



In Conversation with

Tsewang Norboo Vivek, Meditation & Spiritual Teacher

L-G Kavinder leads 150 Years of Vande Mataram anniversary celebration at Sindhu Ghat

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All communication must carry the full postal address and telephone numbers

REACH LADAKH BULLETIN

Owner, Publisher & Printer: Tundup Dorje

Editor: Stanzin Dasal

Intern: Stanzin Norzom

Sales & Marketing: Tsering Morup
Contact: +91 9622491403

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

Judicial inquiry commission appeals for public evidence on September 24 Leh incident



Reach Ladakh Correspondent

LEH: The Judicial Inquiry Commission convened a press briefing at the ADR Centre, Melongthang, Leh, on November 6. The session was addressed by Tushar Anand, Administrative Secretary to the Commission, and Rigzin Spalgon, Joint Secretary, who urged the public to submit any evidence related to the law-and-order incident that took place in Leh on September 24, 2025.

Officials informed that the Ministry of Home Affairs has constituted a Judicial Inquiry Commission under the chairmanship of Dr. Justice B.S. Chauhan, former Judge of the Supreme Court of India, to conduct a fair and comprehensive investigation into the circumstances surrounding the incident.

They further stated that Mohan Singh Parihar has been appointed as Judicial Secretary to the Inquiry Commission, Tushar Anand as Administrative Secretary, and Rigzin Spalgon as Joint Secretary.

The Commission formally commenced its proceedings on October 27, followed by the issuance of a public notice on October 28, inviting individuals, organisations, and witnesses to provide oral, written, or electronic evidence related to the incident. Submissions may be made at the ADR Centre, New Court Complex, Melongthang, Leh, until November 28.

To ensure wider public participation, the Commission published the notice in Ladakhi and Urdu languages, enabling accessibility for citizens from all communities.

The Judicial Inquiry Commission reiterated its appeal for public cooperation and urged all those with relevant information or evidence to come forward by the November 28 deadline to aid the ongoing investigation.

Braille Kit ‘Annie’ introduced in Ladakh schools to boost inclusive learning



Photo Caption: Distribution ceremony for the Braille learning device ‘Annie’.

Reach Ladakh Correspondent

LEH: A distribution ceremony for the Braille learning device ‘Annie’ was held on November 13 at PM Shri Government High School, Chuchot Yokma, for students of the Centre for Wellness and Special Abilities (CWSA) from across Leh.

Organized by the School Education Department, the event aimed to strengthen inclusive education in Ladakh’s unique and challenging terrain.

Speaking at the inaugural ceremony, First Lady of Ladakh, Bindu Gupta, emphasized the importance of inclusive education and empowering children with special needs. She highlighted that every child deserves equal access to quality learning, and true societal progress lies in building an education system rooted in empathy, confidence, and self-reliance—ensuring no child is left behind.

She commended the dedication of CWSA teachers and staff for their tireless efforts in nurturing specially-abled children.

Calling the event more than just a distribution ceremony, the First Lady said it embodied the spirit of “Sabka Saath, Sabka Vikas, Sabka Vishwas, aur Sabka Prayas,” inspired by the Prime Minister’s vision of collective progress. She also appreciated the commitment of the Lieutenant Governor of Ladakh, Kavinder Gupta, in ensuring quality education reaches every child, even in remote areas, noting that Ladakh is emerging as a model for educational innovation and social inclusion under his leadership.

Highlighting the significance of the ‘Annie’ Braille kits, she described them as tools of empowerment that will help children learn with greater confidence and independence. She also applauded the students for their inspiring performances, which showcased their enthusiasm and talent.

Encouraging students to strive for excellence, she urged them to make the best use of available opportunities and contribute meaningfully to the progress of society and the nation. She called for collective efforts to build a society where every child moves forward with dignity and equal opportunity.

Secretary, School Education Department, Bhanu Prabha, shared that 622 differently-abled students have been identified across Ladakh and announced upcoming hostel facilities, special care classes, and dedicated caretakers for them.

Director of School Education, Tashi Dolma, informed that 44 specially-abled students are currently enrolled under the CWSA.

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Head Office: Skara Yokma, Leh Ladakh

What(/app/votasalo/ 9958394400

Hotlines : +91 9858394400

Email: info@overlandescape.com

Website: www.overlandescape.com

Fortnightly News

Morning nutrition programme launched for 1,000 Anganwadi children in Leh

Department of Social and Tribal Welfare collaborates with Sri Sathya Sai Annapoorna Trust to improve child nutrition



Photo Caption: During the launch of Morning Nutrition Programme benefiting 1,000 Anganwadi children of Leh.

Reach Ladakh Correspondent

LEH: The Department of Social and Tribal Welfare, Leh, under the Integrated Child Development Services (ICDS), in collaboration with the Sri Sathya Sai Annapoorna Trust, Karnataka, launched a Morning Nutrition Programme benefiting 1,000 Anganwadi children of Leh on November 11.

The programme was inaugurated in the presence of Kunzes Angmo (JKAS), Director, Social and Tribal Welfare Department, Ladakh; A.G. Zargar (JKAS), District Programme Officer, ICDS Leh; Allath Santosh, National Man-

ager, and Chandan Kumar, Regional Manager, Sri Sathya Sai Annapoorna Trust.

Director Kunzes Angmo appreciated the Trust’s initiative, emphasizing that such partnerships play a vital role in improving the nutritional status of children, especially in remote and high-altitude regions like Ladakh.

DPO A.G. Zargar assured full cooperation and regular monitoring to ensure effective implementation of the programme. He expressed gratitude to the Trust for extending its support

to Anganwadi children and noted that the initiative would greatly contribute to their overall health, growth, and well-being.

As part of the launch, the Director and DPO distributed chocolate and milk-based nutritional drinks to Anganwadi children, symbolically marking the start of the Morning Nutrition Programme.

Speaking on the occasion, National Manager Allath Santosh shared that the Sri Sathya Sai Annapoorna Trust, established in 2015, has been working to eliminate child hunger and ensure holistic nutrition for school-going children. The Trust currently operates in 25 States and 4 Union Territories, including Ladakh, and plans to cover 118 Anganwadi Centres in the region, benefiting around 1,000 children in the initial phase.

The event was attended by CDPO Leh, supervisors, Anganwadi workers, and children, marking a significant step towards improving early childhood nutrition in the Union Territory.

Dr. Motup Angmo receives National ACOIN award for outstanding contribution to eye care



Reach Ladakh Correspondent

LEH: Dr. Motup Angmo, Consultant Ophthalmologist at SNM Hospital, Leh, has been conferred with the Dr. Sharat Chandra Das Endowment ACOIN Award 2024 by the Association of Community Ophthalmologists of India (ACOIN). This prestigious national honour recognises her outstanding commitment, dedication, and service in advancing community eye health care across the Indian subcontinent.

Joining SNM Hospital in 2017, Dr. Angmo has been a cornerstone of La-

dakh’s eye care services. Since 2018, she has been single-handedly managing the Ophthalmology Department, handling both outpatient and inpatient services, performing a wide range of extraocular and intraocular surgeries, including emergency procedures, and administering intravitreal injections for retinal conditions.

Her relentless dedication is reflected in her 24/7 emergency availability for over six years, often visiting her family in Nubra Valley only twice a year.

Beyond hospital duties, Dr. Angmo has played a pivotal role in bringing quality eye care to Ladakh’s remotest regions, conducting numerous outreach and school eye-screening camps across Changthang, Nubra, Sham, and Kargil. She has also contributed significantly to capacity building, teaching AMT students and training nursing staff and ophthalmic assistants, thereby nurtur-

ing future eye care professionals in the region.

Despite being selected as an Assistant Professor at Government Medical College (GMC), Jammu, Dr. Angmo chose to continue serving in Ladakh—motivated by a profound sense of duty and compassion for her community. Over the years, she has performed more than 3,000 eye surgeries, making a lasting impact in reducing preventable blindness across the Union Territory.

On behalf of the Directorate of Health Services, Ladakh, Dr. Tashi Thinlas, Director Health Services, extended heartfelt congratulations to Dr. Motup Angmo, describing her as “an inspiration and a shining example of professionalism, compassion, and service.” He lauded her remarkable contribution to strengthening Ladakh’s health system and advancing community eye health.

UT Ladakh sends sports contingent for All India Forest Sports meet 2025 in Dehradun



Photo Caption: The sports contingent from the Union Territory of Ladakh while flagging off from Ladakh Bhawan, New Delhi.

Reach Ladakh Correspondent

NEW DELHI: The sports contingent from the Union Territory of Ladakh was flagged off from Ladakh Bhawan, New Delhi, on November 10, for participation in the 28th All India Forest Sports Meet (AIFSM) 2025, scheduled to be held from November 12 to 16 in Dehradun, Uttarakhand.

The All India Forest Sports Meet, first organized in 1993 at Hyderabad, is a prestigious event that brings together forest department personnel from across the country to compete in a wide range of sporting disciplines, including athletics, archery, rifle shooting, cycling, powerlifting, weightlifting, indoor games, and field sports.

The Ladakh contingent, comprising 24 forest and wildlife frontline personnel from Leh and Kargil districts, will compete in several events, including Badminton (Singles and Doubles), Table Tennis (Singles and Doubles), Chess (Classic), Rifle Shooting, Archery, Football and 100-meter races (including veteran category).

The flag-off ceremony was presided over by Rajesh S., IFS, Additional Principal Chief Conservator of Forests and Chief Wildlife Warden, UT Ladakh, in the presence of the Deputy Resident Commissioner, Ladakh Bhawan, and senior officials from the Department of Forest, Ecology, and Environment, UT Ladakh.

Rajesh S expressed pride in the team, stating, “We are proud to send our team to the All India Forest Sports Meet 2025 in Uttarakhand. We wish our athletes the very best as they represent Ladakh with dedication and sportsmanship.”

At the ceremony, Deskyong Namgail, Range Officer, Khaltse Range (Leh District), served as the flag-bearer, while the oath of sportsmanship and teamwork was administered by Vishal V. Surve, Deputy Conservator of Forests (Headquarters) and Nodal Officer (AIFSM).

The contingent will arrive in Dehradun ahead of the competition to acclimatize and complete registration formalities. Officers from the Department of Forest, Ecology, and Environment, Ladakh, will accompany the team to provide logistical and moral support throughout the event.

Beyond competition, the team’s participation aims to promote physical fitness, camaraderie, and inter-departmental exchange, reflecting the UT Administration’s commitment to employee wellness and the national objectives of AIFSM—to encourage healthy lifestyles, team spirit, and collaboration among forest department personnel nationwide.

The Ladakh contingent will return after the conclusion of the meet on November 16.

Ladakh marks first National Mega Entrepreneurship Day with innovation and pride

Over 1,500 students showcase local startups and products across the Union Territory



Photo Caption: Lieutenant Governor of Ladakh, Kavinder Gupta interacting with the young entrepreneurs of Ladakh.

Reach Ladakh Correspondent

LEH: The Union Territory of Ladakh celebrated its first-ever National Mega Entrepreneurship Day with great enthusiasm and pride on November 9 in Leh. The event, an initiative of the Department of Higher Education, Administration of UT Ladakh, was implemented by the Entrepreneurship Development Institute of India (EDII), Gujarat.

Lieutenant Governor of Ladakh, Kavinder Gupta, lauded the young entrepreneurs of Ladakh for their creativity, determination, and contribution to the region’s economic growth, calling them the “torchbearers of a self-reliant Ladakh.”

Students from across the Union Territory—including remote areas such as Changthang and Drass—participated in the celebration, showcasing a vibrant range of locally inspired and skill-based products developed over the past four months. Exhibits included crochet crafts, eco-solar innovations, mushroom spa products, Drass pickles, graphic design works, bakery items, Kharnak embroideries, and Himalayan apple crisps, reflecting the ingenuity and entrepreneurial zeal of Ladakh’s youth.

Addressing the gathering, Dr. Sunil Shukla, Director General of EDII, extended a warm welcome to all participants and urged students to transform themselves from job seekers into job creators. He emphasized the importance of leveraging government schemes that promote entrepreneurship and youth empowerment, while integrating skill-based education with traditional knowledge to strengthen local livelihoods.

Rudra Goud, Administrative Secretary of Industries, elaborated on various MSME schemes that support small businesses through bank financing, design and research incentives, and export facilitation. He encouraged aspiring entrepreneurs to dream beyond

limitations, expressing confidence that Ladakh could emerge as a “unicorn hub” in the coming years.

Bhanu Prabha, Administrative Secretary of Higher Education, highlighted the four-month entrepreneurial journey that led to the event, noting that over 1,500 students participated and developed nearly 100 innovative products, which were launched publicly for the first time. She described the initiative as a milestone in Ladakh’s educational transformation, blending creativity with enterprise.

In his address, Lt. Governor Kavinder Gupta congratulated the students for their remarkable enthusiasm and innovation. He noted that Ladakh is among 22 states and UTs celebrating National Mega Entrepreneurship Day, and commended the region’s youth for embracing entrepreneurship despite challenging geographical and climatic conditions.

The Lt. Governor appreciated EDII’s role in empowering youth and women through innovation and training, underscoring the contributions of women’s self-help groups and tourism-based enterprises. He further highlighted the importance of eco-sustainability, digital integration, and e-commerce in shaping a resilient and modern economy for Ladakh.

He reaffirmed the Administration’s commitment to supporting entrepreneurial initiatives and encouraged the youth to “believe in their skills, innovate fearlessly, and contribute to building an Atmanirbhar Ladakh.”

Amit Kumar, Project Director, EDII, announced the successful registration of 150 entrepreneurs on the UDYAM portal, marking a significant achievement of the four-month startup program. He expressed gratitude to all stakeholders, mentors, and students for making the initiative a resounding success.

Dr. Tashi Motup Kesar represents Ladakh at World Congress of Endoscopic Surgery in Singapore



Photo Caption: Dr. Tashi Motup Kesar, Consultant Surgeon at SNM Hospital, Leh at the World Congress of Endoscopic Surgery (WCES), Syntec, Singapore.

Reach Ladakh Correspondent

LEH: Dr. Tashi Motup Kesar, Consultant Surgeon at SNM Hospital, Leh, represented Ladakh and SNM Hospital at the World Congress of Endoscopic Surgery (WCES) held at Syntec, Singapore. The prestigious international conference featured participation from over 2,000 delegates worldwide, including leading experts, researchers, and innovators in minimally invasive surgery.

Dr. Tashi Motup Kesar presented a scientific paper on laparoscopic surgery at SNM Hospital, Leh, showcasing the significant progress and achievements made in endoscopic surgical care despite the geographical and resource constraints of Ladakh’s high-altitude environment. His presentation highlighted the growing expertise and commitment of the SNM Hospital surgical team in delivering world-class

healthcare to the people of the Union Territory.

During the conference, Dr. Tashi Motup also had the opportunity to receive hands-on training in robotics and artificial intelligence-assisted surgery, gaining valuable insights into cutting-edge technologies shaping the future of surgical practice.

This global recognition marks a major professional milestone for Dr. Tashi Motup Kesar and brings pride to SNM Hospital, Leh, and the Health Department of UT Ladakh. It signifies Ladakh’s expanding presence on the international medical stage and reaffirms the region’s dedication to continuous learning, innovation, and excellence in healthcare delivery.

Fortnightly News

Secretary IT Shashanka Ala reviews Artificial Intelligence (AI) integration possibilities in UT Ladakh



Photo Caption: Shashanka Ala, IAS, Secretary, Information Technology Department. Reach Ladakh Correspondent

LEH: The Department of Information Technology, Union Territory of Ladakh, convened a meeting on November 13 to explore the potential and phased implementation of Artificial Intelligence (AI) across various government departments.

Chaired by Shashanka Ala, IAS, Secretary, Information Technology Department, the meeting aimed to identify practical AI-driven solutions, evaluate pilot use cases, and outline a roadmap for integrating AI into governance, public service delivery, and citizen engagement.

A detailed presentation by CoRover AI showcased the possibilities of AI in sectors such as education, healthcare, agriculture, tourism, and public administration. The presentation emphasized how AI innovations can help Ladakh address its unique geographical and infrastructural challenges while improving accessibility, efficiency, and sustainability.

During the discussion, the Secretary engaged extensively with the presenters, raising key questions about the applicability, efficiency, and scalability of AI tools in real-world government operations. She emphasized the need for AI solutions that simplify processes, reduce manpower dependency, and deliver tangible benefits to departments with heavy workloads. Citing examples such as NCERT’s problem-solving platforms, she stressed the importance of practical, user-friendly, and widely accessible AI solutions.

The Secretary advocated a gradual adoption of AI, beginning with small, department-specific use cases. She recommended testing AI models through concrete examples—such as land and revenue data platforms—ensuring strong authentication mechanisms and data accuracy before broader implementation. She also advised against duplicating chatbot services already active across departments and encouraged a focus on high-impact, time-saving tools such as automated systems for meeting documentation and data management.

Highlighting Ladakh’s scale and digital penetration, the Secretary emphasized that AI integration must align with user adaptability and regional needs. She recommended starting with one department to demonstrate measurable outcomes before expanding to others.

The meeting also explored AI’s role in governance through analytics-based systems and citizen-facing chatbots capable of providing instant access to services, supporting grievance redressal, and enhancing transparency. The importance of digital skilling and capacity-building was underscored to equip Ladakh’s youth for emerging opportunities, promote local innovation, and reduce outward migration by strengthening tech-based entrepreneurship.

The meeting was attended by Dr. Tashi Thinles, Director, Health Department; Ghulam Mohd, Additional Deputy Commissioner, Leh; Abdul Mutalib, Chief Engineer, PWD; Directors and Chiefs of various departments; and senior officials from the IT Department. Deputy Commissioner Kargil, the Director of Social and Tribal Affairs, and CoRover AI representatives, including Ankush Sabharwal, joined the meeting virtually.

Mig La pass holds immense potential for adventure tourism: LG Ladakh Reaffirms commitment to Ladakh’s holistic development



Photo caption: Lt Governor with outgoing and designate Chief Engineer from Project Himank. Reach Ladakh Correspondent

LEH: Outgoing Chief Engineer of Project Himank, Brigadier Vishal Srivastava, and Chief Engineer (designate), Brigadier Rajiv Ahlawat, called on the Lieutenant Governor of Ladakh, Kavinder Gupta, on November 13 at the LG Secretariat.

The Lieutenant Governor highlighted that the opening of Mig La Pass by the Border Roads Organisation (BRO) this year marks a historic milestone and is poised to significantly boost adventure tourism in the Changthang region. He stated that the newly developed pass

possesses immense potential to emerge as a major attraction for adventure and high-altitude tourism, further strengthening Ladakh’s standing as a premier destination for explorers and thrill-seekers.

He added that adventure sports such as high-altitude cycling and paragliding can now be explored in this remarkable region, drawing both domestic and international enthusiasts.

The Lieutenant Governor underscored the importance of maintaining strict safety standards and ensuring adequate facilities

to safeguard tourists participating in such activities. He directed that all future developments related to adventure tourism in the area must adhere to sustainability and safety benchmarks.

Kavinder Gupta also reviewed ongoing infrastructure projects, including the double-laning of key roads such as the Kharu–Chang La–Durbuk stretch and the Sakti–Wari La–Agham route, aimed at further strengthening Ladakh’s road network and overall connectivity.

LG distributes ₹16.17 crore in loans under SIDCO initiative; urges youth to become job creators



Photo Caption: Lieutenant Governor of Ladakh, Kavinder Gupta distributing loan to the beneficiaries. Reach Ladakh Correspondent

LEH: The Sindhu Infrastructure Development Corporation (SIDCO) organized a Loan Distribution Ceremony at the Rural Development Department Hall, Agling, Leh on November 7, where Lieutenant Governor of Ladakh, Kavinder Gupta, reaffirmed the Administration’s commitment to building a self-reliant, inclusive, and economically empowered Ladakh.

He said the vision of Atmanirbhar Ladakh can be realized only through inclusive development, where women, youth, artisans, and marginalized sections actively participate in the region’s progress.

“Economic empowerment is the key to self-reliance, and every step taken today will shape the future of Ladakh as a model of sustainable development,” the Lt Governor stated.

Addressing beneficiaries and entrepreneurs, Kavinder Gupta said the event marks a significant milestone in Ladakh’s journey towards financial inclusion and self-sufficiency. He commended SIDCO for successfully implementing schemes that help people move from dependency to entrepreneurship.

Highlighting Ladakh’s economic progress, the Lt Governor informed that over 13,600 MSME units have been established in the UT, creating employment for more than 50,000 individuals. In addition, 147 Industrial Estate Units are operational, driving local manufacturing and small-scale industries. He said these developments reflect the determination of the people of Ladakh

to contribute to the UT’s growth story.

The Lt Governor praised SIDCO for empowering weaker sections, including Scheduled Tribes, Scheduled Castes, minorities, persons with disabilities, and sanitation workers, describing it as “a bridge of opportunity ensuring government support reaches every deserving citizen.”

He highlighted SIDCO’s key initiatives such as the Virasat Scheme for traditional artisans, Adivasi Mahila Sashaktikaran Yojana (AMSRY) for empowering tribal women, and the Educational Loan Scheme for students pursuing higher and technical education.

Loans are being provided at concessional interest rates ranging from 4% to 10%, ensuring wider access to credit and promoting entrepreneurship across the region.

Kavinder Gupta announced that in recent Project Implementation Committee (PIC) meetings, 89 beneficiaries in Leh and 48 in Kargil were approved for loans amounting to Rs 16.17 crore, underscoring the Administration’s focus on accelerating self-employment and enterprise development.

He further informed that 4,188 artisans from Ladakh have been registered under the Pradhan Mantri Vishwakarma Yojana, providing traditional crafts new recognition and market access. The Brand Ladakh showrooms established in Leh and Delhi are helping showcase Made in Ladakh products national-

ly. Under SIDCO’s initiatives, ₹1.19 crore has also been provided as seed capital to women Self-Help Groups (SHGs), enabling them to become successful entrepreneurs and community role models.

Addressing the youth, the Lt Governor urged them to become job creators rather than job seekers, and to leverage government initiatives such as PMEGP, PM Vishwakarma Yojana, Start-Up India, and SIDCO’s loan schemes to build innovative ventures.

“Ladakh’s youth possess the creativity, courage, and determination to shape a new economic identity for the region,” he said.

Concluding his address, Kavinder Gupta remarked that the government’s vision goes beyond financial assistance—it is about ensuring dignity, opportunity, and empowerment for every individual.

“Each beneficiary must treat this loan not merely as support, but as a responsibility to fulfill their dreams and contribute to Ladakh’s progress. Together, we can build a strong, self-reliant, and prosperous Ladakh,” he said.

Earlier, Bhupesh Chaudhary, IAS, Secretary and Managing Director, SIDCO, in his inaugural address, outlined SIDCO’s journey since its inception in 2021 and its role in facilitating loans and nurturing entrepreneurship in Ladakh.

Sonam Norboo, JKAS, Senior Managing Director, SIDCO expressed gratitude to the Lt Governor and dignitaries for their presence and support.

LG Kavinder Gupta inaugurates ₹9.97 Cr Sodh Lift Irrigation scheme in Kargil Says Ladakh takes a major step toward Atmanirbhar Bharat and inclusive rural development



Photo Caption: Lieutenant Governor of Ladakh, Kavinder Gupta, inaugurated Phase I of the Sodh Lift Irrigation Scheme. Reach Ladakh Correspondent

KARGIL: Lieutenant Governor of Ladakh, Kavinder Gupta, inaugurated Phase I of the Sodh Lift Irrigation Scheme on November 10, marking a major step toward self-reliance and sustainable rural growth in the Union Territory. Developed under the Special Development Package at an estimated cost of ₹9.97 crore, the project will ensure assured irrigation to the remote Sodh region, significantly boosting agricultural productivity and farmers’ income.

The inauguration ceremony was attended by Chairman/CEC LAHDC Kargil, Dr. Mohd Jaffer Akhoun; Member of Parliament Ladakh, Mohd Haneefa Jan; Executive Councillor, Kachho Mohd Feroz; Deputy Commissioner, Rakesh Kumar; SSP Nitin Yadav; ADC Imteaz Kachho; Superintending Engineer, Hydraulics; Councillor Manzoor Hussain; Executive Engineer, I&FC, along with village elders, departmental representatives, and local residents.

Addressing the gathering, the Lieutenant Governor congratulated the people of Sodh on the completion of the project’s first phase, calling it “a step toward realizing Prime Minister Narendra Modi’s vision of Atmanirbhar Bharat.” He emphasized that the project reflects the UT Administration’s commitment to empowering rural communities through infrastructure development, technology-driven irrigation systems, and sustainable water management.

LG Gupta lauded the efforts of engineers and officials involved in the project, reiterating the Prime Minister’s belief that true development can only be achieved when the remotest villages are empowered. He added that initiatives promoting Atmanirbhar Bharat and Vocal for Local are transforming even the most far-flung regions like Sodh.

The Lt. Governor informed that Phase II of the Sodh Lift Irrigation Project has already received administrative approval and highlighted the Administration’s focus on expanding solar lift, sprinkler, and micro-irrigation systems across Ladakh to enhance water efficiency and reduce energy costs.

CEC Dr. Jaffer Akhoun expressed gratitude to the Lt. Governor, former leaders Qamar Ali Akhoun, Kachho Ahmad Khan, and Feroz Khan, along with departmental heads for their contributions. He suggested transitioning the project from conventional power to solar energy to make it more cost-effective for farmers.

MP Mohd Haneefa Jan urged the LG to expedite Phase II, emphasizing the region’s immense potential for horticulture once the irrigation network becomes fully operational. Area Councillor Manzoor Hussain also extended gratitude, calling the inauguration “a historic milestone in Sodh’s development journey.”

UT administration of Ladakh notifies 50% fare concession and reserved seats for persons with disabilities



Reach Ladakh Correspondent

LEH: In a significant step towards promoting inclusivity and ensuring ease of mobility for persons with disabilities, the Administration of the Union Territory of Ladakh has issued S.O. 124, granting a 50% concession on standard passenger fares for individuals falling under specific disability categories as defined in the Rights of Persons with Disabilities Act, 2016.

According to the notification issued by the Transport Department, the concession will apply to travel on both State Road Transport Corporation buses and private transport services operating within the Union Territory of Ladakh.

To avail the benefit, eligible individuals must present a valid Unique Disability Identity (UDID)

card issued by the Social Welfare Department, Ladakh. The concession will be granted only upon production of this card during travel.

Additionally, the notification mandates that all stage carriage vehicles registered in Ladakh reserve two seats for persons with disabilities. These seats are to be placed at convenient locations—preferably near the doors—to ensure easy accessibility.

If no eligible passengers are on board, the reserved seats may be temporarily used by other passengers, who must vacate them immediately when a person with a disability boards at any point during the journey.

The notification further states that no charges may be levied on persons with disabilities for carrying wheelchairs, tricycles, or other mobility aids while traveling.

This initiative highlights the UT Administration’s commitment to building an inclusive and accessible Ladakh, ensuring equal opportunities and mobility rights for all members of society.

₹ 51-crore indoor Ice Hockey rink reviewed by LG Kavinder at NDS stadium



Photo Caption: Under construction international-standard indoor ice hockey rink at NDS Stadium, Leh. Reach Ladakh Correspondent

LEH: Lieutenant Governor of Ladakh, Kavinder Gupta inspected the under-construction international-standard indoor ice hockey rink at NDS Stadium, Leh on November 13.

During the visit, the Lt Governor lauded Ladakh’s remarkable rise as the nerve centre of ice hockey in India, pointing out that players from the region constitute a significant share of both the men’s and women’s national teams. He reiterated the UT Administration’s unwavering commitment to nurturing local talent and providing athletes with world-class facilities to compete on national and international platforms.

Kavinder Gupta noted that the Rs 51-crore project exemplifies Ladakh’s vision of emerging as a premier winter sports destination. Once completed, the rink will feature a fully automated chilling plant, modern spectator facilities, and provisions for year-round practice and competition—transforming Ladakh’s sports infrastructure and enabling athletes to train even during off-season months.

Commending the Department of Youth Services and Sports for the successful hosting two editions of the Khelo India Winter Games, the Lt Governor expressed confidence that the upcoming third edition would also take place in Ladakh. He shared that a formal proposal to this effect has already been submitted to the Ministry of Youth Affairs and Sports, Government of India.

Emphasising the need for timely execution, Kavinder Gupta directed officials to accelerate construction work and prioritise the installation of the chilling system so that the venue is ready to host national-level tournaments round the year in the near future.

“The construction of this state-of-the-art facility is not just about infrastructure—it represents Ladakh’s growing ambition to lead India’s winter sports movement,” he said, adding that the Administration is determined to leverage Ladakh’s unique geography and talent pool to establish it as the country’s winter sports hub.

Also present during the inspection were Administrative Secretary, Youth Services & Sports, Moses Kunzang; President of Ice Hockey Federation of India, Jamyang Tsering Namgyal; members of the Ice Hockey Federation of India and Ice Hockey Association of Ladakh, and officials from the Department of Youth Services & Sports and Public Works Department.

Fortnightly News

L-G Kavinder leads150 Years of Vande Mataram anniversary celebration at Sindhu Ghat



Photo Caption: Students at the Sindhu Ghat commemorate 150 years of Vande Mataram. Reach Ladakh Correspondent

LEH: Lieutenant Governor of Ladakh, Kavinder Gupta, addressed a special ceremony held at the Sindhu Ghat to commemorate 150 years of Vande Mataram — the national song that has inspired generations of Indians with its message of devotion, unity, and sacrifice.

Speaking on the occasion, the Lt Governor described the celebration as “not merely the anniversary of a song, but a tribute to the spirit of patriotism and national pride that guided India’s freedom struggle.” He paid rich tribute to Bankim Chandra Chattopadhyay, the composer of Vande Mataram, stating that

“his immortal creation awakened a sense of collective strength and faith among Indians during the darkest days of colonial rule.” “The words Vande Mataram are not just an expression of reverence—they symbolize our gratitude to the motherland that has given us identity, culture, and purpose,” the Lt Governor remarked. Highlighting Ladakh’s contribution to the idea of a strong and united India, Kavinder Gupta said, “This sacred land, where the sky touches the earth, represents the living soul of our nation. The people of Ladakh, known for their simplicity, courage, and patriotism, continue to inspire the rest of India through their devotion and service.” He also lauded the bravery of soldiers stationed at the borders, commending their unwavering commitment to safeguarding the nation. The Lt Governor noted that Ladakh is emerging as a vital part of India’s growth story, with remarkable progress in education, tourism, environmental conservation, handloom, and women-led self-help initiatives. “Our vision is to build a self-reliant, sustainable, and prosperous Ladakh—one that harmonizes tradition with modernity, and development with nature,” he said. Addressing the youth, Kavinder Gupta urged them to channel their energy and creativity toward na-

tion-building. “True patriotism lies not in slogans or celebrations, but in honest work, innovation, and service to society,” he emphasized. He encouraged young people to contribute across sectors including science, education, agriculture, and entrepreneurship, becoming active partners in India’s journey toward Atmanirbhar Bharat. The Lt Governor called upon the people of Ladakh to take a collective pledge to educate their children, protect the environment, and uphold unity, peace, and harmony. “As our forefathers fought for freedom inspired by Vande Mataram, let us dedicate ourselves to building a developed India and a strong, prosperous Ladakh,” he said. Concluding his address, Kavinder Gupta urged, “Let us all work with sincerity and dedication—for the glory of Mother India, for the peace and prosperity of Ladakh, and for a bright future for every citizen.” A mass singing of Vande Mataram marked the emotional highlight of the event. The occasion was graced by Bhanu Prabha, Administrative Secretary, Education Department; Romil Singh Donk, Deputy Commissioner, Leh; Tsering Paldan, Director, Tourism Department; senior officials from the Tourism Department and Ladakh Police; other government officers; and students from Delhi Public School, Leh.

L-G Kavinder virtually inaugurates infrastructure projects worth ₹64 crores



Reach Ladakh Correspondent

LEH: Lieutenant Governor of Ladakh, Kavinder Gupta, virtually inaugurated a series of infrastructure projects worth ₹64 crores, implemented under various Special Development Package (SDP)schemes across multiple divisions, as envisioned by the 6th Ladakh Autonomous Hill Development Council (LAHDC) Leh. A total of 35 buildings—including staff quarters, medical blocks, and laboratories for departments such as health and revenue—were inaugurated during the vir-

tual event. Reaffirming the unwavering commitment of the UT Administration and the Government of India to Ladakh’s holistic growth, the Lt Governor emphasized the continuous efforts to ensure that the benefits of government schemes reach every resident of the region. He noted that the inauguration of these projects under the SDP reflects LAHDC Leh’s dedication to the welfare and progress of the people of the district.

Congratulating the 6th LAHDC Leh and its Chairman, Advocate Tashi Gyalson, on the successful completion of their tenure, the Lt Governor commended the Hill Council for initiating numerous development projects aimed at meeting the aspirations and expectations of the people. He highlighted that, despite historical neglect by the erstwhile Jammu & Kashmir government, Ladakh has now emerged as one of the leading Union Territories in the country—thanks to the dedication of the Hill Councils and the efficiency of government officers. Acknowledging the vital role of the tourism sector in generating livelihoods and fostering self-employment, the Lt Governor appreciated the efforts of both Hill Councils to promote tourism, including in border regions, to create broader economic opportunities for local residents. He also urged concerned departments to expedite the handover and takeover of newly constructed staff quarters, underscoring the need to ensure the welfare of government employees posted in Ladakh’s remote areas. He stressed the importance of providing reliable access to clean drinking water and uninterrupted electricity, enabling staff to serve the region effectively and without hardship. In his address, Advocate Tashi Gyalson expressed

gratitude to the Government of India, under the leadership of the Prime Minister, for its continued support to Ladakh’s development—citing the Jal Jeevan Mission, which has provided tap water connections even in remote villages like Demchok. He also thanked the UT Administration and the Central Government for ensuring the availability of essential resources to serve the people effectively. Gyalson outlined various developmental and welfare initiatives undertaken by the 6th LAHDC Leh to fulfill the expectations of residents and safeguard the interests of government employees working in remote areas. Chief Secretary Dr. Pawan Kotwal, in his remarks, reviewed the wide-ranging administrative reforms introduced in Ladakh following its transition to Union Territory status and highlighted the significant transformation witnessed in the region since then. He noted that the UT Administration and the Hill Councils have worked in close coordination to advance development and improve public welfare across Ladakh. The event was attended by Tsering Angchuk, Deputy Chairman, LAHDC Leh; Dr. S.D. Singh Jamwal, DGP Ladakh; Executive Councillors and Councillors of LAHDC Leh, along with Administrative Secretaries and other senior government officials.

The World of Juniors

Every year, National Press Day 2025 is observed in India on November 16th to honor the invaluable role of the press in upholding democracy and promoting transparent communication. This day marks the founding anniversary of the Press Council of India, serving as a reminder of the press’s responsibility and its freedom as a pillar of society. The observance is nationally significant as it highlights ethical journalism and encourages awareness about the media’s impact on modern life. National Press Day is celebrated on this date to emphasize the central role of factual reporting and responsible storytelling.

National Press Day, observed on November 16, marks the day the Press Council of India (PCI) began its operations in 1966. Established as an independent body, the PCI’s primary role is to ensure that the press maintains high standards of journalism while remaining free from external influences. The idea for the Council was first proposed by the First Press Commission in 1956, which emphasized the need to protect press freedom and promote ethical reporting. Since its formation, the PCI has played a crucial role in safeguarding the independence of the press, even holding authority over state actions to ensure that the media can operate without fear or interference. This day symbolizes a free and responsible press, central to democracy. It

National Press Day

is commemorated through various activities, including the National Awards for Excellence in Journalism and the release of a Souvenir.

National Award for Excellence in Journalism to honor outstanding contributions in print media. These awards, presented annually on National Press Day, recognize exceptional journalists across various fields, with the prestigious Raja Ram Mohan Roy Award serving as the highest honor.

Souvenir is a compilation of goodwill messages from prominent leaders and opinion pieces from media experts and academics on the theme of the year. Released on National Press Day, it also highlights the achievements of awardees, showcasing their outstanding work through articles and photographs honored each year.

Courtesy: Vedantu & PIB

Did you know?

1. Sloths can hold their breath longer than dolphins. They slow their heart rate to survive underwater for up to 40 minutes.
2. Bananas are technically berries, but strawberries aren't. It all comes down to botanical classifications!
3. Honey never spoils. It's naturally antimicrobial and can last for thousands of years.
4. Trees can communicate through fungal networks. They share nutrients and send alerts underground.
5. Some turtles can breathe through their butts. This helps them survive during long underwater hibernations.
6. Cows have best friends. They get stressed when separated.
7. Your stomach lining renews every 3–4 days. Otherwise, it would digest itself.
8. A teaspoon of neutron star material would weigh over 6 billion tons. That's incredibly dense!
9. Sharks existed before trees. Sharks have been around for over 400 million years, while trees appeared around 350 million years ago—making sharks one of the oldest living species on Earth.
10. The Great Wall isn't visible from space. That's just a myth.
11. Cleopatra lived closer to the moon landing than to the pyramid construction.
12. The first Olympics were in 776 BCE. Held in Greece.
13. The Titanic sank in 1912. Discovered in 1985.
14. The Berlin Wall fell in 1989. It reunited East and West Germany.
15. The printing press was invented in 1440. It sparked the literacy revolution.
16. Zero was invented in India. A huge leap in math.

Courtesy: PNC Cognito School

SoulSpeak

Dr. P.P. Wangchuk

That Eureka moment!

There come plenty of 'Eureka moments' in one's life. But, unfortunately, only a very few of us realise it or grab it to have those Aha! moments. In its simplest form, 'Eureka' means the cry of joy on finding or discovering something new or great! You can also describe it as a sudden flight of insight. It is a powerful cognitive phenomenon where an individual experiences a breakthrough, a solution to a long-standing problem.

It dates back to the legendary exclamation of Archimedes who had cried in joy, in Greek, 'Eureka', meaning: I have found it, a creative solution that had evaded mankind till then.

It is to be realised that Eureka moments do not come out just like that. It takes intense focus, incubation and, as they say, even a distraction from a challenging problem. It is understood that our brain ceaselessly and subconsciously keeps on processing information, and that, at times, leads to unexpected insights. But such an 'insight' is quite a rarity.

If we list a few Eureka triggers, we can say that incubation of ideas, diverse exposures, curiosity and a relaxed state of mind are the main ones.

Incubation is a process of stepping away from a problem and allowing the subconscious mind to work on solutions, whereas diverse exposure refers to encountering varied ideas that can spark unconventional connections. Similarly, in curiosity, a curious mind fosters openness to unexpected insights, whereas a relaxed state of mind are the moments of relaxation that can unlock creative thinking. For instance, having a casual walk all alone in a lonely place, or having a luxurious shower that you enjoy the process and don't think of anything. Examples to quote a few Eureka moments, besides that of Archimedes, are those of Isaac Newton's understanding of gravity while sitting and a falling apple hitting him, and Steve Jobs envisioning user-friendly personal computers.

The very purpose of writing this column is to make us realise that we too could be a Newton, or a Steve Jobs; and for that we need to realise the importance of the necessary efforts in a manner most suitable for that 'Eureka moment'.

Courtesy: WongWorld

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

Fortnightly News

In Conversation with
Tsewang Norboo Vivek, Meditation & Spiritual Teacher

Q. Tell us about yourself and how your journey into Buddhist teachings and becoming a motivational speaker began.

Julley! My name is Tsewang Norboo Vivek, and I'm from Stok village. My early childhood was spent there, where I studied in a small government school for the first ten years. At that time, most of the teachers were from Kashmir, and the medium of instruction was Urdu—a language unfamiliar to us. We hardly used it in our daily lives, so even though we attended school regularly, we didn't really understand much of what was being taught.

In 1982, a few Christian missionaries arrived in Ladakh. They came with the intention of helping poor children by providing education and opportunities. However, I later realized that their main goal was not just education but conversion to Christianity. Missionaries often target weaker sections of society—especially the poor—by offering support in exchange for faith.

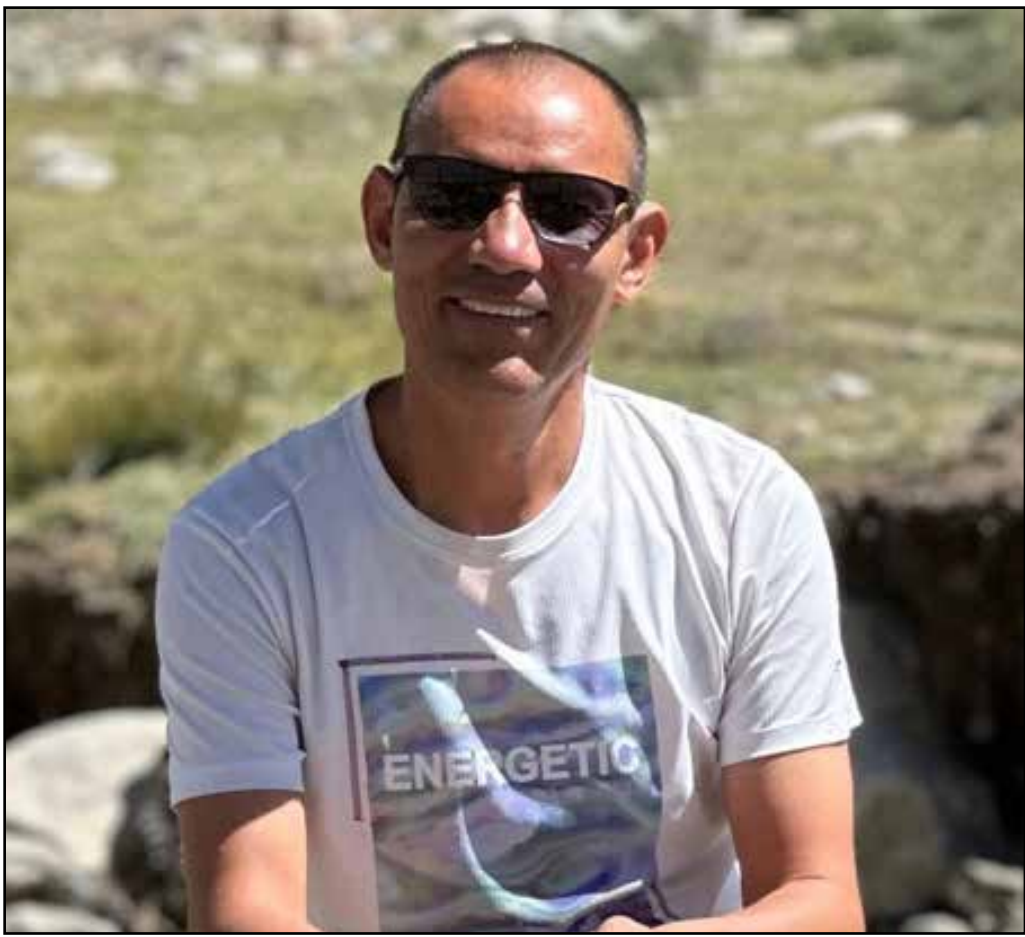
That same year, I was taken to Kashmir along with seven friends, and we were enrolled in Tyndale-Biscoe School in Srinagar**, near Lal Chowk. Our principal was from London, and many teachers were from England. The school followed a British system of education, which was excellent in many ways. I studied there from 1982 to 1989, just before the outbreak of terrorism and the exodus of Kashmiri Pandits from the valley.

During that time, the Ladakh Buddhist Association (LBA) realized that many Buddhist children, including us, were being converted. With growing tension between the Buddhist and Christian communities, the LBA, with the help of police, decided to bring us back to Ladakh. Initially, I resisted—I was the leader of our group and didn't want to return because I thought there were no good schools or facilities in Ladakh. I even tried to convince others to stay in Kashmir. But eventually, in 1989, all 48 of us were brought back.

When we returned, we were welcomed like VIPs—from Mulbek to Lamdon School, people greeted us with white scarves, tea, and biscuits. But once we reached Lamdon, reality was different. We were locked up in the hostel and not allowed to go out for about six months. By then, most of us had already converted to Christianity. My Christian name was David.

Since Lamdon School didn't have enough resources for all of us, we were later sent to Bangalore to the Mahabodhi Society, founded by the great monk Venerable Acharya Bud-

Interviewed by Stanzin Norzom



MESSAGE TO THE READERS
“Value your life. Don’t waste it on negativity. Be grateful, stay humble, aim high, and live with compassion and purpose — that’s true meaning.”

dharakkhita in 1956. After reading about our story, he said, “Bring them to me, and I will educate them.” However, he could only accommodate the boys, as there were no facilities for girls. So, in 1989, we moved to Bangalore.

Life at the monastery was strict and disciplined. We woke up at 5 a.m., meditated, chanted, and studied Buddhist philosophy every Sunday. Initially, it was challenging, but over time, it sowed the seeds of spirituality in me. It was the perfect age to begin such a journey. Interestingly, because we had studied in a Christian school, our English was fluent—something everyone admired.

When I was in the Christian school, we were conditioned to believe that their God listens to prayers, while Buddha does not. For example, during Christmas, we would pray for new clothes or sweets, and the next morning, gifts would appear on our pillows—we truly believed that Santa Claus had answered our prayers. That's how we were influenced. Christianity emphasized blind faith, while Buddhism taught questioning and reasoning.

At the monastery, a young monk introduced me to the Five Precepts of Buddhism—no killing, no stealing, no sexual misconduct, no false speech, and no intoxication. When I learned this, I immediately wrote to my father, saying, “You’re not a true Buddhist because you drink alcohol.” Later, my family told me that my words touched him deeply—and he quit drinking altogether. That was one of my earliest personal achievements.

I spent around ten years in Bangalore under my teacher's guidance, and that period completely transformed my thinking. My most valuable education didn't come from textbooks—it came from the monastery.

I still remember when I was about 14, a great master came to give a talk at our auditorium. We all expected a monk, but instead, an elderly couple walked onto the stage. The man was S.N. Goenka, founder of Vipassana meditation. Seeing a layperson teach with such depth and wisdom was eye-opening. That day, I decided that if I ever became a teacher, I wanted to be like him—a layperson but a true spiritual guide.

Over time, I became known among friends as “Junior Goenka” for my similar style of teaching and humor. Academically, I wasn't very strong. I studied in a basic government school in Karnataka, skipped 9th grade, and appeared directly for the 10th exam as a private candidate. After passing, I studied arts in 11th and 12th, then commerce. I didn't go to college but

...continues on page 6

Fortnight Highlights



Chairman and Chief Executive Councillor, LAHDC Kargil, Dr. Mohd Jaffer Akhoun, welcomed newly appointed Senior Superintendent of Police (SSP) Kargil, Nitin Yadav.



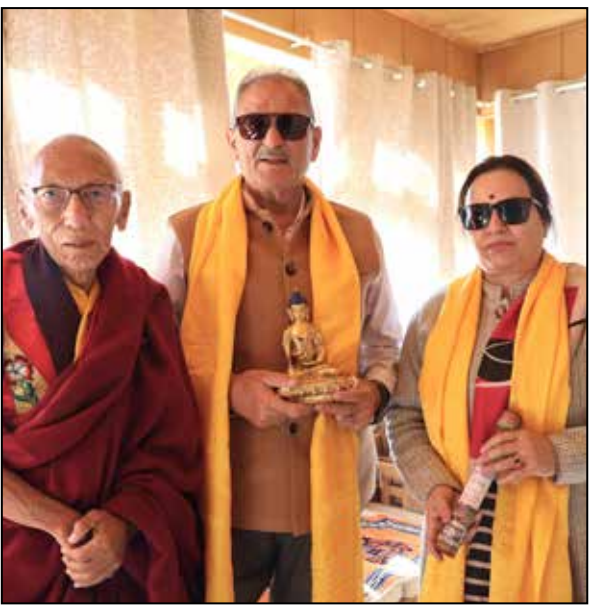
The Animal Husbandry Department, Leh, conducted Animal Birth Control (ABC) and Anti-Rabies (AR) camps in Nyoma, Durbuk, and Nubra as part of its ongoing initiative to manage the stray dog population and control the spread of rabies.



The Tribal Research Institute (TRI) of Ladakh, Kargil Campus, University of Ladakh, in collaboration with PM SHRI Government High School Thasgam, Drass, organized a Tribal Quiz Competition for the tribal students of the school under the banner of Janjatiya Gaurav Varsh Pakhawada, funded by the Ministry of Tribal Affairs, Government of India.



The Director of Tourism, Ladakh, Tsering Paldan, accompanied by Assistant Director, Tourism Leh, Padma Angmo and Associate Professor, Zoology, EJM College, Leh, Tashi Ldawa, a noted expert on petroglyphs, visited several ancient petroglyph sites located along the Nimoo-Chilling road in Leh district.



Lieutenant Governor of Ladakh, Kavinder Gupta attended the annual Thiksey Gustor Festival at Thiksey Monastery, a vibrant celebration that upholds Ladakh's timeless spiritual and cultural heritage.



Lieutenant Governor of Ladakh, Kavinder Gupta, called on Defence Minister Rajnath Singh in New Delhi on November 3 and held an in-depth discussion on strengthening welfare initiatives and connectivity measures for the Union Territory, particularly during the harsh winter months when Ladakh remains cut off from the rest of the country.



Chief Secretary of the Union Territory of Ladakh, Dr. Pawan Kotwal, chaired a comprehensive review meeting at the DC Conference Hall, Leh, to assess the preparedness for winter stocking across various departments in view of the approaching winter season.



District Legal Services Authority (DLSA), Leh, observed Legal Services Day at the Community Hall, Saboo. The event was attended by Advocate Phuntsog Stobgyal, Assistant Legal Aid Defense Counsel, Para Legal Volunteers (PLVs), and local residents.

Fortnightly News

In Conversation with Tsewang Norboo Vivek, Meditation & Spiritual Teacher

...Continuity of page 5

instead became a monk for three years, which turned out to be the most profound spiritual phase of my life.

My journey as a speaker began unintentionally. Because I spoke fluent English, I was often asked to give speeches at school functions. In 12th grade, I participated in a competition on “The Effects of Watching Television on Children” and won first place. That experience made me realize my gift for public speaking. Gradually, I started giving motivational talks, counseling students, and sharing the wisdom I had gained through Buddhism and personal experience.

Q. What is the significance of Buddhism, and how did your Dhamma House Meditation Centre begin?

In 2004, when I returned to Ladakh, I got caught up—like many others—in the rat race of trying to become a civil servant. I chose sociology as my subject, but during the exam, a strange realization hit me. I thought, “If civil servants become DCs and grow more egoistic, what will happen to me when I already have so much ego now?” I realized that this path might only make me worse. So, right there in the examination hall, I tore my paper, walked out, and decided to dedicate my life to teaching Buddhism and meditation, something I had already been practicing for ten years.

Later, I went to Burma (Myanmar) for two and a half years to study Buddhist psychology. When I returned, people mocked me for wanting to teach Buddhism. They expected Buddhist teachers to look like monks, not a young man in simple, everyday clothes. When I started asking people basic questions about Buddhism—like where the Buddha was born or what the Five Precepts were—most had no idea. That was deeply shocking for me and made me realize how disconnected we had become from our own spiritual roots.

In 2004, I opened Dhamma House in my home village, Stok. I began by teaching my sister and soon opened the classes to foreigners, as locals were not yet ready to accept me as a teacher. For the first four years—from 2004 to 2008—I taught only foreigners. But as people saw the growing number of visitors and heard positive feedback, the locals slowly started showing interest too.

In 2008, I founded the International Fellowship of Buddhist Youth Ladakh (IFBYL) to connect with young people and inspire them through Buddhist principles. We began organizing summer and winter residential camps, where students stayed for 10–15 days or even a month.

Our daily schedule started at 5:30 a.m. with meditation, yoga, chanting, and lessons on the Buddha’s life and philosophy—all taught in a simple, humorous, and practical way. Over the years, more than 5,000 students have attended these camps.

Today, if you meet a young, positive, confident, and mindful person in Ladakh, there’s a good chance they’ve attended one of our programs. What I had envisioned would take 30 years, we were able to achieve in just ten—a true testament to the power and relevance of Buddhist teachings in today’s world.

Q. How did you get the idea to organize special camps for mothers?

After our children’s camps became successful, we noticed something important — when the kids returned home, they often lacked support from their parents. We realized that while fathers may be the heads of the family, mothers are truly the heart. They hold the emotional and moral key to the household. So we thought, why not teach the mothers too?

At first, people told us it would be impossible because mothers are always busy with family and household responsibilities. But we decided to try anyway — and our very first five-day camp turned out to be a huge success.

The transformation we witnessed was incredible. Many of these mothers had spent their whole lives visiting monasteries but had never really understood the meanings behind the murals, paintings, and symbols they saw there. When we explained the philosophy and symbolism behind them, they were deeply moved. Many said things like, “I’ve been visiting these temples all my life, but now I finally understand their meaning.”

The impact went beyond understanding — there was emotional and mental transformation. The mothers became calmer, more patient, and more compassionate. Today, our mothers’ camps run for 15 days and have become one of our most loved and transformative programs.

Q. We have many monasteries and Buddhist teachers, yet society still faces injustice. How can people change this mindset?

One of the biggest problems in our society today is that we spend so much time and money on building statues, monasteries, and attending teachings, but very little effort goes into integrating those teachings into our daily lives. True spirituality is not about rituals or grand structures — it’s about transformation from within. That’s why, at Dhamma House, our focus is not just on learning the teachings of the Buddha, but on living them.

For the past 15 years, we’ve been taking our students and volunteers to old age homes and prisons to practice compassion in action. Every year, around 70 to 80 volunteers visit prisons to teach meditation, conduct motivational sessions, and simply share kindness. We remind the inmates that a jail is not just a place for punishment — it can also be a place for reformation and reflection.

During these visits, we sing, dance, and share food with them, spreading positivity and hope. Over time, many prisoners have shown genuine transformation — they’ve begun to accept their mistakes and rediscover their sense of humanity.

We must always remember that life is uncertain, and anyone can find themselves in difficult circumstances. Therefore, instead of judging or condemning others, we must cultivate compassion for all beings — even those behind bars. That is the true practice of the Dhamma.

Q.Today’s digital world has made connection easy, yet people feel lonelier than ever. How can one feel more connected?

Yes, modern technology has made communication convenient, but our connections have become shallow and superficial. We connect more with machines than with people. Someone might have a thousand followers on Instagram, but when they’re truly struggling,emotionally, financially, or physically,no one comes to help.

At Dhamma House, we don’t allow social media use during our programs. We encourage real human connection,talking, listening, singing, dancing, and sharing heart to heart. That’s where true transformation happens. Digital detox is essential. Don’t start your day by scrolling through your phone. Meditate, stretch, or simply be quiet for a few minutes. Don’t use your phone while eating, and keep it away while sleeping. Some people even carry their phones to the bathroom,that shows how deeply attached we’ve become. Detach a little, and you’ll feel much more peaceful and connected.

Q. How can young people balance spirituality with modern life?

Modern society runs on consumerism. Everywhere you go, advertisements are designed to trigger desire. Fifty years ago, people had simple needs. Today, we have hundreds of choices for everything,from shirts to shoes and that creates confusion and frustration. People buy more than they need, and when they can’t afford it, they resort to shortcuts like theft, gambling, or drugs.

As Mahatma Gandhi said, “There is enough for everyone’s need, but not for everyone’s greed.” We teach our students to understand the difference between needs and wants. Wants are endless,they never bring satisfaction. Needs are limited, and fulfilling them brings peace. When young people learn this through meditation and self-reflection, they live more content and meaningful lives.

Unfortunately, today’s youth are losing interest in spirituality because they don’t find relatable teachers. Some spiritual leaders discourage questions, which pushes young minds away. True spirituality should encourage curiosity, not suppress it. That’s why I teach in simple language and connect Buddhist philosophy to real-life situations,so young people can relate to it.

Q. Drug and alcohol addiction are major concerns among Ladakhi youth. How can one overcome them?

Yes, this is a serious issue. Once a person becomes addicted, it’s very hard to come out of it. Modern rehab centers are necessary, but they alone are not enough. If you force someone to quit without internal transformation, the change remains temporary,they often relapse.

That’s why I believe any rehabilitation process must include spiritual transformation. Along with medical help, we need to teach meditation, mindfulness, ethical values, and self-reflection. Real change happens when a person understands the harm addiction causes,not just to the body, but to the mind and spirit. Only then does the transformation last.

Q. What message would you like to give to the youth of Ladakh about living a meaningful life?

My message is simple; don’t waste your precious human life on negative things like drugs and alcohol. Human life is incredibly rare and valuable. Be grateful for what you have,your body, your mind, and your potential. Some people can’t see, can’t walk, or can’t talk, yet they live with dignity. You have everything, so use it meaningfully.

Don’t underestimate yourself or limit your potential. Every human being has the power to do great things, not just for themselves but for the whole society. Every one of us has the potential to become enlightened. Set your goals high, stay humble, and live a life rooted in compassion, wisdom, and purpose. That’s what it truly means to live meaningfully.

Govt school IBEX colony set for Model School upgrade, SED begins consultations



Photo Caption: Discussion on the upcoming upgradation of Government School, IBEX Colony, into a model primary school.
Reach Ladakh Correspondent

LEH: An open discussion was held on November 13 at the DC Conference Hall regarding the upcoming upgradation of Government School, IBEX Colony, into a model primary school. The meeting brought together officials from the School Education Department (SED) and parents to deliberate on the proposed improvements.

Present at the meeting were Bhanu Prabha, Administrative Secretary, School Education Department, UT Ladakh; Tashi Dolma, Director, School Education Department; Deldan Angmo,Chief Education Officer, Leh; Padma Dechan, Zonal Education Officer, Leh; along with other officials.

The Administrative Secretary thanked parents for placing their trust in the Department and emphasized that the success of a school depends on the collective involvement of all stakeholders. She encouraged parents to continue sharing suggestions and feedback.

The Director, SED, assured that the Department would leave no stone unturned in equipping the upgraded school with all necessary facilities provided by the government—ranging from digital classrooms and improved infrastructure to dedicated teachers focused on both academic excellence and holistic development.

The Chief Education Officer noted that a School Management Committee will be constituted to ensure smooth and efficient functioning of the institution.

National awardee Sonam Gyaltsen, addressing parents as the designated Headmaster of the school, assured them that students would receive the best possible facilities and access to highly competent teachers. He outlined the operational framework for the upgraded school and shared a list of proposed initiatives, including subject-specific teachers, transportation facilities, winter schooling, teacher-student adoption, student profile maintenance, vocational education, hot lunch provision, and more.

Fortnightly News

EC Phunchok Tashi tours Zanskar’s Cha block, inaugurates projects worth ₹3.65 crore

Multiple infrastructure projects launched to boost education, healthcare, and connectivity in remote areas



Reach Ladakh Correspondent

ZANSKAR: Executive Councillor (EC) Er. Phunchok Tashi, LAHDC Kargil, conducted an extensive tour of Cha Block, Zanskar, on November 9, to review developmental progress, inaugurate key projects, and engage with the local community.

During the visit, EC Tashi laid the foundation stone for a new building at Government High School, Thangso, sanctioned at an estimated cost of ₹1.98 crore under the District Capex Budget. The project will be executed by the R&B Division, Zanskar. Recognizing academic excellence, the EC also awarded ₹10,000 to meritorious students of Thangso School during the annual day celebration.

He further inaugurated a newly constructed block of four-set staff quarters at the New Type Primary Health Centre (NTPHC), Cha, built at a cost of ₹1.67 crore by the R&B

Division, Zanskar. The facility will provide essential residential accommodation for healthcare staff serving in the area.

During the tour, EC Tashi inspected the ongoing construction of the Phuktal Shaday Link Road, directing officials to ensure its speedy and quality completion.

Acknowledging infrastructure achievements, the EC visited the 126 RCC Border Roads Organisation (BRO) at Cha, commending their remarkable progress in macadamizing 32 km of the strategic Padum–Darcha Link Road this year.

He also reviewed repair work at the Raru Mini Hydel Project, where KREDA Kargil officials informed that the repairs are expected to be completed within a week.

While meeting monks from Phuktal Gonpa, EC Tashi assured administrative support for their ongoing and approved works. The Zanskar Development Authority (ZDA) officials informed that two major projects—a Meditation Centre/Guest House for Phuktal Gonpa (₹2.49 crore) and Courtyard Expansion for Barden Gonpa (₹2.40 crore)—are currently in the tendering stage under ZDA.

The visit and inaugural events were attended by NT Cha Mohd Jan, BDO Zanskar Ali Yabgo, Executive Engineer ZDA/R&B Vilayat Ali, ZEPO Zanskar Tsewang Dorjay, and other concerned officials.

70 farmers from Leh embark on exposure-cum-training tour to Jammu & Kashmir



Photo Caption: Department of Horticulture, Leh, flagging off an Exposure-cum-Training Tour for 70 progressive farmers.

Reach Ladakh Correspondent

LEH: The Department of Horticulture, Leh, flagged off an Exposure-cum-Training Tour for 70 progressive farmers of the district to various advanced horticultural institutions and centres in the Union Territory of Jammu & Kashmir on November 10.

The week-long tour, scheduled from November 10 to 16, 2025, aims to enhance the technical knowledge and practical understanding of farmers in modern horticultural practices, post-harvest management, and value addition.

The tour was flagged off early this morning at 6:00 AM from Nawang Dorjay Stobdan (NDS) Stadium, Leh, by Tsewang Punchok, Director of Horticulture, UT Ladakh, in the presence of Kunzang Wangmo, Chief Horticulture Officer, LAHDC Leh, along with Horticulture Development Officers from the Leh and Khaltse zones and other departmental officials.

Speaking on the occasion, Tsewang Punchok, Director of Horticulture, UT Ladakh, reiterated the department’s commitment to empowering farmers through exposure to

the latest technologies and innovations in the horticulture sector. He emphasized that such initiatives are instrumental in strengthening Ladakh’s horticultural landscape by bridging the gap between traditional practices and modern techniques.

During the tour, the farmers will visit several key institutions and centres, including:

- Directorate of Horticulture, Rajbagh – Mushroom Centre
- Centre of Excellence, Zakura – Advanced Horticulture, Shopian
- SKUAST–Kashmir
- CITH Cold Storage Facility, Lassipora, Pulwama
- Sericulture Institute, Pattan

The tour will be coordinated by officials from the Department of Horticulture, Leh, who will facilitate interactive sessions, field visits, and ensure the smooth and timely execution of the programme for all participating farmers.

Kunzang Wangmo, Chief Horticulture Officer, Leh, expressed optimism that the exposure will motivate farmers to adopt advanced technologies such as protected cultivation, micro-irrigation, mushroom production, and integrated pest management. She noted that these practices can significantly boost productivity and income generation across the region.

The Department of Horticulture reaffirmed its continued efforts to strengthen farmer capacity through training programmes, exposure visits, and demonstration-based learning, thereby promoting sustainable horticultural development throughout Ladakh.

Book “Rehnuma-e-Phrin” by Haji Mohammad Hussain Rehnuma released in Kargil



Photo Caption: Book release ceremony of “Rehnuma-e-Phrin”, authored by renowned Purgi poet Haji Mohammad Hussain Rehnuma.

Reach Ladakh Correspondent

KARGIL: The book “Rehnuma-e-Phrin”, authored by renowned Purgi poet Haji Mohammad Hussain Rehnuma, was formally released on November 11 at a ceremony held in Kargil.

The event was organized by the Purig Cultural and Literary Society (PCLS), Kargil, in collaboration with the Ladakh Academy of Art, Culture and Languages (LAACL), Kargil.

Prominent dignitaries including Haji Hanifa Jan, Member of Parliament (Ladakh); Khadim Hussain, Councillor, Baroo-Minji Constituency; and Padma Shri awardee Dr. Asgar Ali Basharat, attended the function along with noted poets, writers, and students from across the district.

The program commenced with a melodious Nazm performed by students of Mutharry Public School, Baroo, written by the author himself. The performance set a graceful and heartfelt tone for the event.

Speaking on the occasion, Syed Hadi Shah, a noted writer, reflected on the evolution of folk poetry in Kargil and the establishment of the region’s first Mushaira in 1997. He lauded the author’s work, remarking that Rehnuma’s poetry captures the diverse emotions and realities of society.

“Even great poets like Ghalib and Iqbal had critics,”

he said, “but Rehnuma truly represents the common voice of Kargil.”

In his address, Padma Shri Dr. Asgar Ali Basharat praised the poet’s contribution to Purgi literature, saying, “Purgi sakti chareena, yang gulab chik yas,” meaning “another flower has bloomed in the garden of the Purgi language.” He applauded Rehnuma’s poetic depth and his dedication to preserving the region’s linguistic and cultural heritage.

The author, Haji Mohammad Hussain Rehnuma, humbly shared insights about his literary journey. He said he does not consider himself a great writer but rather a voice for the common people. The book, he explained, encompasses multiple themes—religion, wisdom, patriotism, humanity, and love for one’s native land—all expressed in a simple and relatable style. Quoting a few verses from his collection, he urged the youth to learn and preserve their mother tongue.

Addressing the gathering, MP Haji Hanifa Jan congratulated the author and appreciated the organizers for their continued efforts to promote regional literature. He expressed pride in the emergence of a talented Purgi writer from the region and emphasized the need to inspire younger generations to write. He also highlighted the pivotal role of LAACL and PCLS in preserving tribal languages such as Purgi, Shina, and Dardi, and underscored the importance of developing their written scripts.

Mohammad Ali Tak, Assistant Director, Tourism, delivered the vote of thanks, expressing gratitude to all guests, poets, writers, and media personnel. He remarked that “Rehnuma-e-Phrin” will serve as a valuable resource for researchers and scholars, offering a rich tapestry of themes and literary styles.

The event concluded with the timeless words of William Wordsworth: “Poetry is the spontaneous overflow of powerful emotions.” A sentiment beautifully embodied in the poetic expressions of Haji Mohammad Hussain Rehnuma.

1st Fateh Cup Football tournament 2025 kicks off in Kargil

Event pays tribute to martyrs of Kargil (1948–1999), celebrating courage through sports



Photo Caption: Players playing the 1st Fateh Cup Football Tournament 2025.

Reach Ladakh Correspondent

KARGIL: The 1st Fateh Cup Football Tournament 2025 was inaugurated with great enthusiasm at the Astro Turf Football Ground, Khel Gaon, Kurbathang, Kargil, on November 9.

The opening ceremony was graced by Dr. Mohd Jaffer Akhoon, Chairman and Chief Executive Councillor (CEC), LAHDC Kargil, as the Chief Guest, while Tahir Hussain Zubdavi, Joint Director, Youth Services and Sports, UT Ladakh, attended as the Guest of Honour.

Organised by the Department of Youth Services and Sports, UT Ladakh, in collaboration with the Kargil Football Association under the aegis of the Ladakh Football Association and supported by the Indian Army, the tournament aims to honour the bravery and supreme sacrifices of soldiers who laid down their lives during the Kargil conflicts of 1948 and 1999.

A total of eight leading football clubs from Kargil are competing in this inaugural edition, marking a major step in promoting football and engaging youth through sports in the region.

Prominent attendees included Issa Khan, Accounts Officer; Anayat Ali, General Secretary, Ladakh Taekwondo Association; Hani Hanifa, President, Kargil Football Association; Abdul Hamid, Mohammad

Ibrahim Shoji, sports officials, players, and local enthusiasts.

In his address, Dr. Mohd Jaffer Akhoon commended the organisers for their initiative and expressed gratitude to the Department of Youth Services and Sports and the Indian Army for their collaboration. He said, “It is a proud moment to channel the spirit of patriotism through sports. The sacrifice of our soldiers is invaluable, and organising such tournaments is a befitting tribute to their memory.”

Dr. Akhoon praised Joint Director Tahir Hussain Zubdavi for his exceptional dedication to sports development in Kargil, calling him an “energetic and visionary officer committed to nurturing young talent.” He further expressed confidence that Kargil’s youth will soon represent Ladakh at national and international levels.

Highlighting the ongoing efforts of LAHDC Kargil, Dr. Akhoon announced that land for new sports infrastructure has been secured and assured continuous institutional support for expanding sporting facilities. He also revealed plans to create a dedicated fund head for the development of sports infrastructure and activities in the district.

Encouraging the players, he said, “Play with energy, discipline, and sportsmanship — a sound body is the sign of a sound mind.”

Joint Director Tahir Hussain Zubdavi thanked the CEC for his encouragement and reiterated that the Fateh Cup is dedicated to the martyrs of Kargil, symbolizing courage, sacrifice, and unity. He added that the tournament will grow into a larger, inter-regional sporting platform in the coming years.

The 1st Fateh Cup Football Tournament 2025 stands as a heartfelt tribute to Kargil’s heroes, blending patriotism with sportsmanship and inspiring the youth to uphold the spirit of unity, courage, and dedication through the beautiful game of football.

First UT Ladakh volleyball teams flagged off for 69th SGFI National championships



Photo Caption: The first-ever Volleyball teams from the Union Territory of Ladakh.

Reach Ladakh Correspondent

KARGIL: The first-ever Volleyball teams from the Union Territory of Ladakh in the Under-19 and Under-17 Boys and Girls categories were flagged off by Director Youth Services and Sports, UT Ladakh, Tahir Hussain Zabdavi, from Kargil on November 7. The teams will represent Ladakh in the 69th School Games Federation of India (SGFI) National Championships 2025, scheduled to be held in Madhya Pradesh and Uttar Pradesh.

A total of 54 athletes, including managers and coaches, are participating in the championships. While interacting with the players, the Director extended his best wishes for their success and urged them to play with discipline, dedication, and true sportsmanship

to bring laurels to the Union Territory.

Officials from the Youth Services and Sports Department and parents of the athletes were also present during the flag-off ceremony, adding to the enthusiasm and encouragement of the young participants.

The event marks a historic milestone for UT Ladakh, as it is the first time Volleyball teams from the region are competing in the SGFI Nationals — reflecting Ladakh’s growing sporting culture and the administration’s commitment to promoting youth talent and sports development.

PUBLIC NOTICE

We the following persons propose to register a non-profitable society under the name and style be “**Samstanling Cultural, Educational & Welfare Society**” UT Ladakh, with the Registration of Societies, Union Territory of Ladakh, under the Societies Registration Act 1860.

S.No.	Name of the member with address, Phone No. & Email ID (if any)	Occupation	Status in the Society
1	Gashes Thupstan Zopa R/O Samstanling Gonpa P.O Sumoor Nubra 194401 Nubra, Leh- UT Ladakh Mob: 9149769283	Monk	President
2	Ven Thupstan Dorjay R/O Samstanling Gonpa P.O Sumoor Nubra 194401 Nubra, Leh- UT Ladakh Mob: 8899417421	Monk	Vice President
3	Ven. Stanzin Choldan R/O Samstanling Gonpa P.O Sumoor Nubra 194401 Nubra, Leh- UT Ladakh Mob: 9632587605	Monk	General Secretary
4	Ven. Thupstan Lundup R/O Samstanling Gonpa P.O Sumoor Nubra 194401 Nubra, Leh- UT Ladakh Mob: 8492863799	Monk	Joint Secretary
5	Ven. Stanzin Dawa R/O Samstanling Gonpa P.O Sumoor Nubra 194401 Nubra, Leh- UT Ladakh Mob: 7051586176	Monk	Treasurer
6	Ven. Thupstan Samstan R/O Samstanling Gonpa P.O Sumoor Nubra 194401 Nubra, Leh- UT Ladakh Mob: 8492992941	Monk	Member
7	Ven. Thupstan Dawa R/O Samstanling Gonpa P.O Sumoor Nubra 194401 Nubra, Leh- UT Ladakh Mob: 8032253822	Monk	Member

Any objection in this regard from any person(s) may be sent in writing/in person/through authorized representation to the Registrar of Societies, Ladakh, within a period of 21 days from the publication of this notice, or by email at directorindustriessladakh@gmail.com or Ph. No. 01982–415869.


President
Samstanling Cultural, Educational
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