributions to this significant project. He highlighted the historic importance of the day for both Kargil and Leh.



During the ground worship ritual (Bhumi Pujan) at the new construction site of the Buddhist Gonpa in Kargil.

Dr. Jaffer underscored the importance of communal harmony in Ladakh, emphasizing that unity and peaceful coexistence among various communities are essential for the region's prosperity. He also mentioned the successful conduct of the Lok Sabha election.

The CEC congratulated the Buddhist community of Ladakh and expressed hope to invite His Holiness for the official foundation stone-laying ceremony. He emphasized the role of religious institutions such as temples, mosques, and Imam Baras in promoting moral health, alongside physical and mental well-being. President of the Bud-

dhist Association Ladakh, Tsering Dorjay Lakrook, spoke about the cultural significance of the Bhumi Pujan ceremony for any construction project and recognized the day as memorable for Ladakh.

He acknowledged the contributions and vision of the Hill Council Kargil and stressed the importance of the day in fostering brotherhood and unity among the people of Ladakh. He thanked all stakeholders for their presence and support, describing it as a moment of happiness for the Buddhist community of Ladakh, symbolizing unity, mutual respect, and collective efforts of various communities in the region.

Tourism promotion in Kargil: CEC Dr. Jaffer discusses new strategies



CEC, LAHDC, Kargil, Dr Mohd Jaffer Akhoo discussing measures to enhance tourism in Kargil district.

Reach Ladakh Correspondent

LEH: CEC, LAHDC, Kargil, Dr Mohd Jaffer Akhoo discussed measures to enhance tourism in Kargil district on June 28.

The meeting was attended by Executive Councillor for Tourism, Kacho Mohd Feroz; Councillor Town, Haji Abass; Councillor Yourbaltak, Manzoor-ul-Hussain; Assistant Director of Tourism, and other concerned tourism officers.

Key issues discussed included the promotion of tourism in Kargil through the printing and distribution of a detailed itinerary. This itinerary will provide comprehensive information about tourist locations, distances, homestays, emergency healthcare facilities, and maps of all tourist spots in the district.

Dr. Jaffer directed tourism officers to submit detailed costs for printing and designing the itinerary within two days to enable prompt distribution among hoteliers and other stakeholders. He also emphasized the need for promotional posters and identified locations such as Ladakh Bhawan in Delhi, Srinagar Airport, and Leh Airport for displaying these posters to promote Kargil's various tourist attractions.

The CEC stressed the importance of creating promotional videos showcasing Kargil's tourist attractions and utilizing social media platforms for advertisement. He highlighted the potential for promoting Buddhist pilgrimage sites to attract international tourists from countries like Taiwan, Thailand, Singapore, and Japan.

Executive Councillor for Tourism, Kacho Mohd Feroz, proposed the inclusion of various locations in the itinerary, such as Munshi Aziz Bhat Museum, Sangam Point at Kharool, Changila, Hanfia Masjid, Gurudwara, Kargil Sunset Point, the riverfront path from TFC to Sher Bagh, Goma Kargil Viewpoint, and Old Bazaar Kargil. He also suggested incorporating a small tourist map in the itinerary to help tourists easily navigate the district's attractions.

EC Feroz further suggested exploring the potential of Kargil to attract Hindu tourists through religious pilgrimage sites like Droupati Kund at Drass and Sindhu Darshan in Aryan Valley. He added that these areas could be developed on a larger scale to attract Indian tourists.

UT Administration approves top-up subsidy for PM Surya Ghar Muft Bijli Yojana

Reach Ladakh Correspondent

LEH: The Administration of the Union Territory of Ladakh has approved an additional top-up subsidy for the PM Surya Ghar Muft Bijli Yojana for consumers in the region. This scheme aims to revolutionize how households across Ladakh access and utilize electricity, promoting a sustainable and energy-efficient future and achieving the carbon-neutral Ladakh envisioned by Prime Minister Narendra Modi. Under the scheme, the Government of India has



approved a subsidy of Rs. 33,000/KWp for up to 2KWp of rooftop solar capacity for the residential sector (first 2KWp or part thereof) and Rs. 19,800/KWp for additional rooftop solar capacity (1KWp or part thereof). Additionally, the Administration

of the Union Territory of Ladakh has approved a top-up subsidy of Rs. 20,000/KWp for the first 2KWp of rooftop solar capacity and Rs. 10,000/KWp for additional rooftop solar capacity (1KWp or part thereof). There is no subsidy for additional rooftop solar capacity beyond 3KWp by either the central government or the UT Administration. Various public sector and private banks are offering loan facilities at attractive interest rates to make the scheme more appealing. Interested consumers are encouraged to visit their nearest banks for more details. The UT administration of Ladakh urges all consumers to register on the portal to avail of the benefits. Interested consumers can visit www.pmsuryaghar.gov.in for registration and further information. For additional details, please contact the Executive Engineer, LPDD, at 9419182772, or visit the office of the Power Development Department, UT Ladakh.

ULLAS Mela: Ladakh declared fully functional literate UT



Reach Ladakh Correspondent

LEH: Ladakh has been officially declared a fully literate Union Territory in India during the ULLAS Mela held at Sindhi Sanskriti Kendra, Leh on June 24. The event, organized by the Ministry of Education, Government of India in collaboration with the School Education Department of UT Ladakh, was graced by Lieutenant Governor Brigadier (Dr) BD Mishra (Retd).

To achieve the target of 100% literacy by 2030, the Government of India has launched the Nav Bharat Saksharta Karyakaram (New India Literacy Programme - NILP) for Financial Years 2022-2027. ULLAS, or Understanding of Lifelong Learning for All in Society, focuses on educating non-literates aged 15 years and above, promoting the motto "Jan-Jan Sakshar."

Lieutenant Governor Mishra congratulated all

new literates above 15 years and their trainers, describing Ladakh's achievement as a landmark for the region. He expressed admiration for the enthusiasm shown by older learners and praised the efforts of trainers and the Ministry of Education in enhancing educational standards.

Emphasizing that these initiatives align with the National Education Policy (NEP)-2020 envisioned by Prime Minister Narendra Modi, Mishra highlighted improvements in enrollment procedures and staffing in Ladakh's schools. He stressed the need to overcome societal barriers towards government jobs, advocating for youth to become job creators and fostering entrepreneurship in Ladakh.

The Lieutenant Governor also acknowledged and honored new literates from Leh and Kargil during the event, along-

side the release of the UT Ladakh School Education Department's Annual Report. Secretary Sanjay Kumar, IAS, hailed the day as significant for Ladakh, underscoring the transformative role of literacy and ongoing ministry initiatives to enhance education.

Sanjiv Khairwar, Principal Secretary of the School Education Department, UT Ladakh, highlighted additional measures taken to boost literacy rates. The event included a screening of a documentary chronicling the ULLAS Programme's impact in Ladakh, along with exhibitions from UT Ladakh's schools and interactions with teachers.

In summary, Ladakh's achievement as a fully literate UT reflects substantial progress towards educational empowerment and socio-economic development in the region.

Health department hosts De-addiction awareness session at Lamdon school



During the awareness session on de-addiction at Lamdon Model Senior Secondary School, Leh.

Reach Ladakh Correspondent

LEH: The Health Department conducted an awareness session on de-addiction under the School Health Education program, part of the National Mental Health Programme (NMHP) and the National Tobacco Control Program (NTCP), at Lamdon Model Senior Secondary School, Leh on June 26.

Dr. Stanzin Jamyang, District NTCP Consultant, delivered a comprehensive presentation covering the dangers of smoking, its link to lung cancer, the stages and symptoms of lung cancer, and the risks associated with smoking. He also discussed smoking as a potential gateway to drug addiction.

Phuntsok Diskit, NTCP Psychologist at SNM Hospital, Leh, addressed the addiction cycle, emphasizing how curiosity can lead

to addiction despite bans on substances like "cool lip." She highlighted the role of mobile counseling in de-addiction and encouraged students to avoid smoking and drugs.

Jigmet Angmo, Clinical Psychologist at SNM Hospital, Leh, spoke about identity crises and the neurological impact of drug abuse, including the release of dopamine and the challenges of dependency. She stressed the dangers of incomplete treatment and the severe consequences of addiction.

Counsellor Deachen Angmo Paldan from Tele-MANAS, UT Ladakh, explained the usage of Tele-MANAS for mental health support.

The event was attended by the Principal of Lamdon School, teachers, medical officials, and students.

Cultural extravaganza marks 28th Sindhu Darshan Festival in Leh



L-G, His Eminence Palga Rinpoche and other dignitaries laying the foundation stone for the Buddha Statue at Sindhu Ghat during the 28th Sindhu Darshan Festival.

Reach Ladakh Correspondent

SHEY: Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd), along with First Lady Neelam Mishra, participated in the 28th Sindhu Darshan Festival at Sindhu Ghat, Shey on June 24. The festival was organized by the Sindhu Darshan Yatra Samiti in collaboration with the Tourism Department of UT Ladakh and the North Zone Cultural Centre, Patiala.

Addressing the gathering, the Lieutenant Governor highlighted the evolution of the Sindhu Darshan Festival, initiated nearly 28 years ago by LK Advani with limited participants, now attracting a diverse audience from across the country. He expressed delight at the festival's expansion and its celebration in Kargil this year.

Lieutenant Governor Mishra affirmed UT Ladakh's readiness to host approximately ten thousand attendees in celebration of the festival's 30th anniversary. He emphasized the collective support from LAHDC's Chairman, Executive Councillors, Councillors, and the public for Ladakh's holistic development, emphasizing unity

beyond religious and political boundaries.

Underlining the importance of national unity for achieving Prime Minister Narendra Modi's vision of 'Viksit Bharat by 2047,' the Lieutenant Governor expressed hope for the Sindhu Festival to grow in scale and significance with each passing year.

Earlier in the day, Lieutenant Governor Mishra and other dignitaries laid the foundation stone for the Buddha Statue at Sindhu Ghat.

Chairman of LAHDC Leh, Tashi Gyalson, shared insights into the festival's inception in 1996 and underscored the historical and touristic significance of the Indus River. He outlined LAHDC Leh's efforts to preserve the Indus Riverfront and reduce pollution levels, including plans for the Jullay Leh Biodiversity Park at Shey Manla. He highlighted the Buddha statue's foundation as a symbol of universal peace and harmony.

Chairman of LAHDC Kargil, Dr Mohd Jaffer, noted the festival's inaugural celebration in Kargil and announced plans to host next year's event

along the banks of the Sindhu River in Aryan Valley. He emphasized the communal harmony between Leh and Kargil districts and mentioned approvals for constructing the Buddhist Gonpa in Kargil.

Chief Patron of Sindhu Darshan Yatra Samiti, Indresh Kumar, and His Eminence Palga Rinpoche also addressed the gathering, underscoring the significance of the Sindhu (Indus) River and the festival's grand celebration.

The festival featured performances by singers and dancers from various parts of India, enriching the cultural experience for attendees.

The event was attended by Chairman of LAHDC Leh Tashi Gyalson, Chairman of LAHDC Kargil Dr Mohd Jaffer Akhoo, His Eminence Palga Rinpoche, Chief Patron of Sindhu Yatra Samiti Indresh Kumar, Advisor to the LG Dr Pawan Kotwal, Departmental Secretaries, Executive Councillor Stanzin Chosphe, Deputy Commissioner Leh, Santosh Sukhadeve, Superintendent of Police Leh, Shruti Arora, former Member of Parliament Ladakh, Jamyang Tsering Namgyal, alongside other officials, cultural troupes, and a large number of devotees.

National Institute of Sowa-Rigpa and Himalayan Forest Research Institute sign MoU for research collaboration



National Institute of Sowa-Rigpa by the Director, Dr Padma Gurmet, and Director, Himalayan Forest Research Institute, Shimla, Dr Sandeep Sharma.

Reach Ladakh Correspondent

LEH: A Memorandum of Understanding (MoU) was signed between National Institute of Sowa-Rigpa, Leh and Himalayan Forest Research Institute - IC-FRE, Shimla, Himachal Pradesh at National Institute of Sowa-Rigpa, Leh on June 15.

The primary aim of the MoU is to foster and promote academic and research collaborations on Himalayan medicinal plants, faculty and student exchange, teaching programs, and to facilitate the preservation, promotion, and development of the traditional systems of medicine including the Sowa-Rigpa system of medicine.

The MOU was signed on behalf of National Institute of Sowa-Rigpa by the Director, Dr Padma Gurmet, and Director, Himalayan Forest Research Institute, Shimla, Dr Sandeep Sharma.

The areas of collabora-

tion in the memorandum included conducting joint research & development projects in the areas of traditional medicine and health systems research, basic medical and allied sciences research funded by specific funding sources. Secondly, it includes organising joint seminars, workshops, webinars, conferences, and continuing education programs [including Continuing Medical Education (CME)] and developing academic programs in areas of mutual interest.

Additionally, it includes exchange of students, PhD/post-doctoral scholars, and faculty for research/teaching/training programs and cultivation, conservation, survey and documentation of Himalayan medicinal plants.

The MOU also includes usage of the laboratory and library facilities for institutional members and scholars of both the Institutions.

THE ADMINISTRATION OF UNION TERRITORY OF LADAKH
OFFICE OF THE EXCISE COMMISSIONER

Bid Document Ref No. M-13/192/2021 (FINANCE)/114-17 Dated: 06-06-2024

E-Auction Notice

E-Auction of retail vends of liquor in Union territory of Ladakh

Online e-auction for retail vends of liquor in Union territory of Ladakh are invited from interested bidders of Union territory of Ladakh for the following locations:

1. Ward No. 6, Municipal Committee, Leh
2. Ward No. 4, Municipal Committee, Leh

S/No	Particulars of Auction	Date and Time
1	e-Auction Published Date	24-06-2024, 04:00 PM
2	Document Submission Start Date	24-06-2024, 05:00 PM
3	Document Submission End Date	01-07-2024, 05:00 PM
4	Approval Start date	02-07-2024, 10:00 AM
5	Approval End Date	03-07-2024, 05:00 PM
6	Auction Start Date	04-07-2024, 10:00 AM
7	Auction end Date	04-07-2024, 04:00 PM

The details of bid document of e-auction will be made available on website <https://eauction.gov.in>.

Sd-
Excise Commissioner
Union territory of Ladakh

EXPERT TALK :

Ladakh's rapid development spurs waste management challenges

Nenzes Chodon

For the past few years, Ladakh has been rapidly developing, achieving modern advancements. Today, Ladakh is a major tourist destination, attracting an influx of tourists beyond its capacity. While the tourism industry boosts income generation in the region, it also contributes to increasing waste in the sensitive ecosystem. Managing solid waste in Ladakh has become a significant challenge. Let's read the challenges and solution for growing waste issues:

Mipham Jigmet, Co-founder, Zero Waste Ladakh & MTech, Environmental Science and Engineering, IIT Bombay

Solid waste management situation in Leh:

Leh and Kargil have door-to-door waste collection services provided by their respective Municipal Committees. In Leh city, the Solid Waste Management Plant was established in 2019 in Skampari. It receives municipal waste from the collection trucks and recyclable materials with high monetary value such as paper, metals, certain classes of plastic and cardboard are recovered and sold to aggregators outside Ladakh as a means of revenue generation for the waste management system. Many other types of waste—like single-use items, multi-layered plastics (MLP), and textile waste—which have low monetary value or no buyers are disposed of by dumping and burning. This non-recyclable waste or inert waste, was earlier dumped and burned in Bomb Guard, away from public sight. Bomb Guard had a dysfunctional incinerator when I first visited the place in 2019. Later, a new incinerator with higher capacity was installed and used for burning the inert waste. This incinerator is also not in operation as of now. Currently, the legacy waste in Bomb Guard is being cleared, but it is not known what is happening to the waste. The inert waste is also burnt at the Solid Waste Management Plant in Skampari, the reason being that the waste generated in Leh is simply too large to be managed effectively. In the winters, waste generation is significantly less due to which, the authorities are able to handle the waste but in summer months, which is the peak tourist season, waste generation increases fourfold, giving a hard time to the authorities and staff engaged in waste management. Due to the sheer volume of waste in summers, often the recyclable waste materials also cannot be recovered from the waste and end up with the same fate as the inert waste.

When the Municipal Committee Leh had set up the Solid Waste Management Plant, the initial priority should have been on raising public awareness. The public needs to be educated on the door-to-door service, its operational details, their role, and how their cooperation can contribute to its success. This proactive approach ensures that the community will be well-prepared and participate actively in the waste management system right from the outset.

Despite the waste management system, the public still engages in unregulated ways of disposing waste. Waste can often be found dumped in open areas or in water bodies, which reflects a lack of awareness and concern for the environment. To address this, we need to educate the masses about the environment and how their lifestyle choices impact the environment. This education ideally should begin at home, imparted by parents, followed up in formal schooling.

In earlier times, waste generation in Ladakh was minimal, and our lifestyle, centered around agricultural activities, provided children with holistic education on life. However, today our lifestyle has changed, with a significant portion of the population spending most of their time indoors. This shift has disconnected children from nature and the foundational education once received at home. This gap can be bridged by introducing chapters or short courses on waste management and environment in the school curriculum. Students in Ladakh need to learn about our unique ecosystem and understand how our lifestyles contribute to environmental degradation. Teaching students that our actions and morals can make a difference, such as the traditional

wisdom to refrain from polluting natural springs due to karmic concerns, would reinforce that learning.

Tourism waste:

Tourism is one of the leading causes of waste generation in Ladakh. However, local authorities, NGOs, and other stakeholders prioritise cleanliness focusing on initiatives like cleanup drives, promoting use of dustbins, and prompt waste collection from tourist accommodations, and sweeping streets in order to ensure that minimum waste is visible. Amidst these efforts, there's a need to apply the Zero Waste Principles of environmental sustainability - rethink, refuse, reduce, reuse, repurpose, resale, recover, recycle - to reduce the amount of waste generation in the first place. Understanding the causes and sources of waste generation can help stakeholders develop suitable solutions to cut down waste generated by the tourism sector.

The fee collected from tourists as environmental fees does not seem to get directed into environmental protection, while tourists may (and often do) take it as a right to pollute because they have paid a fee. It's surprising to observe this contradiction: on the one hand, there are cleaning efforts and on the other, there is widespread littering for which both tourists and locals are responsible. Despite initiatives promoting sustainable and responsible tourism by stakeholders in the tourism industry, their impact is hardly visible. Any project or initiative carried out has to align with the needs of the locals as well as the ecosystem.

Environmental education is essential for tourists also. Raising awareness among tourists is crucial. This can be achieved through signages, newspaper articles, videos, and placing informational materials like posters and flyers in hotels. Issuing pamphlets to tourists upon arrival in Ladakh that would contain information about Ladakh's sensitive ecosystem and guidelines for responsible behavior during their visits to various sites can also be effective. Moreover, adopting a minimalist and zero-waste approach, not just in our lifestyle but also while travelling, can significantly reduce environmental footprint.


About Zero Waste Ladakh's initiatives:

Zero Waste Ladakh is a nonprofit organisation working to address environmental challenges in Ladakh. We focus on researching environmental issues by conducting field visits to document and collect photographic evidence and interviewing community members and leaders. Through articles on our website, we highlight the root cause of problems and try to provide actionable solutions. We also organize talks to help people with practical measures to prevent waste, manage waste and protect the environment.

We have done a programme on textile waste upcycling. Recognizing the lack of a dedicated solution for textile waste in Leh, Zero Waste Ladakh took proactive steps. We mapped local tailor shops and provided them with sacks to store the textile waste and collected them when full. We trained several women from local self-help groups in tailoring to transform textile waste into everyday-use products such as cushions, aprons, and bags. These upcycled products were sold at exhibitions and select shops and the revenue generated went to the self-help groups, thus creating value out of waste. The main challenges in this initiative has been funding and human resource shortage.

Another programme undertaken by us is the 'Zero Waste Period' project to reduce menstrual waste from single-use pads, which pose difficulties for waste workers and pollute the environment. Our project involves raising awareness about menstruation and reusable menstrual products among women and girls in Ladakh. Since single-use pads contain toxic elements, they contaminate the soil, water and release toxic gases when burnt. We advocate for reusable alternatives such as menstrual cups, which have a lower impact on both women's health and the environment. In 2023, we conducted awareness camps in over fifty villages under this initiative.

...continues on page 6




World Population Day

World Population Day, observed on July 11th every year, serves as a crucial reminder of the challenges and opportunities associated with the global population. This day was established by the United Nations in 1989 to raise awareness about population issues and the importance of reproductive health and family planning.

The world's population has been steadily increasing, with estimates projecting it to reach 9.7 billion by 2050. This growth poses significant challenges such as food security, healthcare, education, and environment sustainability. World Population Day aims to highlight the importance of addressing these challenges through sustainable development practices and empowering individuals and communities.

Another critical aspect is the impact of population growth on the environment. The increasing demand for resources puts pressure on ecosystems, leading to deforestation, pollution, and climate change. Sustainable development practices, including promoting renewable energy, conservation efforts, and responsible consumption are essential to mitigate these environment impacts.


Education plays a vital role in addressing population challenges. Ensuring access to quality education, particularly for girls, can lead to decreased fertility rates, enhanced health outcomes, and expanded economic opportunities. Educated populations are better equipped to make informed decisions




concerning family planning, healthcare, and environmental preservation.

To sum up, World Population Day serves as a poignant reminder of the intricate relationship between population dynamics, sustainable development, and global welfare. It calls for unified efforts to address challenges, empower individuals and construct a more resilient and inclusive world for forthcoming generations.

DID YOU KNOW






1. The current skin you're in will be gone in a month. Our skin sheds 30,000 to 40,000 skin cells each day. In fact, over 100 of those cells probably flaked off while you were reading this sentence. However, it rejuvenates just as quickly as it deteriorates. Regular exfoliation twice a week helps get rid of lingering skin cells to make room for a fresh layer.
2. Saying thank you may improve your mood. You may think that expressing gratitude to someone only makes the recipient feel good, but it may also be the key to your own happiness. Researchers have found that gratitude helps you recognize the good in your life, which reduces the likelihood that you'll be sad or depressed.
3. A piece of brain tissue the size of a grain of sand contains 100,000 neurons and 1 billion synapses. However, damage to neurons can have great impact. For example, during a stroke, blood cannot get oxygen to the brain. As a result, brain cells can die, and abilities in that area of the brain can be lost. Similarly, Parkinson's disease occurs when cells in a part of your brain called the substantia nigra start to die.
4. The color of your nails can help reveal the quality of your bloodstream's oxygen level and blood circulation
5. Research has shown that colder temperatures may help reduce allergies and inflammation and can help you think more clearly and perform daily tasks better.
6. Try to tickle yourself—you can't! The surprise element is gone, making it impossible.

(Source: Touro university & Hartfordhealthcare.com)

SoulSpeak

Dr. P.P. Wangchuk

Appreciation reflects your graciousness



We, as humans, love to be appreciated, but let us admit that most of us do not appreciate the good qualities in others. And yet, there are many people who never miss to appreciate greatness, beauty or any other quality in a person or a thing. They are the good people among us.

Those who never appreciate others are jealous, selfish and envious, and they do not like others to have what they have or have not!

Appreciation, in common language, means somebody's hearty expression of others' good qualities. Or a feeling of admiration that someone or something deserves. As such, appreciation is a happy outpouring right from one's heart, and it is pure and divine.

Appreciation is a sign of happiness of someone who does so, and the person who is appreciated gets a kind of recognition that helps her do better in life. Thus, appreciation is one of the finest aspects of one's overall personality, and also a 'driving force' that keeps you in a sense of good life and satisfaction.

At times, says Canadian author L M Montgomery, "a little appreciation does quite as much good as all the conscientious bring up in the world." Similarly, Irish-India author Margaret Cousins says: "Appreciation can make a day, even change a life. Your willingness to put it all into words is all that is necessary."

And yet, one must not fail to realise that as appreciation is all about good and positivity, and flattery takes a negative connotation that only those with a selfish interest and negative approach resort to. They don't really mean when they come out with high praise for somebody. They have an ulterior motive.

And, as somebody had said that flattery is telling the other person precisely what he thinks about himself.

What is necessary is that you need to start living with a state of mind that knows the art of sincere appreciation. That leads you to the gate of graciousness and gratefulness. And to a happy, progressive life too.

Courtesy: WongWorld

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

Fortnightly News

In Conversation with Nawang Tsering Shakspo, Founder Director of Centre for Research on Ladakh

Interviewed by Stanzin Padma

Q1. Briefly tell us about yourself.

I am 75 years old and my educational journey spans back 65 years. In the early days, Ladakh had only a few small schools, making educational opportunities limited. Despite these challenges, in 1959, I was fortunate to receive an opportunity to study outside Ladakh in Varanasi. I spent 15 years in Varanasi pursuing my education. I completed my matriculation and intermediate studies at a government school. Following this, I graduated from the prestigious Banaras Hindu University. Additionally, I obtained a one-year postgraduate diploma in Journalism. This diverse and extensive educational background has greatly contributed to my personal and professional development.

Q2. Can you tell us about your journey of becoming an author? How many books have you published to date?

As I mentioned earlier, I hold a postgraduate diploma in journalism, where I learned the fundamentals of writing. This education provided me with great opportunities and sparked my passion for writing books. During my college years, I had the chance to explore cities like Madras, Bombay, and Calcutta, which broadened my horizons and inspired my writing.

Realizing my capability to write books, I began my journey as an author. In addition to authoring books, I frequently wrote articles about Ladakh, which were published in various newspapers during that period.

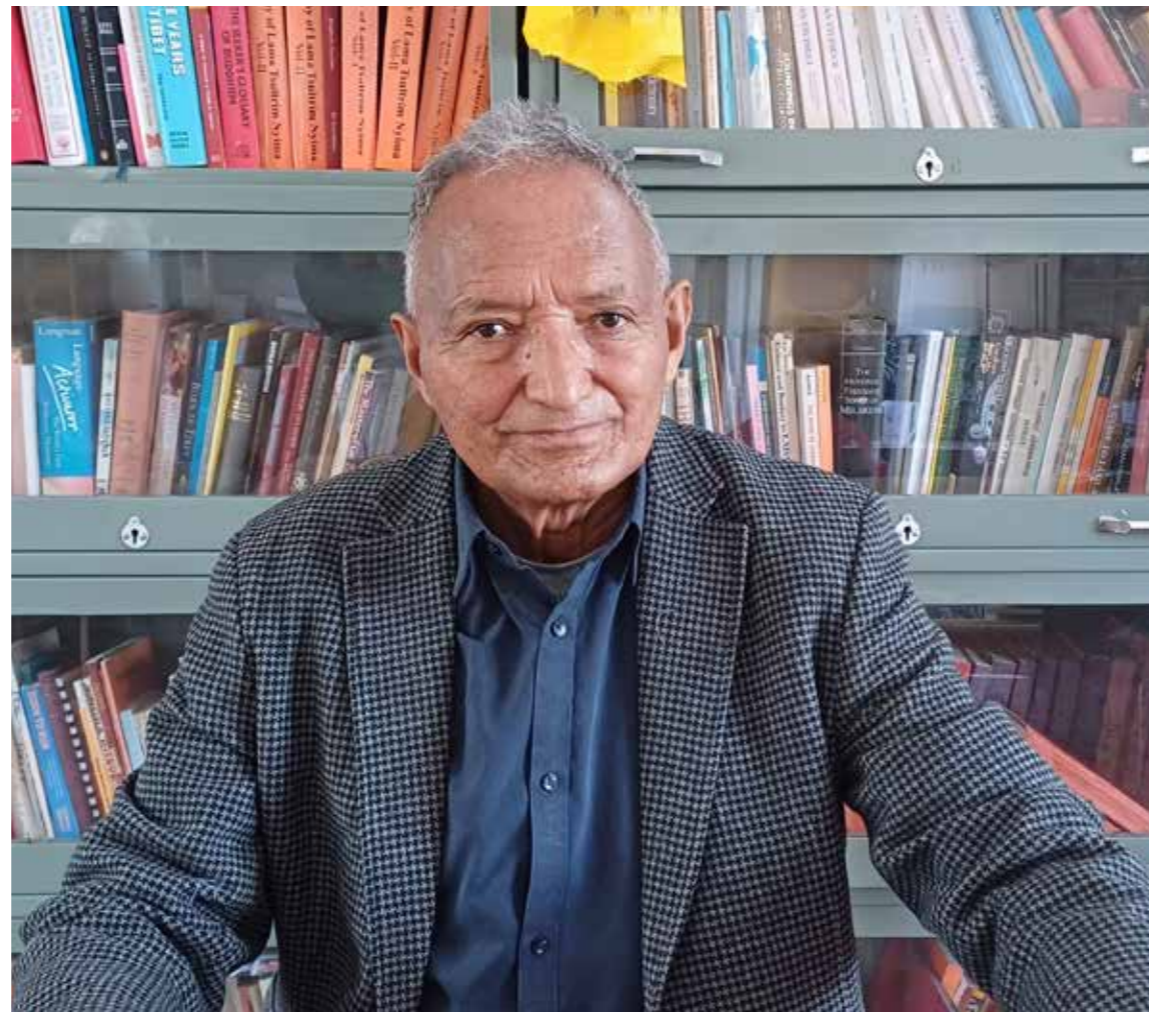
To date, I have published several books, each reflecting my deep connection to Ladakh and my experiences gained throughout my educational and professional journey.

After completing my journalism course, I was appointed as a research officer in the Jammu and Kashmir Academy of Art, Culture, and Languages. In this role, I was assigned to write books in the Ladakhi language. Although I was not proficient in the Bodhi language, my fluency in English and Hindi enabled me to write effectively. In 1976, I wrote a book titled "Lokhor Gi Deb," which was officially published by the government. The book became popular and well-received by the public.

During my 35 years of service at the J&K Academy of Art, Culture, and Languages, I continued to publish books to promote the Ladakhi language. By the time I retired, I had published 200 books, each reflecting my deep connection to Ladakh and my experiences gained throughout my educational and professional journey.

Q3. Share with us your experiences and major accomplishments as the head of the Jammu and Kashmir Academy of Art, Culture, and Languages.

During my 35-year tenure at the Jammu and Kashmir Academy of Art, Culture,



MESSAGE TO THE READERS

“We must strive for perfection in learning our language, as it is essential for achieving higher standards. Replacing school books with ‘Ladakh’s Si Deb’ will help foster love for our language and ensure recognition from religious heads, promoting and preserving the Ladakhi language.”

and Languages, I dedicated 25 years to serving as the head of department, chief editor, and cultural officer. My primary focus was the promotion of Ladakhi language and culture, which has been a lifelong passion of mine. One of the significant milestones in my career occurred in 1982 when, at the age of 28, I had the honor of delivering a lecture on promoting Ladakhi language and culture at a seminar on Ladakhi and Tibetan languages held in New York, USA, attended by representatives from over 35 countries.

I have authored numerous books in English, with “A Cultural History of Ladakh” being particularly popular, having sold around 6000 copies to date. I am deeply grateful for the readers’ interest and appreciation of this work. Among my achievements, I take pride in writing my autobiography titled “Autobiography of a Ladakhi,” spanning 300 pages, which has received heartfelt appreciation from readers for its depth and sincerity.

Throughout my career, I organized various seminars, including international, national, and local events focused on Skyabjey Bakula Rinpoche, the revered founder of Ladakh. Publications related to his contributions continue to enrich the understanding of Ladakh’s cultural heritage.

After retiring from government service in 2010, I initiated the publication of “Ladakh Review,” which has seen the release of 10 volumes to date. This endeavor aims to uphold the pride of Ladakh through scholarly exploration and documentation.

Despite these accomplishments, I sometimes feel disheartened by the current lack of widespread public engagement in preserving and promoting Ladakhi language and culture. However, my commitment remains unwavering, and I continue to advocate tirelessly for the recognition and preservation of Ladakh’s rich cultural heritage.

Q4. There is a demand for the inclusion of the Bhoti language in the 8th Schedule of the Indian Constitution. What do you have to say about it?

It is true that there has been a call for the inclusion of the Bhoti language in the 8th Schedule of the Indian Constitution. I believe I have a comprehensive understanding of this issue, as it dates back to 1972 when I was in my first year of college. This issue has persisted for over 50 years, but there is a fundamental misunderstanding regarding the term “Bhoti.”

Historically, a Himalayan association sought support from Arunachal Pradesh and Sikkim to promote this language. However, these regions declined, stating that their languages, Bhotiya and Monskat, have distinct origins in the Bhotiya and Mon traditions. They communicated this stance to the Government of India through their chief secretary and commissioner secretary.

In my view, the origin of all these languages—Bhotiya, Monskat, and Lada-

Fortnight Highlights



Chairman/CEC, LAHDC Leh, Tashi Gyalson felicitated and lauded the National Cyclist Leakzes Angmo.



His Holiness Chetsang Rinpoche concluded 22 days of spiritual and community activities across Ladakh. On June 25 His Holiness was bid farewell at the airport by Chairman/CEC Tashi Gyalson, LAHDC Leh, Executive Councillor, Tashi Yakze, Nominated Councillor Ven. Konchok Tsephel, and numerous other dignitaries.



Students of High School Chushul received LG award for Mission-Khoryug, a students led-movement to create and promote greenery in school and communities and also aims to build knowledge and leadership quality among the students. The students led by their Head Master, Konchok Phandey and their constituency Councillor, Konchok Stanzin made a courtesy call to Chairman/CEC LAHDC Leh, Tashi Gyalson.



Chairman/CEC Tashi Gyalson LAHDC, Leh inaugurated the Mahabodhi Pharmacy Shop at the Mahabodhi International Meditation Centre (MIMC).



Khain Rinpoche of Drepung Losaling, Gayshe Lobzang Samstan held a productive interaction with Chairman/CEC Tashi Gyalson, LAHDC.



The 10th International Yoga Day was celebrated with great enthusiasm at Sani Lake in Zanskar. The event saw active participation from all Heads of Departments and their officials, demonstrating their commitment to promoting physical and mental well-being through yoga.



The General Officer Commanding, Leh Sub Area, along with 550 troops of the Armed Forces, participated in a yoga session organized under the aegis of Fire and Fury Corps at Sonam Wangchuk Stadium, Leh, on June 21.

Fortnightly News

In Conversation with

Nawang Tsering Shakpo, Founder Director of Centre for Research on Ladakh

...Continuity of page 5

As I have consistently stated, there is no such term as “Bhoti”; our language is “Bodhyik.” Ladakh has historically been known as Little Tibet due to its cultural, traditional, and religious ties to Tibet. Early scholars and researchers referred to Ladakh as Tibet because of these shared attributes. If we do not follow the same rituals as Tibetans, we lack a separate set of rituals unique to Ladakh. While the demand for Bhoti is well-intentioned, the more accurate term to pursue for constitutional recognition is “Bhodhyik.” This will honor the true linguistic and cultural origins and address the broader concerns effectively.

Q5. In this digital world, the reading culture or habit is declining. What do you have to say about the reading habit in Ladakh?

The habit of reading is extremely important, especially in today's world where there are countless books about Ladakh. From my experience, most of my published books are read by outsiders and foreigners who are more inclined towards reading compared to Ladakhis. Foreign researchers tend to know more about Ladakh because they invest time in reading, whereas many Ladakhis seem less interested in their own rich heritage.

The situation among Ladakhi people is quite concerning—they lack readers, learners, and writers, and there is little curiosity or engagement with their cultural and literary heritage. This lack of interest is often overshadowed by political concerns, which become prominent around election times, including debates over the Bhoti language.

For development in various fields like education, language, and culture, understanding and valuing “Bhodhyik” is essential. The teaching of Bodhyik in Ladakh dates back to pre-independence times, established by a great pandit from India. In the 1930s, Lotsava Tsetan Phuntsok launched Bodhi books. After independence, the J&K government published Bodhi books, not Bhoti. Currently, several associations are publishing Bhoti books, which is misleading. Everyone must understand that the language spoken by the people of Ladakh is “Ladakhi.”

To foster growth and preservation of our heritage, it is crucial for Ladakhis to cultivate a strong reading culture. This will enable them to appreciate their own history and contribute meaningfully to its documentation and promotion.

Q6. What are the challenges you see in Ladakh's literature and what can be done to promote it?

One of the main challenges in Ladakh's literature is the complexity of language used by modern poets. Tashi Rabgyas, considered the father of Ladakhi literature, composed songs before independence that remain popular today because they were written in Phalskat, a simple and easily understandable dialect. In contrast, contemporary poets often use complex words that are difficult for the general public to understand.

I always advocate for using Phalskat and simple words in literary works. It is perfectly acceptable to make grammatical mistakes, as we are here to correct them in the cultural academy. Simplicity in language ensures that literature is accessible to a wider audience, fostering greater appreciation and engagement.

Despite these challenges, I am proud of my contributions to Ladakhi literature. I have been able to publish 200 books, facilitating a process of conversation with the National Academy of Letters. They are considering recognizing the Bodhi language, which would be a significant achievement, potentially even more impactful than inclusion in the 8th Schedule of the Indian Constitution.

To promote Ladakh's literature, it is essential to:

- 1. Encourage Simplicity:** Use Phalskat and simple language in literary works to make them more accessible.
- 2. Support Writers:** Provide platforms and resources for writers to publish their work.
- 3. Cultural Education:** Educate the younger generation about the importance of their literary heritage.
- 4. Recognition and Awards:** Pursue national recognition and awards to validate and honor Ladakhi literature.
- 5. Community Engagement:** Organize literary festivals, workshops, and readings to engage the community and promote a culture of reading and writing.

By addressing these challenges and implementing these strategies, we can ensure that Ladakh's rich literary heritage continues to thrive and inspire future generations.

Q7. As a researcher of Ladakh's history, what differences do you find in terms of tradition, culture, and language between ancient Ladakh and modern Ladakh?

There have been significant changes. In my youth, ancient practices and traditions were widely observed, and it was easier for scholars to document and write about those times. However, today's youth are largely unfamiliar with Ladakh's traditional terms and rituals. If asked to write about Ladakh's traditions or traditional dress, their first reaction is often confusion, as they lack knowledge of ancient customs and practices.

Kargil hosts free Eye Camp with theme “Let's See Again”



During the inauguration of free eye camp and eye surgical procedure themed “Let's See Again” at Old Hospital Kargil.

Reach Ladakh Correspondent

KARGIL: Chairman/CEC, LAHDC, Kargil, Dr. Mohd Jaffer Akhoo, and Deputy Commissioner Kargil inaugurated the free eye camp and eye surgical procedure themed “Let's See Again” at Old Hospital Kargil on June 26.

During the inauguration, the CEC expressed his gratitude to Alreza and ASG Hospital Srinagar for organizing the camp. He emphasized his commitment to serving the people during his tenure and urged doctors to be punctual in their duties. He also mentioned that the Council is planning several initiatives soon and expressed hope for renewed vision for the eye patients. Dr. Jaffer highlighted the need to address drug addiction and requested religious scholars to promote de-addiction during their sermons.

Deputy Commissioner Kargil extended his thanks and best wishes to the camp organizers, praising Alreza Health Care for their role

in past health initiatives, including COVID-19 control efforts. He stressed the importance of the camp, noting the relief it brings to patients and doctors alike when eyesight is restored. He also mentioned the upcoming de-addiction center, requesting support for its successful operation.

Chief Medical Officer, Kargil, Dr. Liyaqat Ali Khan, lauded the eye camp as fruitful and appreciated the efforts of Alreza and other organizations in supporting such causes. He assured the department's full support for such initiatives.

President Al Reza, Dr. Mohd Abass, briefed attendees on the achievements and goals of Al Reza, highlighting their numerous camps organized for the benefit of society with medical and health assistance.

The event was attended by the Chief Medical Officer, Kargil; Medical Superintendent, District Hospi-

tal, Kargil; Incharge Old Hospital, Kargil; President JUIAK; President Alreza Health Care; ASG Hospital doctors, consultants, staff, volunteers of Alreza, and others.

Following the inauguration, CEC and DC Kargil inspected the de-addiction center and mental health section at Old Hospital Kargil.

Instructions were given for the recreation of addicted patients. The CEC instructed the engagement of a spiritual Islamic counselor and an exposure tour for the consultant doctor to reputed de-addiction centers. DC Kargil instructed that the de-addiction center should be functional within 15 days.

The CEC also emphasized not compromising on the quality of medicine when purchasing life-saving drugs and antibiotics and recommended advertising in Urdu for future audio jingles.

First-ever Sindhu Darshan Utsav in Kargil highlights unity in diversity



During the 28th Sindhu Darshan Utsav was celebrated for the first time in district Kargil.

Reach Ladakh Correspondent

KARGIL: The 28th Sindhu Darshan Utsav was celebrated for the first time in district Kargil on June 21 at the Auditorium Hall, Kargil.

The District Administration Kargil, in collaboration with the North Zone Cultural Center, Patiala, organised vibrant programs that featured various artists from across the country, along with local artists from Kargil showcasing diverse cultural dances.

CEC Dr. Mohd Jaffer Akhoo welcomed Sindhu Darshan yatrias, expressing pride in the event's inaugural edition in Kargil. He emphasised the unity

of India's diverse cultures and religions, reflecting on Kargil as a microcosm of harmony where different communities thrive together.

Highlighting Kargil's transformation beyond its historical context, Dr. Akhoo showcased the district's natural wonders, adventurous landscapes, historical monuments, and scenic trekking routes, inviting tourists to explore these unique attractions. He encouraged all yatrias to promote Kargil as a destination and ambassadors of its cultural richness.

Dr. Akhoo also paid tribute to the local community's unwavering support during the Kargil War, praising their resilience and hospitality.

Deputy Commissioner Shrikant Suse extended a warm welcome to all yatrias, sharing his privileged experience of participating in the Sindhu Darshan Yatra for three years in Leh district. He assured continued exceptional hospitality from the district administration, inviting visitors to immerse themselves in Kargil's cultural heritage and natural beauty spread across its diverse landscapes.

The event culminated with honors bestowed upon CEC Akhoo and DC Suse, recognizing their dedication to promoting cultural diversity and fostering community spirit through the Sindhu Darshan Utsav in Kargil.

Zanskar hosts rally and awareness program on drug addiction



Reach Ladakh Correspondent

ZANGSKAR: An awareness program on “Drug Abuse & Drug Addiction” under the banner of “Nasha Mukta Abhiyaan” was held on June 26 in Zanskar.

The event was organised by the administration of Zanskar Sub Division in collaboration with all the departments of Zanskar Sub Division, including GMDC Zanskar, Youth and Sports, Higher Secondary School, Tehsil, Police, and Tourism, Zanskar.

The Abhiyaan saw great participation from students and employees of Zanskar. The event commenced with a rally from the Tehsil office Zanskar and culminated at Dak Bungalow Zanskar, with participants raising slogans against drug abuse and displaying pamphlets.

The rally was flagged off by Talib Hussain NT, Deputy Magistrate Zanskar, in the presence of the SHO, ZPEO, BDO, ZEO, and principals. Later, an awareness program was organized at Tourist Dak Bungalow Zanskar.

Mohd Ishaq, Principal GMDC, Zanskar, emphasized the significance of the program, highlighting how drug use often starts as recreational experimen-

tion but can lead to severe addiction and harmful health effects. He stressed that drug addiction is a disease affecting both the brain and behavior and urged everyone to stay away from such substances. He commended the collaborative effort of all the departments in addressing and raising awareness about this critical issue.

Falzone Angmo and Stanzin Palzom, students of the college, also shared their valuable insights on the subject, while Dr. Syed Anayat from CHC Padum spoke at length about the menace of drug addiction. He elaborated on various types of substances like hypnotics, hallucinogens, and stimulants and their addictive nature.

Konchok, ZEO, advised the audience to educate themselves about drug abuse and drug addiction and act as ambassadors in disseminating and spreading awareness to the public.

Talib Hussain NT (Deputy Zonal Magistrate Zanskar) acknowledged the successful conclusion of the program and encouraged students to continue spreading awareness in their communities.

Ashoka Mission and Kargil District Administration team up for July 8-12 Medical Camp



Reach Ladakh Correspondent

KARGIL: A meeting chaired by the Chairman/CEC of LAHDC Kargil on June 18 set the stage for the upcoming medical camp, jointly organised by Ashoka Mission and the District Administration of Kargil. Scheduled to run from July 8 to 12, the camp aims to provide essential healthcare services to the community.

Key stakeholders, including Tashi Mutup Kau from Ashoka Mission Delhi, Chief Medical and Deputy Chief Medical Officers of Kargil, and representatives from KDA and DC Office Kargil, convened to finalize arrangements.

To ensure seamless coordination, a liaison officer appointed by the Deputy Commissioner/CEO LAHDC Kargil will facilitate communication between the organizing team

and local authorities. Transportation logistics are set with the provision of five vehicles by the I/C District Motor Garage Kargil. The Chief Medical Officer, Kargil, has allocated 10 OPD slots at District Hospital Kargil to cater to patient consultations during the camp.

Preparations are underway under the supervision of Medical Superintendent, DHK Kargil, who will oversee the issuance of prescription tickets stamped with “AIIMS Doctor Camp Kargil” and the installation of banners to guide attendees.

Additionally, an online registration system, managed through a link created by the Medical Superintendent, DHK Kargil, will streamline patient intake and screening processes ahead of the event.

EXPERT TALK : Ladakh's Rapid Development Spurs Waste Management Challenges

...Continuity of page 4

Situation of waste management in the rural areas:

Rural waste management in both Leh and Kargil districts falls under the Rural Development Department (RDD). In Leh district, twelve Solid Resource Management Centres (SRMCs) have been established to collect and manage the waste generated in the rural areas. In Kargil district, fifteen SRMC have been set up, one for each block but only seven of them are functional. However, managing waste at the village level is challenging. Due to the vast distances between villages, it is difficult to transport the recovered waste materials. Moreover, there is a funding and human resource shortage, making operations difficult.

Solutions for waste minimisation:

While there is a general focus on cleaning up waste, true waste management requires a shift towards waste reduction strategies. This approach is essential for minimizing the environmental impact of waste and improving waste management practices across Ladakh's rural and urban areas alike.

- 1. Community education:** Public should be educated on waste reduction, for example, buying products in bulk can minimize packaging waste.
- 2. Refuse unnecessary products:** We should avoid single-use items like straws, plastic carry bags, sachets, etc., to reduce waste generation. Campaigns like “bring your own bag” help reduce carry bag use.
- 3. Promote local products:** We should try to consume locally produced food and commodities as they have lower carbon footprint, lesser packaging, and contribute to the local economy.
- 4. Promote local fresh water:** Establishing water points in Leh town and educating locals on carrying their own water bottles can reduce reliance on bottled water.
- 5. Reduce single-use in tourism:** Hotels and restaurants should use reusable items, bulk packaging, and provide fresh drinking water instead of bottled water.
- 6. Educate tourists:** Tourists should be educated about the fragile ecosystem of Ladakh and practices to be followed during their travel and stay in Ladakh.
- 7. Environmental education in schools:** School curriculum should include topics on waste management and environmental protection from younger to older classes.
- 8. Effective Events:** Rather than just be formalities, environmental events held in Ladakh should feature experts in the field and offer practical, long-term solutions.
- 9. Capacity building and training:** Officers and staff responsible for public waste management should be provided training in the field to be able to do better planning and implementation.
- 10. Support local initiatives:** Local authorities and other stakeholders should support the initiatives in the field of waste management to manage the ever growing waste effectively.

By adopting these measures, Ladakh can balance modern development with sustainable environmental practices, ensuring a cleaner and healthier ecosystem for future generations.

People of Ladakh have shown faith in him and his promises to keep the rights and demands of the region at the forefront in Parliament. This commitment must be upheld to maintain communal harmony in Ladakh. We should also remember that people of Ladakh were out in the open, without food, for more than 60 days fighting for the rights we deserve, and this should be kept in mind.

Fortnightly News

L-G Ladakh urges swift action on Kargil Water Project, STP development



Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd), chairing a meeting with the officials of UT Ladakh.

Reach Ladakh Correspondent

KARGIL: Government Degree Coll Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd), chaired a meeting at the Lieutenant Governor's Secretariat on June 25 to review the detailed project report (DPR) for the 24x7 Water Supply Scheme for Kargil town, alongside other projects of the Housing and Urban Development Department, UT Ladakh.

Addressing the critical issue of drinking water, the HLG emphasized the necessity of a comprehensive plan that anticipates the water needs of future generations for at least the next 30 years. He advocated for utilizing surface water instead of solely relying on underground sources and directed concerned officials to prioritize these initiatives with urgency.

Ashish from Shah Technical Consultants Pvt Ltd delivered a detailed presentation on the 24x7 Water Supply Scheme for Kargil town, covering 13

wards and adjoining areas, projected to serve a population of approximately 30,000 by 2025 with 5,011 households. The presentation included plans for intake points at Drass and Suru Rivers, provisions for 7,500 house service connections, and considerations for sub-zero temperatures to ensure year-round water availability, with an estimated project cost of Rs 410.70 crores.

Principal Secretary of the HUD Department, Sanjiv Khirwar, IAS, updated on the division of Kargil town into six zones for the Sewage Treatment Plant (STP) project, highlighting progress in land acquisition for three zones where formalities have been completed and tenders floated.

Deputy Commissioner of Kargil, Shrikant Suse, IAS, briefed the LG on land acquisition status in the remaining three zones, exploring options including land swaps. He noted that land in one zone belongs to the state.

LG instructed the DC Kargil to secure land in two zones within 15 days for STP construction. He also queried progress on identifying alternative perennial water sources for Leh beyond the Indus River and sought updates on the Khardung La Tunnel project's potential to divert Shayok River water to meet Leh's water needs. Solid waste management plans for Kargil were discussed, with directives to consider future needs in planning STPs and waste management for Leh and Kargil.

The meeting was attended by Advisor to the LG, Dr Pawan Kotwal; Commissioner/Secretary to the LG L Franklin; Deputy Commissioner Leh, Santosh Sukhadeve; Director Urban Local Bodies Tahir Hussain; Chief Engineers from PHE/I&FC and PWD, Maqbool Hussain and Mutalib, respectively, along with other officials from concerned departments, both physically and virtually.

L-G directs authorities to address Gujjar-Bakarwal trespassing in Rangdum



Reach Ladakh Correspondent

LEH: Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd), held a meeting at the Lieutenant Governor's Secretariat to address the infiltration of the Gujjar-Bakarwal community into the grazing areas of Rangdum.

Tsering Tashi, General Secretary of the Rangdum Gonpa Cultural and Welfare Society, informed the LG about recent infiltrations and encroachments by the Gujjar and Bakarwal communities despite a previous agreement. Last year, a meeting facilitated by the LG had resulted in a decision to halt further infiltration in the area. Tashi requested the LG's immediate intervention to prevent ongoing infiltrations.

Additionally, Tashi raised concerns about the illegal construction of buildings by the Police and Animal Husbandry Department on land belonging to Rangdum Gonpa. He requested these buildings be dismantled. He also mentioned a land dispute between Parkachik and Rangdum villages, which is currently sub-judice, and sought the LG's help to prevent

encroachment from Parkachik until the court's verdict.

The LG recounted his visit to the area last year and his meeting with members of the Rangdum and Gujjar-Bakarwal communities, where both sides had agreed not to trespass. Following this meeting, an order was issued to prevent further incidents. He questioned why the Administration of Kishtwar district had not adhered to the agreement and directed the ADGP Ladakh and the Director of the Animal and Sheep Husbandry Department to vacate the buildings constructed at Rangdum and relocate to Shafat Nallah on the Kishtwar side. He also directed DC Kargil and SSP Kargil to submit a report on recent developments.

The LG assured Rangdum villagers that the Administration would not interfere in the land dispute between Rangdum and Parkachik villages. He instructed the ADGP Ladakh to maintain law and order in the area.

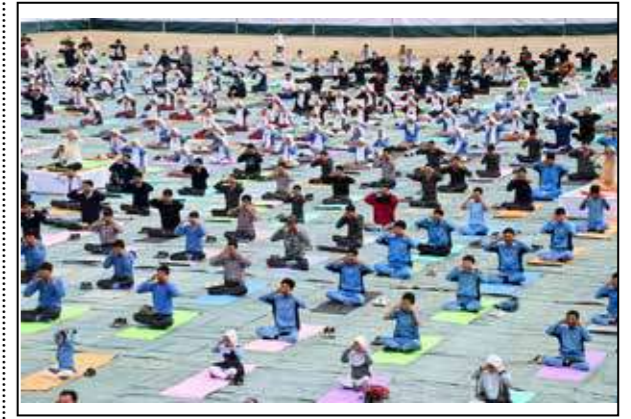
Advisor to the LG, Dr. Pawan Kotwal, IAS, informed the LG that in-

structions had been passed to DC Kishtwar regarding the issue. He mentioned that after the LG's visit to Rangdum, SSP Kargil had submitted a report about the traditional grazing rights of the Gujjar-Bakarwal community. Dr. Kotwal asked DC Kargil if the Bakarwal community had valid permits for grazing.

DC Kargil, Shrikant Suse, confirmed that no documents in the revenue record authorize the Gujjar-Bakarwal community to graze their cattle in the area.

The meeting was attended by Dr. Pawan Kotwal, IAS; ADGP Ladakh, Dr. SD Singh Jamwal, IPS; Commissioner/Secretary to the LG, Lalitkuma Franklin, IAS; Deputy Commissioner Kargil, Shrikant Suse, IAS; Senior Superintendent of Police Kargil, Shriram R. IPS; Director of Animal and Sheep Husbandry, Dr. Mohd Iqbal; Assistant Commissioner Revenue Kargil, Mohd Sharief; and representatives of Rangdum Gonpa.

Kargil celebrates International Yoga day



Reach Ladakh Correspondent

LEH: The 10th International Yoga Day 2024 was celebrated with enthusiasm at Khree Sultan Chow Sports Stadium in Bemathang, Kargil.

The International Day of Yoga, marked annually on June 21 since 2015, aims to raise awareness of the benefits of practicing yoga. To commemorate the day, yoga enthusiasts gathered early in the morning at the Bemathang stadium to participate in a yoga session.

Notable participants included CEC, LAHDC, Kargil, Dr. Mohd Jaffer Akhoun; Deputy Commissioner/CEO, LAHDC, Kargil, Shrikant Suse; Additional Deputy Commissioner, Kargil, Suhail Ahmed; District Officers from various departments;

staff from different departments; members of the SIA and NYK; youth; students from different schools; and other concerned officials.

Following the yoga session, artists from different cultural troupes and schools in the Kargil district presented colorful cultural programs, showcasing the diverse and unique cultures of the district.

The idea of Yoga Day was first proposed by the Prime Minister of India, Narendra Modi, on September 27, 2014, during his speech at the UN General Assembly. During this speech, he introduced a resolution to establish June 21 as International Yoga Day. The date of June 21 was chosen because it is the Summer Solstice, the day with the most sunlight of the year.

Mission Khoryug recognizes ten Ladakh schools for Green initiatives



Reach Ladakh Correspondent

LEH: In a bid to secure a sustainable future for the Union Territory through education, Mission Khoryug has been working towards building conservation leadership among school students under five themes: biodiversity, water, waste, food, and energy. WWF-India, in collaboration with the Department of School Education, Ladakh, has partnered with Mission Khoryug to engage school children in conservation actions, aiming to create a generation of environmentally conscious individuals.

Following the inaugural year of Mission Khoryug, WWF-India honored ten schools at the LG's Mission Khoryug Awards ceremony on June 19.

Five schools were recognised for their exceptional contributions to greening their schools and communities, and five Green Cabinets—student committees leading environmental initiatives at their schools—were honored for their active and effective participation in environmental projects. The ceremony highlighted the efforts of schools and Green Cabinets across Ladakh in advancing environmental stewardship and sustainability.

The event was attended by Principal Secretary (School Education/Housing and Urban Development/Industries and Commerce), Sanjeev Khirwar; Chief Education Officer, Leh, Sonam Angchuk; and Principal of DIET, Leh, Deldan Angmo. Their presence underscored the importance of environmental conservation and the pivotal role of youth in this endeavor.

Principal Secretary Sanjeev Khirwar emphasized the reality of climate change and the need for collective sustainable action. He highlighted the

importance of raising awareness and fostering environmental preservation within communities. Educational institutions are shifting their focus from academics to community engagement, and in Ladakh's close-knit community, instilling environmental values through activities is more feasible. With rising tourism, understanding sustainable practices is crucial to protect the region for future generations. Teaching young children the importance of sustainability is essential.

Sanjeev Khirwar also launched the next chapter of Mission Khoryug in UT Ladakh for all government schools. The Mission Khoryug movement incorporates practical ideas and activities that help students build their knowledge about the environment, connect with nature, and develop the values and skills needed to make their schools and communities greener.

Mission Khoryug was launched in Ladakh in May 2023, following an MoU signed between WWF-India and the Department of School Education, Ladakh. In its first year, 151 government schools were registered under Mission Khoryug to create green schools and green communities in the UT.

Earlier in 2023, Lieutenant Governor of Ladakh, Brigadier (Dr) B.D. Mishra (Retd.), announced the LG's Mission Khoryug Awards. He stated, "The younger generation needs to be aware of their state's biodiversity, environment, and natural resources. The Government has been proactive in environmental protection and has taken up many initiatives. The award for green schools and students will encourage and motivate the younger generation toward a greener Ladakh."

Awareness camp on Pheosia Albivertex management in poplar trees held



Reach Ladakh Correspondent

KARGIL: The Forest Department Kargil, in collaboration with Krishi Vigyan Kendra (KVK), Kargil, conducted a one-day awareness camp on the management of Pheosia Albivertex on poplar trees at Ashina on June 23. The outbreak of this pest was initially noticed through a video circulated on social media.

Scientists from KVK Kargil and officials from the Forest Department visited the site and urged villagers to take immediate action to prevent further damage.

The event was attended by Sajjad Khan, Councillor of Saliskot; Dr. Mohammad Mehdi, Principal Scientist at KVK Kargil; Niyaz, Range Officer in Kargil; officials from the Forest Department; the Lambardar, and villagers from Ashina.

Councillor Sajjad Khan addressed the gathering, assuring complete support from the Council to manage the pest. He requested the general public to cooperate with KVK and the Forest Department to control the insect.

Dr. Mehdi provided a detailed briefing on the insect, its nature of damage, and the potential economic losses if not managed

promptly. He emphasized that the poplar tree is a main source of livelihood in the region, and failure to manage the pest could lead to its spread to adjoining areas, making it more difficult to control. The management of the insect is difficult without the support and cooperation of the general public. He explained that the insect is a defoliator that voraciously feeds on poplar leaves, causing complete defoliation of the tree. The management practices recommended by Dr. Mehdi include:

1. **Sanitation of Infested Areas:** Collect larvae using brooms from the branches and destroy them.

2. **Spraying:** Apply Bacillus thuringiensis (Bt) at a concentration of 50 ml per 10 liters of water on initially infested trees. Avoid spraying on completely defoliated trees and wait for 6 hours to achieve effective results. Spraying must be avoided on rainy days.

3. **Flooding:** Flood the infested area with water to collect larvae in one corner, making it easier to destroy the 4th instar larvae.

4. **Collection and Destruction of Pupae:** Car-

ry out during autumn and winter seasons.

5. **Installation of Light Traps:** Install traps in April and May.

Niyaz, Range Officer from the Forest Department in Kargil, organized all the necessary equipment and Bacillus thuringiensis from the department. He assured that the entire area would be covered but emphasized the need for support from the general public.

Ismail, the Lambardar of the village, expressed his gratitude for the prompt support from the Forest Department Kargil in arranging the necessary equipment. He assured his and the villagers' support to the department for the management of the insect and thanked all the officials of both KVK and the Forest Department for coming on a Sunday for the camp.

In the end, Bacillus thuringiensis (Bt) at a concentration of 50 ml/10 liters was sprayed on the initially infested trees using power sprayers, covering an area of 1 hectare. The spraying will continue the next day to cover most of the infested areas.

NOTICE

Whereas, Gonbo Rabgyas S/o Ishey Stanzin, Date of Birth 07/06/1976 R/o Domkhar Leh UT Ladakh, has claimed that his name has been wrongly entered as Gumbo Rabgais instead of his correct name, which is Gonbo Rabgyas, as well as his father's name has been wrongly entered as Eshi Stanzed instead of Ishey Stanzin in his passport bearing number M4633748 date of issue 30/12/2014 having validity upto 29/12/2024, Now he is applying for the correction in the passport. Objection, if any may be conveyed to the Regional Passport Office, Srinagar within 7 days from the date of publication.

NOTICE

I, Tsezen Angmo, D/o Padma Dorjai R/o Skurbuchan Leh, UT Ladakh, do hereby notify that my father's name has been wrongly entered as Padma Dorjai instead of the correct and actual name Padma Dorjai in my ST Certificate duly issued by Khaltsi Tehsil Office, Leh with Registration No.303-307/ST/K/12 and Dated on 04/09/2012. Now, I'm applying for changes in my ST Certificates and objection if any may be conveyed to Khaltsi Tehsil Office, UT Ladakh within 07 days from the date of publication.

NOTICE

Whereas Lobsang Dhiki D/o Stanzin Norbu R/o Zanskar Kargil, UT Ladakh has claimed that her Date of Birth has been wrongly entered as 11TH January 1999 instead of the correct D.O.B 1st November 1999 in her Computer record Mark Sheet S. No 14168, Govt ITI, Leh-Ladakh. Hence, notice is hereby served through press to file objection if any in this regard report to Govt ITI, Leh office within 7 days from the date of issue of this notice.

NOTICE

I, Tashi Gialtsen S/o Late Sonam Dorjay R/o Shey, Leh Ladakh do hereby notify that I have lost my driving license bearing no. JK 1020150015785 and I am applying for a duplicate driving license. Objection if any may be conveyed to Assistant Regional Transport Officer (ARTO) Leh, Ladakh within 10 days from the date of publication.

NOTICE

I, Thinles Dorje S/o Konchok Rinchen R/o Lamayuru Leh UT Ladakh do hereby notify that my name has been wrongly recorded as Thinley Dorjee instead of an actual name Thinles Dorje in my ST Certificate duly issued by Khaltsi Tehsil Office, UT Ladakh with Registration No 313-15/ST/K/2017 and Dated on 01-03-2017 Now, I'm applying for changes in my ST Certificate and objection, if any may be conveyed to Khaltsi Tehsil Office, UT Ladakh within 07 days from the date of publication.

NOTICE

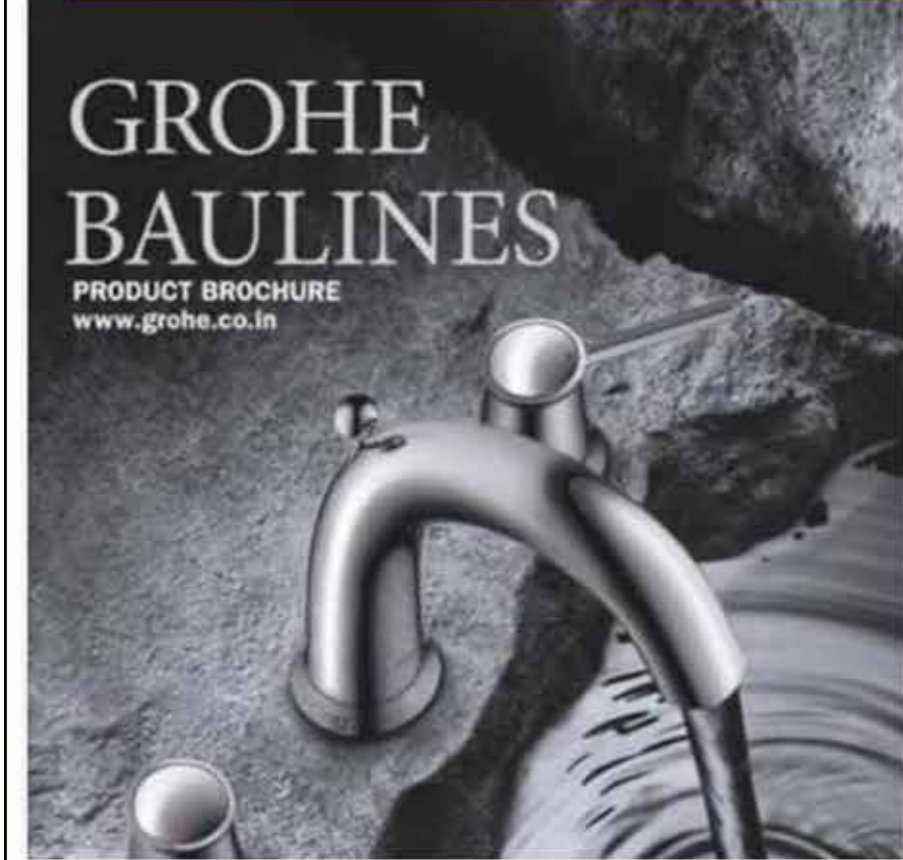
An application has been received from one Rigzin Gurmat S/o Sonam Chopal R/o Kharnakling Choglamsar, UT Ladakh to transfer the Vehicle No. JK 10A 5495 owned by Rigzen Namgail S/o Tashi Dorjay R/o Alchi, Leh, Ladakh. Now, it is therefore notified for general information that objection if any to the proposed transfer shall be filed in writing in the office of Assistant Regional Transport Officer Leh (ARTO) within a period of 10 days from the date of publication of this notice.

NOTICE

I, Stanzin Palkit D/o Rinchen Norboo R/o Thiksay Leh, UT Ladakh do hereby notify you that my father's name has been wrongly recorded as Rinchen Norboo instead of the correct and actual name Rinchen Norboo in my ST Certificate duly issued by Leh Tehsil Office, UT Ladakh with Registration No. 533/ST-Leh-2015 and Dated on 10-01-2015. Now, I'm applying for changes in my ST Certificate and objection, if any may be conveyed to Leh Tehsil Office, UT Ladakh within 07 days from the publication date.

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