

REACH LADAKH BULLETIN



In Conversation with
Stanzin Sherap, Life Coach

Expert Talk:
Breaking Barriers: Women's leadership and gender equality in Ladakh

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Newborn death at SNM Hospital: Family alleges medical negligence

Stanzin Dasal

LEH: A newborn baby died shortly after delivery at SNM Hospital on March 7, allegedly due to medical negligence. The family claims excessive pressure was applied to the mother's belly, the doctor was not called on time, and the hospital staff failed to provide proper care.

The father of the deceased child shared his account: "I admitted my wife, who was 9 months and 9 days pregnant, to the hospital. She complained of labor pains around 7 pm and was moved to the labor room. She is a mother of two and was expecting her third child. I, along with a relative, waited outside the labor room, concerned as we heard her in pain. My wife asked the medical staff to call the doctor because the pain was becoming unbearable, but they ignored her and responded rudely. Later, she told me they continued to apply pressure to her belly, leaving it bruised. This went on until 3 am, when the baby was delivered via vacuum. Unfortunately, the baby was in poor health and didn't survive."

The father added, "We were heartbroken, as all the check-ups and ultrasounds had shown that the baby was healthy, and my wife said the baby had been moving prior to delivery."

The situation did not end



there. The mother, after being discharged, returned to the hospital due to some bandages left inside her body, which the husband alleges were not properly addressed. The family insists that the incident could have been prevented had the doctor intervened in time.

The father of the deceased child said, "I have lost my baby, and the hospital staff apologized to me for the loss. But I want to raise this issue because I don't want anyone else to go through what

my wife and I experienced. I request the health department and medical staff to be more careful and serious. I understand the hard work and struggles you go through in your duty, but such negligence should not happen again."

SNM Hospital, the primary healthcare facility in Leh district, is known for its infrastructure and medical services. However, this case has raised serious concerns about medical practices at the institution.

Dr. Rinchen Chosdol, Medical Superintendent of SNM Hospital, expressed condolences to the family and clarified that the case is classified as neonatal death, which differs from stillbirth. She stated that the patient was admitted on March 6, and all deaths at the hospital are documented and reviewed by higher authorities.

An internal audit was conducted with the involvement of family members, attendees, night-duty staff, the on-duty

doctor, the Deputy CMO, and a mother-child consultant. The investigation is ongoing, and if any staff members are found at fault, appropriate actions will be taken as per hospital regulations.

Dr. Chosdol further explained that complications can arise at any stage of delivery, even in the final moments. To ensure transparency, additional investigations will include individual discussions with those present during the birth.

She emphasized that nurses

and Auxiliary Nurse Midwives (ANMs) across India receive Skilled Birth Attendant (SBA) training, enabling them to conduct normal deliveries. Doctors oversee critical reports such as ECGs and are available on call 24/7.

"In this case, the child's partogram and fetal cardiac activity were recorded as normal. However, the final results of the investigation will be determined after a thorough audit. The report is expected within 2-3 days", she said.

Previous incidents raise further concerns

As per guidelines, an internal audit is required in cases of maternal mortality to identify causes and prevent future incidents. However, similar audits in the past have failed to produce concrete results.

In December 2020, a 32-year-old woman also died after childbirth at SNM Hospital, allegedly due to staff negligence. The family claimed excessive bleeding led to her death. At the time, Dr. Norzin Angmo, then Medical Superintendent, stated that an investigation was underway and a proper audit would be conducted.

This latest incident has once again highlighted concerns over medical negligence and the need for stricter accountability in maternal and neonatal care at the hospital.

Ladakh marks Women's Day 2025 with health, well-being & empowerment initiatives



First Lady Neelam Mishra, flagging off the Pink Patrol for Women by Ladakh Police.

Reach Ladakh Correspondent

LEH: The Department of Social and Tribal Welfare, Mission Shakti, in collaboration with the women's wings of various religious organizations, celebrated International Women's Day 2025 on March 8 at Lotsawa Auditorium Hall, Cultural Academy Leh. This year's theme, "Women's Health and Well-being," highlighted the importance of holistic development and empowerment of women in Ladakh.

The program commenced with Chief Guest, First Lady Neelam Mishra, flagging off the Pink Patrol for Women by Ladakh Police from the Cultural Academy office complex.

The event was attended by distinguished guests, including SSP Leh, Shruti Arora; Director, Social and Tribal Welfare, Tashi Dolma; President, Ladakh Buddhist Association Women Wing, Kunzes Dolma; President, Anjuman-e-Imamia women wing, Nasreen Maryam; President, Anjuman Moin-

Ul-Islam women wing, Aisha Malo and Christian Association.

Addressing the gathering, Chief Guest Neelam Mishra emphasized the crucial role of women in society, education, and hygiene. She appreciated government schemes for women's empowerment and reiterated the vision of making Ladakh a zero-waste region by promoting sustainable solutions. She also spoke about the installation of sanitary pad vending machines at various locations to ensure easy access to eco-friendly and affordable menstrual products.

Earlier, Director, Social and Tribal Welfare Society, UT Ladakh, Tashi Dolma welcomed the guests and emphasized the significance of the day. She highlighted Ladakh's progressive stance on women's rights, noting the region's absence of female infanticides and dowry systems. She praised the women of Ladakh for their achievements in various

fields and acknowledged the department's role in empowering women through various schemes.

The program also featured a movie screening on Trial Saffron Cultivation, initiated by Neelam Mishra with the aim of empowering women economically. It was followed by a skit, presented, by the University of Ladakh students on the menace of drugs and substance abuse.

A panel discussion on women's health, mental health, motherhood, sanitation, hygiene and other social issues were also discussed.

The Women Achievers from different fields of social entrepreneurship, sports, education, etc from both Leh and Kargil district were felicitated on the occasion, recognising their excellence and contribution towards the society and its upliftment.

Similarly, stalls displaying the different schemes implemented by the Social and Tribal Welfare Department were also installed for awareness and dissemination of information.

Other dignitaries such as District Awardee and social activist, Abi Chocho Yangchen Dolma; famous differently abled singer, Thukjey Dolma and CDPOs of ICDS Projects; Anganwadi workers; police personnels and officials and staff of the department were also present on the occasion.

Grand celebration marks 25th birth anniversary of His Eminence Chechok Rinpoche



During the 25th birth anniversary celebration of His Eminence Chechok Rinpoche.

Disket Angmo

LEH: The 25th birth anniversary of His Eminence Chechok Rinpoche was celebrated with great joy and warmth on March 12.

The event was attended by dignitaries including Advocate Tashi Gyalson, CEC, LAHDC Leh; Tsering Angchuk, Deputy Chairman, LAHDC Leh; councillors; Chering Dorjey, Lakrook, President of the Ladakh Buddhist Association (LBA); monks from Hemis Monastery; family members, and other distinguished guests.

The celebration commenced with a cake-cutting ceremony led by His Eminence Chechok Rinpoche, which was met with enthusiastic applause. The event was further enriched by mesmerizing performances from talented Ladakhi artists, who showcased the region's vibrant cultural heritage.

In his address, CEC Tashi Gyalson extended his heartfelt wishes to His Eminence for a prosperous future and a long, fulfilling life, acknowledging the significant respon-

sibilities he will undertake. He also highlighted the invaluable role of the lamas in supporting the people of Ladakh through difficult times and their contributions in fostering a strong and united community.

Renowned environmentalist Chhewang Norphel, known as the 'Ice Man of India,' shared his deep connection with the previous Chechok Rinpoche and expressed gratitude for receiving blessings from the reincarnated Rinpoche.

Biography of Dubpon Sonam Chechok
Sonam Chechok was born in Rong Kungyam (Lakat) in the Ladakh Stod region in the Water Female Ox year of the fifteenth Rabjung (1913 A.D.). He was the son of Yab Norzang Stobgyal and Yom Ishey Chosron. From an early age, he displayed exceptional intelligence and a deep spiritual inclination, showing unwavering faith in the Dharma and great compassion for others.

He received numerous teach-

ings, empowerments, and transmissions from the Fifth Skyabgon Stakstang Raspa. At the age of forty-five, he contracted smallpox, which affected his vision and interrupted his studies. However, despite his blindness, he deepened his spiritual practice under the guidance of Skyabgon Stakstang. Assisted by his sister, Urgain Zangmo, he embarked on pilgrimages to Karzha and Tso Padma, where he studied with Kyabje Kunga Rinpoche. Through relentless practice of refuge and the Mani Vajra mantra, he attained profound spiritual realizations and even gained clairvoyance.

Despite his visual impairment, he remarkably traveled independently from Leh to Kungyam. He carried only essential personal items such as a bell, a hand drum, and a water pot. His extraordinary abilities and unwavering devotion to the Dharma inspired faith among the people. He practiced rigorous fasting and accumulated an astounding thirteen billion Vajra Guru mantras, along with continuous offerings and prayers.

Once, during a period of illness suffered by Kyabje Bakula Rinpoche, Sonam Chechok performed a long-life ritual. When asked to inspect the ritual offerings, Bakula Rinpoche witnessed the miraculous appearance of the self-arising 'Aa' in the decorations. Following this, his illness was cured. Later, when Ladakh faced the threat of war, Bakula Rinpoche entrusted him with averting the crisis. Sonam Chechok undertook a month-long retreat

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REACH LADAKH BULLETIN
Owner, Publisher & Printer: Tundup Dorjey
Editor: Stanzin Dasal
Reporters: Nenzes Chodon
Intern: Disket Angmo
Sales & Marketing: Tsering Morup
Contact: +91 9469451102
Designer: Stanzin Rabgyas (CAGO)
Published at: Reach Ladakh, Skara Yokma, Airport Road, near Councillor Quarter
Contact: +91 9858394403
+91 8899418322
Printed at: Ala Printing Press
3636 Katra Dina Baig
Lal Quan Delhi -110006

Fortnightly News

L-G holds high-level meeting to boost tourism in Ladakh

Ladakh to adopt proactive measures to prevent tourism decline



Lieutenant Governor of Ladakh convening a meeting with tourism stakeholders, Chairmen of LAHDC Leh and Kargil, and UT Administration officials to discuss strategies for boosting tourism in Ladakh.

Reach Ladakh Correspondent

LEH: Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd), convened a meeting on March 13 at the Lt. Governor's Secretariat with tourism stakeholders, Chairmen of LAHDC Leh and Kargil, and UT Administration officials to discuss strategies for boosting tourism in Ladakh.

At the outset, the Lt. Governor emphasized the need for a collaborative approach between tourism stakeholders, Hill Councils, and the UT Administration to boost Ladakh's tourist footfall. Citing Goa's decline in tourism due to high costs and mismanagement, he stressed the importance of proactive measures to prevent a similar downturn in Ladakh, where tourism is a major source of livelihood.

He outlined key steps to attract more visitors, including enforcing fair pricing by taxi drivers and hotels, ensuring high-quality services, promoting budget-friendly tour packages, enhancing homestay standards, and addressing issues like stray dog menace. He also urged tourism promotion across India and encouraged foreign delegates to opt for homestays.

Additionally, the Lt. Governor called for efforts to make Ladakh a corruption-free and efficient region, ensure timely electricity bill payments, minimize underground water extraction, and take up the issue of high airfare with the Ministry of Civil Aviation.

Secretary, Tourism and Culture, Vikram Singh Malik, IAS, presented the Tourism Department's action plan to boost tourism in Ladakh. Key initiatives include creating a tourism festival calendar in collaboration with Hill Councils, participating in major trade shows like OTM and SATTE, branding Ladakh tourism at IGI Airport in New Delhi, and organizing mega events such as the Ladakh Festival (September 2025) and Suru Festival (July 2025).

Additionally, the plan includes hosting familiarization tours for international delegates, hiring professionals for social and digital media promotions, organizing winter sports events, and addressing key concerns of tourists and stakeholders.

Chairman/CEC, LAHDC Leh, Advocate Tashi Gyalson, highlighted key concerns, including obtaining BCAS clearance for commercial flights at Thoise Airport, improving

parking bays and evening flight operations at KBR Airport Leh, regulating airfare, and extending the PM Surya Ghar Muft Bijli Yojana to commercial entities. He also stressed the need to include rural areas in tourism incentives, permit domestic tourists to visit Demchok, and airlift stranded Ladakh citizens from Srinagar.

Chairman/CEC, LAHDC Kargil, Dr. Mohd Jaffer Akhoo, emphasized simplifying the registration process for tour agencies and hotels through a single-window system, reinforcing PMU Tourism staff in Kargil, and providing subsidies for hotel construction. He also called for forming a committee for the successful organization of Suru Festival 2025, implementing a One UT One Permit policy for taxi drivers, allowing limited tourist access to Mushkow Valley in coordination with the Army, and arranging airlifts for stranded passengers from Jammu and Srinagar.

Tourism stakeholders proposed several measures to boost tourism in Ladakh, including maintaining the pre-2018 agreement on taxi movement between Leh and Kargil, addressing parking shortages in Leh town, mandating uniforms for commercial drivers, and securing UT Administration support for the Bikers Festival in September 2025. They also emphasized the need for a strong branding identity for Ladakh tourism, enhanced safety for female travelers, better public conveniences, a simplified registration process for hoteliers, and the introduction of a Film Tourism Incentive Policy. Other key suggestions included organizing familiarization tours for foreign delegates during the Ladakh and Suru Festivals, reviving the Wheel of Life project, and increasing flight frequency to the region.

Regarding the One UT One Permit policy for drivers, the Hon'ble LG stressed the need for consensus between stakeholders from Leh and Kargil. He directed the Chairmen of both Hill Councils to hold discussions with stakeholders and UT Administration officials to reach an early decision. The LG also assured full support in promoting Ladakh tourism and urged tourism representatives from Leh and Kargil to engage with the Minister of Civil Aviation and private airlines to address concerns over airfares, flight frequency, and the operation of flights in Thoise and Kargil.

CEC Tashi Gyalson felicitates Ladakh's Ice Hockey team for Asian Winter Games debut



Indian men's ice hockey team with Chairman/CEC, LAHDC Leh, Adv. Tashi Gyalson.

Reach Ladakh Correspondent

LEH: Chairman/CEC, LAHDC Leh, Adv. Tashi Gyalson met with the Indian men's ice hockey team on March 12 upon their return from Harbin, China, after competing in the 9th Asian Winter Games.

CEC Gyalson extended his heartfelt congratulations to the team, recognizing the significance of their achievement. He felicitated each player and wished them success in their future endeavors.

Making their debut in the prestigious tournament, the Indian men's ice hockey team from Ladakh secured a historic victory against Macau, China, showcasing remarkable skill and determination.

"Ladakh's ice hockey players have once again made us proud on the international stage. Competing and winning at the Asian Winter Games is a monumental achievement. The Council has always supported the development of ice hockey in Ladakh, from providing infrastructure and equipment to offering incentives for our players," said CEC Gyalson.

The CEC also highlighted ongoing efforts to bring national recognition to the sport and emphasized ice hockey's potential in promoting sports tourism in Ladakh. He assured that the Council would continue to provide all necessary support to take the sport forward.

As a token of appreciation, a cash reward of ₹2,50,000 has been announced for the team.

CEC Gyalson also acknowledged the crucial role of Lieutenant Governor Brig. (Dr.) B. D. Mishra (Retd.) in ensuring the team's participation in the Asian Winter Games. He highlighted the LG's personal efforts and financial assistance, along with the support of the UT administration, which played a vital role in facilitating the team's journey to Harbin.

"Our players have showcased exceptional talent and resilience, bringing pride to Ladakh and inspiring many along the way. We will continue to strengthen the sports ecosystem in our region and ensure that ice hockey gets the recognition it deserves at the national level."

The achievement marks a significant milestone for Ladakh's sporting community, further solidifying the region's reputation in winter sports.

L-G announces new initiatives for women's empowerment on International Women's Day

Reach Ladakh Correspondent

LEH: On the occasion of International Women's Day, Lieutenant Governor of UT of Ladakh, Brig. Dr. B.D. Mishra, has announced a series of initiatives aimed at empowering women across various sectors, reinforcing the administration's commitment to gender equality and inclusivity.

These initiatives encompass financial assistance, education, public transport, social welfare, and digital accessibility, ensuring that women across Ladakh receive the necessary support to thrive in all spheres of life.

To promote women's entrepreneurship and financial independence, the administration, through Sindhu Infrastructure Development Corporation (SIDCO), will offer loans to women entrepreneurs at an interest rate reduced by 2%. This interest subvention scheme is designed to encourage greater participation of women in economic activities and enable them to establish and expand their businesses with reduced financial burden.

In a significant step towards improving menstrual hygiene, sanitary pad vending machines will be installed in all middle schools, higher secondary schools, and colleges. This initiative, spearheaded by the School Education and Higher Education Departments, aims to provide easy access to sanitary products for female students, ensuring that menstrual health does not become a barrier to education.

Recognizing the challenges faced by working women in daily commuting, the administration has decided to reserve seats for women in all public transport buses. This measure acknowledges the dual responsibilities of working women who not only contribute to the workforce but also manage household responsibilities. The initiative, led by SID-

CO in collaboration with the Transport Department, seeks to provide a safer and more comfortable travel experience for women across the Union Territory.

In response to the increasing instances of women in distress, the administration will establish shelter homes across all the proposed seven districts of Ladakh. These shelter homes will serve as safe spaces for women facing domestic violence, geriatric distress, or other vulnerabilities, offering them a secure environment until proper rehabilitation is facilitated. This initiative, undertaken by the Social Welfare Department, will be aligned with central government schemes to ensure comprehensive support and sustainability.

To encourage academic excellence among young girls, the administration has announced the 'Kanya Pratibha' scholarship scheme. Under this program, ten scholarships will be awarded annually to girl students securing the highest marks in Class X and XII board examinations. Additionally, meritorious girls excelling in sports and extracurricular activities will also be eligible for this scholarship. The scheme, which is expected to be implemented under the Social Welfare Department, has been allocated an estimated budget of 50 lakh for the financial year 2025-26.

Recognizing the increasing economic pressures on families and the need for dual-income households, the administration has decided to establish daycare centres cum creches in government offices and Anganwadi centres. These facilities will provide a secure and inclusive environment for toddlers, allowing working mothers to fulfil their professional commitments without compromising childcare. The initiative will be initially launched in the new Secretariat building and will be jointly im-



Lieutenant Governor of UT of Ladakh, Brig. Dr. B.D. Mishra.

plemented by the Social Welfare Department and the General Administration Department (GAD).

Furthering the government's commitment to digital inclusion in education, the administration has announced that all girl students pursuing higher education will receive tablets to support their learning and academic endeavours. With approximately 1,600-1,700 students expected to benefit, this initiative will be implemented under a special development program (SDP) for the financial year 2025-26, with an estimated budget of ₹2.5 crore. This step is aimed at ensuring that female students have access to quality digital resources, bridging the digital divide in higher education.

Speaking on these initiatives, the Lieutenant Governor of Ladakh reaffirmed the administration's dedication to fostering an inclusive society where women are empowered to realize their full potential. He emphasized that these schemes are designed to provide tangible support to women in education, employment, and social security, ultimately contributing to a more equitable and progressive Ladakh. The administration remains committed to strengthening gender-responsive policies and interventions, ensuring that women have access to the resources and opportunities they need to succeed.

Tibet's struggle remembered: 66th Uprising Day observe in Leh



Tibetans during the 66th Tibetan National Uprising Day at Polo Ground, Leh.

Disket Angmo

LEH: The 66th Tibetan National Uprising Day was observed on March 10 at Polo Ground, commemorating the 1959 uprising against Chinese rule in Tibet.

Chief Representative Officer (CRO) of the Ladakh Sonamling Settlement, Tashi Dhondup, read out the official statement from the highest executive office of the Central Tibetan Administration (Kashag). He recalled, "On this date, 66 years ago, in Tibet's capital Lhasa, Tibetans from all three provinces united in resistance against the illegal occupation of Tibet and China's brutal, inhumane policies. Under violent suppression by Chinese forces, over a million Tibetans lost their lives, and His Holiness the Great 14th Da-

lai Lama, along with approximately 80,000 Tibetans, was forced into exile."

Expressing gratitude to the Government of India and its citizens for their continuous support, Dhondup highlighted the challenges faced by Tibetans in exile. He also appealed for global solidarity in Tibet's peaceful struggle for freedom.

Senior Vice President of the Ladakh Buddhist Association (LBA), Regzin Dorjey, voiced deep sorrow over the destruction of monasteries in Tibet, emphasizing the profound cultural and spiritual loss suffered by Tibetans. He acknowledged their resilience and expressed his unwavering support for their cause.

President of Anjuman Imamia, Ashraf Ali Barcha, extended strong solidarity with the Tibetan community. In his speech, he expressed hope that Tibet will one day regain its freedom, stressing that Tibetans deserve justice and peace.

The event concluded with prayers for peace and liberation, marking a solemn yet hopeful moment for the Tibetan community as they reflected on past struggles and their aspirations for a free Tibet.

LG Ladakh discusses Saffron cultivation with Agriculture Secretary & DIHAR Director



Reach Ladakh Correspondent

LEH: Lieutenant Governor of Ladakh, Brigadier (Dr.) BD Mishra (Retd), chaired a meeting at the Lieutenant Governor's Secretariat on March 3 to explore the feasibility of saffron cultivation in Ladakh.

The meeting was attended by Principal Secretary Sanjiv Khirwar, IAS; DGP Ladakh, Dr. SD Singh Jamwal, IPS; Commissioner/Secretary to the LG, Dr. L. Franklin, IAS; Secretary, Agriculture, Bhupesh Chaudhary, IAS; Secretary, GAD/PWD/PHE, Michael D'Souza, IAS; and Director, DIHAR, Dr. OP Chaurasia.

At the outset, the LG inquired about the potential for saffron cultivation in Ladakh, citing a pilot plantation at Raj Niwas.

Dr. OP Chaurasia highlighted Kargil as an ideal location for saffron cultivation, noting that several farmers in the district have already experimented with it. He also mentioned that the Council of Scientific and Industrial Research-Indian Institute of Integrative Medicine (CSIR-IIIM) Jammu has expertise in saffron cultivation and

has undertaken related research. Additionally, he briefed the LG on various DIHAR initiatives aimed at supporting local farmers, particularly those in Ladakh's forward areas.

Secretary, Agriculture, Bhupesh Chaudhary, IAS, informed the LG about a proposed collaboration with CSIR-IIIM Jammu to expand saffron cultivation in Ladakh, assess its economic viability, and determine the most suitable saffron variety for the region.

The LG directed the Agriculture Secretary and DIHAR Director to thoroughly explore the feasibility of large-scale saffron farming in Ladakh, emphasizing its potential benefits for local farmers, particularly women engaged in agricultural activities. He also urged DIHAR to continue its revised focus on agriculture, horticulture, and cattle management, making optimal use of scientific expertise and available resources to assist farmers.

In addition to saffron, the meeting also discussed the possibility of cultivating hing (asafoetida) in Ladakh.

Changthang leaders seek emergency aid for livestock after heavy snowfall



A delegation of Councillors from Changthang, led by Executive Councillor LAHDC Leh, Tashi Namgyal Yakzee with the Lieutenant Governor of Ladakh.

Reach Ladakh Correspondent

LEH: A delegation of Councillors from Changthang, led by Executive Councillor LAHDC Leh, Tashi Namgyal Yakzee, met with the Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd), at the Lt. Governor's Secretariat on March 13 to discuss the urgent challenges faced by the region's livestock due to recent heavy snowfall.

Tashi Namgyal Yakzee apprised the

Lt. Governor of the severe impact of the snowfall, which has led to significant livestock losses. He urged immediate approval for the procurement of 12 tonnes of barley as emergency relief, stressing that the available feed and fodder stocks had already been depleted.

In response, the Lt. Governor directed the Director of Sheep Husbandry to visit the affected areas alongside Tashi Namgyal Yakzee for a comprehensive assessment. Based on the findings, an actionable plan will be developed to address the crisis. He assured the delegation that prompt measures would be taken to support the livestock-dependent communities in Changthang.

The meeting was attended by Chief Secretary UT Ladakh, Dr. Pawan Kotwal, IAS; Director of Sheep Husbandry, Dr. Iftikar; Councillor Nyoma, Ishey Spalzung; and Councillor Korzok, Skarma Namdak.



CEC LAHDC Leh, Tashi Gyalson, chairing a meeting with civil and army officials to address issues related to defence land in the region.

Reach Ladakh Correspondent

LEH: Chairman/CEC LAHDC Leh, Tashi Gyalson, chaired a meeting on March 11 with civil and army officials to address issues related to defence land in the region.

In the meeting, several land acquisition issues, including those concerning Leh Garrison were resolved. Additionally, the discussion focused on land acquisition matters in Dha-Beema Area, Ni-

moo, Leh and Kharu, where the army required proper documentation, additional land, and No Objection Certificates (NOCs) for pending cases.

To expedite the process, CEC Tashi Gyalson directed the concerned authorities to speed up the process to provide necessary revenue documents to those land which has received no objection. He also instructed officials

to conduct a fresh joint survey to resolve pending matters. He also directed them to resolve Achinathang Land transfer issue to construct school at the earliest.

The meeting was attended by Assistant Commissioner Revenue, Shabir Hussain; Brig Sunil Dalal, Station Cdr Leh, Brig KMS Rama, Station Cdr Nimu, Colonel B Amarnath, Col

Q HQ 14 Corps; Col Navjot Kang, SO (Land), HQ 14 Corps, Col Amit Lamba Administrative Commandant Beema, Defence Estate Officer, Leh, Mohammad Nawaz Sharifud-din; Tehsildar, Leh, Khaltai, Nyoma, Tangtse and Khuru, Naib Tehsildars from Basgo, Chumathang, disket and other officials.

Fortnightly News

...continuity of page 1

Grand celebration marks 25th birth anniversary of His Eminence Chechok Rinpoche

in Chushul, and through his spiritual practices, he is believed to have averted the impending danger. His unwavering faith reassured the fearful residents of Chushul, who stayed rather than flee, and they remained unharmed.

Kyabgon Stakstang Gongma Ngawang Jampal Gelek Gyaltsen, upon visiting him, expressed profound admiration for his dedication and composed a verse in his praise. Sonam Chechok dedicated his life to benefiting beings across Ladakh, from Shar Changthang Dechok Lhari Karpo to the lower Sham Dha Hanu region.

In 1999, at the age of eighty-seven, he announced that his life's work was complete. Demonstrating signs of spiritual liberation, he entered meditation and

passed away on the tenth day of the ninth month, leaving behind auspicious omens.

Reincarnation of Chechok Rinpoche

His reincarnation was born in Kungyam Thangka Pa Rong to parents Nawang Yarphel and Lhamo Yutron on the eighth day of the first later month of the Iron Dragon year, at sunrise (March 12, 2000). His Holiness the 12th Gyalwang Drukpa Rinpoche, Jigme Pema Wangchen, formally recognized him as the unmistakable reincarnation of Yudi Chemchok. In 2009, during the Earth Ox year, he was enthroned at Amitabha Monastery in Nepal and named Jigme Chokyi Gyatso, marking the continuation of his profound spiritual legacy.

Biography by Geshe Sherab Palden

Ladakh's Cooperative sector gears up for IYC celebrations; key initiatives discussed



Chief Secretary officially launching the annual activity calendar for the celebration of International Year of Cooperatives across Ladakh.

Reach Ladakh Correspondent

LEH: The Chief Secretary and Chairperson of the State Cooperative Development Committee (SCDC), Dr. Pawan Kotwal, chaired a meeting at Civil Secretariat Leh on March 12 to review the preparations for celebrating the International Year of Cooperatives (IYC) in Ladakh.

The Additional Registrar of Cooperatives, UT Ladakh, Syed Sajjad Qadri, gave a detailed presentation covering multiple key agendas, including the formation of the District Cooperative Development Committee and the State Cooperative Development Committee, the annual activity calendar for IYC celebrations, planning, execution, and monitoring of state-level events, unveiling of the IYC logo, events organized under IYC, and the appointment of nodal officers at both district and UT levels.

The meeting discussed appointment of a nodal officer for media coverage, the usage of the IYC commemorative stamp and logo, progress tracking and impact assessment, budget utilization, the committee's operational duration, and proposals for additional member

inclusion and budgetary provisions.

The Additional Registrar of Cooperatives also provided insights into the ongoing initiatives, such as the computerization of Primary Agricultural Credit Societies (PACS), the establishment of PACS-based dairy and fisheries cooperative societies, the regularization of defunct PACS, and the convergence of PACS into Multipurpose PACS (MPACS).

During the meeting, the Chief Secretary officially launched the annual activity calendar to celebrate IYC across Ladakh. He underscored the crucial role of cooperatives in fostering sustainable economic growth, self-reliance, and rural development. He urged all stakeholders to work in a coordinated manner to ensure the successful celebration of the International Year of Cooperatives, making it a milestone event for Ladakh's cooperative sector.

The Chief Secretary directed that the IYC logo and commemorative stamp should be used on all official correspondence of the Administration of UT Ladakh. He further

instructed the concerned officials to work towards reviving defunct PACS by adhering to defined criteria and setting clear targets for their restoration, they need to be revived as per the Ministry's guidelines. In this regard, the Chief Secretary instructed the officials to share revival plan.

The committee expressed commitment to actively contribute to the success of the International Year of Cooperatives and ensure that Ladakh's cooperative sector receives the recognition it deserves on the national and international stage.

Further, he emphasized the need to explore the potential of fishery cooperative societies in Ladakh and instructed the department to formulate a strategic plan to promote fisheries in the region.

The meeting was attended by the Administrative Secretary of Rural Development & Panchayati Raj; the Administrative Secretary of the Cooperative Department, Bhupesh Chaudhary; the Additional Registrar of Cooperative Societies; the Director of Animal Husbandry & Fisheries; the Chief General Manager of NABARD; the Managing Director of J&K State Cooperative Bank; and concerned representatives from the National Cooperative Development Corporation (NCDC), General Manager of the Food Corporation of India (FCI), representatives from the National Dairy Development Board (NDDB), and the Chairman of the UT Dairy Cooperative Federation. Officers stationed outside Ladakh participated in the meeting virtually.

HDFC Bank Parivartan and PHIA Foundation empower women farmers in Ladakh

Milk processing unit launched in Gya Meru to enhance dairy production



During the inauguration of Lalungma Dairy Unit under Project Himalaya at Gya Meru.

Reach Ladakh Correspondent

LEH: In a significant step toward empowering women and strengthening the dairy sector in Ladakh, PHIA Foundation, with the unwavering support of HDFC Bank Parivartan, inaugurated the Lalungma Dairy Unit under Project Himalaya at Gya Meru, Ladakh's first village on March 11. This initiative underscores HDFC Bank Parivartan's commitment to enhancing women's income and fostering rural development in remote regions.

The event was attended by Executive Councilor, LAHDC Leh, Stanzin Chosphel, Assistant Registrar Cooperative, Skarma, Managing Director of Ladakh UT Dairy Cooperative Federation Ltd., Manoj Solanki, Procurement Head LUTDCF, Shubham, representatives from Lalungma Dairy, and other dignitaries.

Addressing the gathering, EC Stanzin Chosphel expressed gratitude to HDFC Bank Parivartan and PHIA Foundation for their instrumental role in realizing this initiative. He emphasized that the project creates sustainable livelihood opportunities for women in this far-flung region.

He further assured that LAHDC Leh is committed to strengthening the project by, constructing a permanent dairy facility,

establishing a retail outlet along the Manali-Leh Highway to market dairy products, providing two milking machines to farmers of the Lalungma Dairy group and organizing an exposure tour to Anand, Gujarat, to enhance skills and knowledge.

The newly established Milk Processing Unit (MPU) is equipped with modern technology and has a processing capacity of 1,000 liters of milk daily, handling both cow and yak milk. It is designed to produce high-quality dairy products such as: Vedic Bilona Ghee, Cheese, Butter, Paneer and Fresh Milk.

The unit ensures strict quality control standards, guaranteeing purity and nutritional value. Project Lead, Tundup Wangail, provided an overview of Project Himalaya, explaining how the MPU will directly benefit women farmers by: Eliminating middlemen, ensuring fair and timely payments, Providing direct access to the dairy market and Introducing modern processing methods to increase profitability.

Before the unit's official inauguration, Desert Resource Center's dairy expert, Romal Singh, conducted a comprehensive training program for around 80 women from Gya, Meru, Upshi, Saso-

ma, and Rumtse. Participants learned essential skills in soap making, cheese production, and ghee preparation, equipping them for economic self-reliance.

Project Manager, Mohd Ali Waziri, congratulated the women farmers on this milestone, highlighting that the dairy unit will transform the region's economic landscape. He reaffirmed PHIA Foundation and HDFC Bank Parivartan's commitment to strengthening the milk value chain, expanding the agricultural economy in Ladakh, creating local employment opportunities and encouraging eco-friendly packaging and waste reduction.

The event concluded with a heartfelt vote of thanks by Tsering Chosdon, Treasurer of Lalungma Dairy, who lauded the visionary support of HDFC Bank Parivartan and PHIA Foundation. She acknowledged their efforts in establishing a sustainable income source for women farmers in one of Ladakh's most remote regions.

All stakeholders reaffirmed their commitment to collaboration, ensuring that this initiative continues to drive economic empowerment, sustainability, and growth in Ladakh's dairy sector.

Farmers from Chilam village explore advanced farming techniques at School of Agricultural Sciences and Technology



A group of farmers from Chilam Village in Tangtse Tehsil during an exposure tour to the School of Agricultural Sciences and Technology (SAS&T), Leh campus.

Reach Ladakh Correspondent

LEH: A group of farmers from Chilam Village in Tangtse Tehsil participated in an exposure tour to the School of Agricultural Sciences and Technology (SAS&T), Leh campus, on March 12. Organized by the Horticulture Department of Leh, UT Ladakh, the visit aimed to introduce farmers to modern agricultural techniques and technologies to enhance productivity.

The tour commenced with a lecture by Dr. Dechean Angmo, who discussed vegetable nursery raising and the benefits of cultivating vegetables in protected structures during winter to generate additional income. This was followed by a demonstration of different green vegetable varieties grown in a controlled environment.

Dr. Kunzang Lamo conducted a session on budding and grafting techniques for fruit plant

propagation, highlighting their role in improving fruit production. Dr. Thinlas Nurboo provided insights into common insect pests affecting vegetables, fruit plants, and field crops, along with effective pest management strategies.

Additionally, Kaniz Fatima explained the significance of weather-based agro-advisory services and guided the farmers on a field visit to the Automatic Weather Station (AWS) and the manual Agromet Observatory, illustrating how weather data can aid in farming decisions.

The tour concluded with visits to key facilities at SAS&T, including the Precision Farming Development Centre, the Automatic Weather Station, and the Apiculture Unit, providing farmers with hands-on exposure to advanced agricultural practices.

Poetry session "Despair and Hope" showcases Pramod Kumar Jain's literary works



Pramod Kumar Jain, IAS, Chairman of the New Districts Committee reciting poems from his published book.

Reach Ladakh Correspondent

LEH: The Cultural Academy, Leh, hosted a poignant poetry session titled 'Despair and Hope', featuring Pramod Kumar Jain, IAS, Chairman of the New Districts Committee. The event highlighted Jain's literary talent as he recited poems from his published book, which delves into themes of resilience and hope during the COVID-19 pandemic.

In addition to his published works, Jain shared unpublished poems inspired by his experiences in Ladakh. The session featured readings of his works, including Lockdown, Freedom

from Man, The Candle, New Hope, I Wait for a Peacock, Hello My Dear Poem, Krishna and Radha, and When I Die, among others.

The event encouraged audience participation, with Jain engaging in discussions and inviting perspectives on despair, negativity, and hope. The session provided a reflective space, emphasizing perseverance and optimism in times of adversity.

Jain also spoke about his second book, currently in progress, which he de-

scribed as a literary tribute to his time in Ladakh. The poetry session was a resounding success, blending literature, introspection, and community engagement. Jain's thought-provoking poetry and engaging presence left a lasting impact on the audience, reinforcing the transformative power of storytelling and poetry.

The program concluded with a Tashispa song sung by the audience. Deputy Secretary of the Cultural Academy, Leh, Tsewang Paljor, felicitated Pramod Kumar Jain for his presence and contribution.

Ladakh administration plans transparent online transfer system for teachers and government staff



Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd), chairing a meeting at the LG Secretariat.

Reach Ladakh Correspondent

LEH: Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd), chaired a meeting at the LG Secretariat on March 11 to discuss the introduction of a transfer dashboard/employee transfer portal for teaching staff of the School Education Department, Health & Medical Education, Public Works Department (PWD) (R&B), and Public Health Engineering (PHE) (I&FC). The meeting also focused on implementing e-HRMS 2.0 (electronic Human Resource Management System) in UT Ladakh.

Discussions covered the transfer policy for district and divisional cadres of teachers, masters, and lecturers, eligibility criteria for transfers, and the algorithm for points-based calculation for intra- and inter-district transfers after two and four years, respectively. It was informed that the system would automatically allocate schools to teaching staff based on the maximum points earned, deter-

mined by the distance of their current posting from the district headquarters, without human intervention.

Emphasizing the need for a transparent and error-free system, LG Mishra stated that applicants must declare their current residence before applying for transfers. He also confirmed that the transfer window would open once a year, with no preference given based on gender.

Regarding the transfer portals for Health & Medical Education, PWD (R&B), and PHE (I&FC) departments, LG Mishra stressed the importance of avoiding manipulation and favoritism, prioritizing patients' needs over staff convenience. He directed officials to ensure that no two doctors with similar specializations are transferred to the same health center or hospital, to prevent service disruptions. He also instructed authorities to gather feedback from stakeholders and test the transfer dash-

boards before launching them.

Additionally, Secretary, GAD, Michael D'Souza, IAS, gave a detailed presentation on e-HRMS 2.0, developed by the Department of Personnel & Training (DoPT), GoI, through the National e-Governance Division (NeGD). He explained that the online portal would offer end-to-end HR services to government employees, enhancing efficiency and transparency. The platform includes modules for leave management, reimbursement, promotions, and grievance redressal, among others.

The meeting was attended by Chief Secretary, Dr. Pawan Kotwal, IAS; Principal Secretary, Sanjiv Khirwar, IAS; Commissioner/Secretary, Dr. Vasanthakumar N, IAS; Secretary, Vikram Singh Malik, IAS; Secretary, Bhanu Prabha, IAS; Secretary, Michael D'Souza, IAS, and officials from School Education, IT, and NIC departments.

SIDCO holds first project implementation committee meeting to recommend loan schemes for Minorities & Scheduled Tribes



The Sindhu Infrastructure Development Corporation (SIDCO), Leh, convening its first Project Implementation Committee meeting.

Reach Ladakh Correspondent

LEH: The Sindhu Infrastructure Development Corporation (SIDCO), Leh, convened its first Project Implementation Committee (PIC) meeting on March 7 under the chairmanship of Deputy Commissioner, Leh, Santosh Sukhadeve. The meeting marked a significant step toward promoting employment and self-reliance among Minority and Scheduled Tribe communities in Ladakh.

Committee members in attendance included Sonam Norbo, Senior Manager, SIDCO; A.G. Zargar, General Manager, DIC Leh; Delex Namgyal, Deputy Director, Employment Leh; Tsering Wangmo, Lead Bank Officer, Leh; Inzar Ahmed Rana, ARTO Leh; and Stanzen Paksang, District Manager, SIDCO Leh.

During the session, the

committee unanimously recommended 25 out of 65 applicants for loan sanction under the National Minorities Development & Finance Corporation (NMFDC) and the National Scheduled Tribes Finance & Development Corporation (NSTFDC) schemes. These initiatives aim to foster employment generation in the region.

Additionally, the committee decided to clear all pending loan cases registered under the erstwhile J&K Government. With this resolution, SIDCO is set to officially commence loan sanctioning in both Leh and Kargil districts.

Eligible applicants seeking financial assistance under these schemes are encouraged to contact SIDCO offices in Leh and Kargil for registration and further details.

Expert Talk:

Breaking Barriers: Women's leadership and gender equality in Ladakh

By Nenzes Chodon

Er. Kunzes Dolma, a Geothermal Ambassador from Ladakh, is dedicated to promoting sustainable energy solutions, particularly geothermal energy. Alongside her work in energy, she is deeply engaged in social and policy issues, especially gender equality and women's representation in leadership.

"I am honored to be the first woman to hold the position of Vice President of the Ladakh Buddhist Association (LBA) since its inception in 1934. This role has come with challenges, as I have had to navigate a traditionally male-dominated institution and advocate for greater inclusion of women in decision-making processes," she said. Despite these hurdles, she sees this as a significant step toward breaking long-standing barriers, paving the way for more women to take up leadership roles in Ladakh's socio-cultural landscape.

On this Women's Day, let's hear her thoughts on gender equality, leadership, and the way forward for women in Ladakh.



Kunzes Dolma, Geothermal Energy Consultant:

Women's Day is not just a celebration—it is a reminder of both progress made and challenges that remain. It is a day to recognize the contributions of women while acknowledging the deep-seated barriers that prevent them from achieving full equality.

In Ladakh, women have traditionally played strong roles within families and communities, yet their participation in leadership, governance, and religious institutions remains limited. Women's Day raises awareness about these issues, encourages dialogue, and inspires young girls to step forward without hesitation. It also draws attention to policies and reforms needed to ensure gender equity is not just spoken about but actively implemented.

The reality of patriarchy in Ladakh

Patriarchy still exists in Ladakh, though it has evolved in different forms. While women have made progress in education and employment, decision-making power remains largely male-dominated in key areas:

- Religious and Cultural Institutions: Women are still excluded from leadership roles in religious councils and major cultural decision-making bodies.
- Political Representation: Before the 33% reservation for women in LAHDC, women had minimal political representation.

Even now, concerns remain about its proper implementation.

- Social Expectations: A woman in leadership is often judged more harshly than a man. If she is assertive, she is labeled aggressive; if she is calm, she is seen as weak.

Women are excelling in various fields, yet equal access to decision-making power is still lacking. Success is often measured by individual achievements, but systemic barriers prevent women from influencing key policies and governance decisions.

Even in my journey, I have seen that holding a leadership position does not always mean having the authority to bring real change. Many women in power are still expected to adhere to traditional norms and not challenge the status quo. Until women have an equal voice at decision-making tables, true empowerment will remain incomplete.

The need for women's reservation in governance

Reservation is not just necessary—it is crucial. Women have been historically excluded from governance and decision-making structures, and reservation is an essential tool to correct these historical injustices.

For example, the 33% reservation for women in LAHDC was a much-needed policy change. However, it is not enough to introduce reservations; proper implementation is key. Otherwise, women will continue to face indirect barriers such as lack of resources, political backing, or societal acceptance.

Reservation ensures that women get a rightful space in governance and policy-making, allowing them to influence decisions that affect their lives and society as a whole.

Bias in leadership: The challenges women face

Bias exists even at the highest levels. Despite my expertise in geothermal energy and governance, I have often seen my opinions overlooked in male-dominated discussions.

- In meetings, technical discussions are often assumed to be better handled by men, even when I have equal or more experience.
- Women in leadership roles are judged more harshly than men. Questions about work-life balance, personal choices, or leadership style are frequently raised for women but rarely for men.
- As the first female Vice President of LBA, I had to break a long-standing norm. While many supported this change, there were also those who believed women should not hold influential positions.

However, I see these challenges as opportunities to change mindsets.

Leadership is not about waiting for approval—it is about creating change despite resistance.

To the women who hesitate due to societal stigmas, I say:

- Find support networks: Connect with mentors and like-minded individuals who encourage your growth.

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World Water Day

Since 1993, it has been celebrated on March 22 to highlight the importance of freshwater. According to the UN, around 2.2 billion people are living without access to safe water. The day focuses on taking action to tackle the global water crisis. According to the UN, Asia and the Pacific region have the lowest per capita availability of water in the world, with groundwater use in the region expected to increase by 30% by 2050. World Water Day focuses on the crucial connection between water cooperation and global harmony. As billions grapple with water scarcity and pollution, World Water Day compels us to explore solutions, foster collaboration, and work towards a more water-secure future for all.

World Water Day is observed every year on **22nd March** all over the world. It focuses attention on the importance of water and how to preserve it. As we know that water is essential for life, without water we can't survive. Up to 60% of the human adult body is water. All plants and animals need water to survive. If there was no water there would be no life on earth.

The theme of World Water Day 2025 is 'Glacier Preservation'.

Glaciers are critical to life – their meltwater is essential for drinking water, agriculture, industry, clean energy production and healthy ecosystems.

Rapidly melting glaciers are causing uncertainty to water flows, with profound impacts on people and the planet.

Global reductions in carbon emissions and local strategies to adapt to shrinking glaciers are essential.

This World Water Day, we must work together to put glacier preservation at the core of our plans to tackle climate change and the global water crisis.

DID YOU KNOW

1. Earth's rotation is changing speed. It's actually slowing, and this means that, on average, the length of a day increases by around 1.8 seconds per century.
2. Ironically, the fear of long words is called Hippopotomonstrosesquippedaliophobia. The 36-letter word was first used in the first century BCE to criticise writers with an unreasonable penchant for long words.
3. Chainsaws were first invented for childbirth. They were developed in Scotland in the late 18th Century to help aid and speed up the process of symphysiotomy (widening the pubic cartilage), and the removal of disease-laden bone during childbirth.
4. Avocados are a fruit, not a vegetable. They're technically considered a single-seeded berry, believe it or not.
5. The Eiffel Tower can be 15 cm taller during the summer. That's due to thermal expansion, meaning the iron heats up, and the particles gain kinetic energy and take up more space.
6. Trypophobia is the fear of closely-packed holes. Or, more specifically, "an aversion to the sight of irregular patterns or clusters of small holes or bumps." No English muffins for them, then!
7. Allodoxophobia is the fear of other people's opinions. It's a rare social phobia characterized by an irrational and overwhelming fear of what other people think.
8. Australia is wider than the moon. The moon is 3400 km in diameter, while Australia's diameter from east to west is almost 4000 km.
9. 'Mellifluous' is a sound that is pleasingly smooth and musical to hear.

Cosmopolitan.com

SoulSpeak

Dr. P.P. Wangchuk

Life is a lesson in humility



It is quite a necessity of life to realise that life gets meaning and a real good shape only if you live for a good cause not only for yourself but for others too. For that, the main requirements are the daily practice of humility and simplicity.

Only humility and simplicity make you understand the real nature of life and its true objective. Life becomes easier and happier the moment you go for these habits.

Humility is such a great quality that it brings about transformation in life, and makes your life worth living in a manner that you feel blessed because humility 'kills' your negative and egoistic characteristics.

Similarly, simplicity in life keeps you away from the 'so many' problems that make your life miserable. The simpler you are, the better your ways of life. A simple person does not have to bother much about the things of life that a good life does not necessarily require. It is good to aspire for the good things of life but not for those things that you really don't need. And that also helps a simple person to have the ability and the understanding to live a life of love as well as a love of life.

As they say, wisdom brings humility, and it strengthens your overall welfare and leads to the highest form of self-respect. What is more, it is in humility that one learns to regret and admit mistakes and go for better things of life. Therefore, one can very well say that life is a long lesson in humility. It is all about getting free from pride, and realising your own worth and importance.

Aristotle had taken humility as a "moral virtue sandwiched between the vice of arrogance and moral weakness". As such, we need to understand that humility leads to positive effects on our cognitive and interpersonal issues, and it showcases our ability and willingness to be always grateful and learn the great lessons of life non-stop.

And, most of all, a person with humility is loved and liked by the people he or she comes across. Blessed, I must say.

Courtesy: WongWorld

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

Fortnightly News

In Conversation with Stanzin Sherap, Life Coach

Interviewed by Nenzes Chodon

Q. Introduce yourself to the readers. Why did you choose to become a life coach, and why is it needed?

I am Stanzin Shesrap from Domkhar village, Sham Valley. I have been coaching Ladakhi students for 15 years, initially in Jammu and Delhi, and for the last five years in Leh-Ladakh. My sessions are open to all age groups since life coaching isn't age-specific.

Academic education is often degree-focused, lacking emphasis on skill development and self-reflection. I noticed that highly educated individuals often lead more stressful lives. This realization led me to explore life coaching and self-examination programs in Delhi, which had a profound impact on me. Applying these learnings brought me immense mental peace, and I now share them with my students.

Life coaching is essential as it helps individuals take responsibility for their thoughts, words, and actions, complementing academic education and leading to a more balanced life.

Q. Do you think people forget to think about themselves in today's fast-moving world? Elaborate on the significance of self-observation.

I'm not sure if time is truly moving faster or if it just feels that way, but people are increasingly focused on societal expectations rather than self-improvement.

An unemployed student stresses over finding a job, but employment brings new worries—transfers, promotions, and workplace politics. Even freelancers often seek societal validation over personal satisfaction. Acting under external pressures instead of self-awareness leads to a lack of personal understanding.

Neglecting self-observation fuels stress. Our education system teaches about the world but not about oneself. A stable job doesn't always bring fulfillment, and many young people feel lost despite degrees and coaching. Prioritizing self-awareness is crucial for a balanced and meaningful life.

Q. Ladakh is witnessing a rising number of youth getting involved in drug and substance abuse. What are the reasons behind this shift in society?

The increasing concern over drug consumption and alcoholism among youth suggests that agencies working to address these issues are either inactive or not effective enough in



MESSAGE TO THE READERS
“Ladakh's beauty is a gift, and we must ensure a fulfilling life within it. Self-awareness, guided by life coaching and neuroscience, is key. Schools must focus on practical skills—finance, communication, and AI—beyond academics. True happiness comes from balancing personal and professional life, making it a lived reality, not just an idea.”

Ladakh.

Awareness about mental health disorders remains limited to certain sections of society, leaving many without access to crucial information and support. Due to delayed or inadequate understanding of psychological well-being, an increasing number of young people are turning to substances, drugs, or alcohol as coping mechanisms for stress and other mental health struggles.

Additionally, the existing psychology and mental health support system may not be fully equipped to reach the masses or address every mental health-related issue effectively. This lack of timely intervention further exacerbates the problem, pushing more youth toward substance abuse as an escape. Addressing this issue requires a more proactive approach—strengthening mental health awareness, expanding psychological support services, and ensuring that prevention programs are accessible to all.

Q. The issue is not limited to youth alone; alcoholism is also prevalent among other age groups. Can you elaborate with Ladakh as an example?

Substance abuse isn't limited to youth—alcoholism is widespread among all age groups in Ladakh.

As Viktor Frankl states in *Man's Search for Meaning*, people often turn to substances to fill a void of loneliness or purposelessness. In Ladakh, alcohol consumption is particularly high among men struggling with family issues, boredom, or existential crises. Many middle-aged and older individuals use alcohol as a coping mechanism, believing “death is inevitable.”

This issue isn't just social but deeply psychological, requiring awareness, strong support systems, and community intervention to address its root causes.

Q. What advice would you give to someone who is struggling with substance abuse or prone to addiction?

True happiness doesn't come from external dependencies like drugs, alcohol, people, or even travel. Contentment is possible from within, no matter where you are.

Wisdom and self-awareness are key to breaking harmful patterns. Question whether your beliefs and behaviors are truly your own or shaped by others. Relying on external sources for fulfillment often leads to disappointment—inner strength and

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Fortnight Highlights



Enthronement ceremony of Venerable Khen Rinpoche Konchok Rangdol from Tingmosgang as Khanchen Rinpoche of the Drikung Kagyu lineage was held with great reverence at Drikung Kagyu main monastery, Jangchubling, Dehradun, Uttarakhand. The auspicious occasion took place on the anniversary of the great yogi Milarepa and the 14th day of the Month of Miracles, in the esteemed presence of His Holiness Drikung Skyabgon Chetsang.



Delegation led by Adv. Tashi Gyalson, Chairman/CEC LAHDC Leh, met with Union Minister for Minority Affairs, Kiren Rijiju, to discuss the Bodhgaya Temple Management Act issue. The LBA and LGA presented a memorandum to the Minister, seeking his intervention in reforming the outdated BTMC Act or potentially repealing it.



Chairman/CEC, LAHDC Leh, Adv. Tashi Gyalson, visited the Ladakh Buddhist Vihara in Delhi to oversee the ongoing renovation work. He was accompanied by Senior Vice President of LBA Rigzen Dorjay, General Secretary of Ashoka Mission Tashi Motup, AE Spalzes Dolma, BJP Senior Leaders Tashi Gyalson Khachu and Dr. Skalzang Dorjey, Theatre Artist Sonam Stobgais, as well as officials from the Buddha Vihar Management and PWD.



Tundup Dorjay, a resident of Igoo, has brought pride to Ladakh by representing India at prestigious international ceramic workshops in Thailand. He recently participated in the International Ceramic Workshop held in Lampang Province, organized by the Office of Art and Culture, Lampang Rajabhat University. Additionally, he took part in the 2nd National and International Dissemination and Exchange of Arts and Culture at Suphanburi College of Fine Arts, Bunditpatanasilpa Institute, Suphanburi Province, where he showcased his contemporary ceramic art.



The School of Agricultural Science and Technology (SAS&T), University of Ladakh, Leh, marked International Women's Day with the theme “Accelerate Action.” The event featured inspiring speeches and discussions aimed at empowering women in education, professional spaces, and society.



Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd) and First Lady, Smt Neelam Mishra celebrated Holi with the staff of LG Secretariat. Chief Secretary, Dr Pawan Kotwal, IAS, was also present during the celebration.



Vice Chancellor, University of Ladakh (UoL) Prof. (Dr.) Saket Kushwaha paid his maiden visit to Govt. Degree College (GDC) Kargil on March 3, marking a significant step in strengthening academic collaboration and institutional development.



Chairman/CEC LAHDC, Leh Adv. Tashi Gyalson, along with DC/CEO, LAHDC, Leh Santosh Sukhdev, visited Samkalp IAS Academy in Delhi. They interacted with aspiring civil servants from Leh who are undergoing coaching at Samkalp as part of the LAHDC Leh Super 30 initiative.

Fortnightly News

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Expert Talk: Breaking Barriers: Women's leadership and gender equality in Ladakh

- **Challenge stereotypes:** Your capabilities are not defined by what society expects of you.
- **Be vocal and visible:** Women need to be seen and heard in leadership spaces to normalize their presence.
- **Every step matters:** Even small contributions to leadership and decision-making create ripples of change.

When I became the first female Vice President of LBA, I faced skepticism, but I reminded myself: If not me, then who? If not now, then when?

Encouraging women's participation requires a multi-pronged approach. Education and skill development must be strengthened by promoting girls' education in STEM, politics, and leadership while introducing mentorship programs where successful women leaders can guide young women. Policy and implementation play a crucial role, with strict enforcement of the 33% reservation in LAHDC and its expansion to other governance bodies. Additionally, advocating for equal pay, workplace safety, and gender-sensitive policies is essential. A community and cultural shift is needed, where families encourage daughters to aspire beyond traditional roles, and religious and cultural institutions allow women's representation in decision-making. Women's leadership development programs should provide leadership training to equip young women with confidence and skills, along with financial and social support for women-led businesses and initiatives. Breaking stereotypes in media and society is equally important—highlighting successful women leaders in Ladakh's media will help normalize women's presence in leadership roles, while their participation in panel discussions, political debates, and expert forums should be actively encouraged.

Women's representation is not just about numbers—it is about real participation. Ladakh is at a turning point where tradition and modernity must find balance. If we want a progressive Ladakh, we must ensure that women are not just participants but equal leaders in shaping its future. The journey is challenging, but with collective effort, we can make gender equality a reality.

CEO Ladakh engages political parties on electoral roll issues and BLA responsibilities



Chief Electoral Officer (CEO), Ladakh, Yetindra M. Maralkar.

Reach Ladakh Correspondent

LEH: The Chief Electoral Officer (CEO), Ladakh, Yetindra M. Maralkar chaired a meeting at his office chamber with representatives of political parties on March 10.

During the meeting, the CEO enquired about issues and difficulties faced by the political parties

with regard to the electoral rolls, engagement with BLOs, AEROs etc.

The CEO emphasized the importance of BLAs in securing a clean and healthy electorate. The latest ECI instructions regarding BLAs were also shared with the Political Parties, the Political Parties were

requested to disseminate the instructions with BLAs and hold frequent meetings with BLAs as BLAs play a crucial role in the electoral process, including reporting deceased voters, identifying voters who have shifted residences, to detected duplicate entries, and assisting BLOs in the Special

Summary Revision.

The CEO directed the Electoral Registration Officer and District Election Officers of Leh and Kargil to hold meetings with political parties for any issues faced at the district level. He instructed that meeting notices, attendance records, and minutes should be properly documented and submitted to the CEO Ladakh office.

The meeting was attended by District Election Officer, Kargil, Shrikant Suse; Joint Chief Electoral Officer, Ladakh, Sonam Chosjor; Electoral Registration Officer, Ghulam Mohd; Deputy District Election Officer, Leh, Padma Angmo; Deputy District Election Officer, Kargil, Kaneez Fatima; and representatives of political parties. Officers stationed in Kargil joined the meeting virtually.

Councillor Cha-led delegation meets L-G Ladakh, seeks restoration of Phugtal monastery



A delegation from Zaskar, led by Stanzin Lakpa, Councillor of Cha constituency, with the Lieutenant Governor of Ladakh.

Reach Ladakh Correspondent

LEH: A delegation from Zaskar, led by Stanzin Lakpa, Councillor of Cha constituency, met with the Lieutenant Governor

of Ladakh, Brigadier (Dr) BD Mishra (Retd), at the Lieutenant Governor's Secretariat on March 6.

During the meeting, Councillor Stanzin Lakpa apprised the LG of a recent incident in which the main assembly hall of Phugtal Monastery was damaged due to a boulder falling from the cave ceiling. He requested the LG's intervention in preparing a detailed project report (DPR) for the restoration of the assembly hall and store at Phugtal Monastery. Additionally, he urged the administration to ensure the provision of ration and essential supplies to the resident monks.

The delegation also raised several other concerns, including the establishment of an IGNOU study center in Zaskar to facilitate higher education for students and the inclusion of Shun-Sarchu and

Rangdum in the newly announced Zaskar district.

After due deliberation, the LG directed the concerned officials to seek financial assistance from the Ministry of Minority Affairs, Government of India, for the restoration of the damaged assembly hall. He also instructed the Secretary of Higher Education to assess the feasibility of setting up an IGNOU study center in Zaskar. Regarding the district boundary concerns, the LG informed the delegation that the New District Committee had already submitted its report following consultations with stakeholders and the public.

...Continuity of page 4

In Conversation with Stanzin Sherap, Life Coach

self-reflection are essential.

Life has challenges, but finding meaning is a personal responsibility. Life coaching helps individuals recognize their worth and develop a mindset that leads to true fulfillment.

Q. How can government organizations, civil society, or NGOs contribute to preventing drug use in society?

The environment plays a key role in influencing substance abuse, whether it's normalized or discouraged at home, school, or within the community. A strong support system is vital for both prevention and recovery.

- **Family and friends** can raise awareness by sharing the harmful effects of substance abuse through real-life examples and emphasizing its impact on users and their loved ones.

- **Parents** should avoid pressuring their children into careers or lifestyles that don't match their interests. Prioritizing mental well-being can prevent stress-induced addiction.

- **Teachers and mentors** must stress the importance of mental and physical health, guiding students toward healthier coping mechanisms.

- **Peers and community members** should provide encouragement and support, promoting positive habits instead of isolating or stigmatizing those struggling with addiction.

In his book *Atomic Habits*, James Clear shares the example of U.S. soldiers during the Vietnam War who used drugs while in Afghanistan but managed to quit after returning to a healthier environment. This shows the importance of surroundings in breaking habits.

By fostering supportive and understanding environments, families, educators, and peers can significantly help prevent substance abuse and support recovery.

NOTICE

An application has been received from Stanzin Dala Proprietor of M/s Unique Himalayan situated at Changspa Leh, UT Ladakh to transfer the vehicle No. JK10B 0494, JK10B 0495, JK10B 0497, JK10B 0496, JK10B 0718, LA02 8600, JK10B 0493 owned by Stanzin Namgail Proprietor of M/s Unique Himalayan Adventure situated at Changspa Leh, UT 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 (ARTO) Leh, within a period of 10 days from date of publication of this notice.

No: ARTO/Leh/ UTL/2024-25/487-500
Date: 07-03-25

Asstt. Regional Transport
Officer Leh Ladakh

Director of School Education proposes posting of newly promoted principals to Lt Governor



L-G reviewing proposal for posting of Principals, HoDs, and Dy CEOs.

Reach Ladakh Correspondent

LEH: Director of School Education, Tsering Paldan (JKAS), presented a proposal for the posting of recently promoted Principals, Heads of Departments (HoDs), and Deputy Chief Education Officers (Dy CEOs) to Lieutenant Governor Brig (Dr) BD Mishra (Retd) at the Lt Governor's Secretariat on March 3.

During the presentation, Tsering Paldan introduced a new point-

based system that considers candidates' last three postings and assigns points based on distance from district headquarters. This system aims to ensure transparency and fairness in placements while addressing vacancies in ten headless schools requiring principals.

Lt Governor Mishra supported the initiative, stressing the need for student-centric policies and prioritizing the transfer of principals to schools with sufficient student

strength over DIET Kargil. He directed the expedited promotion process to fill key vacancies at DIET Kargil, GHSS Choskore, and Phey at the earliest.

The meeting was attended by Principal Secretary Sanjeev Khirwar (IAS), Commissioner/Secretary to the LG Dr. L Franklin (IAS), Secretary GAD Michael D'Souza (IAS), and Director of School Education Tsering Paldan (JKAS).

Former MLA Nubra meets Lt. Governor BD Mishra to discuss development projects



Former MLA from Nubra, Deldan Namgyal, meeting with Lieutenant Governor of Ladakh, Brigadier (Dr.) BD Mishra (Retd).

Reach Ladakh Correspondent

LEH: Former MLA from Nubra, Deldan Namgyal, met with Lieutenant Governor of Ladakh, Brigadier (Dr.) BD Mishra (Retd), at the Lieutenant Governor's Secretariat on March 12 to discuss key infrastructure and tourism projects for the region.

The meeting was attended by Chief Secretary Dr. Pawan Kotwal, IAS; Secretary of Tourism and Culture, Vikram Singh Malik, IAS; Secretary of Education, Bhanu Prabha, IAS; and Chief Engineer, PWD,

Mutalib.

Deldan Namgyal apprised the LG of the proposed construction of a pilgrimage gathering hall at Kobet Monastery under the Tourism Department's SDP 2024-25 plan, estimated at ₹5.20 crores. He raised concerns over the project's funding ceiling being capped at ₹2 crores, which he argued could hinder its progress. He sought the LG's intervention for the Accord of Administrative Approval (AAA) to ensure the project's completion.

Additionally, he highlighted the urgent need for the early construction of the Shatse Bridge under the Central Road and Infrastructure Fund (CRIF). The bridge would significantly improve connectivity for villages across the Shayok River, including Barma, Yarma Gonbo, Kobet, and the entire Siachen belt, reducing travel distances to Diskit headquarters. He requested the LG to take up the matter with the Ministry of Road Transport & Highways (MoRTH), Government of India.

In response, LG Mishra assured that the UT Administration would coordinate with LAHDC Leh to prioritize the pilgrimage gathering centre under the SDP for the financial year 2025-26. He also confirmed that the administration would review the DPR and make necessary decisions accordingly.

Regarding the Shatse Bridge, the LG stressed the importance of expediting construction and directed the Secretary, PWD, to engage with MoRTH officials in Delhi to push the project forward.

The discussion underscored the administration's commitment to boosting tourism, improving connectivity, and ensuring holistic development in Nubra and the larger Ladakh region.

NOTICE

Whereas Nurzin Angmo M/o Tseyang Dolma R/o Chemdey, Leh UT Ladakh has lost the Birth Certificate of her daughter which is issued by Registrar Birth & Death, Municipal Committee Leh with Date of Birth 17th September 2012 and now she has applied for issuance of duplicate Birth Certificate in lieu of lost documents. Hence the notice is hereby served through press to file objection if any in this office of Registrar Birth & Death, Municipal Committee Leh within 7 days from date of publication failing which new Birth Certificate will be issued accordingly.

Registrar Birth & Death,
Municipal Committee Leh

Fortnightly News

GDC Kargil celebrates International Women's Day



Reach Ladakh Correspondent

KARGIL: Government Degree College (GDC) Kargil celebrated International Women's Day on March 8, with enthusiasm and a collective commitment to this year's theme, "Accelerate Action for Gender Equality."

The event was organized by GDC Kargil's Gender Sensitization Committee Against Sexual Harassment (GSCASH) in collaboration with the District Legal Services Authority (DLSA), Kargil, Ladakh. More than 300 students participated in the program, held in the college seminar hall.

The Chief Guest, Advocate Mohammad Iqbal from DLSA Kargil, delivered a detailed presentation on "Women's Rights and Laws Related to Women". He explained key legal provisions, including criminal laws for women (IPC & CRPC), the Immoral Traffic (Prevention) Act, 1956, human trafficking laws, and domestic violence laws. He emphasized India's strong legal framework for women's protection and the importance of spreading awareness about these rights.

In her keynote address, Principal Prof. Disket Angmo emphasized that International Women's Day is not just a celebration but a reminder of the strength, resilience, and contributions of women worldwide. She encouraged students to embrace possibilities beyond gender barriers, sharing a motivational message: "Never say, 'Can I?' Always say, 'I can.'"

Prof. Angmo also expressed happiness over the overwhelming participation, stating that such engagement reflects a shared commitment to empowering women and ensuring equal opportunities for all.

The Principal, expressed her happiness over the overwhelming participation, stating that such an enthusiastic gathering reflects a shared commitment to a world where every woman and girl has the opportunity to dream, achieve, and lead.

During the interactive session, students actively engaged by asking thought-provoking questions, to which the speaker provided insightful and satisfactory answers, contributing significantly to the success of the program.

A poetry recitation session featured 12 students from various semesters, who presented captivating poems in English, Persian, Urdu, and Ladakhi, centered around the theme "Women and Society."

The inspiring Hindi movie, "Shunni Batey Sunnata", was screened in the afternoon session, leaving a lasting impact on the audience by highlighting the challenges and resilience of women in raising children despite societal hardships.

Certificates of excellence and consolation prizes were awarded to participant students and girl achievers in various fields at both local and national levels, recognizing their dedication and accomplishments.

724 cases taken up, 532 resolved in Ladakh's National Lok Adalat



Reach Ladakh Correspondent

LEH: The first National Lok Adalat of 2025 was successfully conducted across the Union Territory of Ladakh on March 8, with 11 benches taking up 724 cases. A total of 532 cases were amicably settled, resulting in a settlement amount of ₹1,53,52,431 paid as compensation in cases related to motor accident claims, civil disputes, criminal matters, labour disputes, electricity and land acquisition cases, family matters, cheque dishonor cases, and bank recoveries.

The Ladakh Legal Services Authority organized the Lok Adalat under the distinguished leadership of Justice Tashi Rabstan, Chief Justice of the High Court of J&K and Ladakh (Patron-in-Chief), Justice Sanjeev Kumar, Executive Chairman of Ladakh Legal Services Authority, and under the guidance of Justice Rajesh Oswal, Chairman of the High Court Legal Services Committee & Administrative Judge of District Leh. The initiative aimed to encourage peaceful settlements in disputes at both the pre-institution stage and those already pending before courts and tribunals. The cases included, motor accident claims, matrimonial issues, cheque bounce cases under the Negotiable Instruments Act, money recovery, and compoundable criminal cases, reinforcing the motto of providing easy accessible justice for all.

By promoting accessible and affordable justice, the Lok Adalat rein-

forced its mission of providing quick and efficient dispute resolution outside conventional litigation.

To ensure maximum dispute resolution, Pre-Lok Adalat sittings and pre-counseling sessions were held in advance, allowing parties ample time for discussions and mutual agreements. Additionally, virtual meetings were conducted to sensitize stakeholders, legal officers, LADCs, panel lawyers, and paralegal volunteers on the importance of Lok Adalats in strengthening Alternative Dispute Resolution (ADR) mechanisms.

Manoj Parihar, Member Secretary, Ladakh Legal Services Authority, appreciated the efforts of, Judicial officers, Secretaries of DLSAs, Advocates, and court staff, Legal Services Institutions, panel lawyers, and paralegal volunteers and Litigants who actively participated in the Lok Adalat

He emphasized that the high participation and successful dispute resolution demonstrate the public's growing trust in ADR mechanisms, which offer faster and cost-effective alternatives to litigation.

The success of this National Lok Adalat reaffirms the Ladakh Legal Services Authority's commitment to ensuring that justice remains accessible, timely, and amicable for all citizens of the Union Territory.

Ramadan celebrated through poetry at two-day Hamdiya Naatiya Mushaira in Kargil



Participants during the two-day district-level multilingual Hamdiya Naatiya Mushaira.

Reach Ladakh Correspondent

KARGIL: In honor of the holy month of Ramadan-e-Kareem, the Ladakh Academy of Art, Culture & Languages (LAACL), Kargil, inaugurated a two-day district-level multilingual Hamdiya Naatiya Mushaira at the Academy Hall on March 12.

The event featured 22 poets from across the district, who eloquently expressed the virtues of Ramadan through their poetic compositions in Purgi, Balti, Dard Sheena, and Urdu.

Joint Director, Information, Ladakh, Imteaz Kacho graced the occasion as the chief guest, while State Awardee Ghulam Ahmed Jawan was the guest of honor. Noted poet and Padma Shri awardee Dr. Akhone Asgar Ali Basharat presided over the event as Sadar-e-Mehfil, with Haji Mohd Ibrahim Rahi attending as a special guest.

Speaking on the occasion, Joint Director Imteaz Kacho appreciated LAACL-Kargil's efforts in organizing the event and acknowledged the poets for their participation. He praised the Deputy Secretary of LAA-

CL-Kargil for promoting Kargil's art and culture at the national level, highlighting the academy's role in preserving linguistic diversity.

Kacho also emphasized the media's crucial role in promoting cultural heritage and urged people to support and preserve their local languages, as they form an integral part of identity. He commended DIPR-Kargil and AIR/DD for their contribution in publicizing such events and reaffirmed DIPR-Kargil's commitment to fostering local languages and traditions.

Guest of Honor Ghulam Ahmed Jawan applauded LAACL-Kargil for organizing the literary gathering and encouraged poets to continue their contributions to society. He highlighted that Ramadan teaches self-control, tolerance, and patience, reinforcing an individual's inner strength.

He further expressed hope that writers and poets can drive positive social change and praised the Academy for consistently hosting literary events that enrich Kargil's cultural landscape. Deputy Secretary LAACL, Kargil, Nazir Hussain outlined the objectives of the event, recognizing writers and poets for their contributions in nurturing a healthy literary environment. He reaffirmed LAACL-Kargil's commitment to preserving and promoting the region's rich art, culture, and languages through such initiatives.

The event witnessed the presence of writers, poets, district officers, prominent citizens, and an enthusiastic audience of literary admirers.

EC Tashi visits Zangla village, engages with residents on local issues



Executive Councillor Er. Phunchok Tashi during his visit to Zangla village.

Reach Ladakh Correspondent

ZANSKAR: Executive Councillor Tourism Development Authority Zanskar, FCS&CA/RDD, Er. Phunchok Tashi, along with Councillor Padum Constituency and Incharge SDM Zanskar, Mohd Hassan, visited Zangla village on March 9 to assess local issues and interact with residents.

During the visit, EC Tashi and Incharge SDM engaged with villagers, listening to their grievances and assuring necessary interventions. The visit aimed to strengthen administrative outreach and promote grassroots participation in governance.

As part of efforts to enhance community infrastructure, the officials distributed traditionally designed Ladakhi tables to community halls in Pishu, Pidmo, Hanamur, Zangla, and Chazar under the CDF Fund of Councillor Padum Constituency. This initiative reflects the administration's commitment to preserving Ladakhi cultural heritage while improving public utility spaces.

The villagers expressed gratitude for the visit and the developmental support provided. EC Tashi assured that the concerns raised during the interaction would be addressed in a timely manner.

Councillor Lamayuru-led delegation seeks financial aid for fire victims



A delegation led by Councillor Lamayuru, Dr. Morup Dorjay seeking financial assistance for the victims of the tragic fire incident.

Reach Ladakh Correspondent

LEH: A delegation led by Councillor Lamayuru, Dr. Morup Dorjay, met with the Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd), at the Lieutenant Governor's Secretariat on March 6 to seek financial assistance for the victims of the tragic fire incident that occurred on February 8 at a manufacturing unit in the Industrial Estate, Leh.

unit. During the meeting, LG directed the Additional Deputy Commissioner (ADC) Leh to expedite the process of providing financial assistance to the next of kin (NOK) of the victims. It was informed that the verification of the NOK is currently being carried out by the respective Deputy Commissioners in Uttarakhand and Chhattisgarh, where the victims' families reside.

Councillor Dr. Morup Dorjay also requested financial support for the owner of the manufacturing unit, who suffered substantial losses due to the incident. The LG emphasized that the immediate priority is to provide financial aid to the victims' families, assuring that other concerns, including support for the unit owner, will be addressed subsequently.

The meeting was attended by Commissioner/Secretary to the LG, Dr. L Franklin; Secretary GAD, Michael D'Souza; and Additional Deputy Commissioner Leh, Ghulam Mohd, JKAS.

The fire resulted in the loss of two workers' lives and caused significant damage to the manufacturing

INDIAN ARMY
CENTRAL MEDICAL INSPECTION ROOM
KARU, LADAKH

- INVITES APPLICATION FOR THE JOB OF CIVILIAN MEDICAL ATTENDANT (SADY ATTENDANT) FOR CENTRAL MEDICAL INSPECTION ROOM KARU ON CONTRACTUAL BASIS
- NO OF VACANCIES: 03 (THREE)
- ELIGIBILITY:
 - (a) RESIDENT: SHOULD BE A LOCAL RESIDENT OF LADAKH, PREFERABLY FROM KARU, SHAKTI AND CHENDNEY
 - (b) AGE LIMIT: 21-40 YEARS ON THE DATE OF APPLICATION
 - (c) EXPERIENCE: PREVIOUS EXPERIENCE OF WORKING WITH ANY STATE OR CENTRAL GOVERNMENT HEALTH CARE FACILITY
 - (d) LANGUAGE PROFICIENCY: CANDIDATE SHOULD BE WELL VERSED IN HINDI AND LADAKHI LANGUAGES
- DESIROUS CANDIDATES TO SUBMIT A PERSONAL APPLICATION IN A WHITE PAPER ALONG WITH DOCUMENTS TO SUPPORT THE ELIGIBILITY CRITERIA MENTIONED ABOVE.
- LAST DATE FOR SUBMISSION OF APPLICATION IS 03 MAR 2025. THE APPLICATION TO BE ADDRESSED TO "CENTRAL MEDICAL INSPECTION ROOM, 3 INFANTRY DIVISION, KARU, LADAKH".
- CANDIDATES WILL BE INTERVIEWED ON 18 MARCH 2025 AND SELECTION WILL BE ON THE BASIS OF MERIT ONLY.

Station: Ch 56 APO
Date: 26 Mar 2025

(SMA Khari)
Lt Col
Offg Commanding Officer

NOTICE

Whereas, Namgyal Dolma W/o Late Tundup Namgail R/o Tashi Gatsal Choglamsar Leh -Ladakh has claimed that her name has been wrongly entered as Thukjhe Dolma instead of Namgyal Dolma in the service record of her husband and produced an affidavit duly verified by Notary public Leh with Certificate No. IN-LA08335154523834X to this office for making necessary correction. Hence the notice is hereby served through press to file objection if any in the concerned office within 7 days from date of publication failing which necessary correction will be made.

NOTICE

I, Kunzang Tso mo W/o Tashi Galsion R/o Phyang, Leh UT Ladakh do hereby notify that my husband's name has been wrongly recorded as Tashi Galsion instead of correct and actual name Tashi Galsion in my ST Certificate duly issued by Tehsil Office, Leh UT Ladakh with Registration No. 1153/ ST-Leh/ 2017 and Dated on 17-01-2017. Now, I'm applying for changes in my ST Certificate and objection, if any may be conveyed to Tehsil Office, Leh UT Ladakh within 07 days from the date of publication.

NOTICE

An application has been received from Padma Gurmat S/o Sonam Tsephel R/o Nurla, Leh, Ladakh owner of vehicle no. LA02A- 0396 for issuance of duplicate Vehicle Permit and Fitness certificate of the above said vehicle in lieu of the lost documents. Now, it is therefore notified for the general public information that objection if any shall be filed in writing in the office of the Assistant Regional Transport Officer (ARTO), Leh within a period of 7 days from date of publication of this notice.

HIRING OF CASUAL PAID LABOUR

(Vide HQ 50 BRTF letter No. 2033/Work conf/ Vol-IV/14/e2 dated 30 Jan 2025)

The General Public is hereby informed that 1445 BCC (GREF) under 50 BRTF Project Himank will start their hiring for Casual Paid Labour for summer working season w.e.f 25 March 2025 at Shakti (Leh). Induction & medical camp will be established at 51 RCC. Salary will vary as per skill set & place of work.

Candidate must have a valid E-Shram, Covid Vaccine certificate, Aadhar Card & Saving Bank Account no (Prefer SBI), 03 passport size photo and will have to bring their own Medical Fitness Certificate as working height will be at an Altitude ranging 12800-17000 ft. Only Male Candidate of age restricted to 18-45 yrs. as on 25.03.2025 is required.

Selection will be based on scrutiny of fully medically & mentally fit candidates, hiring duration will be minimum for 30 days & maximum for 179 days. Applicants can early send their application to HQ 1445 BCC (E2 Sec), Shyok, Leh (Ladakh), Pin-931445 by post.

For more information Contact HQ 1445 BCC (GREF): -

Lt Col Ravindra Singh Mahla (Officer Commanding)- 9414462452
Additional Contact No. JE Arvind Kumar-9410903986, JE Tarun Dev-9911077155

V. Chandan Sekhri
AEE (Civ)/AS(GV)
Offg Officer Commanding
1445 BCC (GREF)

RECRUITMENT OF CASUAL PAID LABOUR

(HQ 50 BRTF Convening Order No. : 2071/Lab Induction/134/E2, dated 04 Dec 2024 & 2033/Work Conf/Vol-IV/14/E2 Dated 30 Jan 2025)

The General Public is hereby informed that 51 RCC of 50 BRTF under PROJECT HIMANK will start their hiring for casual paid labour wef 25 Mar 2025 at SHAKTI, Induction & Medical Camp at 51 RCC. Salary will vary as per skill set.

Candidate must have a valid E-Shram, Aadhar Card & Bank A/C and will have to bring their own Medical Fitness Certificate as working height will be at an altitude ranging 13500-18314 ft. Only MALE candidates of age restricted to 18-45 Yrs. as on 01/03/25.

Selection will be based on scrutiny of Medically & Mentally fit candidates, hiring duration will be 179 days. Applicants can early send their application to HQ 51 RCC E2-Sec (Pin-830051) by post.

For more information Contact HQ 51 RCC :

- Shri Aviral Jain, EE (Civ) (Officer Commanding), +91-8126900510
- Shri Akhilesh Anand, AEE (Civ) (Second-in-Command), +91-7210642633
- Shri Vinay Sharma, JE (Civ), +91-9103664722, 7734007009

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