

@ALTOA_1974
It is a proud moment that the Hon'ble Minister for Tourism & Culture, Government of India, Sh. Gajendra Singh Shekhawatji, has kindly inaugurated the Ladakh Pavilion at ITB Berlin. We extend our best wishes to all participants for great success at this prestigious global platform.

@ashishkundra
Ladakh boasts of a unique biodiversity and wild life of the Himalayan region. People of Ladakh, have for centuries lived in harmony with wild life. It is a sacred relationship which must be treasured. Celebrating #WorldWildlifeDay

WOMEN EMPOWERMENT
On March 04 in 1982, Canadian jurist Bertha Wilson became the first woman appointed to the Supreme Court of Canada.

PENDING CASES:
In entire union territory of Ladakh 1433 is the number of court cases that are pending in the lower judiciary.

COMPULSORY SOUND HORN
There are some conditions when blowing horn becomes compulsory. While maneuvering a blind turn especially in hilly roads blowing horn before turn is one of the safety measure. So whenever you see this sign blow horn to let oncoming traffic know your presence on road.

Ladakh Tourism Deptt to launch Holistic Homestay support framework on Mar 5

EARTH NEWS SERVICE

LEH: The Department of Tourism, Union Territory of Ladakh, will launch the Holistic Homestay Support Framework on March 5 at the State Institute of Hotel Management, Ladakh, marking a fresh push to strengthen service standards and promote structured tourism practices across the region. The launch event, scheduled to begin at 10:00 AM, will also witness the inauguration of a 21-day

Struc- tured Homestay Training Programme aimed at enhancing hospitality skills among homestay operators. The initiative will be unveiled in the presence of Administrative Secretary, Tourism, Sanjit Rodrigues, and Additional Secretary, Tourism, Mandeep Mittal. According to officials, the Holistic Homestay Support Framework has been developed to reinforce quality assurance measures and encourage responsible tourism practices in

Ladakh. The framework is designed to streamline operations, establish clear service benchmarks, and build institutional support for homestay establishments operating across the Union Territory. The Tourism Department stated that the mechanism will offer structured guidance to homestay owners, ensuring improved guest services while maintaining environmental and cultural safeguards. Authorities believe that a defined support system will

help standardise facilities and bring greater consistency in visitor experience. Alongside the framework, the 21-day training programme at SIHM will provide practical exposure in hospitality management, guest relations, hygiene protocols, and sustainable tourism practices. The course is expected to equip local operators with professional skills aligned with evolving visitor expectations. Officials maintained that the initiative is in line

with Ladakh's broader strategy to promote community-based tourism while safeguarding its fragile ecosystem and cultural heritage. By strengthening local capacity and introducing organised support structures, the Department aims to foster a resilient and well-regulated homestay network. Stakeholders and participants have been invited to attend the launch ceremony and take part in efforts to enhance tourism standards in Ladakh.

H.H Dalai Lama presides over Grand Ordination ceremony



EARTH NEWS SERVICE

DHARAMSALA: On the auspicious full moon day of Losar Tsepa 15, His Holiness the 14th Dalai Lama presided over the concluding day of a significant four-day ordination ceremony held at his residence in Dharamsala, Himachal Pradesh. The sacred ceremony marked an important spiritual milestone for hundreds of aspirants who

gathered from across the globe to receive monastic vows under the guidance of the revered Tibetan spiritual leader. The event drew participation from representatives of eight countries, reflecting the growing global interest in Buddhist monastic life and teachings. During the four-day proceedings, a total of 128 individuals were ordained as novice monks and nuns, formally entering the path

of monastic discipline and spiritual training. In addition, 95 monks received full ordination, undertaking higher vows and deeper commitment to the Vinaya tradition. The full moon day of Losar Tsepa 15, considered highly auspicious in the Tibetan Buddhist calendar, added spiritual significance to the ceremony. Devotees and well-wishers offered prayers for the long life of His Holiness and the flourishing of the Buddha Dharma worldwide. The ceremony concluded with blessings from His Holiness, who emphasized the importance of compassion, ethical discipline, and dedication to the service of humanity. The event stood as a powerful affirmation of the continuity and vitality of the Buddhist monastic tradition in the modern world.

AKSAD, MP Haneefa Jan submit condolence letter to Iranian representative in New Delhi



NEW DELHI: The All Kargil (Ladakh) Students' Association Delhi (AKSAD), accompanied by Member of Parliament Haji Mohd Haneefa Jan, on Tuesday submitted a formal letter of condolence to His Eminence Majid Hakim Ilahi, Representative of the Supreme Leader of the Islamic Republic of Iran. The communication conveyed profound sorrow over the reported martyrdom of Ali Khamenei. In the letter, he was described as a towering spiritual and religious authority whose guidance shaped and influenced the global Shia community over

the years. The message, presented during the holy month of Ramadan, expressed solidarity with the people of Iran amid what was termed a period of immense grief. AKSAD and MP Haneefa Jan offered prayers for eternal peace for the departed soul and sought strength and patience for the bereaved community. The delegation observed that the gesture symbolised the deep-rooted emotional and spiritual bonds shared by members of the community in Ladakh with the wider Muslim world. It also reflected a collective sense of mourning and unity during a time of reflection.

Three-Day mourning for Ayatollah Ali Khamenei concludes in Kargil

EARTH NEWS SERVICE

KARGIL: A three-day consecutive mourning programme to commemorate the martyrdom of Ayatollah Syed Ali Khamenei concluded in Kargil on Monday. The programme was organised under the banner of the Imam Khomeini Memorial Trust (IKMT), Kargil. According to a statement issued by the Publicity and Information Cell of IKMT, thousands of men and women from various villages and adjoining areas of the district participated in the observance. Peaceful and disciplined processions were taken out through the main market of Kargil, reflecting unity and collective grief among the people. The processions culminated at Hussaini Park, where the main Fatiha Khawani was conducted for the martyred leader. The organisers stated that the gatherings remained orderly and were marked by a solemn atmosphere through-



out the three days. During the programme, religious scholars and prominent community leaders addressed the participants. In their speeches, they highlighted the teachings, vision and values of Ayatollah Syed Ali Khamenei. They spoke about his commitment to faith, moral integrity, social justice, unity of the Ummah and resistance against oppression. The speakers urged people to

follow these principles in their personal and social lives and to draw inspiration from his leadership and lifelong dedication. The statement added that the mourning programmes were conducted in a peaceful, organised and dignified manner. Special arrangements were put in place to ensure smooth movement of the processions and proper coordination at the venue. The large participation

of people from different sections of society was described as a reflection of communal harmony and solidarity in the district. The Imam Khomeini Memorial Trust, Kargil, expressed appreciation to the District Administration and Ladakh Police for their cooperation in ensuring the smooth conduct of the programme. The Trust also extended gratitude to the Ladakh Buddhist Association, Leh; Zanskar Buddhist Association, Zanskar; Kargil Buddhist Association, Kargil; Ahle Sunnat Wal Jamaat, Zanskar; Ahle Sunnat Wal Jamaat, Kargil; Anjuman-e-Norbaksha, Kargil; the Municipal Committee; Public Health Engineering Department; media houses; volunteers; and all individuals who contributed directly or indirectly to the successful organisation of the event. The three-day observance concluded with prayers and reaffirmation of the values highlighted during the gatherings.

Spl facilities put in place for Devotees on Tangpe Cho-nga Lt Governor Gupta calls on Youth to follow Buddha's teachings for Peace and Harmony

EARTH NEWS SERVICE

LEH: Reflecting reverence for Ladakh's spiritual traditions, Lieutenant Governor Kavinder Gupta directed the LG Secretariat to put in place special arrangements for devotees performing Gochaks (prostrations) on the sacred occasion of Tangpe Cho-nga. Tangpe Cho-nga, observed on the 15th day of the first month of the Tibetan lunar calendar, is regarded as one of the most auspicious days in the Buddhist calendar. On the occasion, arrangements were made at Leh Gate, where batches of prostrators concluded their Gochaks, and below the historic Tsemo Monastery. Thousands of prostrators and devotees were provided refreshments as a gesture of support for their devotion and perseverance. The initiative was aimed at easing the culmination of the rigorous spiritual practice undertaken by participants from across the region. In his message,



Lt. Governor Gupta highlighted the spiritual importance of alms and selfless service. He observed that the distribution of refreshments was not merely an act of hospitality but an offering rooted in the values of compassion, charity and collective responsibility as taught by Lord Buddha. According to him,

acts of generosity nurture empathy, strengthen social bonds and reinforce unity within society. Calling upon the people of Ladakh, especially the youth, to imbibe the teachings of Lord Buddha in their daily lives, the Lieutenant Governor underlined the continued relevance of these teachings in promoting

peace, harmony, mutual respect and non-violence. Reiterating the Administration's commitment, Gupta said sustained efforts would continue to preserve and promote Ladakh's rich spiritual and cultural heritage while encouraging compassion and selfless service for the greater good. He acknowledged the

Bhikkhu Sanghasena extends birthday greetings to H.H. Sitagu Sayadaw



EARTH NEWS SERVICE

LEH: On the auspicious occasion of the 89th Holy Birthday of Sitagu Sayadaw Dr. Ashin Nyanissara Sayadaw, heartfelt greetings and reverential salutations were extended by Bhikkhu Sanghasena and the entire fraternity of the Mahabodhi International Meditation Centre (MIMC), Leh. In his message, Bhikkhu Sanghasena expressed profound respect and gratitude towards His Holiness, describing it as a great fortune in his lifetime to receive the guidance and blessings of another most revered Guru whose wisdom has significantly shaped his spiritual journey. He acknowledged the

immense contribution of Sitagu Sayadaw to the Buddha Sasana and highlighted his far-reaching impact on countless beings around the world through his teachings, humanitarian efforts, and multifaceted Dhamma activities. "On behalf of all members, staff, and students of MIMC, I offer our most reverential salutations on this sacred occasion," the message stated. Bhikkhu Sanghasena further prayed for the continued flourishing and global spread of His Holiness's sublime teachings. He also offered prayers for the long, healthy, and peaceful life of Sitagu Sayadaw, expressing hope that his guidance would continue to benefit humanity for many years to come.

Holistic wellness drive at SNM Hospital Leh benefits Patients and Healthcare workers

EARTH NEWS SERVICE

LEH: The weekly Monday Yoga Sessions at Sonam Norboo Memorial Hospital (SNM Hospital) are steadily emerging as an integral part of patient care and staff wellness in Leh. Held as part of the hospital's ongoing wellness initiative, the latest session took place at the GT Ward under the guidance of Yoga Instructor Ms. Rinchen Dolma. The session commenced with gentle neck movements and loosening exercises designed to ease migraine and chronic headache concerns. Participants were guided through controlled practices aimed at reducing stiffness in the cervical region, a common complaint linked to prolonged stress and sedentary routines. A focused segment of the session addressed digestive health. Participants performed Manduk Asana, Vajrasana and Paschimotanasana, postures known to stimulate abdominal organs and support metabolic function. The exercises were aimed at managing common digestive issues such as constipation and bloating. Considering Leh's high-altitude conditions, special attention was given to respiratory strengthening, Uttan Mandukasana, Bhujangasana (Cobra Pose) and Kapalbhata Pranayama were practiced to enhance lung capacity and improve oxygen intake. These breath-



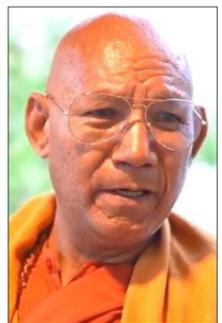
ing techniques also assist in clearing respiratory passages, an essential measure in regions where oxygen levels are lower than plains. The instructor further demonstrated postures targeting lower back discomfort, along with loosening movements to relieve strain in wrist and knee joints. Such issues are frequently observed among patients and healthcare workers due to extended working hours and physical strain. The session concluded with calming stretches followed by Anulom Vilom Pranayama, a breathing practice associated with

stress reduction, blood pressure regulation and improved sleep quality. The ward witnessed a tranquil atmosphere as participants reported feeling mentally relaxed and physically revitalized. Hospital authorities view the initiative as a complementary approach to conventional treatment. By encouraging preventive healthcare and balanced living, SNM Hospital continues to foster a culture where physical care is supported by mental and emotional well-being, benefiting both patients and medical staff across Ladakh.

Sanghasena condemns killing of Khamenei, calls for peace

EARTH NEWS SERVICE

LEH: Bhikkhu Sanghasena, founder of the Mahabodhi International Meditation Centre (MIMC), has expressed deep sorrow and solidarity following reports of the killing of Iran's supreme leader Ali Khamenei, an incident that has further intensified tensions and suffering in parts of the Middle East. In a message, Bhikkhu Sanghasena strongly condemned the taking of any human life and voiced grave concern over the escalating cycle of violence that continues to claim innocent lives, including those of children. He emphasized that violence only deepens divisions and prolongs human suf-



fering. Extending heartfelt condolences, he conveyed solidarity with Shia Muslims in Ladakh and across the world who are mourning this profound loss. He assured the grieving community of his thoughts and

prayers during what he described as an extremely difficult and painful time. On behalf of the Mahabodhi International Meditation Centre, Bhikkhu Sanghasena reaffirmed the institution's unwavering commitment to unity, mutual respect, compassion, and brotherhood among all communities. He stressed the importance of interfaith harmony and peaceful co-existence, particularly in times of heightened tension. Concluding his message, he prayed for healing, reconciliation, and the restoration of peace, expressing hope that pain would be eased, wounds healed, and harmony would ultimately prevail.