

Celebrating 50 Years of  
Tourism in Ladakh A  
journey of Connectivity,  
Growth & Cultural Exchange

Sustainable tourism  
in Ladakh: Insight from  
visitors, stakeholders

Winter in Ladakh: A Journey  
of Stark Beauty, Rich  
Heritage & Warm Hospitalit

"Nurturing Ladakh's Potential:  
A Closer Look at the Booming  
Animal Husbandry & Dairy  
Sector"



सत्यमेव जयते

DEPARTMENT OF  
INFORMATION &  
PUBLIC RELATIONS,  
LEH, LADAKH

# ཨ། ལ་དྭགས་ཕོ་ཉ་སྐལ།

LADAGS PHONYA, LEH | Volume - 4 | Issue- 4 | July - August, 2024

Ladakh  
TOURISM | 50  
Years

**TOURISM:**  
Ushering Prosperity &  
Unleashing the Beauty of Ladakh



**PMMVY** (PRADHAN MANTRI MATRU VANDANA YOJANA)  
EMPOWERING MOTHERS ENRICHING LIVES



# ₹5000/- TO PREGNANT WOMEN AND LACTATING MOTHERS

- Pradhan Mantri Matru Vandana Yojana (PMMVY) is a Maternity Benefit Scheme under Ministry of Women and Child Development.
- AADHAAR is mandatory for eligibility.
- Funds directly credited to Aadhaar-linked bank accounts/post office accounts via Direct Benefit Transfer(DBT).
- For the first child, PMMVY provides 5000/- in two instalments: the first after ANC and the second after childbirth and 14 weeks of universal immunisation.
- If the second child is a girl, she receives 6000/- as a single instalment after birth and completing 14 weeks of universal immunisation.

## ELIGIBILITY CRITERIA TO RECEIVE PMMVY BENEFITS

- Women with a net family income below 8 lakh per annum
- Partially (40%) or fully disabled (Divyang Jan) women
- BPL ration card holders
- Beneficiaries under Pradhan Mantri Jan Aarogya Yojana (PMJAY) under Ayushman Bharat.
- Pregnant and lactating women between the age group of 18 years 7 months to 55 years.

For more information contact:  
Child Development Project Officers (CDPOs), ICDS Projects Leh/Kargil

DEPARTMENT OF SOCIAL AND TRIBAL WELFARE



Have you seen this image/logo somewhere? Does it look familiar? This logo is almost a century-old and holds a special place in the Ladakhi history. This century-old image is an integral part of *Ladags Phonya*, a journal that was started by the Moravian Missionaries in 1908. Though *Ladags Phonya* has been revived several times over the last century, this image remained an indispensable part of the journal.

## Ladags Phonya, Team

### Overall Guidance

Vikram Singh Malik  
Administrative Secretary,  
Department of Information &  
Public Relations, Ladakh

### Editor-in-chief

Murtaza Ali  
Assistant Director, DIPR Leh

### Editor

Rinchen Dolma  
Assistant Information Officer

### Editorial team

Stanzin Palmo, AIO  
Tashi Lundup, Assistant Cameraman  
Mohd Hussain, Assistant Cameraman  
Nawang Phuntsog, Information Asst.

### Photographers

Dorjey Angdus Kaya  
Imtiyaz Ali Bulbul  
Phunchok Angchuk (Pachuk)  
Padma Chosphel Kukshow

### Design and Layout

Rinchen Dolma, Graphic Designer

### Contributors

Tourism Department, UT Ladakh  
Ladakh Science Foundation  
Dr. Jamyang Gyalton  
Dr. Urgain Dadul  
Gyen. Lobzang Targes  
Dr. Stanzin Thakchos &  
Mr. Manoj Solanki  
Bhaskar Sitholey, Photographer

### Follow us on



Department of information  
& Public Relations,  
Leh, Ladakh



DIPR\_Leh



Informationdepartmentleh

Disclaimer: The opinions expressed by the authors in their articles are their personal opinions. They do not reflect the views of Ladags Phonya, Leh. We are not responsible or liable for these opinions.

## From the Editor's Desk

Nestled in the Northernmost reaches of India, Ladakh is a realm of unparalleled beauty. Its breath-taking landscapes, ancient monasteries, vibrant festivals, and the innate warmth of its people have turned this remote and once-inaccessible region into a bucket-list destination for travellers worldwide. As we celebrate 50 years of tourism in Ladakh, this milestone invites reflection on an extraordinary journey of growth, transformation, and learning.

From a remote and isolated outpost, Ladakh has emerged as a global travel destination. Over the past five decades, the region has witnessed a remarkable evolution, driven by a growing influx of domestic and international tourists. This transformation has not only boosted the local economy but has also opened doors to employment, encouraged local entrepreneurship, and fostered cultural exchange.

The present issue of DIPR Magazine delves into Ladakh's tourism story through the voices of those who have shaped it—the Department of Tourism and travelers who have experienced its magic. Their insights underscore the importance of sustainability as a guiding principle for the industry's future. By emphasizing eco-conscious travel, promoting the local economy, and preserving Ladakh's heritage, we can navigate the challenges posed by rapid tourism growth.

Adding to the vibrancy of Ladakh's tourism narrative are unique cultural initiatives like the Apricot Blossom Festival, which celebrate the region's natural beauty and cultural uniqueness while attracting visitors. We've covered in this issue about this festival that symbolizes the harmonious blend of tradition and modernity that defines Ladakh's spirit.

This issue also sheds light on another cornerstone of Ladakh's economy – the Animal Husbandry and Dairy sector. These industries play a vital role in ensuring food security, improving livelihoods, and sustaining the region's



economy. Promoting sustainable and profitable dairy farming practices can bolster local farmers, enhancing their incomes while ensuring environmental sustainability. The crucial role of Ladakh Science Foundation in inculcating scientific temper among Ladakhi students and generate interest in STEM (Science, Technology, Engineering and Mathematics) subjects, has been highlighted in this issue.

A special focus is also placed on the contributions of the Ladakh Science Foundation, which is shaping the future by fostering scientific temper and encouraging students in Ladakh to explore STEM fields. By inspiring the next generation, this initiative ensures that Ladakh's journey of growth remains inclusive and forward-thinking.

As Ladakh embarks on the next chapter of its tourism story, the emphasis must remain on sustainability, inclusivity, and responsibility. Let us pledge to walk this path of progress with care and commitment, celebrating the treasures of Ladakh while safeguarding them for the world to cherish. Here's to Ladakh – a land of beauty, resilience, and sustainability!

A handwritten signature in black ink, appearing to read 'Murtaza Ali', with a long horizontal stroke extending to the right.

**Murtaza Ali**  
Assistant Director,  
DIPR Leh

# ༄༅ ལ་དུགས་ཕོ་ཉ་སྒྲེ།

LADAGS PHONYA, LEH | Volume -4 | Issue-4 | July-August, 2024



## Content

**Celebrating 50 Years of Tourism in Ladakh  
A Journey of Connectivity, Growth, and Cultural Exchange**

**Sustainable tourism in Ladakh: Insights from visitors, stakeholders**

**Winter in Ladakh: A Journey of Stark Beauty, Rich Heritage and Warm Hospitality**

**Apricot Blossom Festival**

**Inculcating scientific temper in Ladakh**

**Nurturing Ladakh's Potential: A Closer Look at the Booming Animal Husbandry and Dairy Sector**

**Diffrent Colors of Celebrating Independence of India**

ལ་དུགས་རི་སྒྲོངས་རང་སྐྱོང་ཡར་རྒྱས་ཚོགས་ཆེན་གྱིས་སྟོ་ཤིའི་  
ཡར་རྒྱས་བྱེད་སྒྲུབ་ལ་ཞབས་འདེགས་ཇི་ལྟར་ཁུས་ཡོད་པའི་  
སྐོར།

མ་འོངས་ལ་དུགས་ཀྱི་ཤེས་རིག་སྐྱོབ་ཐོག་གཞིན་ཅུ་ཀུན་གྱི་  
ཁག།

༄༅།རེ་བོ། བྱང་ཐང་ལ་ལོག་དཀར་རྒྱལ་སྒྲོངས་ཀྱི་རེ་བོ་སྟེ་སྐྱ་  
ནག་གི་སྐོར་མདོར་ཅམ་སྒྲེང་བ།

# Celebrating 50 Years of Tourism in Ladakh A Journey of Connectivity, Growth, and Cultural Exchange



**T**his year, Ladakh proudly celebrates 50 years of tourism; a Golden Jubilee marking half a century since this remote Himalayan region first welcomed visitors in 1974. In those early days, a small group of 527 travellers arrived, drawn to Ladakh's breathtaking landscapes, rich culture, and ancient monasteries. Little did they know that their pioneering spirit would lay the foundation for a thriving tourism industry, which, over the decades, has transformed Ladakh into a world-renowned destination for travellers seeking adventure, serenity, and cultural exchange.

The roots of Ladakh's tourism journey stretch even further back to 1948,

when aviation first touched the region. A military aircraft landed at Spituk, near Leh, establishing Ladakh's earliest connection to the wider world and setting the stage for future accessibility. By the 1960s, the Border Roads Organization began constructing key routes, with the completion of the Srinagar-Leh Road in 1962 and the Leh-Manali road opening in 1989, making Ladakh a feasible destination for road travellers and enabling new growth opportunities.

In 1974, Ladakh officially opened to tourism, welcoming its first international visitors who were captivated by the untouched landscapes and the promise of high-altitude trekking.

The 1980s marked a significant surge in trekking tourism, attracting adventurous travellers from around the globe to Ladakh in pursuit of legendary routes like the challenging 21-day Lamayuru-Padum-Darcha trek and the picturesque Markha Valley trek. During this period, Kargil emerged as a vital gateway for treks into the breathtaking Kashmir Valley, serving as a launch point for various routes that showcased the region's stunning landscapes.

In 1997, Ladakh's cultural depth took centre stage with the launch of the Sindhu Darshan Festival. Celebrating the sacred Sindhu (Indus) River as a symbol of India's unity, the fes-

tival became a vibrant showcase of traditional music, dance, and rituals, drawing pilgrims and tourists alike. The river is revered as a symbol of India's unity, and the festival became a vibrant showcase of traditional music, dance, and rituals, drawing pilgrims and tourists alike. This event marked Ladakh's emergence as a cultural and spiritual destination, honouring its heritage while attracting diverse visitors from across the country and beyond.

A defining moment in Ladakh's history arrived in 1999 with the Kargil War. The resilience and valour displayed by the Ladakhi people and soldiers left a lasting impact, transforming Drass and Kargil into poignant destinations for border tourism. Drass, on the Leh-Srinagar highway, became a key stop where travellers could honour the sacrifices made on Ladakh's frontiers. This legacy was expanded in 2023, with the opening of Mushkoh Valley to tourists, offering an even deeper glimpse into the landscapes shaped by history.

Ladakh's tourism story is also one of forward-looking growth. In the 2010s, the Indian government gradually opened select areas along Ladakh's borders, welcoming tourists to places like Turtuk, a village near the Indo-Pak border with a distinct Balti culture, and Panamik, known for its therapeutic hot springs. These new destinations brought fresh economic opportunities to local communities, introducing travellers to the unique cultures and serene beauty of Ladakh's borderlands.

A watershed moment arrived in 2019, when Ladakh gained Union Territory status, ushering in a new era of dedicated governance and development focus. This pivotal change enabled initiatives that would further enhance Ladakh's tourism infrastructure, sustainability, and preservation efforts. The year 2021 brought more breakthroughs, from the opening of Umling

La; the world's highest motorable pass, to the first Himalayan Film Festival, transforming Ladakh's tourism landscape with expanded access and rich cultural experiences.

As a global destination for astro tourism, Ladakh achieved another milestone in 2022 with the establishment of the Hanle Dark Sky Reserve. Nestled within the Changthang Wildlife Sanctuary, Hanle's pristine night skies now draw astronomers and stargazers from around the world, while the region's wetland marshes support a diverse ecosystem of birds and wildlife. This initiative not only highlights Ladakh's commitment to preserving its natural beauty but also fosters eco-friendly tourism, with the promise of unparalleled celestial vistas.

As we celebrate Ladakh's Golden Jubilee in 2024, the Administration of Union Territory of Ladakh remains at the forefront of promoting sustainable tourism. Recent initiatives include an incentive scheme for Sewage Treatment Plants (STPs) to uphold environmental cleanliness, themed advisories for responsible travel, and the regularization of adventure and mountaineering activities through draft policies currently in the public domain, aimed at ensuring safety and sustainability within the region's pristine landscapes. A new homestay policy encourages tourists to venture beyond Leh and Kargil, helping to distribute the benefits of tourism to rural communities. Additionally, the UT Administration is taking significant steps to upgrade tourism infrastructure and provide wayside facilities, enhancing the overall experience for visitors and fostering a more supportive environment for sustainable travel in Ladakh.

In commemoration of 50 years of tourism, Ladakh has hosted a series of grand celebrations, including the annual Ladakh Festival 2024 and the Silver Jubilee of Kargil Vijay Diwas, which have fostered patriotism and

a sense of community spirit. Collaborations with the Indian Army have opened previously restricted areas, such as Tharuk, Zingral, Siachen Base Camp, Martsemik-La and Sko Valley to tourism, providing visitors with unprecedented access to these remote landscapes. Annual seasonal festivals like the Apricot Blossom Festival, Nomadic Festival, Aryan Festival, Zaskar Festival, and Balti Spangang Festival showcase Ladakh's rich and diverse culture as well as its natural beauty, drawing visitors year-round to explore the wide-ranging landscapes of this remarkable region. These celebrations highlight the distinct cultural identities of the different regions within Ladakh, from the vibrant traditions to the unique heritage of Drass, Kargil, Nubra, Changthang and Zaskar.

Reflecting on this 50-year journey, Ladakh has emerged as a global tourism destination, a testament to resilience, vision, and a commitment to sustainable growth. From high-altitude trekking and border tourism to stargazing and cultural festivals, Ladakh has embraced modernity while preserving its heritage, landscapes, and vibrant communities. As Ladakh celebrates this Golden Jubilee, it extends its gratitude to all who have contributed to this journey, welcoming a future of shared experiences, cultural richness, and unforgettable adventures. Here's to the next 50 years of Ladakh's inspiring transformation and enduring allure.

*The article is written & compiled by the Tourism Department, UT Ladakh*



# Sustainable tourism in Ladakh: Insights from visitors, stakeholders

Stanzin Palmo & Nawang Phuntsog



There has been a remarkable surge in tourism in Ladakh over the last two decades. People are attracted to the region's natural beauty, ancient monasteries, and rich cultural heritage. Known as the 'land of high passes,' Ladakh attracts visitors to its rugged and stunning landscapes, surreal mountains, vibrant festivals, and warm hospitality.

Over the years, Ladakh has transformed from a remote inaccessible region to a booming tourist destination, drawing adventurers, nature and culture enthusiasts and general visitors from around the globe. Ladakh now features as a place to visit on the bucket list of many people around the world. Activities such as trekking, biking, river rafting, cultural and spiritual tours are popular, providing memorable experiences to people coming

from diverse walks of life and different parts of the country and world. The unexpected influx of tourists has resulted in significant economic benefits to locals while also posing various challenges that need to be managed carefully to preserve Ladakh's unique culture and sensitive ecosystem.

Ladakh was opened for tourism in 1974. Tourism has since emerged as a source of income for the residents of the region and is now regarded as the backbone of its economy. Ladakh attracted more than 5 lakh tourists, including domestic and international visitors, in 2023-24. This figure continues to increase each year. The Tourism Department in Ladakh is currently focussing on improving tourism infrastructure to accommodate and manage the growing number of tourists while reducing their environmen-

tal impact.

The Tourism Department has been working on repairing, renovating and upgrading existing tourism infrastructure while also creating new infrastructure such as tourist facilitation centres and cafeterias etc. at Nyeraks, Hotspring Saboo, South Pullu, an adventure park in Phey, and a camel shed on the sand dunes in Hunder and Sumoor. New trekking routes such as Sko and Marsimik valley in Changthang have been opened along with the development of wayside amenities. In addition, other established trekking routes such as Skyu-Markha, Igu-Shachukul, Chuskurmo-Chukshikjal, Kungskilango-Sumdha Chenmo Phu, Hundar-Dok-Chukshikjal etc are also being upgraded.

As part of the efforts to promote spir-

itual and cultural tourism, a heritage conservation scheme has been initiated to preserve the socio-cultural heritage of the region. In addition, the department has also undertaken work to construct the Central Asian Museum and Cultural Centre in Leh town to document and display the rich cultural heritage of Ladakh and its historic links with Central Asia. Various projects are underway to conserve and preserve heritage sites including tangible assets of historic importance. The department has invested in the preservation and conservation of infrastructure at different religious sites including Korzok gumpa, Hemis gumpa, Lamayuru gumpa, Heritage Gumpa Soma Leh, Shah-e-Hamdan mosque Shey, etc.

Similarly, under the flagship scheme of Swadesh Darshan 2.0 initiated by the Ministry of Tourism, Government of India, Julley Leh Biodiversity Park is being developed to create a space for tourists to explore the rich heritage of Ladakh. Another project, the Leh Experiential Park is also being developed to help visitors gain a deeper understanding and appreciation of the delicate ecosystem of Ladakh to inspire them to practice responsible tourism.

The department has also been organising workshops and training sessions under the Vibrant Village programme of the Ministry of Home Affairs, Government of India, for owners of homestays. It also facilitates the celebration of the Vibrant Village Festival. This is part of the effort to improve the quality of life of people living in villages along the border.

The Tourism Department provides incentives as well as financial and non-financial benefits under different subsidy schemes. This is part of the effort to support all tourism stakeholders to improve the quality of tourism infrastructure and promote a sustainable, low-impact and high-value model of tourism in Ladakh. The New Homestay Policy, 2023 of Ladakh, focuses on promoting sustainable

tourism through the establishment of homestays in remote areas in Ladakh. The policy provides incentives to owners of homestays to help them run their enterprises without much hassle. The financial incentives help them construct winter-friendly flush toilets in keeping with the model provided under the policy. The non-financial incentives include a kit to establish the homestay. The homestay policy also emphasises skill development and capacity building for owners of homestays to help them augment their income, especially in rural Ladakh. The department also provides financial assistance (40% subsidy) to individuals and businesses for the installation and operation of sewage treatment plants (plug-and-play) to promote the adoption of eco-friendly and sustainable practices for wastewater management and treatment.

The Tourism Department facilitates the participation of local stakeholders in different domestic and international trade shows to promote Ladakh as a tourist destination, foster networking opportunities, and help them gain market insights. In 2024, local stakeholders will participate in international trade shows in Berlin and Singapore and national trade shows such as SATTE in Greater Noida, OTM in Mumbai, and TTF in Kolkata and Ahmadabad. In addition, the department is also facilitating the participation of students, women's associations, self-help groups etc. in various national

events such as Bharat Parv, New Delhi, and visits by village representatives in rural tourism events organised by Ministry of Tourism, Government of India.

An innovative and unique initiative being promoted by the department is astro-tourism. The department has installed astronomical telescopes in TRC, Disket, TRC, Leh, SDM office Khaltsi and Hanley Dark Sky Reserve in Pungok, Hanley. Assistant Director of Tourism Department, Leh, Fesal Iqbal Tantray, JKAS explained, "In addition, workshops for astronomy-based initiatives are being held across Ladakh by the Tourism Department in collaboration with various agencies."

Ladakh stands at crossroads where the benefits of increased tourism must be balanced with preservation of its cultural and natural heritage. Increase in the number of tourists has significantly contributed to Ladakh's economy and provided livelihoods for many people. Its breath-taking landscapes, rich cultural heritage, and warm hospitality continue to captivate the hearts of visitors from around the world. However, it is equally important to ensure that the essence of Ladakh is preserved for future generations.

By embracing sustainable practices, involving local communities, and fostering a deep respect for Ladakh's unique environment and traditions,





we can ensure that Ladakh continues to enchant visitors while also safeguarding its essence for future generations. Through the collective efforts of tourists, local communities and stakeholders, Ladakh can continue to shine as a beacon of natural beauty, cultural richness and sustainable development.

### Tourists Speak

Media Practitioner from New Delhi, Yusra Hasan said, “My first impression of Ladakh as I stepped out of my aeroplane on an early July morning was awe at the majestic mountains and captivating landscape I had just encountered. I would soon find out in the coming days, and pleasantly so, that the view from the airport was just the beginning. My first day in Leh coincided with a visit by His Holiness the Dalai Lama, so I got the chance to join local people in greeting him with love and flowers. It was a fitting start to witness Ladakhi culture at first-hand. Monasteries have always fascinated me and I particularly enjoyed visiting the architectural marvels in Disket village in Nubra region and Alchi village in the Sham region. Buddhist meditation rituals and prayers were intriguing to observe. I got a chance to sit down with a senior monk at Alchi and discuss existential questions that I have always wondered about including life, death and meaning. We also ran into a group of Ladakhi Muslims in Nubra valley who were on their way for Haj, which reflects the cultural diversity that exists in Ladakh. Speaking of Nubra Valley, each new geographical marvel in Ladakh

from Nubra to Zangskar to Pangong lake elicited a newer kind of wonder in me. I would keep troubling my local friend with questions as I would stand dumbfounded. In response to which, he would always laugh. I also remember our trip to Leh market, which is a medley of art, culture and cuisine. Filled to the brim with music, art exhibitions, creative energy and such good food! The cuisine in Ladakh is a traveller’s dream come true and my top favourites include Chhu-tagis, Thukpa, Momos, Tingmo, apricots in all forms and the mouth-watering butter tea. The pink chai in Ladakh is to die for and an acquired taste but I liked it better than the Kashmiri nunchai. It has the right balance of sweet and salty tastes. Ladakh evokes many emotions. It is a land of culture, history and stunning natural beauty. Sustainable tourism would mean keeping it clean and preservation of natural topography.”

Tourists often express appreciation for Ladakh’s cultural heritage and natural beauty. They learn a lot through interactions with locals about Ladakh’s deep-rooted traditions, warm hospitality, and simple lifestyle, which is a refreshing change from the hustle-bustle of urban life. Many emphasise the importance of preserving these elements amidst growing tourist numbers. Mousumy Bhattacharya from Dehradun said, “It was one of my dreams to come to Ladakh. While coming from Manali to Leh, I found the mountains in Ladakh better than the Grand Canyon in the USA. I have never seen so much snow in the

mountains before. The best part that I like about Ladakh is that as you venture outside Leh, you find yourself entering serene villages of Ladakh which are greener than Leh. One more thing I wanted to share is that I practice zero-waste travel in Ladakh. I’ve carried my own tea leaves and I don’t even use tea bags. I’ll be taking all the waste like wrappers of biscuits, chips etc back with me. This is my motto. In Dehradun, we have the Dehradun Citizen Forum, and being the head of the waste management group there, I think of ways to reduce waste. The garbage disposal system in Ladakh and other mountainous regions is very challenging. So, I would urge tourists to avoid using plastic bottles. In case they have to use a plastic bottle, then they should dispose it in the right manner and help keep Ladakh clean. Since we all share this Earth, it is up to each of us to keep it clean and green.”

Similarly, Oz Hogege, a visitor from Israel said, “I began my journey in India from Haridwar and Rishikesh and later, came to Ladakh for its beautiful landscape, unique culture and the fresh air. Ladakh is similar to Tibetan culture, which intrigues me and I wanted to explore it more. I have travelled to Likir, Lamayuru, Tar, and Tingmosgang in Sham valley and found the places to be very beautiful. The people in Ladakh are kind and welcoming. They invited me to have butter tea and milk tea wherever I went. I found that homestays provide more local lifestyle experiences than hotels and guest houses. Ladakh can be experienced more holistically when you go to villages and interact with local people rather than getting information on the internet and from books. I love Ladakhi cuisine, especially Chhu-tagis. It is less spicy and healthier than mainland Indian cuisine, which is so full of flavour that you can’t taste the vegetables. On my visit to Sham valley, I got to experience Saka Dawa or Buddha Purnima festival in Tingmosgang village, which was truly unique and remarkable.

In Tar village, I was invited by a local family and joined some elderly people to drink some Chhang, a barley-based alcoholic brew. They kept refilling my cup with Chhang while chatting about their life and religion. This was such a new experience for me, which I will remember for the rest of my life. As there is no road connectivity, this village was the best experience as it was quiet and peaceful. Most of the villages with no road access are very calm and beautiful. People are very generous here. They would give you lifts easily while hitchhiking, which was another great experience for me and each time I met new people and learnt more about Ladakh from them.”

He added, “I feel that Ladakh stands out from the rest of the country for its food, its people and the landscape. The mountains, the myriad rocks of different shapes and colours, everything is very unique here. It is a great place to practice meditation. I plan to visit Zangskar next and then I will go to Nepal. I would love to visit Ladakh again to experience winter in Ladakh. I hear that winter is extreme in Ladakh and would love to witness the cold desert transforming into a snowy white. One thing that everyone must consider while visiting Ladakh is to keep their waste with them until they

find a bin and not litter. I want to tell the locals that Ladakh is your home and if you see tourists throwing garbage openly you must stop them and ask them to throw it in dustbins. Everyone has to be mindful about their waste and how they deal with it.”

Efforts are underway to balance growth through tourism with sustainability to ensure that the region’s natural beauty and cultural heritage are preserved for future generations. All stakeholders in the tourism industry, including hoteliers, tour operators, and local artisans, echo these sentiments. They advocate sustainable tourism practices that minimise environmental impact and preserve cultural integrity. For instance, initiatives like eco-friendly accommodations, waste management programs, and cultural immersion tours are gaining traction.

Former President of All Ladakh Tour Operators Association (ALTOA), Ddex Namgyal said, “All stakeholders in the tourism sector in Ladakh are actively working to provide information on sustainable travel practices and promote local businesses in several ways. We collaborate with various NGOs and local authorities to organise awareness campaigns to educate tourists and residents about the im-

portance of sustainability. These programmes include topics such as waste management, water conservation, and responsible trekking practices. We have undertaken several initiatives to promote locally-made products to support the local economy and reduce the carbon footprint associated with transporting goods. Chadar Trek is a good example of how we can manage treks in fragile regions of Ladakh. In collaboration with the District Administration, we implemented several rules and regulations for the trek and made adventure insurance mandatory for all trekkers. We also regulated the number of trekkers and provided medical assistance and rescue teams at all camp-sites. For the last few years, we have been promoting Ladakh as a sustainable tourism destination in many events and shows in India and abroad. The involvement of the community in tourism planning and decision-making processes is crucial to create sustainable and equitable tourism practices. This would further lead to the creation of jobs and entrepreneurial opportunities, ensuring that the economic benefits of tourism are distributed locally. It will also help preserve cultural practices and traditions, as tourism can provide a platform for showcasing and sustaining them.”



# Winter in Ladakh: A Journey of Stark Beauty, Rich Heritage & Warm Hospitality

Bhaskar Sitholey

*Nothing prepares a traveller for their first visit to Ladakh. Most choose to visit during summer, but few brave its winters. On a whim, I decided to make the journey one late November evening.*



The experience of Ladakh kicked off while I was still in the air approaching Leh's Kushok Bakula Rimpochee Airport. The stark, desolate beauty of the landscape was apparent as massive glaciers and endless stretches of snow-covered mountains greeted me, their jagged peaks standing tall against clear skies. Stepping off the aircraft, I felt like stepping into a different world. The air was biting cold, yet it carried a purity that invigorated my senses and filled me with awe and anticipation. My first impressions of Ladakh

were dominated by its dramatic contrasts. The land seemed harsh and unyielding, with its rugged terrain and freezing temperatures. However, as I ventured deeper into the region, I discovered that this apparent harshness was beautifully balanced by the warmth and kindness of its people and the richness of its cultural heritage.

Ladakh is known for its monasteries. Since it was winter and hardly a tourist was in sight, I had the leisurely opportunity to soak up their cultural nuances at my own pace. I

call it altitude acclimation by culture. Each monastery, with its intricate murals, serene courtyards, flickering lamps, and the monks' reverberating rhythmic chant, created an otherworldly experience that resonated deep within my soul. The robed monks, young and old, are the lifeblood of these institutions. They represent the vows of monastic life and are a visual commitment to their spiritual path. Walking through the labyrinthine corridors of these monasteries, one is enveloped in an aura of peace and timelessness.

The air carries the faint scent of juniper incense, and the sound of prayer wheels spun by devout pilgrims resonates through the halls.

The sense of peace and spirituality permeating the air was palpable, offering a stark contrast to the starkness outside. The Ladakhi are a warm people, and winters were the best time for me to experience this firsthand. Everywhere I went, I preferred homestays. Deep in the hinterland of Ladakh, I wasn't expecting any creature comfort; after all, winter isn't tourist season, and there are very few homestay choices. But I was in for a surprise. Everywhere I went, I found warmth that transcended the chill of the rugged mountains. It wasn't just the crackling firewood and coal in the 'thap' the traditional Ladakhi stove or the cosy blankets—they were mere symbols. The true warmth emanated from the locals, their hearts as open as the vast Ladakhi sky. From the moment I stepped into any home, I was enveloped in an atmosphere of genuine hospitality. The residents greeted me with welcoming smiles and steaming cups of butter tea that became a comforting companion throughout my stay. I tasted so many of Ladakh's local dishes. Even as I write this, the taste of hot skyu with a tumbler of nenele soup makes my mouth water with delicious memories.

Each spoonful carried not just sustenance but stories of generations past. We laughed and shared recipes, and I learned that hospitality here wasn't a duty—it was an art form. I recall how one of my hosts, with twinkling eyes, had patiently explained the intricacies of using a dry toilet, an essential fixture in Ladakh's winter landscape. Later, as I squatted over the hole, I

marvelled at the ingenuity—how waste turned into compost, nourishing the barren soil. Talk about ancestral secrets passed over generations to solve sanitation issues in the most environment-friendly manner! My heart soared at the sight of high mountains, but the children stole it. The village children were my companions. Cheeks flushed from the cold, the children taught me games that defied language barriers. Their laughter, echoing across the frozen landscape, made me feel like a child all over again, and in their eyes, I glimpsed hope—the promise of continuity, of a Ladakh that would endure. What is a winter visit to Ladakh without treks? And Ladakh offers several.

There are, of course, some of the more popular ones, and then there are ones that are off the beaten path. The snow-clad mountains beckoned, and I set off with a village-accustomed guide.

We ventured into the heart of Changthang, a high-altitude sanctuary, a pristine wilderness region. It is stark, daunting, and stunning. Snow blankets much of the rugged

terrain here; the air is crisp and invigorating. You witness a landscape untouched by modernity—where time seems to stand still. The silence is profound, broken only by the crunch of your boots on the snow and the sound of heavy breathing.

The trek didn't feel burdensome for my newfound friend, the guide, and me; we shared tales of mythical creatures, ancient trade routes, and nomadic tribes that roamed the Ladakhi landscape. We clambered over large boulders and trudged through the snow, our breaths visible in the cold air. With every step, I absorbed not only Ladakh's natural beauty but also its soul—the rhythm of life and the reverence for the land, realising that these mountains held more than snow—they held stories. While returning from one such trek on a moonless night, I witnessed the most incredible show on earth in a way I've never seen before. Sprawled across the heavens like a luminous river lighting up Ladakh's night skies was the Akash Ganga, our cosmic home.

I stood there on the frozen ground, transfixed, as the galactic brilliance





enveloped me. It's a celestial spectacle—one that leaves you awe-struck and humbled. It was almost as if Ladakh had yet more for me to experience. Amidst this desolate landscape, I was lucky to spot the elusive Ladakh Urial—a wild sheep adapted to the harsh conditions. Its curved horns and thick fur allow it to thrive in extreme cold.

Seeing these magnificent creatures against the snowy backdrop is a privilege. Ladakh Urial is a protected species. It is listed in Sched-

ule 1 of the Wild Life Protection Act of India, which affords it the highest degree of protection due to its endangered status. Ladakh has a lot to offer, but its beauty comes with responsibility.

As a traveller, the responsibility to tread lightly and mindfully through the Ladakhi wonderland is immense. The allure of its stark beauty and the warmth of its cultural tapestry beckon, but with each footstep, we must remember the impact we leave behind. Carrying back the traces of our visit, especially non-biodegradable waste, is not just an act of cleanliness but a pledge to preserve this land's purity. Though seemingly resilient, the landscapes here are vulnerable to the slightest disruptions. It's a place where the very essence of sustainability can be felt in the crisp air we breathe.

The most significant step we can take is to educate ourselves and others about the delicate balance of Ladakh's ecosystem, the nuances of its culture, and the broader impli-

cations of our visit. It's about being more than just a tourist; it's about being a guardian of a treasure we're privileged to experience.

Sustainable tourism in Ladakh is not just a choice but a necessity. It's about leaving a place un-



by our presence and allowing the spirit of Ladakh to flourish—today and for all the winters to come.

Ladakh in winter is a gift -an invitation to be one with nature, endure, and discover the extraordinary in the ordinary. Amidst the snow and solitude, you'll find rejuvenation for your body and soul. So, embrace the chill, step into the wilderness, and let Ladakh weave its magic—a lifetime experience awaits those who dare to explore its stark beauty.

I felt a deep sense of gratitude for the experiences I had and the people I met. I know that isn't farewell, and I will undoubtedly return, for I now have within me a piece of Ladakh's soul—like a warm ember against the cold winds of the world.



Email: [bhaskar@explorelight.art](mailto:bhaskar@explorelight.art)  
Instagram @BhaskarSitholey



Hardass and Karkitchoo in Kargil and Turtuk, Tyakshi, Dha and Biama in Leh district.

In 2022, the festival was celebrated from 13th to 22nd April, 2022 at Domkhar Doo, Achinathang, Skuru and Tertsey in Leh and Garkhone, Sanjak and Karkitchoo in Kargil district. In 2023, the festival was celebrated from 04th to 18th April, 2023 at different places like Lhardo, Saspol, Udmaroo, Sumoor and Takmachik in Leh district while Grakhone/Darchiks, Batalik/Chulichan/Gargardoo, Hardass/Shilikchey, Karkitchoo/Chanigund and Hunderman Mal in Kargil district. In 2024, the festival was celebrated from 06th to 18th April, 2024 at Garkhone, Darchik, Hardass in Kargil district while Turtuk, Tyakshi, Lehdo and Saspol in Leh district.

It is aimed at popularizing this local tradition by inviting outsiders to partake in the celebrations with music, shopping, games and cultural performances. The festival was held in Leh and Kargil in the month of April every year. It involved a series of daylong celebrations in different parts of the region where people can congregate, trade products and also enjoy a cultural show that showcases the cultural diversity of Ladakh.

### Promotion of Ladakh as all-weather tourist destination

Ladakh is one of the most popular places for tourist destinations and tourists can also celebrate the festivals of Apricot blossom. As a part of the Apricot Blossom festival, visitors can enjoy the local cultural programs, different displayed artefacts exhibitions and experience apricot trees blossoming. The festival celebrates the region's cultural heritage and natural beauty. It features a variety of activities, including cultural performances, display of food and craft vendors, live music performances, exhibition featuring local handicrafts, cultural programs and opportunities to buy local apricot products like jams, juices, and syrups.

Former Commissioner/Secretary, Tourism Department, UT Ladakh, Kacho Mehboob Ali Khan said that Ladakh after becomes a Union Territory, UT administration and Department of Tourism has focused to expand the tourism session of Ladakh.

During the erstwhile Jammu & Kashmir state, Ladakh tourism session has only from March to September only and after UT, the Ladakh Administration are focusing to become Ladakh all weather tourist destination, he added. Apricot blossom festival is a unique festival in Ladakh initiated by the Department of Tourism, UT Ladakh in 2020 and Apricot blossom is the season of bringing spring season in Ladakh and the most of the apricot trees were present in Ladakh, he further said.

The most of the apricot was produced in Indus, Shayok and Drass River belt and the beautiful apricot blossom was bloom in the March-April month and by celebrating the festival, the tourism season were started in March, he further added. He said that every year the Department of Tourism has selected 6-8 villages in consultation with both LAHDCs to organise the festival in the both district of Ladakh.

Kacho said that the Department has been publicised the advertisement in national media at large scale of the

event to ensure large participants of tourists in the festival. Kacho said that this year the date has announced to celebrate the event and we nominated 08 villages in Ladakh (04 in each district) for organising of the festival successfully. He said that UT administration has keen interest to organise the festival to boost tourism and organising such events, a unique experience will get for national, international tourists and local people.

Kacho said that the administration of Union Territory of Ladakh has committed to promote apricot by organising the Apricot Blossom festival. He highlighted the potential of Apricot production and urged the apricot producers to send out a positive message to the rest of the world and to make the tourism hub and to push economy. He said that the festival also aims to promote tourism and to preserve culture. Kacho stated that UT Administration has introduced the homestay scheme to boost rural tourism and also benefit for the tourists.

He said that UT administration is committed to extending all possible support in order to give a further push for the export of apricots to national and international markets. He said that along with the unique landscapes of Ladakh, tourists during the festival also have an interest to have a glimpse



of local tradition, culture and food.

He stated that the inflow of tourists along with the employment generation in the tourism sector will have a massive jump in coming years which will further push the economy. Kachho said that the successful export of apricot to Dubai last year is the result of persistent efforts of the administration which has benefitted the locals to a larger scale. He requested the tourists to promote Ladakh as a tourist destination in their respective areas due to which more and more tourists will visit Ladakh in coming years. He said that the aim of the festival is to promote tourism season and make Ladakh all weather tourist destination. He further said that along with unique landscapes of Ladakh, tourists during the festival also have interest to have a glimpse of local tradition, culture and food.

### Production of Apricot.

Union Territory of Ladakh is the largest producer of apricots in the country with a total production of 15,789 tonnes which constitutes nearly 62 percent share in total. The region has produced approximately 1,999 tons of dried apricot. The total area under apricot cultivation is 2,303 hectares in Ladakh.

UT administration of Ladakh has successful export includes 31 metric tons of Halman variety of apricots. Halman, a variety of Apricot from Kargil, which are known for their delicious and unique taste, were exported to Dubai and other overseas countries, it drew a well-deserved recognition at international level apart from providing the local apricot producers an identity of their own in international markets. The apricot was also exported in major cities including Mumbai, Hyderabad, Ahmedabad, and the Delhi/NCR region. During the export of apricot, Krishak Agritech, a farmer-centric organisation took an initiative of exporting the fresh apricots from Ladakh to the international market.

The Apricot producers are very thankful to the UT administration for the export of the apricot in national and international markets. The UT administration urged the apricot producers for their unwavering support for the huge production and also urged them emphasizing how it serves as a motivation for future endeavours.

### Classification of Apricot

Ladakh Apricot is classified into two broad categories based on kernel taste and its colour. Fruits with bitter kernels are called Khante meaning bitter, while those with sweet kernels are called Nyarmo meaning sweet. They are further divided into two sub groups based on seed stone colour. Fruit with white seed stone is called Raktsey Karpo (Raksey means seed, karpo means white), while those with brown seed stone are called Raktsey Nakpo or Nyarmo (black seeded).

### GI-tag

Raktsey Karpo, one of the types of Apricot of Ladakh got its first ever Geographical Indication (GI). This coveted GI tag certification is given for twenty years. Raktsey Karpo Apricot is registered recently in the GI tag lists along with the nine other items. Raktsey Karpo variety is unique

to the region of Ladakh although it grows more than thirty types of Apricots. This Ladakh exclusive apricot variety is matchless in sweetness and colorful with white Kernel. Among the other nine fruits growing in Ladakh, apricot is a significant fruit with large cultivation in both the Leh and Kargil Districts.

### ODOP

Under the “One District One Product” initiative, Apricot has been identified as the main product from Kargil.

Kargil district in Ladakh produces the majority of apricots in India, known for their uniqueness and premium quality. Efforts are being made to develop the value chain of apricots and promote its marketing and branding. The district administration provides support and assistance to farmers and entrepreneurs, and various programs like PMEGP and PMFME are implemented to encourage large-scale production and processing. Apricot produced throughout Kargil with particularly in Sanjak, Garkone, Darchik, Hordass, Batalik, Chulichan, Gargardoo, Shilikchey, Minji, Poyen, Hardass, Chanigund, Karkitcho, Latoo and adjoining areas of Kargil town.

By: Mohmad Hussain



# Inculcating scientific temper in Ladakh

STEM (Science, Technology, Engineering, Math) education integrates these disciplines into a cohesive, hands-on, inquiry-based curriculum that fosters critical thinking, problem-solving, and creativity. Its primary goal is to prepare individuals for modern challenges by equipping them with the knowledge and skills needed to succeed in STEM-related fields and navigate an increasingly technology-driven world.

By promoting innovation, STEM empowers individuals to address pressing global issues such as climate change, sustainable energy, and public health, while opening pathways to high-demand careers in engineering, artificial intelligence, biotechnology, and renewable energy. Beyond career readiness, STEM cultivates adaptability and lifelong learning, making it a cornerstone of societal progress, equity, and resilience.

Providing STEM education in schools, particularly in regions like Ladakh, is crucial for addressing local challenges and fostering sustainable development. It prepares them for careers in high-demand fields such as engineering, artificial intelligence, renew-

able energy, and biotechnology while building essential digital literacy.

Students gain the skills to tackle issues such as water scarcity and renewable energy needs while building digital literacy and teamwork through hands-on projects. These experiences instill a sense of responsibility and prepare students to contribute meaningfully to global and regional development. By engaging young minds early, STEM education equips them to thrive in the modern workforce and empowers them to shape a better future for their communities and the world.

To ensure the younger generation can meet future challenges and drive economic growth in India, particularly in Ladakh, the Ladakh Science Foundation (LSF) is striving to fill the gap. LSF is a charitable trust with a vision to promote science and technology, STEM education, research and development in various fields related to Ladakh, scientific advocacy, science policy and strategy planning, innovation, scholarship schemes, career guidance and promote other charitable activities.

Nestled in the high-altitude desert of Ladakh, the Ladakh Science Foundation (LSF) stands as a beacon of innovation and sustainability in one of the most ecologically sensitive regions of the world. The LSF has been a trailblazer in advancing STEM education since 2022, conducting a variety of online and offline programs that have engaged over 1,000 students. With a commitment to empowering youth, LSF equips them with the skills and knowledge to contribute to the region's sustainable development and foster an innovation-driven future.

The foundation plays a pivotal role in STEM education, science outreach, and the promotion of scientific temper, benefiting thousands of students, particularly those from economically disadvantaged backgrounds, tribal and minority communities, and girls. LSF also raises awareness of scholarship schemes such as PMSSS, PM-USP, and NSP, opening pathways to higher education and careers in science and technology.

In collaboration with educational institutions and researchers, LSF addresses region-specific challenges like sustainable energy, climate resilience, and biodiversity conservation. With the support of the STEAM Vision Foundation, LSF has set up a STEM Lab in Leh, where practical sessions on 3D design and printing, MIT Mobile App development, Internet of Things (IoT), and Virtual Reality are conducted on weekends, offering hands-on experience to students, particularly those from remote and underserved areas. "My two sons have participated in two to three science-based programs organized by LSF in Leh. I believe this is a unique opportunity for our children to explore STEM subjects through hands-on training right at their doorstep, eliminating the need to join advanced scientific institutes at such a young



age. These workshops and training sessions keep our children informed about current scientific career pathways while providing a productive and engaging alternative, especially during the winter months. They foster a genuine interest in science, strengthen their moral values, and instill the confidence needed to excel at any level,” said Ms Dolma.

The foundation has also been organizing the Ladakh Youth Conclave annually since 2019, reaching out to Ladakhi students across India in cities like Chandigarh, Delhi, Jammu, and Bangalore. The conclave provides valuable insights into scholarship opportunities, career prospects in science, medicine, artificial intelligence, machine learning, sports, and cultural preservation. LSF’s STEM outreach programs, including demonstrations on 3D design, astronomy, live weather satellite tracking, and water management technology, make science both accessible and engaging for the youth.

To further promote STEM education, LSF launched the ‘Ladakh Science Camp,’ which showcases scientific research in the region and offers practical, hands-on experiences. So far, eight camps have been held, with over 400 students and science enthusiasts from Ladakh and across India participating.

LSF is deeply committed to bridging the educational gap in Ladakh, focusing on equitable access to resources and opportunities for all students in the region. Its efforts reflect a profound understanding of the unique challenges faced by students in remote areas and a steadfast dedication to nurturing the potential of Ladakh’s youth, contributing to the region’s long-term development and a brighter future for all.

*The article is written & compiled by  
Ladakh Science Foundation*



# “Nurturing Ladakh’s Potential: A Closer Look at the Booming Animal Husbandry and Dairy Sector”

By: Dr. Stanzin Thakchos & Mr. Manoj Solanki

Everyone in Ladakh is familiar with the word Amul (Anand Milk Union Ltd. and “amulya” meaning priceless in Sanskrit) marked its beginning with the formation of the Kaira District Co-operative Milk Producers’ Union Limited, Anand. It was formally registered on December 14, 1946. Its objective was to provide proper marketing facilities for the milk producers of the district and began pasteurizing milk in June 1948, for the Bombay Milk Scheme – just a handful of farmers in two village co-operative societies producing about 250 litters a day. Today India is world highest producer of Milk with 221.1 million Tones with 444 Per Capita Availability (grams/day) contributing 24% of global milk production in the previous in 2021-22.

In the breath-taking landscapes of Ladakh, where majestic mountains meet serene valleys, a silent revolution is unfolding – one that holds the promise of transforming the Union Territory’s economic landscape. The spotlight is on Ladakh’s Animal Husbandry and Dairy sector, an often overlooked yet integral part of the region’s rich tapestry. Ladakh’s traditional livestock, including Pashmina goats, yaks, and indigenous cattle breeds, are the backbone of the region’s rural economy. These sturdy animals are well-adapted to the harsh climatic conditions, and their products, such as wool, meat, and dairy, are vital to the livelihoods of the local population since ancient time. Unlike any other sector, dairy sector is an all-round year activity with approximately 300 days of milk production making it one of the most



suitable sectors for region like Ladakh.

With the creation of Ladakh as a union territory, the dairy sector is poised for exponential growth with the ever-increasing demand for fresh milk both from Indian Army and Domestic consumption. It is estimated that the Indian Army itself has demand for more than 25000 litres/day of milk in addition to the domestic demand. Currently, most of the milk is either consumed domestically at home or sold raw milk through private sellers.

With the signing of Memorandum of Understanding (MoU) between UT Administration (Animal Husbandry), LAHDC Leh and NDDB (National Dairy Development Board- an autonomous body of GoI for Dairy Development in the Country), Ladakh has started its journey to contribute in the growth of India’s Dairy sector having a promising potential to transform Ladakh’s rural economy. Currently, with

the support of NDDB, the milk pasteurization plant (2000ltrs/hr) in Leh that was inaugurated by the Hon’ble Lieutenant Governor of Ladakh, Brig. (Dr) B.D. Mishra is successfully processing (pasteurisation) and selling around 500 litres of milk in the market by the brand name “Oma.”

Everyone in Ladakh is familiar with the word Amul that marked its beginning with the formation of the Kaira District Co-operative Milk Producers’ Union Limited, Anand. In the initial years after its operationalisation in 1948, just with a handful of farmers in two village co-operative societies they started producing about 250 litters a day. In comparison, Oma is produced almost double the quantity, that is, 500 ltr per day of what Amul was producing in its first year only. A similar capacity Milk Pasteurisation Plant is also planned for the Kargil district. The role of Cooperative Department in strengthening and replicating the



Anand Pattern of Cooperative system is the most crucial part after the Animal Husbandry sector in the initial stages of this journey and ensuring that only the Dairy farmers be the stakeholder/shareholders in the dairy Cooperative Societies/Union/Federations (Just to Relate- in a Taxi/Truck cooperative societies, only the individuals having taxi/trucks becomes the shareholder and not individuals from any other sector/profession).

Therefore, strengthening the cooperative systems, without bias and prejudice along with empowering the Dairy farmer esp. women need to be carried out in a refreshing cooperative movement with farmers becoming the decision makers in the system once the human resources and requisite infrastructure gets ready.

One of the core sectors in the dairy industry is the role of Animal Husbandry Department as unless you have the product the cooperative system also won't work. The Department of Animal Husbandry has come up with Breeding policy to boost the milk production besides preserving the local germplasm (Ladakhi Cattle and Yak) as per the zones identified.

Moreover, the UT Administration's initiatives to promote animal husbandry and dairy farming shall provide a significant impetus to the sector which include subsidies for modern equipment, training programs for farmers, sex-sorted semen for artificial insemination, silage making thereby creating an environment conducive to sustainable growth.

Another critical factor for improving the milk production, Ladakh needs more fodder production by area expansion and bringing more areas under fodder cultivation along with adopting techniques like silage making, area specific mineral mixture, explore the option of more fodder crops and mechanization.

In conclusion, Ladakh's journey towards economic prosperity is intricately linked with the well-being of its livestock and the growth of its dairy industry. By investing in and nurturing these invaluable resources, Ladakh has the opportunity not only to preserve its cultural heritage but also to emerge as a beacon of sustainable development in the heart of the Himalayas and has the potential to become unparallel sector for the rural economy (Just like what tourism has done for the city/town dwellers). Let us collectively celebrate and support Ladakh's vision for a future where the union of tradition and innovation propels the animal husbandry and dairy sector to new heights.



# Different colours of celebra



# celebrations of independence of India



Hon<sup>ble</sup> Lt Governor Brig (Dr) BD Mishra (Retd) graced the 78th Independence Day celebrations at Polo Ground with the historic Lehchen Spalkhar in the backdrop in which marching contingents comprising Ladakh Police, Paramilitary forces and school students, cultural performances by students and cultural troupes were the major highlights.

Photos by Dorjay Kaya and Padma Chospheh Kukshow





ཐག་བཅད་པར་མཛད། མ་ཟད་སློབ་དེབ་  
དང་པོ་དེ་རིམ་ཚོན་བཀའ་ཡིད་པ་རྣམས་ཏུ་  
ལྷན་དུ་མཛད་ནས་སྤེལ།  
དེ་རྗེས་རང་སློབ་ཡར་རྒྱས་ཚོགས་ཚེན་  
ཐངས་གཉིས་པའི་སྡེ་དཔོན་སྐུ་ཞབས་རིག་  
འཛིན་དཔལ་འབར་གྱིས་ལྷན་ཁག་ཚེན་  
པོ་བསྐྱམས་ཏེ་འཛིན་གྲྭ་གཉིས་པ་ནས་ལྷ་  
པ་བར་གྱི་སྡེ་དཔོན་སློབ་དེབ་རྣམས་སྤར་  
ཐག་བཅད་ཡིད་པ་ལྟར་གྱིས་ཏེ་དངོས་སུ་  
ལག་ལེན་བསྐྱར་སྤོགས་སློབ་ལ་ཤུགས་  
ལེགས་པར་བརྒྱབས། དེའི་བཀའ་རྒྱུན་  
ལ་འཛིན་གྲྭ་གཉིས་པ་ནས་ལྷ་པ་བར་གྱི་  
སློབ་དེབ་རྣམས་གསར་དུ་ཚོམ་སྒྲིག་བྱས་  
ནས་སྤྱི་ལོ་༢༠༠༧ལོར་སྤར་དུ་བསྐྱེད་ཏེ་ལ་  
དྲགས་ཡོངས་ཀྱི་སློབ་སྒྲིག་རྣམས་ཀྱི་ལག་  
ཏུ་འབྱོར་ནས་སྡེ་དཔོན་སློབ་སློབ་བྱེད་པའི་  
འདུན་པ་དང་འདོད་པ་གཞན་དང་མི་འདྲ་  
བསྐྱེས། དེ་དུས་ཀྱི་སློབ་དེབ་ཚོམ་སྒྲིག་  
ཚོགས་ཚུང་ནང་ག་ཤམ་གསལ་མཁས་པ་  
རྣམས་ཀྱིས་ལྷན་ཁག་ཐོག་སྤོངས།

- ༡) རིག་མཚོ་འཇམ་དབྱངས་རྒྱལ་མཚན།
  - ༢) དགོ་ཕྱབ་བསྐྱེད་དཔལ་ལྷན།
  - ༣) དགོ་བཤེས་དགོན་མཚོག་དབང་  
འདུས།
  - ༤) ཨི་ལེ་ཇ་དཔལ་འབར་དགོ་ཚན།
  - ༥) ཤེལ་ཇ་མཛད་ལྷན་དུ་མི།
  - ༦) དགོ་བཤེད་སྐྱབ་བྱམས་པ་བཅས་  
ལོ།
- སྤྱི་ལོ་༢༠༠༤ལོར་ལ་དྲགས་རི་སློབ་རང་  
སློབ་ཡར་རྒྱས་ཚོགས་ཚེན་སྐབས་གསུམ་  
པའི་སྡེ་དཔོན་སྐུ་ཞབས་ཚེ་རིང་རྗོ་རྗོ་དང་  
སྐུ་ཞབས་ལྷ་ཤེས་རབ་རྒྱས། པོ་པོ་  
སར་འཇམ་དབྱངས་རྒྱལ་མཚན། དགོ་

སྡེ་དཔོན་འཛིན་གྲྭ་དུག་པ། འདུན་པ་དང་  
བརྒྱད་པ་བཅས་ཀྱི་སློབ་དེབ་གསར་དུ་  
སྤེལ་བྱས། དེ་དུས་སྡེ་དཔོན་སློབ་དེབ་ཚོམ་  
སྒྲིག་ཚོགས་ཚུང་ནང་པོ་པོ་པོ་སར་འཇམ་  
དབྱངས་རྒྱལ་མཚན།  
དགོ་ཕྱབ་བསྐྱེད་དཔལ་ལྷན། དགོ་བཤེས་  
དགོན་མཚོག་དབང་འདུས། ཤེལ་ཇ་  
མཛད། (ལྷན་ཇ་མི)དང་དགོ་བཤེད་  
སྐྱབ་བྱམས་པ་བཅས་ཀྱིས་སྤེལ་ལས་  
མཛད་ནས་དངོས་གཞན་སློབ་དེབ་ཀྱི་  
(NCERT) རྒྱ་གར་གཞུང་གི་སློབ་དེབ་  
ཚོམ་སྒྲིག་ཚོགས་པའི་འཆར་གཞི་དང་བཟོ་  
དབྱིབས། བཟོ་བྱ་དང་རྒྱུ་ལྡན་ཡིད་  
དབང་འཕྲོག་ཕྱབ་པ་ལྟ་བུ་བྱས་ནས་སྤེལ་  
བྱས། དེ་ལྟར་རང་སློབ་ཚོགས་ཚེན་གྱི་  
ལྷན་ཁག་རྗེ་དང་ཤེས་རིག་ལྷན་འཛོམས་ཀྱིས་  
རྒྱུད་བསྐྱེད་དང་མཁས་པ་རྣམས་ཀྱི་ལྷན་  
བསམ་བཟང་པོ་ལ་བརྟེན་ནས་འཛིན་གྲྭ་  
དང་པོ་ནས་བརྒྱད་པ་བར་གྱི་སྡེ་དཔོན་སློབ་  
དེབ་ཁམས་དྲངས་ལ་ཡིད་འཕྲོག་པ་ལྟ་བུ་  
སྤེལ་བྱས།

སྤྱི་ལོ་༡༩༧༤ལོར་ཤེས་རིག་ལྷན་འཛོམས་  
ཀྱིས་བསྐྱེད་མ་དང་རེ་འདོད་བྱས་པ་ལྟར།  
རྣམས་ཀྱི་ལྷན་ཁག་གཞུང་གི་ཡོན་ཏན་ནས།  
སློབ་གསོའི་ལས་སྡེ་(Board of School  
Education) ཡིས་འཛིན་གྲྭ་དགུ་པ་དང་  
བཅུ་པ་གཉིས་སྤོགས་སྒྲིག་དང་གསར་དུ་  
བསྐྱེད་ནས་དཔེ་དེབ་གཉིས་ཀ་སྤེལ།  
དེ་དུས་སྡེ་དཔོན་ཚོམ་སྒྲིག་ཚོགས་ཚུང་ནང་  
སྐུ་ཞབས་ལྷ་ཤེས་རབ་རྒྱས། པོ་པོ་  
སར་འཇམ་དབྱངས་རྒྱལ་མཚན། དགོ་

ཕྱབ་བསྐྱེད་དཔལ་ལྷན། སྐུ་ཞབས་འཚེ་  
མཛད་རྣམས་རྒྱལ་དང་དགོ་བཤེས་དགོན་  
མཚོག་རྣམས་རྒྱལ་བཅས་བཞུགས་ཡོད་པ་  
ཡིན། མཁས་དབང་ལྷན་རྒྱས་ཀྱིས་ལོ་  
བརྒྱལ་ཚོད་མཛད་བསྐྱེད་ཏེ་འཛིན་གྲྭ་དགུ་  
པ་དང་བཅུ་པའི་སྡེ་དཔོན་སློབ་དེབ་གཉིས་  
བཟོ་བྱ་རྒྱུ་དྲེད་གང་ལེགས་བདམས་  
བསྐྱེགས་མཛད། དེ་ནས་རྣམས་ཀྱི་སྤོངས་  
སློབ་གསོའི་ལས་སྡེ་སྤར་དུ་བསྐྱེད་ནས་  
སྤེལ། དེ་ལྟར་སྤེལ་བ་ལ་འབང་ལ་དྲགས་རི་  
སློབ་རང་སློབ་ཡར་རྒྱས་ཚོགས་ཚེན་གྱི་  
སྡེ་དཔོན་གཙོས་པའི་འཛིན་སློབ་སྤྱི་འབྲུས་  
རྣམས་ཀྱི་རྒྱུ་སྤོངས་ཚོད་ལྷན་ཡོད་པ་ཡིན།  
སྤྱི་ལོ་ལོ་༢༠༡༠ལོར་སྤར་གྱི་འཛིན་གྲྭ་  
དགུ་པ་དང་བཅུ་པའི་སློབ་དེབ་གཉིས་ལ་  
སྤར་ཡང་ཞིབ་རྟོག་མཛད་ནས་སྤར་ལས་  
ཁམས་དྲངས་པ་དང་མིང་ཚིག་སོགས་ཚད་  
ལྡན་མཛད་པ་དང་། བཟོ་བྱ་གཞི་རྣམས་  
ལ་བསྐྱར་བ་གཏང་དགོས་ཡོད་པ་རྣམས་  
བཏང་ནས་སྤེལ། དེ་དུས་སྤོངས་ཚོམ་  
སྒྲིག་ཚོགས་ཚུང་ནང་རིག་མཚོ་འཇམ་  
དབྱངས་རྒྱལ་མཚན།

དགོ་ཕྱབ་བསྐྱེད་དཔལ་ལྷན། དགོ་བཤེས་  
དགོན་མཚོག་དབང་འདུས། ཤེལ་ཇ་  
མཛད། (ལྷན་ཇ་མི) དང་དགོ་བཤེད་སྐྱབ་  
བྱམས་པ་བཅས་བཞུགས་ཡོད་པ་ཡིན།  
ད་ནི་འཛིན་གྲྭ་དང་པོ་ནས་བཅུ་པ་བར་གྱི་  
སློབ་དེབ་རྣམས་གང་ལ་གང་འཚམས་  
ལེགས་སྤེལ་བྱུང་། ཡིན་ཀྱང་འཛིན་གྲྭ་བཅུ་  
གཅིག་པ་དང་བཅུ་གཉིས་པ་གཉིས་ཀྱི་  
སློབ་དེབ་ཚོད་ལྷན་ཞིག་སྤེལ་མཛད་ལྟེན་སྡེ་དཔོན་  
ལ་སློབ་སློབ་བྱེད་མཁའ་སློབ་སྤེལ་གྱི་ལ་

དཀའ་ངལ་ཆེན་པོ་ཞིག་ཡོད་པ་ཡིན། དེ་  
ཉིད་སེལ་ཆེད་སློབ་གྲོགས་མཉམ་སྲིད་ལྷན་དགེ་  
སློབ་མཉམ་སྲིད་གྲགས་ཀྱིས་ལྷན་སྐྱེས་ཆེན་  
པོ་བསྐྱེད་ཀྱི་ལྷན་སྐྱེས་ཆེན་ཀྱི་སློབ་  
དཔོན་རིག་འཛིན་དཔལ་འབར་མཚོག་ལ་  
རི་ལྷན་རྒྱུ་བསྐྱེད་མཚན་པ་ལྷན་ཁོང་གིས་  
ཀྱང་རང་གི་ལོགས་བྱུང་དང་སྐྱོད་ཡིག་  
ཉམས་པ་གསོ་བ་དང་།

མི་ཉམས་གོང་འཕེལ་མཚན་རྒྱུ་དམིགས་  
ལུལ་བཞག་ཡོད་པ་ལྷན་དེ་མ་ཐག་སློབ་  
ཤེས་རིག་ལས་སློབ་དཔོན་པོ་སྐྱེ་ཞབས་  
ཆེ་དབང་དཔལ་འབྱོར་ལ་སློབ་ལོ་༢༠༡༢ལོར་  
ལྷན་སྐྱེས་ཁག་བཀའ་པ་ལྷན་ཁོང་གིས་ཀྱང་  
དགེ་ལུགས་བསྐྱེད་དཔལ་ལྷན། དགེ་བཤེས་  
དགོན་མཚོག་དབང་འདུས་དང་གྲུས་འཇམ་  
དབྱེད་སྐྱེད་མཚན་གསུམ་ལ་སློབ་ལོ་འཛིན་  
གྲུ་བཅུ་གཅིག་པ་དང་བཅུ་གཉིས་པའི་  
སློབ་དེབ་གསར་དུ་བཟོ་ཆེད་རི་ལྷན་བསྐྱེད་  
པ་ལྷན་དེད་གསུམ་གྱིས་ཀྱང་༢༠༡༣ལོའི་  
དབྱེད་དུས་སྐྱེད་མཚན་གྲུ་བཅུ་གཅིག་པ་དང་  
བཅུ་གཉིས་པ་གཉིས་ཀ་བཅུ་མ་བསྐྱིག་བྱ་  
རྒྱུ་ལྷན་ཀྱང་དབྱེད་དུས་སློབ་ལོ་ཆེ་བས་དེ་  
ལྷན་མ་གྲུབ།

འོན་ཀྱང་དཀའ་ངལ་བསྐྱེད་པའི་གྲུབ་  
འབྲས་སྐྱེད་མཚན་གྲུ་བཅུ་གཅིག་པའི་སློབ་  
དེབ་དཔྱད་དུས་ཚུལ་ཚོམ་སློབ་གྲུས་ནས་  
ཤེས་སྐྱེད་ཞབས་སློབ་མཉམ་སྲིད་དབང་འདུས་  
ལ་སློབ་སློབ་ནང་དུ་འཇུག་དུ་བཅུག་ནས་  
རིང་མིན་སྐྱེད་དུ་བསྐྱེད་ཆེད་རྒྱུ་ཏུ་གཞུང་  
གི་སློབ་གསོའི་ཡིག་ཆ་དུ་བསྐྱེད་ཟིན།  
འཛིན་གྲུ་བཅུ་གཉིས་པའི་སློབ་དེབ་འདི་ལོ་  
སློབ་ལོ་༡༠ལ་དུ་བསྐྱེད་ལྷན་པའི་རེ་བ་ཡིན།

གང་ལྟར་རང་སློབ་ཆོགས་ཆེན་དང་པོ་  
འགོ་བཅུག་པ་ནས་ད་ལྟ་བར་དུ་རང་རེའི་  
སྐྱོད་ཡིག་གི་ཚུ་བ་སློབ་དེབ་ཉམས་གསུམ་  
དུ་སློབ་པ་དང་འཛིན་གྲུ་བཅུད་པ་བར་དུ་  
གཞུང་དང་སློབ་གྲྲི་སློབ་གྲུ་ཉམས་སྐྱེད་  
པར་དུ་བསྐྱེད་དགོས་པའི་སློབ་ཆེན་བཟོ་བ་  
ལ་ལྷན་སྐྱེད་གང་ལ་གང་འཚམས་བཟུབས་  
པར་མཚན།

གཞན་ཡང་རང་རེའི་སློབ་ལོ་འདི་རྒྱ་གར་གྱི་  
ཚུ་བའི་ལོ་ལྟར་བཅུད་པའི་གྲུས་སྐྱེད་  
ཆེད་རྒྱ་གར་གཞུང་ལ་སྐྱོད་སློབ་ཡང་ཡང་  
ཞུས་ཡོད། རིང་མིན་ཚུ་བའི་ལོ་ལྟར་  
དུའང་རེས་པར་དུ་ཚུད་པར་མཚན་པར་  
རེས། གཞན་ཡང་སློབ་ལོ་ཉམས་པ་གསོ་བ་  
དང་མི་ཉམས་གོང་འཕེལ་མཚན་སློབ་  
སློབ་ལ་ཤེས་རིག་ལྷན་འཛོམས་ལ་དུའང་  
གྲྲི་རོགས་རམ་སྐྱེད་ནས་ཐེངས་མང་བསྐྱོད་  
སློབ་དང་ལས་གྲུ་སོགས་མཚན་བཅུག་ཡོད་  
པ་དང་། དེ་བཞིན་ཉེ་བའི་ལོ་ལྟར་ཤེས་ནས་  
བཟུང་ཤེས་རིག་ལས་སློབ་བཅུད་ལ་དུགས་

གྲྲི་སློབ་ལོ་ཉམས་པར་ལོགས་བྱུང་དང་།  
རིག་པའི་གནས་ཆེ་རྒྱུ་བཅུ་སྐྱེད་དང་  
མི་ཉམས་པར་བཞག་ཆེད་འགོ་གྲོན་སྐྱེད་  
གནང་ཡོད་པ་དང་། མ་འོངས་པ་ནས་  
བཟུང་ད་དུང་འདི་ལས་ཀྱང་སློབ་ལོ་དར་རྒྱས་  
ཆེད་རྒྱུ་སློབ་དང་དུའང་གྲྲི་རོགས་རམ་  
རེས་པར་དུ་སྐྱེད་པའི་རེ་བ་དང་། དེར་  
མ་ཟད་ལ་དུགས་གྲྲི་ལོ་ཉེ་ལྟར་རིང་གི་  
དམིགས་ལུལ་འཚར་གཞིའི་ནང་དུ་སློབ་ལོ་  
ལ་ཞབས་འདེགས་ལོགས་པར་ཞུས་ཏེ་  
གོང་འཕེལ་མཚན་སློབ་གྲྲི་ཐབས་ལམ་  
རི་ལྷན་སྐྱེད་དགོས་ཡོད་བཞག་ཡོད་པ་  
བཅས་ཀྱང་ལ་དུགས་རི་སློབ་རང་སློབ་  
ཡར་རྒྱས་སྐྱེད་ཆོགས་གྲྲི་སློབ་ལ་ཞབས་  
འདེགས་བཟང་པོ་ཞིག་ཡིན་པར་རེས་སོ།།

ཞུས་བཅུགས། ལ་དུགས་ཤེས་རིག་སློབ་སློབ་  
དུས་དེབ་ཤེས་རིག་མེ་ལོང་།༢༠༡༣།



# མ་ལོངས་ལ་དུགས་ཀྱི་ཤེས་རིག་སྤྱང་སློབ་ཐོག་གཞིན་ཅུ་ཀྱན་གྱི་ཁག།

རིག་མཚོ་ཨོ་རྒྱན་འགྲོ་འདུལ།



༡༡ །ཤེས་རིག་ཅེས་པ་འདི་ནི་རྒྱ་ཆེ་ཞིང་  
མིའི་སྤྱི་ཚོགས་ཀྱི་སླ་སློག་ལྟ་བུ་ཞིག་ཡིན།  
ལ་དུགས་ཀྱི་ཤེས་རིག་ཅེས་བརྗོད་ཆེ་  
ཡུལ་ལུང་འདིའི་མི་རིགས་ཀྱི་སློན་ལྷན་དང་  
བར་གྱི་གོམས་གཤེས་བཟང་པོ་དང་རྒྱུད་  
འཛིན་ལས་ཐོབ་པའི་སྤྱི་ཚོགས་པན་བདེར་  
མཁོ་བའི་རིག་པའི་གནས་དང་འདུག་བཟོ་  
ལངས་བཟོ་བཟའ་བུར་གོས་རྒྱན་བྱམས་  
བཅེ་བཅེ་བཀུར་སོགས་ཐམས་ཅད་ལ་གོ་  
དགོས་པ་ཡིན།

ལེགས་སྦྱར་གྱི་སྐད་དུ་ཤེས་རིག་གི་སྐད་  
དོད་ལ་སམ་གྱི་ཉི་ཞེས་པ་ཡོད་ཅིང་དེ་ནི་  
ལེགས་བཅོས་སམ་ལེགས་བྱུང་གི་དོན་  
ནོ། ལ་དུགས་སུ་མཁས་པ་རྣམས་ཀྱིས་  
ཤེས་རིག་ཅེས་པའི་མིང་བེད་སློབ་བྱས་  
རྒྱུ་འདི་ཉིད་དར་ཁྲབ་ཆེ་བས་རང་རེའི་  
ལ་དུགས་ནས་ཐོན་པའི་སློག་དེབ་རྣམས་  
སུ་ཤེས་རིག་ཅེས་པ་ནི་སམ་གྱི་ཉིའི་དོན་  
ཡིན་ནོ། འཛིག་རྟེན་འདིར་འགྲོ་བ་མིའི་

སྤྱི་ཚོགས་བྱུང་ནས་ད་བར་སྤྱི་ཚོགས་འདི་  
ལ་འགྱུར་བུ་སྤྱི་ཚོགས་བྱུང་ཡོད་པ་ནི་སློན་  
རབས་ལོ་རྒྱུས་སོགས་ནས་གསལ་པོར་  
མཁྱེན་ཐུབ་པ་ཡིན། དེ་ཡང་ནང་པ་སངས་  
རྒྱལ་པའི་གཞུང་བདེན་སྤྱི་ལུང་བསྟན་པའི་  
མདོ་དང་མདོ་དྲན་པ་ཉེར་བཞག་དང་མདོན་  
པའི་བསྟན་བཅོས་སོགས་སུ་ནི་བསྐལ་  
པ་དང་པོའི་མི་རྣམས་བསོད་ནམས་ཆེ་  
ཞིང་དཔལ་འབྱོར་ལོངས་སློབ་མངའ་ཐང་  
སོགས་ལྟ་དང་མཉམ་ཞིང་ལུས་འོད་གྱི་  
རང་བཞིན་ལ་ཟས་མ་ཚོས་པའི་ལོ་ཉོག་  
ལ་ལོངས་སློབ་ཅིང་། དེ་ནས་རིམ་གྱིས་  
བསོད་ནམས་ཇི་ཉམས་སུ་སོང་ནས་ད་  
ལྟོ་གནས་སྤངས་འདིའི་བར་དུ་བྱུང་ཚུལ་  
བཤད་ཡོད་ཅིང་། དེ་བཞིན་ཚོས་ལུགས་  
གྱི་ལྟ་གྲུབ་ལ་མ་ལྟོས་པའི་མིའི་བྱུང་རབས་  
བཤད་པའི་མཁས་པ་རྣམས་ཀྱིས་ཐོག་  
མའི་མི་རྣམས་གནས་ཚོགས་སུ་གནས་  
ཤིང་།  
བཟའ་བུར་གོས་རྒྱན་སློབ་གནས་སོགས་

ས་སྤྱོད་བྱས་སུ་གཤེད་ལ་ལགས་སློན་  
ཤིང་གི་འབྲས་བུ་དང་ལོ་འདབ་སོགས་  
ལ་ལོངས་སློབ་ཅིང་། རིམ་པས་རྗོད་ཡོ་  
བྱུང་དང་དེ་ནས་ལུགས་རིགས་ལ་བེད་  
སློབ་བྱེད་པའི་དུས་སྐབས་སོགས་ཀྱི་སྐོར་  
བཤད་ཡོད་དོ། དེ་ནས་རིམ་གྱིས་ད་ལྟོ་  
ཚན་རིག་གི་རིག་ཅུལ་གྱི་མཐུས་གནས་  
ལ་འཕུར་བ་དང་ས་ལ་འཕྲལ་བའི་འཕྲལ་  
ཆས་ལ་ལོངས་སློབ་པའི་དུས་ཚོད་ཀྱང་  
ཤར་བ་ཡིན།

སློན་དུས་སུ་ནི་འཛམ་གླིང་ཤར་བུ་སྤྱོད་ཀྱི་  
མི་རྣམས་ཅུབ་སྤྱོད་སུ་སློབས་པ་དང་  
ཅུབ་སྤྱོད་པ་རྣམས་ཤར་བུ་སྤྱོད་སུ་སློབ་  
རྒྱ་པར་བཞག་ནས་ཤར་བུ་སྤྱོད་ཀྱི་ཡུལ་  
པར་རྒྱུར་གྱི་མི་དབེར་ན་རྒྱ་དཀར་ནག་  
དང་ཉི་ཉོང་དང་བོད་དང་སོག་པོའི་ཡུལ་  
མི་རྣམས་ཀྱང་ཡུལ་པར་རྒྱུར་བྱིན་པ་རེ་  
གཉིས་ལས་མེད་ཅིང་། རྒྱ་མཚན་དེས་  
ཡུལ་གང་དང་གང་དུ་ཡོད་པའི་ཤེས་རིག་

དང་གོམས་གཤིས་སྐད་ཡིག་སོགས་ལ་  
པར་རྒྱུར་གྱི་ཤུགས་རྒྱུན་ཐེབས་པའི་ཉེན་  
ཁ་དང་གོ་སྐབས་ཡེ་མེད་པ་ལྟ་བུ་ཞིག་ཏུ་  
གནས་ཡོད་པ་ཡིན།

དེར་སང་ནི་ཚན་རིག་གི་འཕུལ་ཆས་ལ་  
བརྟེན་ནས་ས་ཡི་གོ་ལའི་འཛིག་རྟེན་  
ཡོངས་རྫོགས་ནང་ཚང་གཅིག་ལྟ་བུ་ཞིག་  
ཏུ་གྱུར་ཡོད། དེ་ལ་བརྟེན་ནས་འཛམ་གླིང་  
ཤར་རྒྱུབ་གྱི་ཡུལ་མི་རྣམས་ས་གནས་པར་  
རྒྱུར་ལ་སླེབས་པ་དང་མཉམ་ཁུངས་གནས་  
དེ་དང་དེ་དག་གི་གོམས་གཤིས་ཤེས་རིག་  
སྐད་ཡིག་སོགས་ཀྱང་པར་རྒྱུར་བརྗེ་ལེན་  
དང་ཆབས་ཅིག་འདྲེས་ཤིང་ལེགས་ཆ་དང་  
མཉམ་ཁུངས་ལྟ་བུ་བཅོམ་ཅན་དུ་འདྲེས་འགྱུར་ཉེན་  
ཚེ་བ་ཡིན།

འཛམ་གླིང་ཤར་རྒྱུབ་སོ་སོའི་ནམ་གླའི་འཕོ་  
འགྱུར་དང་ཡུལ་ལུང་གི་བབས་དང་མི་  
རིགས་ཀྱི་གོམས་གཤིས་ལ་བརྟེན་ནས་སོ་  
སོའི་ཤེས་རིག་དང་ལུགས་སྲོལ་རྣམས་  
རང་རང་ལ་འོས་ཤིང་འཚམས་པ་ཡིན་ཀྱང་  
གང་ཡོད་ཚང་མ་པར་རྒྱུར་གྱི་ལད་མོ་བྱེད་  
ན་ནི་མཉམ་ཁུངས་ཏུ་གང་ཡིན་འདི་ཡིན་གྱི་ཆ་  
མེད་པ་ཞིག་ཏུ་འགྱུར་རེས་པས་འདིའི་ཐོག་  
ལ་ནན་ཏན་མཛད་དགོས་པ་ཡིན་ནོ།

རང་རེའི་ལ་དྲགས་འདི་ནི་འཛིག་རྟེན་གྱི་  
དམངས་གཙུག་རིང་ལུགས་ཅན་གྱི་རྒྱལ་  
ཁབ་ཆེ་ཤོས་རྒྱ་གར་ཆེན་པོའི་བྱང་ཕྱོགས་  
རི་བོ་གངས་ཅན་གྱི་རྒྱུངས་སུ་ཆགས་ཡོད་  
པའི་ས་གནས་ཤིག་ཡིན་ཅིང་རྒྱུངས་འདི་  
ལ་རང་གི་ཐུན་མིན་གྱི་ཤེས་རིག་ཐུན་སུམ་  
ཚོགས་པ་ཞིག་ཡོད་པ་ནི་བརྗོད་མ་དགོས་

ལ། འོན་ཀྱང་ལ་དྲགས་ཀྱི་མི་གངས་ནི་  
རྒྱ་གར་གྱི་ས་གནས་གཞན་གྱི་མི་གངས་ལ་  
དཔག་ན་ཤིན་ཏུ་ཉུང་ཉུང་ཞིག་ལས་མེད།  
ལ་དྲགས་འདི་དེར་སང་ཡུལ་འཕོར་སྲོལ་  
འཚམས་པའི་ས་གནས་སྐད་གྲགས་ཅན་  
ཞིག་ཏུ་གྱུར་སྟབས་འཛིག་རྟེན་གྱི་ས་གནས་  
གང་སོང་ནས་ལྟ་སྐོར་པ་མང་པོ་ཞིག་  
སླེབས་རྒྱུན་བཟུང་བའུང་གོས་རྒྱན་གོམས་  
གཤིས་སྐད་ཡིག་སོགས་གང་ཅིའི་ཐད་ལ་  
འཕོ་འགྱུར་ཆེན་པོ་ཞིག་ཐེབས་བཞིན་ཡོད་  
པས་ཡུལ་མི་རྣམས་གཞོན་ཀྱུན་གྱིས་རང་  
འགན་རང་གིས་སྤངས་ནས་ཤེས་རིག་སྲུང་  
སྲོལ་ཐོག་ལ་ཐུགས་གནང་མ་མཛད་ན་མ་  
འོངས་པར་རང་རེའི་ཤེས་རིག་དང་ལུགས་  
སྲོལ་གོམས་གཤིས་སོགས་འདི་དང་འདི་  
ཡིན་ཞེས་བསྟན་རྒྱུ་མེད་པ་ཞིག་ཏུ་གྱུར་  
ཉེན་ཚེ་བ་ཡིན།

གནའ་བོའི་དུས་ནས་ད་བར་གྱི་མི་རིགས་  
རྣམས་ཀྱིས་རང་རེའི་ཤེས་རིག་བཟང་པོ་  
དེ་མ་ཉམས་པར་ད་བར་འཛིན་སྲུང་བྱས་པ་  
ཡིན་ཀྱང་མ་འོངས་པར་ལ་དྲགས་ཀྱི་ཤེས་  
རིག་ཉམས་མེད་འཛིན་པའི་ཁག་དང་ལས་  
འགན་ནི་གཞོན་ཏུ་རྣམས་ཀྱི་ཡིན་པས་ཀྱུན་  
གྱིས་འདིའི་ཐོག་ལ་རང་འཁྲིལ་གྱི་ཕུག་  
ལས་མཛད་དགོས་པ་ནི་ཐོག་མའི་ལས་  
འགན་ཡིན།

གཞོན་ཏུ་ཀྱུན་གྱིས་མ་འོངས་ལ་དྲགས་ཀྱི་  
ཤེས་རིག་སྲུང་སྲོལ་བྱེད་པའི་ཆ་རྒྱུན་ལ་  
ཤེས་རིག་ཐོག་ལ་སྲི་ཚོགས་ཀྱི་ལྟ་སྐྱོངས་  
དང་པ་མའི་བསམ་ཚུལ་དང་ཡོན་ཏན་གྱི་  
ཐབས་བྱས་རྣམས་གཞན་གྱི་ལད་མོ་དང་  
གཡམ་པོ་ལྟ་བུ་མ་ཡིན་པར་ཡུལ་གྱི་ཤེས་

རིག་དང་མཐུན་ཞིང་འཚམས་པ་ཞིག་ཡོང་  
དགོས་ཤིང་།  
དེ་མིན་སྲི་ཚོགས་ཀྱི་ལྟ་སྐྱོངས་དང་པ་མའི་  
བསམ་ཚུལ་དང་ཡོན་ཏན་གྱི་ཐབས་བྱས་  
རྣམས་རང་གི་ཤེས་རིག་དང་ཡེ་མི་མཐུན་  
བཞིན་དུ་མ་འོངས་ལ་དྲགས་ཀྱི་ཤེས་རིག་  
གི་སྲུང་སྲོལ་གཞོན་ཏུ་ཀྱུན་གྱིས་བྱེད་དགོས་  
ཟེར་བ་ནི་རྒྱ་མེད་པའི་བུམ་པ་སྲོང་པ་ནས་  
སྐོམ་པ་སེལ་བྱེད་ཀྱི་རྒྱ་ལེན་པའི་དཔེ་དང་  
མཚུངས་པ་ཡིན་ནོ།

ཤེས་རིག་ལ་སྲི་ཚོགས་ཀྱི་ལྟ་སྐྱོངས་ཀྱི་  
ཐོག་ལ་རྒྱུང་བུ་ཅིག་བརྗོད་ན། རྒྱུན་དུས་  
ཀྱི་ལ་དྲགས་པ་རྣམས་ནི་རང་གི་ཤེས་རིག་  
ལ་ག་ཞེན་ཆེ་ཞིང་གོམས་གཤིས་བཟང་  
བའུང་གོས་རྒྱན་སྐད་ཡིག་སོགས་བསྐྱེད་  
ལྟན་མེད་པར་གཙང་མ་ཞིག་ལ་བེད་སྲོལ་  
བྱེད་མཁན་ཞིག་བྱུང་ཡོད་ཀྱང་།

དེར་སང་ནི་དུས་ཀྱི་འཕོ་འགྱུར་གྱིས་སྲོན་  
གྱི་ལམ་ལུགས་སྲོལ་བཟང་པོ་མང་པོ་  
ཞིག་ནམ་མཁའ་འཇམ་ལལ་བ་ལྟར་མིང་  
མེད་དུ་སོང་ཞིང་མང་ཉུང་ཞིག་སྟག་མར་  
ལུས་ཡོད་ཀྱང་མི་མང་གིས་གཞན་མའི་  
སྐད་ཡིག་དང་གོས་རྒྱན་བྱེད་སྟངས་འདྲག་  
སྟངས་ཀྱི་ལད་མོ་བྱེད་མཁན་ཀྱུན་ལ་རོ་  
མཚར་དུ་འཛིན་ཅིང་།

རང་གི་སྐད་ཡིག་དང་གོས་རྒྱན་བཟང་  
བའུང་སོགས་ལ་སྤྲོད་རྒྱུ་བྱེད་པར་མ་ཟད་  
དེ་དག་ལ་བེད་སྲོལ་དང་ལག་ལེན་བྱེད་  
མཁན་ཀྱུན་ལ་ཉམ་རྒྱུང་དང་བརྗེས་མེད་  
ཅིག་བྱེད་པ་ནི་སྲི་ཚོགས་ཀྱིས་རང་གི་ཤེས་  
རིག་ལ་ལྟ་སྐྱོངས་ལོག་པ་ཡིན་ཞིང་། དེ་



# ༡༡། རེ་བོ། བྱང་ཐང་ལ་ལོག་དཀར་རྒྱུ་ལྷོངས་ཀྱི་རེ་བོ་སྟེ་སྐྱ་ནག་གི་ སྐྱོར་མདོར་ཅམ་སྟེང་བ།

རེ་བོ་སྟེ་སྐྱ་ནག

བོད་ཀྱི་འབྲོག་པའི་ས་ཁུལ་ཁག་ན་སྐྱ་ནག་  
ཅམ་འབོད་བཞིན་པའི་སྐྱ་གྱར་དེར་འདིར་  
ལ་དྲགས་བྱང་ཐང་གི་འབྲོག་པའི་ས་ཁུལ་  
ཁག་ན་སྐྱ་ནག་ལ་༼རི་བོ་འམ་རེ་བོ༽ ཞེས་  
འབོད་བཞིན་སྟེ། ངས་གནས་འདི་གའི་  
མི་རྒན་ལོ་ན་བརྟན་ཅུ་བརྒྱལ་བ་འགའ་ཞིག་  
ལ་དེའི་སྐོར་སྐད་ཆ་བྲས་བུ།

དེ་དག་གིས་གསུང་བ་ལྟར་ན། དེ་སྔ་  
དཀར་རྒྱུ་ལྷོངས་སོགས་བྱང་ཐང་གི་  
འབྲོག་ཡུལ་ལམ་ཆེ་བ་ཞིག་གནས་གཅིག་  
ཏུ་གཞི་ཆགས་ནས་སྟོད་ཀྱི་མེད་པར་  
གནས་གཞན་ནས་གཞན་ཏུ་རེ་བོ་སྟེ་སྐྱ་  
གཡལ་འབྲི་ལུག་གསུམ་དང་སྟན་ཏུ་རྩ་  
བཟང་རྩ་བཟང་འཛོལ་བཞིན་འགོ་མཁན་  
ཡིན་པར་མ་དོན། དེ་ནས་རིམ་བཞིན་  
འབྲོག་མི་རྣམས་ཀྱིས་སོ་སོར་ཁང་པ་  
བརྩིགས་པ་སོགས་ཀྱིས་ཡུལ་ལྷང་ཆགས་  
པར་ཡང་ཤེས་རྟོགས་བྱུང་། སྤྱིར་ད་  
སྟེ་སྐྱ་ནག་སུའང་རེ་བོ་སྟེ་སྐྱ་གཡལ་  
འབྲི་སོགས་སྟོལ་སྟོང་གྲེད་མཁན་དང་ས་  
གནས་གཅིག་ནས་གཞན་ཞིག་ཏུ་རྩེ་སྤྱིར་  
སྟང་རི་སྟེ་གསུམ་ལ་དུས་ཚོད་དང་བརྟན་  
ནས་འགོ་མཁན་ཡང་ཡོད་འདུག འོན་  
ཀྱང་གྲངས་ཀར་བརྩི་བ་ཡིན་ན་དེ་སྔ་ལ་  
དཔག་ན་ཉུང་ཉུང་ཡིན་པ་ཚོད་དཔོག་བྱུང་།

གན་པོ་འགས་བཤད་སྟོལ་ལ་རེ་བོ་སྟེ་སྐྱ་  
ནག་དེ་ཉིད་ཐོག་མར་ཡོངས་ཁུངས་ནི་བོད་  
ཀྱི་ཁམས་སྟོགས་ནས་ཡོང་བར་བཤད་  
སྟོལ་ཡོད་འདུག་ཅེས།

རེ་བོ་བཟོ་བའི་རྒྱ་མི་གཡལ་གི་རྩིད་པ་ཡིན་  
ཞིང་། རེ་བོ་རྩེད་ཏུ་སྟེ་སྟེ་སྟེ་སྟེ་  
ཅམ་དང་རེ་བོ་ཆེན་བོར་སྟེ་སྟེ་སྟེ་  
བརྟན་བརྟན་ཡོད་པར་བཤད། རེ་བོའི་  
རྒྱ་རྩིད་པ་ནི་ནག་པོ་ཡིན་མོད། སྟོད་  
གཡལ་གཡོན་ལ་རྩིད་པ་དཀར་པོ་སྟེ་  
ནས་བཟོ་མཛེས་པོ་བརྟན་པ་ཡང་ཡོང་  
ཟེ། རེ་བོའི་སྟོགས་གཡལ་གཡོན་ནས་  
རྩིད་ཐག་གིས་འཐེན་ནས་སྟང་ལ་སྟུར་  
སྟེ་སྟེ་སྟེ་སྟེ་སྟེ་སྟེ་སྟེ་སྟེ་སྟེ་  
དང་། རེ་བོའི་ནང་གི་སྟེ་སྟེ་སྟེ་  
སྟེ་སྟེ་སྟེ་སྟེ་སྟེ་སྟེ་སྟེ་སྟེ་  
བརྩིགས་ཤིང་། དེ་ནས་གཡལ་གཡོན་  
ལ་པ་མ་བྱ་སྟེ་གི་གདན་ཅོག་བཀའ།

སྤྱིར་འབྲོག་རིགས་རྣམས་ཤེས་སྟུང་  
གསུམ་ལ་རོལ་བ་བདེན་ཡང་དུས་ཀྱི་  
འགྱུར་འགྲོས་དང་བརྟན་ནས་རེ་བོའི་  
གཤམ་ཏུ་བཟུང་བརྟན་གི་རྩིད་སྟོགས་  
གཞན་ནས་འཁྲེང་བསྟེན་པའི་གོ་ནས་  
འབྲས་གསུམ་སོགས་ཀྱི་མད་སོགས་  
སྟང་ཡོད་པ་དང་། དྲིལ་དུ་ཐབ་ཚང་  
འཛུགས་ཤིང་གཤམ་ཀྱི་སྟོགས་འགར་

ཆས་གོས་གསར་བ་སོགས་དང་ལ་བཀའ་  
བ་དང་དེ་བཞིན་ཤེས་སོགས་ཀྱང་དེར་  
འཕྱར་ནས་བཞག་པ་མ་ཟད། འོ་མ་  
དྲེད་གས་གནས་ཀྱང་གཤམ་དང་ཉེ་བ་རེར་  
བྱེད་སྟོལ་ཡོད་པར་བཤད། རེ་བོའི་མཐའ་  
ནས་ས་བྱས་ནས་ཡུར་བ་བྱས་ཡོད་སྟབས་  
ཆར་རྩེ་སོགས་དེ་ནས་རྒྱ་ཞིང་ཁ་ཆར་  
སོགས་ཀྱི་འཛིགས་པ་མེད་པས་འབྲོག་མི་  
བྱ་སྟེ་རྣམས་གནའ་བོའི་སྤྱིར་དང་ལོ་རྒྱུས་  
ཤོད་ཀྱིན་ལུག་སྟོལ་གྱི་གཞུང་སྟེ་རྣམས་  
སྐད་གདངས་སྟན་པོས་འགྱུར་ཁྲུག་ལོན་  
ནས་དགའ་སྦྱིད་དང་སྟོད་པར་མ་དོན།

སྟོན་མ་རེ་བོ་མང་ཉུང་ཅི་ཡོད། དེ་སྔ་སྤྱིར་  
མི་གྲངས་དང་ཁྲིམས་གྲང་ཉུང་ཉུང་ཡོད་  
པའི་སྐབས་སུའང་དཀར་རྒྱུ་ལྷོངས་ཁག་  
གི་སྟང་ཐང་དག་ན་རེ་བོ་སྟེ་སྟེ་སྟེ་  
མཉམ་སྟོད་བྲས་པའང་ཡོད་འདུག དེ་  
དུས་ཀྱི་རེ་བོ་དག་ནི་རང་མི་རིགས་ཀྱི་ལག་  
འཐོན་གཡལ་གི་རྩིད་པ་ཤེས་ཡིན་པ་  
ལས་ཡུལ་ལྷང་གཞན་ནས་ཉེས་པ་དང་རྒྱ་  
ཆས་གཞན་གྱིས་བསྟུབས་པའི་གྱུར་སོགས་  
སྟབ་ཀྱི་མེད་པ་གསལ་པོ་ཤེས་བྱུང་།

འོན་ཀྱང་རིམ་གྱིས་མི་གྲངས་དང་ཁྲིམ་  
གྲངས་ལོ་མོད་རེ་བོ་བཟོ་མཁན་དང་ཐག་  
མཁན་རྒྱ་རྩིད་དུ་ལས་ལོ་ནས་ལོར་ཉུང་དུ་  
སྟོན་པ་དང་། འབྲོག་མི་རྣམས་ཀྱང་དེར་

དུས་ལ་དྲགས་ཀྱི་ཡུལ་ལུང་གཞན་གྱི་མི་  
 ལྟར་དམག་མི་སོགས་གཞུང་གི་ལས་ཀ་  
 དང་སྐྱེད་གྱི་འཚོ་ཐབས་གསར་བར་ཁ་  
 སྲོགས་བཞིན་སྲིད་པ་དང་། རྒྱལ་སར་  
 གནས་སྐྱོད་བྱེད་པ་སོགས་ལོ་ནས་ལོར་  
 བྱུང་དང་འབྱུང་བཞིན་པའི་གནས་སྟངས་  
 དག་གིས། རྒྱལ་ས་ནས་ཁང་བྱིས་སོ་  
 མའི་གངས་ཚད་དང་མཐོ་ཚད་དེ་བཞིན་  
 བཟོ་དབྱིབས་སོགས་ལ་ཅི་ཅམ་ཡར་རྒྱས་  
 སྲིད་པ་དེ་ཅམ་གྱིས་འབྲོག་ས་ཁག་ནས་  
 འབྲོག་པའི་རེ་བོ་འཇུག་གི་བཟོ་རྩལ་  
 དང་མཛེས་ཉམས་གྲང་བོར་སོགས་རྒྱ་ཆེ་  
 བའི་རྩ་ཐང་དང་སྤྱད་པ་ཉ་ཅང་ཉམས་  
 རྒྱུད་སྲིད་ནས་ད་ལྟ་གངས་བོར་ཡང་མི་  
 གངས་ལ་དཔག་ན་ཤིན་ཏུ་ཉུང་ཉུང་ཡིན་  
 པ་མ་ཟད་རྒྱ་གར་གྱི་རས་གྲུར་དཀར་  
 རག་འགའ་ལ་ཐུག་ཡོད་པའི་གནས་སྟངས་  
 སེམས་གྱིས་སེམས་མ་ཐོད་པ་དང་བཟོད་  
 མི་ཐུབ་པའི་ཚོར་སྣང་སྐྱེད་མོ་སྟེར་བའི་  
 གནས་ཤིག་ལ་བསྐྱེད་པའི་འདུག

འགྲུར་བཞིན་པའི་རེ་བོའི་རྣམ་པ།  
 དེ་སྤྱི་རེ་བོ་རྣམས་གཡལ་གི་རྩིད་པར་  
 འཐག་ཅིང་སྤུབ་པ་ཡིན་མོད། འོན་ཀྱང་  
 དུས་ཀྱི་འགྲུར་འགྲོས་དང་བསྐྱེད་ནས་སྲིས་  
 སྤྱི་རྒྱ་གར་གཞུང་གིས་༼ལུག་རྒྱུད་སྤེལ་  
 ལས་ཁུངས།༽འབྱུང་ནས་བྱང་ཐང་འབྲོག་  
 རིགས་རྣམས་ལ་དམག་མིའི་གྲུར་ལྟ་བུའི་  
 རས་གྲུར་དཀར་ལྟར་དེ་གནང་ཡོད་པས་  
 དེར་འབྲོག་པའི་སྤྱང་ཐང་ན་རྩིད་པ་རག་  
 པའི་རེ་བོའི་གོ་ས་དེ་རས་གྲུར་དཀར་  
 གིས་ལེན་ཡོད་པའང་མཐོང་ཐུབ། དེས་

འབྲོག་མི་རྣམས་ལ་གཡལ་རྩིད་ཀྱིས་ཉིན་  
 གངས་མང་བའི་རིང་ཐགས་འཐག་པ་དང་  
 རེ་བོ་བཟོ་བསྐྱེད་བྱེད་དགོས་ཀྱི་དཀའ་ངལ་  
 ལས་ཐར་ཡོད་ཀྱང་། བ་མེས་ནས་བརྒྱུད་  
 བའི་ལག་རྩལ་དང་ལེགས་སྤྱང་བཟང་བོ་  
 ཞིག་ཀྱང་ལྟན་ཏུ་མིག་ལམ་ནས་གར་སོང་  
 ཆ་མེད་ཏུ་འགྲུར་བཞིན་མིན་ནམ་སྐྱེས་པའི་  
 ཚོར་སྣང་ཞིག་རང་ལྷགས་ཀྱིས་སྐྱེས་འོང་།

སྤྱིར་དེར་མི་ཟེར་བ་དེ་ལས་ཅི་ཅམ་ཡིན་  
 རའང་སྤྱི་མོ་དང་སྤྱབས་བདེ་ཞིག་བྱེད་  
 འདོད་པ་ཁོ་ན་ཡིན་པས། རྒྱ་གར་གཞུང་  
 གིས་གྲུར་དཀར་ལྟར་སྤྱད་ནས་ལོ་འགའི་  
 རེས་གནས་འདིའི་འབྲོག་མི་རྣམས་ལ་  
 རྒྱ་གར་གཞུང་གིས་སྤྱིར་ཡང་གཡལ་འབྲི་  
 ལུག་གསུམ་སོལ་སྤྱོད་བྱེད་པའི་སྤྱང་ཐང་  
 འགའ་རེར་རེ་བོ་འཇུག་རས་གྲུར་དཀར་  
 དེའི་ཚབ་ཏུ་ཁང་རྒྱུད་པ་རེ་བཅུ་གས་  
 གནང་ཡོད་འདུག་པས། དེར་འབྲོག་པ་  
 མང་དག་ཅིག་ལ་རས་གྲུར་གྱི་རེ་བོ་ཡང་  
 ཐུབ་མ་དགོས་པར་ཁང་རྒྱུད་དེའི་སྤེལ་  
 འཁྲུར་ནས་འགྲོ་བ་ལས་དེ་སྤོན་བཞིན་རེ་  
 བོ་དང་གྲུར་ཐག་སོགས་ལྟན་ཏུ་གང་ཡང་  
 འཁྲུར་མི་དགོས་པ་ཡིན་འདུག  
 དེ་བས། ཁོ་བོའི་བསམ་པར་དེ་ནི་དུས་  
 གསར་འབྲོག་པའི་སྤྱབས་བདེའི་བྱེད་  
 སྤྱང་ས་ཤིག་ཏུ་གྲུར་པ་རེད་ཅེས་ཀྱང་བརྗོད་  
 ཚོག་པ་འདུག དེས་ན། ཁང་རྒྱུད་དེ་སྤེལ་  
 འདུག་གི་མིག་ལམ་དུ་འཆར་མ་ཉིད་  
 རས་དེས་འབྲོག་པའི་དཔལ་དང་ཉམས་  
 བརྗོད་སོགས་ཆ་ཚང་རེ་རེ་བཞིན་རྒྱུད་རིང་  
 ཞིག་ཏུ་སྤྱགས་མེད་དམ་སྐྱེས་པ་ཞིག་

སེམས་ནང་ངང་གིས་འཆར་འོང་།  
 རྒྱ་མཚན་ནི་ཁང་རྒྱུད་དེ་མིག་ལམ་དུ་འཆར་  
 མ་ཉིད་ནས་དེར་སྤོད་མཁན་རྣམས་འབྲོག་  
 པ་ཞིག་ཡིན་འདུག་སྐྱེས་པའི་ཚོར་འདུ་དེ་  
 འབད་པས་བསྐྱེད་ན་མ་གཏོགས་སྤྱི་རག་  
 གམ་རེ་བོས་མིའི་སེམས་ཁོང་དུ་ཚོར་བ་  
 དྲག་པོ་ཞིག་ངང་གིས་འཆར་འོང་བ་ལྟ་བུ་  
 ཞིག་རང་ལྷགས་ཀྱིས་གང་ཡང་འཆར་མི་  
 ཐུབ་པའི་དཀའ་ཚོགས་ཅིག་ཏུ་གྲུར་ཡོད་  
 འདུག གཡལ་འབྲི་ལུག་གསུམ་ཅི་ཅམ་རེ་  
 ཡོད།

དཀར་རྒྱལ་ལུག་དུ་སྤྱི་མ་གྲོང་པ་རེར་  
 གཡལ་འབྲི་ར་ལུག་མང་བོ་ཡོད་པའི་ལོ་  
 རྒྱུས་ཡོད་ན། དེར་གི་དུས་སྤྱིར་གྲོང་པ་  
 འགའ་རེར་གཡལ་འབྲི་ལྡ་བཅུ་ནས་བཅུ་  
 ཅུ་བར་ཡོད་ཅིང་། ར་ལུག་ཀྱང་ཉིས་བརྒྱ་  
 རས་སུམ་བརྒྱ་བར་ཡོད་འདུག ཉུང་ཤོས་  
 གྲོང་པ་རེར་གཡལ་འབྲི་ལྡ་ནས་བཅོ་ལྡ་  
 ཅམ་དང་ར་ལུག་ཀྱང་སུམ་བཅུ་ནས་བཞི་  
 བཅུ་ཅམ་རེ་ཡོད་འདུག ཡང་འགའ་རེ་  
 བོ་གཡལ་འབྲི་གཏན་ནས་མེད་པའང་ཡོད་  
 འདུག དེ་དག་ནི་ཕལ་ཆེ་བ་གཞུང་སྐྱེར་  
 གྱི་ལས་བྱེད་པའང་འཚོ་ཐབས་གཞན་ལ་  
 བརྟེན་པ་རེ་ཡིན་ཞིང་དུས་པལ་ཆེ་བ་སྤོ་  
 རྒྱལ་ས་སོགས་ལ་འགྲོ་འོང་གཏོང་བཞིན་  
 སྤོད་པ་རེ་ཡིན་པར་རྟོགས།

༼དར་རྒྱས། བདེ་སྤྱིད་པ་ནས་བྱིས༽

Celebrating 50 Years of  
Tourism in Ladakh A  
journey of Connectivity,  
Growth & Cultural Exchange

Sustainable tourism  
in Ladakh: Insight from  
visitors, stakeholders

Winter in Ladakh: A Journey  
of Stark Beauty, Rich  
Heritage & Warm Hospitality

"Nurturing Ladakh's Potential:  
A Closer Look at the Booming  
Animal Husbandry & Dairy  
Sector"



सत्यमेव जयते

DEPARTMENT OF  
INFORMATION &  
PUBLIC RELATIONS,  
LEH, LADAKH

ཨ། ལ་དུགས་ཕོ་ཉ་སྒྲེ།

LADAGS PHONYA, LEH | Volume - 4 | Issue- 4 | July - August, 2024



ལ་དུགས་ཕོ་ཉ་སྒྲེ།

ཞེས་པའི་གཞུང་གི་དུས་དེབ་འདི་ཉིད་དཔེ་དེབ་ཚོང་ཁང་སོ་སོ་ནས་ཉོ་བྱུང།

LADAGS PHONYA, LEH

A Bi-lingual Magazine (English & BHOTI)

Published By The Department Of Information & Public Relations, Leh

Available for sale at:

➤ ABC Stationery  
Near Barista, Zangsti

➤ Ladakh Stationers  
Near Petrol Pump

➤ Universal Enterprise  
Skalzangling