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**Brig. (Dr.) B.D. Mishra (Retd.)**  
ब्रिग. (डॉ.) बी.डी. मिश्रा (अ.प्रा.)



**Lt. Governor**  
उपराज्यपाल  
Union Territory of Ladakh  
केन्द्र शासित प्रदेश लद्दाख

### Message

I am glad to learn about the release of the second volume of 'Shesrap' – a beacon of wisdom illuminating the academic journey of the Govt. Degree College Zaskar.

Wisdom, as symbolized by the title 'Shesrap', is a guiding light that shapes the minds of the future leaders, thinkers and contributors to society. 'Shesrap' is serving as a platform for students to express themselves, share their insights and enrich the academic discourse. It is heartening to witness the dedication and enthusiasm with which the college community has come together to anthologize the second volume of 'Shesrap'. I commend the editorial team, writers and all others integrated with this endeavor for their contribution and commitment to excellence.

Education is a powerful tool that can transform lives and communities. Govt. Degree College Zaskar is doing the same and nurturing the intellectual potential of the students in one of the remotely located regions in Ladakh. In fostering a culture of learning, critical thinking and creativity, role of the College has been commendable.

Growth and achievements of Govt. Degree College Zaskar have been people friendly. The conduct of Zaskar Marathon by GMDC Zaskar in collaboration with District Youth Sports and Nehru Yuva Kendra Kargil is one such instance of their participation in the region's good activities.

I am sanguine that the College will continue to inspire and empower the youth of Ladakh. I wish Govt. Degree College Zaskar continued success in all its academic initiatives.

With best wishes for successful release of the second volume of 'Shesrap'.

*Bhishma*

Dated: 19<sup>th</sup> of February, 2024

Brig. (Dr.) B.D. Mishra (Retd.)





**PROF. S. K MEHTA**  
VICE CHANCELLOR

UNIVERSITY OF LADAKH

ལ་དུགས་གཙུག་ལག་སྡེ་ཁག་ལྷ་མོ་རྩོམ་།



लद्दाख विश्वविद्यालय



No.VC/UOL/Leh/10/2024

Date: 17.01.2024

## Message

Delighted to know that Govt. Model Degree College Zaskar is coming up with their College Magazine (Vol. II) titled "Shesrap" meaning Wisdom in Zanskari language. A college magazine provides a space to share information about academic achievements, creative works and extracurricular activities of the college, besides offering a platform to students and staffs, for their creative expression.

I have visited the college during last years and found good infrastructure and learning facilities in the college campus, inspite of its remote location in Ladakh. The administration of UT Ladakh has taken steps towards further strengthening the infrastructure and I believe that soon the college will become a beacon of excellence in higher education.

I have learned that the college has established skill Lab. for "Graphic Designer" and "Hand Embroidery", a great initiative for enhancing jobs opportunities among students.

Indeed, publication of an annual college magazine is a labor of dedication and collaboration. I appreciate the hard work and efforts of faculty members and students in bringing out the volume II of college annual magazine and hope this will be informative and resourceful.

I wish best of luck to the faculty and students of the college for endeavors.



Prof.S.K.Mehta



**Dr. Mohd Jaffer Akhoon**

Chairman/Chief Executive Councillor  
(Status of Cabinet Minister)



لداخ خود مختار پہاڑی ترقیاتی کونسل کرگل

Ladakh Autonomous Hill Development Council  
Kargil Ladakh

No : ..CEC-K/79/8524..

Date : ..12-01-2024..

### MESSAGE

It gives me immense pleasure to know that Govt. Model Degree College Zanskar is bringing its 2<sup>nd</sup> volume of college magazine under the title "**Shesrap**" as a part of the co-curricular activities. The magazine shall cover various aspects of the institution and showcase the different activities of the college in a vibrant and reader friendly manner.

I believe that the College is serving an important purpose in far-flung area of the district in imparting quality education to the young generation at their doorsteps. The College is proving instrumental in catering the much needed higher education opportunities to the students of Zanskar and regular publication of the college magazine and other souvenirs shall provide with a unique learning experience to the young minds in scripting their ideas under the guidance of experienced faculty.

I also hope that the magazine shall also portray the rich cultural heritage of Zanskar imbibing true human values in the academic career of the students.

I congratulate the Principal and faculty of Govt. Model Degree College Zanskar in bringing this edition of the college magazine and appreciate the efforts infused by the writers and supporting staff involved in the publication.

The Ladakh Autonomous Hill Development Council is providing every possible support to the institution and continue to guide with the high spirit and dedication in its efficient functioning.

With best wishes.



(Dr. Mohd Jaffer Akhoon)  
Chairman/Chief Executive Councillor,  
LAHDC, Kargil.



འཇམ་དབྱངས་ཚེ་རིང་རྒྱ་ལྷ་ལ།  
**जामयांग त्सेरिंग नामग्याल**  
**JAMYANG TSERING NAMGYAL**



ཐུ་གར་ཤྲོམ་ཚོགས་ནང་ལ་དཔལ་ཀྱི་ཐུ་འཛུལ།  
**संसद सदस्य**  
**Member of Parliament (Lok Sabha)**

**Dated: 04 Feb 2024**

### Message

As a morning star, the inception of the Magazine set remarkable contributions that will surely influence the College's future. I am delighted to share that the Magazine provided insights kaleidoscopic glimpses on Zanskar from the upper echelons of intellects to students, educating readers about Zanskar. The Magazine reflected the hard-works and dedications from both talented students and staffs. These are noteworthy and significant college documents for Zanskar region.

I have no doubt that the upcoming edition will surpass its predecessor in terms of quality and content. It will be showcased from galaxy of contributions from both students and staffs. It will be a grateful for all of your efforts, dedication, and enthusiasm will be not gone unnoticed.

I wish the best to the team of Shesrap and looking forward to the College becoming exemplary roles for higher education at the region as well as nation level.

**Best wishes,**



(JAMYANG TSERING NAMGYAL)

*Thank you, Modi Sarkar for creation of Union Territory Of Ladakh*

Mobile: +91-9469086667, Email: jtnladakh@gmail.com, Facebook: /JTNLadakh, Twitter: @jtnladakh  
 Address: 404, Kaveri Apartments, 7-9, Dr Bishambar Das Marg, Baba Kharak Singh Marg area, New Delhi – 110001 • Tel.: 011-23310390



**Zakir Hussain**  
**Executive Councilor**  
(MOS Status)



لداخ خود مختار پہاڑی ترقیاتی کونسل کرگل

Education, Higher Education, Handloom, Handicraft, PDD,  
Mechanical, Horticulture, Industries & Commerce  
Ladakh Autonomous Hill Development Council Kargil

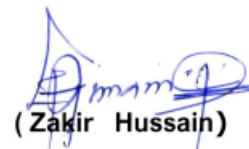
## MESSAGE

It gives me immense pleasure to learn that the staff and students of Government Model Degree College Zangkar is bringing out/ publish the second volume of college magazine "**Shesrap**" the name of the magazine has kept after the great Buddisht Scholar Changsen Shesrap Zangpo who founded many monestries in Ladakh including the famous Phuktal Monastery in Zangkar. I am delighted to pen down few words as message which sprinkles for the readers, giving opportunities to inculcate their wisdom.

Since Zangkar is situated at a distance of about 240 kms. away from the district Headquarters Kargil and in order to provide Higher Education at the door step of this remote and far-flung area of the district, the Government has sanctioned Model Degree College at Zangkar. The College has done tremendous work to flourishing the students in the field of education in Zangkar Sub Division which helps the poor and needy students of the Sub Division to compete and achieve their goals in different fields, despite of having abridged manpower, financial constraints and topography condition of the area. The College has always been proactive in curricular & co-curricular activities, exhibitions, students exchange programmes to make classroom learning skill experience.

I appreciate the efforts, hard work and enthused endeavors with pay my heartiest congratulation and convey my good wishes to the entire editorial team for their determined efforts in bringing out the second volume of college magazine "**Shesrap**" and doing the selfish work of the Principal and staff members of the College for upliftment of educational standard of the students in the Sub Division by facing the hardship and challenges of the area.

I wish all for the very best in all its future endeavors.

  
(Zakir Hussain)





Er. Punchok Tashi  
Executive Councillor  
Rural Dev. Deptt / PR/ Forest / Cooperative  
Zanskar Development Authority  
(Status of Deputy Minister)

ལ་རྒྱལ་སྤྱི་ལོ་ལྟར་མངའ་སྡེའི་འཛིན་སྐྱོང་གཞི་གནས།  
ལ་རྒྱལ་རང་སྐྱོང་རི་ཁྱོད་ས་ཡར་རྒྱས་ལྷན་ཚོགས་དཀར་དཀྱིལ།  
THE ADMINISTRATION OF UNION TERRITORY OF LADAKH  
LADAKH AUTONOMOUS HILL DEVELOPMENT COUNCIL KARGIL

Ph (O) : 01982 - 233857  
Cell : 9419177627, 7006623645  
Email : tashipadum@yahoo.com

Ref. No.: LAHSE-K/02

Dated: 02.02.2024

### MESSAGE

I am delighted to extend my warm greetings to the Principal and editorial team of GDC Zanskar for bringing out the 2<sup>nd</sup> edition of your college magazine "Shesrap", which means wisdom and named after the great Buddhist scholar Changsem Sherap Zangpo who have founded many monasteries and disseminated education to cultivate peace and compassion across Himalayan belt of India and Tibet in the 15<sup>th</sup> century.

As we all know that a college magazine is more than just a collection of articles and views. It is a mirror that reflects the creativity, talent, and intellect of its students. It is a testament to the vibrant academic and cultural life of the College.

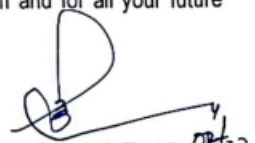
I am confident that this edition, like its previous one, will be a rich tapestry of ideas and expressions. I encourage all students to read it, contribute to it, and learn from it. As every article, poem, or piece of art you create is a step towards shaping a more informed and empathetic society.

Government Model Degree College, the only higher learning center of Zanskar has a vision to Educate, Enlighten and Empower which has been tested over the years since its establishment which I have personally observed in last decade and is growing one among the best college in Ladakh with promising faculty members and best infrastructure in place and under construction.

Making the system of education and shaping the career of students for a better and promising future is the objective of this learning center, I hope that the magazine shall work as a platform and mirror to reflect the vision of an individual.

I commend the editorial team for their hard work and dedication. Your efforts in bringing out this magazine are truly praiseworthy.

I wish you all the best for the successful release of this edition and for all your future endeavors.

  
(Er Punchok Tashi) 02/02





**Padma Angmo, IIS  
Commissioner/Secretary  
Higher Education, Technical Education &  
Skill Development Department,  
Information & Public Relations**



सत्यमेव जयते

**The Administration of  
Union Territory of Ladakh  
UT Secretariat, Leh, Ladakh**  
[padmaangmo.iis@ladakh.gov.in](mailto:padmaangmo.iis@ladakh.gov.in)  
Ph : 01982 258365 fax: 01982 258366

**MESSAGE**

Julley!


I congratulate the team of Government Model Degree College Zangkar for bringing out second volume of 'Shesrap'. The combined endeavour of the students and the faculty of GMDC Zangkar has yielded this beautiful document that showcases the achievements of the College and also provides a platform to the students to give expression to their ideas and aspirations.

There have been many important milestones achieved by the College in the past year. While students have been taken on educational tours outside the campus, the Ladakh Education Fair has brought youth and other stakeholders to the College campus. The establishment of the Skill Centre for Graphic Designing in GMDC Zangkar has been another milestone and based on the enthusiasm shown by the students towards taking up skill course, the Ladakh Skill Development Mission and the Higher Education Department is committed to introduce more skills based on the demand from the students. For all these achievements and more, I congratulate the Students, Faculty and Staff of Government Model Degree College Zangkar.

There has been major investment in expanding the infrastructure of GMDC Zangkar and I am happy to see the progress in the construction of Laboratory Blocks, Students Hostels, Multi-purpose Sports Hall, Faculty and Staff Quarters and Playground. These will add to the vibrancy of the College campus besides facilitating students and staff. The buildings are being constructed as solar passive structures in keeping with the idea of Carbon Neutral Ladakh. We are aiming towards making the GMDC Zangkar a Model College in the real sense.

I would like to exhort the Faculty and Students of GMDC Zangkar to take forward the concept of Carbon Neutral Ladakh in their academic pursuits and co-curricular and extra-curricular activities.

I once again extend my hearty congratulations to the Principal, students, faculty, students and all the staff members of Government Model Degree College Zangkar for their contribution in bringing out the magazine. I wish them all the best for their future endeavours.

  
(Padma Angmo)



**Shrikant Balasaheb Suse, IAS**

श्रीकांत बालासाहेब सुसे, भा.प्र.से



**District Magistrate/Deputy Commissioner/  
CEO, LAHDC, Kargil, UT Ladakh**

जिला मजिस्ट्रेट/उपायुक्त/मुख्य कार्यकारी अधिकारी,  
एल.ए.एच.डी.सी, कारगिल, केंद्र शासित प्रदेश, लद्दाख

### **MESSAGE**

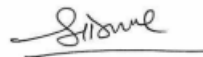
I am very glad to know that Govt. Model Degree College, Zaskar is unveiling the Volume II of their College Magazine titled "**Shesrap**", meaning Wisdom in Zanskari language.

This magazine provides an excellent platform for the students and faculty members to share knowledge and express themselves creatively, while also displaying various college activities and events. Education, as I believe is not merely an acquisition of a degree, but rather involves the holistic development of individuals by equipping with skills, knowledge, values and discipline necessary to lead a meaningful and fulfilling life.

I learned that, the college has a good infrastructure and adequate modern teaching- learning resources and the college is regularly upgrading their academic competence and infrastructure. I am being informed that, skill Courses have introduced in the college, an excellent initiative to improve skills and jobs opportunities of the students.

I appreciate the hard work and effort of the faculty, students and all contributors in bringing out the volume II of college annual magazine.

I extend my best of luck to the editorial team for this endeavor.



**(Shrikant Balasaheb Suse)IAS**



## OFFICE OF THE DIRECTOR COLLEGE AFFAIRS (UNIVERSITY OF LADAKH)

Email: dcaladakh@gmail.com

No. DCA/M-101/2023/975

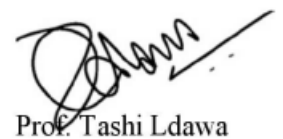
Dated: 05<sup>th</sup> /February/2024

### MESSAGE

I am elated to learn that Government Degree College Zaskar is releasing its annual magazine that serves as an endeavour to foster creativity and academia.

College magazine acts as an integral part in the overall learning experience within an institution. It develops in the students and readers not only the urge to upgrade their knowledge but also teaches them valuable insights on innumerable subject matters. It is an astounding platform where there is an exchange of ideas, information and creativity between the writers and the readers. An avenue that encourages folks to acquire scholastic and non scholastic enlightenment and the forgotten skills of reading, writing and comprehension, that which is at a brink of downfall in the modern era of convenience and sloth. It further opens windows for the winds of research and investigation to blow over young and budding minds.

I congratulate GDC Zaskar for widening its scope for learning and innovation through this magazine. And I wish them the luck that it achieves its set objectives and continue to spread the pearls of wisdom through its annual edition.



Prof. Tashi Ldawa

## FROM THE PRINCIPAL'S DESK



**Mohd Ishaq**  
Principal - GMDC Zanskar

Greetings to all!

It is a matter of immense pride and satisfaction, to present the second volume of our College magazine "Shesrap" for the academic session 2023-24. This publication is a proud testament to the collective efforts and creative endeavors of our remarkable students and our dedicated and committed staff members. The college magazine is much like a mirror, reflecting the vibrant tapestry of our institution. It captures the diverse talents, achievements and providing comprehensive picture of college's dynamism and prosperity.

Education, as we believe at our college is not just an act of acquiring knowledge, but rather involves the holistic development of individuals by equipping them with skills, and values necessary for a fulfilling life and valuable contribution to society. Since its inception the college has strived to provide quality and value based education, synergized with modern teaching and learning tools and methods to produce well informed and emotionally sound generation.

Publishing a magazine is indeed a tedious and herculean task, but it is our collective will power and determination that make it possible. We must not forget: if we want, we will definitely do it and win, because nothing can stand in the way of our strong will and determination. I would like to extend my sincere gratitude to the editorial team, (especially Dr. Jamphel Sheyan, Assistant Professor English), contributors and everyone else involved in the production of this magazine. Your dedication and creativity gave life and grace to the pages, making this magazine a true reflection of our college spirit.

May this magazine serve as an inspiration to all and encourages us to continue striving for excellence.



## FROM THE EDITOR'S DESK



**Dr. Jamphel Sheyan**

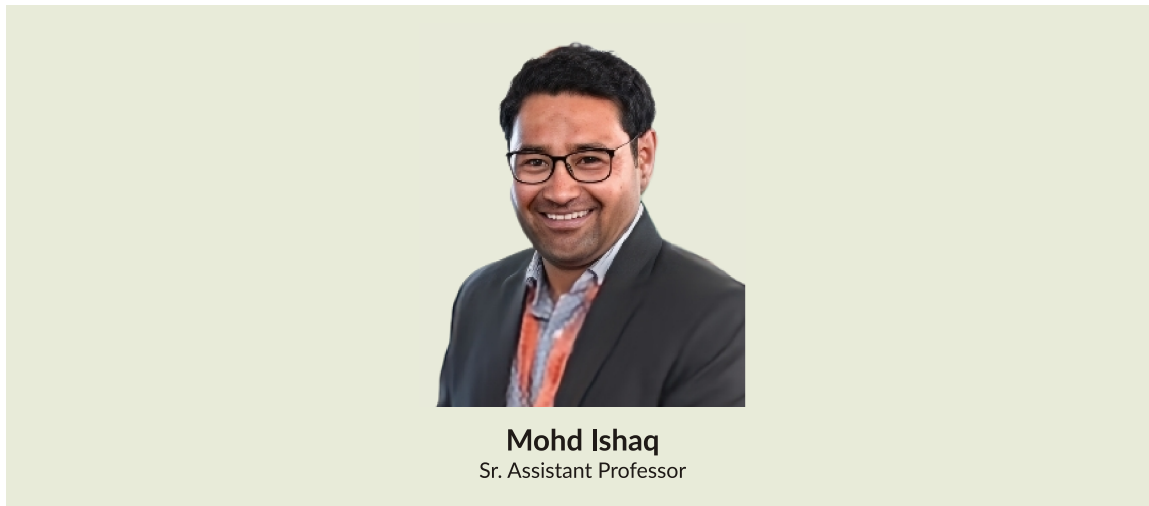
Convenor and Editor in Chief of the Magazine

Greetings!

It gives me great pleasure to announce the publication of the second edition of our college magazine. The magazine has been named keeping in mind intellectual ethos of the great scholar Changsem Sherap Zangpo who visited Zanskar-Ladakh; and the light of wisdom the word “Shesrap” carries. Government Model Degree College is one of the newly established colleges in Ladakh; and the main thrust of our college has been to develop the holistic personality of a pupil through academic and extra-curricular activities. It has been our earnest academic endeavour to reflect and deliberate on the major ideas and changes taking across the world vis-a-vis Zanskar in particular and Ladakh in general. The college magazine is a testimony to this academic pursuit where our students and faculty members reflect on their creative and critical perspective by writing about various socio-economic and cultural discourses at play. Furthermore, we aspire to continue publishing our college magazine (Shesrap) annually in future to provide a platform to our students and faculty members to expand their psychological and intellectual horizon by expressing their ideas, hopes and aspirations in creative ways. As you flip through the pages, it will enlighten you with the important milestone Government Model Degree College has achieved in the year 2023. I thank our Principal, Prof. Mohd Ishaq for putting faith in me for this creative work and guiding us at every stage of making of the college magazine.



## ZANGSKARI: A LANGUAGE ON THE BRINK OF EXTINCTION!!!



Zangskar, a subdivision of Kargil district in the Union Territory of Ladakh, lies on the northern flanks of the Great Himalayas at an altitude of 11,000 to 13,150 feet. This region is a semi-arid, known for its remote location. It is located about 235 km from the headquarters of the two districts UT Ladakh. The valley offers breathtaking landscape with snow-capped mountains, pristine waters and mesmerizing scenery. Furthermore, the centuries-old monasteries, the famous Chadder Trek and road accessibility from Manali, Leh and Kargil have been a major draw for the tourist flow in this region. The valley is sparsely populated with around 13,000 to 15,000 inhabitants and has its own local language, known as Zangskari. However, over time, significant changes and mixing occurred in the language, raising concerns about its endangerment. According to many authors and researchers, Zangskari is among the endangered languages, reflecting the ongoing linguistic change and influences in the region.

Language is one of the most important parts of any culture. It is an identity. It is the way people communicate with each other, build relationships and create a sense of belonging. Language is not just a means of

communication. It serves as a repository of rich cultural, historical, practices, traditional and scientific information. Below are some points that highlight the importance of a language.

**Cultural Heritage:** An indigenous language carries the cultural identity of a community. It preserves traditions, practices, rituals, folklore, stories, ideas and phrases. All of this is passed down from generation to generation.

**Historical insights:** A language encapsulates the history of a region or a people.

**Traditional and Scientific Knowledge:** Many indigenous languages encapsulate traditional knowledge about medicinal plants and remedies, agriculture, crafts, and local ecosystems. It is important to mention that 75% of pharmaceutical medicines were discovered through the knowledge of traditional medicines and the language of local practitioner played a key role. If these languages died out without documentation, knowledge of plants and treatments would have been lost, which could have devastating consequences for humanity.

**Words and Phrases:** The words and phrases of a language have emotions and social meaning. Most words and phrases are difficult to translate, and as languages die out, the richness of human expression diminishes.

According to UNESCO, WAL, there are about 7,000 spoken languages in the world today, of which 6,700 are indigenous, and it is precisely these that are most threatened. Languages have been dying out since ancient times, but today they are disappearing at an alarming rate. About 40% (3,000) of indigenous languages are considered endangered and experts have predicted that 90% of all languages will be extinct within 100 years. In context to this reality, the United Nations declared February 21st as International Mother Language Day in 2000. Since then, International Mother Language Day has been celebrated every year around the world to promote the preservation and protection of all languages, especially endangered languages, and to encourage people to use and promote their mother tongue. The new education policy 2020 also envisaged the adoption of the mother tongue as a medium of instruction up to the 5th grade or beyond, which could be a great step in preserving the indigenous language.



Zangskari is a Western Tibetic language spoken in the Zaskar region, along with in the upper reaches of Lahul, Himachal Pradesh and Padder, J&K. It is listed in the Catalog of Endangered Languages. The Zangskari language is spoken by a relatively smaller community with a population of around 11,000 to 13,000, and the language of smaller communities is often more susceptible to linguistic change. In addition, migration of people for educational, business and livelihood reasons to and from other regions including Leh, Kargil, Manali and other

parts of India contributes to the shift of the Zanskari language. Interregional marriages, where people from different language backgrounds come together and the children of these marriages may be exposed to multiple languages. All of these aspects could have contributed to linguistic change and endangerment of the language. Although shifts and changes in a dialect are inevitable and dialects may vary every 20 km, but at the same time, the preservation and revival of the vernacular is very important not only for linguistic diversity but also for the preservation of unique cultural identity and heritage. Zangskari is a distinct language that differs significantly from other spoken Ladakhi languages. Efforts to document, teach, and promote the use of zangskari are crucial. The United Nations has declared the period 2022-2032, the International Decade of Indigenous Languages to draw global attention to the critical situation of many indigenous languages and to mobilize stakeholders and resources for their preservation, revitalization and promotion. Celebrating the event, Degree College, Zaskar conducted a series of seminars and a five-day workshop on "Documentation of the Zanskari Language" targeting the college students with the aim of raising awareness about their language and encouraging them to learn to participate in documenting their language for local capacity building as part of the Zanskari Language Documentation project. Mr. Maas Sheikh, a linguist from the University of Alberta, Canada, who is working on the project "Documentation and Revitalization of the Zanskari Language," discussed the importance of the language in detail. The scholar expressed deep concern over the rapid change in the Zanskari language. He explained the classification of Western Tibetan languages spoken from Baltistan to Lahaul-Spiti and discussed an overview of existing research, fates and challenges in documenting the Zanskari language. The workshop educated students about the scientific methods for recording audio and videos and how the materials will be archived at computational resource of south Asian Language (CoRSAL) a digital library of the University of North Texas. The workshop was a small effort by the college to raise awareness and equip the local

community with the necessary skills and knowledge to preserve the language. Documenting and reviving the entire language is a huge undertaking that would not be possible without community participation. The people of Zaskar needed to understand the importance of their language and should make efforts to preserve their language without getting too late. We should

all take into account the well-known saying "FA YUL PO RJETH NA, FASKATH MARJETH" meaning "forget your motherland, but never forget your mother tongue". Furthermore, collaboration between academic institutions, linguists and local communities could be a model that can be replicated in other regions where the language is at the risk of endangerment.



Graphic Designer Lab



## AN INSIGHT INTO AVIFAUNA OF ZANSKAR



**Dr. Abid Hussain**

Department of Zoology

India indeed boasts remarkable avian (bird) biodiversity with over 1265 bird species making it a haven for bird lover. The co-existence of diverse species, including 176 endemic ones showcases the ecological richness across the country's landscapes. The intricate patterns of migration further contribute to the dynamic bird life experienced by travelers from lush natural habitats to urban environments.

Ladakh is also known as bird watchers' paradise as bird watcher can easily spot different bird species during the summer season. The region is marked as a suitable breeding ground for a number of bird species when the temperature rises in the southern part of India around during summer. Migration (immigration) of birds starts from mid-April, and emigration of birds starts from late September in Ladakh.

Zanskar lies between 34° 48' N latitude and 76° 83' longitude at an elevation ranging between 3500m to 5000m above sea level; and contributes significantly to avifauna. Approximately more than 70 bird species as per survey which was carried out from August to ending November. The identified 70 bird species encompass various categories, such as summer visitors (36), residents (25), passage migrants (06) and vagrants (04). An analysis of the data reveals that the majority of species were summer visitors followed by

residents and passage migrants, and only a few species were vagrant in Zanskar subdivision.

The majority of birds in Zanskar are insectivorous, followed by carnivorous, omnivorous and granivorous. Only a few species are herbivorous and frugivorous. The domination of the bird community by insectivores is a common trend. They require protein rich diet, as more than 60 percent of migrant birds need to meet energy demands due to increased energy expenditure during the process of migration.

Zanskar sub-division has sparsely small to medium villages at the periphery of its headquarter; and it provides varied habitats such as scrub, marshy areas, meadows, human settlements, cultivated lands and rocky habitats to support unique avifauna composition. Among the villages that have highest number of bird species are Rangdum, Sani, Stagrino Tungri, Phey etc.

Ecologically, birds play a crucial part in a healthy ecosystem. Some are vital because they pollinate plants, fertilize blooms and allow them to create new seeds. They eat seed and excrete them out; and allow plants to spread to new regions. They also operate as scavengers, recycling nutrients back into the ground. In addition to these roles, birds are an important tropic level in food chains and food webs, as well as they play a role of

biological pesticides. Birds are biological indicators and their more diverse presence in an ecosystem indicates that the ecosystem is more adaptable and sound for supporting life. A decline in the number of bird species indicates that the area is less supportive. Their decline draws attention to ecological concerns more seriously.

Birding or bird watching is generally done by the citizens for recreational purposes because it offers a serene way to connect with nature and provides mental health benefits by reducing stress and

anxiety. Bird-watching programs should be an annual activity in schools and colleges to connect students with nature and cultivate a deeper appreciation for the environment and to foster a sense of responsibility towards its protection.

Possible threats to avifauna in Zaskar region include the segmentation of mainland for road construction, increasing use of chemical pesticides and fertilizers in fields, attacks by predators such as dogs, cats and raptors, noise pollution due to increasing traffic and developmental activities.

### A list avifauna of Zaskar

Sr. No.	Family/Species	Common Name	Status
	<b>Apodidae</b>		
1.	<i>Apus apus</i>	Common Swift	Summer visitor
2.	<i>Apus affinis</i>	Fork tailed swift	Resident
	<b>Cinclidae</b>		
3.	<i>Cinclus cinclus</i>	White throat dipper	Resident
4.	<i>Cinclus pallasii</i>	Brown Dipper	Resident
	<b>Upupidae</b>		
5.	<i>Upupa epops</i>	Common Hoopoe	Summer visitor
	<b>Cuculidae</b>		
6.	<i>Cuculus canorus</i>	Euracian Cuckoo	Summer visitor
	<b>Phasianidae</b>		
7.	<i>Alectoris chukar</i>		Resident
	<b>Columbidae</b>		
8.	<i>Columba livia</i>	Rock Pigeon	Resident
9.	<i>Columba rupestris</i>	Hill Pigeon	Resident
10.	<i>Columba leuconota</i>	Snow Pigeon	Resident
11.	<i>Streptopelia orientalis</i>	Oriental Turtle Dove	Summer visitor
12.	<i>Streptopelia senegalensis</i>	Laughing Dove	Passage migrant
	<b>Pteroclididae</b>		
13.	<i>Tringa tetanus</i>	Common Red Shank	Summer visitor
14.	<i>Tringa nebularia</i>	Common Green Shank	Passage migrant
15.	<i>Actitis hypoleucos</i>	Common Sand Piper	Passage migrant
	<b>Charadriidae</b>		
16.	<i>Ibidorhycha struthersii</i>	Ibisbil	Summer visitor
17.	<i>Himantopus himantopus</i>	Black – winged Stilt	Passage migrant
18.	<i>Charadrius mongolus</i>	Lesser Sand plover	Summer visitor
	<b>Laridae</b>		
19.	<i>Sterna hirundo</i>	Common tern	Summer visitor



	<b>Accipitridae</b>		
20	<i>Gypaetus barbatus</i>	Lammergeier	Resident
21	<i>Gyps himalayensis</i>	Himalayan Griffon	Resident
22	<i>Accipiter nisus</i>	Eurasian sparrow hawk	Summer visitor
23	<i>Aquila chrysaetos</i>	Golden Eagle	Resident
	<b>Falconidae</b>		
24	<i>Falco tinnunculus</i>	Common kestrel	Summer visitor
	<b>Ardeidae</b>		
25	<i>Ardeola grayii</i>	India Pond Heron	Summer visitor
	<b>Laniidae</b>		
26	<i>Lanius schach</i>	Long tailed Shrike	Summer visitor
	<b>Muscipidae</b>		
27	<i>Monticola solitarius</i>	Blue Rock Thrush	Summer visitor
28	<i>Myophonus caeruleus</i>	Blue whistling thrush	Resident
29	<i>Luscinia pectoralis</i>	White tailed Ruby Throat	Summer visitor
30	<i>Luscinia svecia</i>	Blue Throat	Summer visitor
31	<i>Phoenicurus ochru</i>	Black Redstart	Summer visitor
32	<i>Chaimarrornis leucocephalus</i>	White Capped water Redstart	Summer visitor
	<b>Anatidae</b>		
33	<i>Anas platyrynchos</i>	Mallard	Passage migrant
34	<i>Mergus merganser</i>	Common Merganser	Resident
	<b>Corvidae</b>		
35	<i>Pica Pica Bacterium</i>	Black Billed Magpie	Resident
36	<i>Pyrrhocorax Pyrrhocorax</i>	Red Billed Chough	Resident
37	<i>Pyrrhocorax graculus</i>	Yellow Billed Chough	Resident
38	<i>Corvus Splendens</i>	House Crow	Vagrant
39	<i>Corvus corone</i>	Carrion Crow	Resident
40	<i>Corvus corax</i>	Common Ravan	Resident
	<b>Sturnidae</b>		
41	<i>Sturnus pagodarum</i>	Brahminy Starling	Summer visitor
	<b>Paridae</b>		
42	<i>Parus major</i>	Great Tit	Resident
	<b>Hirundinidae</b>		
43	<i>Hirundo rupestris</i>	Eurasian Crag Martin	Summer visitor
44	<i>Delichon urbica</i>	Northern House Martin	Summer visitor
	<b>Fringillidae</b>		
45	<i>Serinus pusillus</i>	Fire-fronted Serin	Resident
46	<i>Carduelis carduelis</i>	European Goldfinch	Summer visitor
47	<i>Leucosticte nemoricola</i>	Plain Mountain Finch	Summer visitor
48	<i>Leucosticte brandt</i>	Brandts's Mountain Finch	Resident
49	<i>Carpodacus erythrinus</i>	Common Rosefinch	Summer visitor
50	<i>Carpodacus rubicilla</i>	Great Rosefinch	Resident
51	<i>Carpodacus puniceus</i>	Red-fronted Rosefinch	Resident
52	<i>Emberiza cia</i>	Rock Bunting	Summer visitor

	Alaudidae		
53	<i>Alauda gulgula</i>	Oriental Skylark	Summer visitor
54	<i>Eremophila alpestris</i>	Horned Lark	Resident
	Passeridae		
55	<i>Passer domesticus</i>	House Sparrow	Summer visitor
56	<i>Montifringilla adamsi</i>	Tibetan Snowfinch	Resident
57	<i>Motacilla alba</i>	White Wagtail	Summer visitor
58	<i>Motacilla citreola</i>	Citrine Wagtail	Summer visitor
59	<i>Motacilla flava</i>	Yellow Wagtail	Summer visitor
60	<i>Motacilla cinerea</i>	Grey Wagtail	Summer visitor
61	<i>Prunella rubeculoides</i>	Robin Accentor	Resident
62	<i>Emerza cis</i>	Rock buntig	Summer visitor
	Sylviidae		
63	<i>Phylloscopus collybita</i>	Common Chiffchaf	Passage migrant
64	<i>Phylloscopus sindianus</i>	Mountain Chiffchaf	Summer visitor
65	<i>Phylloscopus neglectus</i>	Plain Leaf Warbler	Vagrant
66	<i>Phylloscopus affinis</i>	Tickell's Leaf Warbler	Summer visitor
67	<i>Phylloscopus griseolus</i>	Sulphur-bellied Warbler	Summer visitor
68	<i>Phylloscopus trochiloides</i>	Greenish Warbler	Summer visitor
69	<i>Phylloscopus fuscatus</i>	Dusky Warbler	Vagrant
70	<i>Sylvia curruca</i>	Lesser Whitethroat	Summer visitor



Archery Event 2023

## UNVEILING THE GEOLOGICAL WONDERS OF LADAKH: A TREASURED GEOLOGICAL HERITAGE



**Wasim Abass Wazir**  
Department of Geology

### Introduction

Nestled high in the Himalayas, Ladakh is a region of extraordinary natural beauty and cultural richness. The geological heritage of Ladakh has been a center of attraction for people around the world for its stark landscapes and vibrant cultures. Moreover, its landscape and culture offers a window into Earth's ancient past. This article explores the geological wonders that make Ladakh a unique and captivating destination for geology enthusiasts and nature lovers alike.

### Geological History:

Ladakh's geological history dates back to millions of years with its origins linked to the collision of the Indian Plate and the Eurasian Plate. This tectonic collision gave rise to the Himalayan Mountain Range; and Ladakh is part of this remarkable geological story. The region showcases various geological features, including mountains, valleys, and ancient fossils that provide insights into Earth's geological evolution. The figure is the granite mountain peak of Mount Gonbo Rangjon in the Zaskar Valley is one of the Geological Wonders of Ladakh.

### The Mighty Himalayas:

Ladakh is dominated by the towering peaks of the Himalayan Range which are still rising due to

ongoing tectonic activity. The Himalayas are not only the youngest but also the highest mountain range in the world with some peaks exceeding 8,000 meters. Ladakh is home to several of these giants, and some of the prominent ones are Nun Kun, Kyang Yatse and Stok Kangri that offer challenging treks and breathtaking vistas for adventurers and geologists alike.

### Glacial Landscapes:

Glaciers play a crucial role in shaping the landscape of Ladakh. These immense ice masses, remnants of the last Ice Age, have carved deep valleys and left behind U-shaped valleys, moraines, and stunning glacial lakes. Popular destinations like Pangong Lake and Tsomoriri are examples of such glacial marvels that offer serene beauty amid rocky terrain.





### Fossil Treasures:

Ladakh's geological heritage extends to its rich fossil deposits that provide glimpses into the region's ancient marine history. Fossils of prehistoric creatures, including marine reptiles and ammonites have been discovered in the rock formations of the Ladakh Range. These fossils tell the story of a time when this arid region was submerged beneath a vast ancient sea.

### Geological Phenomena:

Ladakh is also known for its geological phenomena, such as magnetic hills and gravity-defying monasteries. The Magnetic Hill near Leh is renowned for its optical illusion, where vehicles appear to defy gravity and roll uphill due to magnetic forces. The gravity-defying feats of monasteries like Phugtal Monastery and other monasteries are a testament to the geological stability of the region.

### Mineral Wealth:

Ladakh is rich in minerals and boasts of significant

deposits of various ores like copper, lithium and limestone. The exploration of these resources has gained attention in recent years, as they hold immense economic potential for the region. However, balancing the extraction of these minerals with environmental conservation remains a challenge.

### Conclusion:

Ladakh's geological heritage is a testament to Earth's ever-evolving story where tectonic forces, glacial movements and ancient seas have left their mark on this breathtaking region. It is a haven for geologists, adventurers and nature enthusiasts, offering a chance to explore the wonders of our planet's geological past and present. As Ladakh continues to draw visitors from around the world, it is crucial to preserve and protect its unique geological treasures for generations to come, ensuring that this remarkable heritage remains a source of wonder and inspiration for all.



Cultural Programme – LEF 2023

## ZANSKAR THROUGH TIME: UNVEILING IT'S PAST AND PRESENT



**Sajjad Hussain**  
Department of Political Science

Zaskar, a remote and picturesque region located in the union territory of Ladakh in northern India, is known for its stunning landscapes, high mountain ranges and deep gorges. It has a rich and intriguing history that dates back centuries. Nestled amidst the towering Himalayas, the history of Zaskar is intertwined with its unique geographical isolation, Buddhist heritages, and the cultural resilience of its people over time. Over the centuries, Zaskar has witnessed the rise and fall of dynasties, the spread of Buddhism and the enduring spirit of its people.

### **Geographic and Cultural Milieu:**

Zaskar is a high-altitude valley surrounded by towering snow-capped mountain peaks. The Zaskar River, a tributary of the Indus, flows through the valley, contributing to its unique geographical features. The harsh climate, with bitterly cold winters and short summers, has shaped the way of life of the people who inhabit this land. The valley has been home to different schools of Buddhism for centuries. Monasteries, Palaces and Chortens dot the region each carrying its own historical significance and architectural beauty. The unique cultural fabric of Zaskar is woven with Buddhist beliefs and rituals that have been practiced for centuries. However, the historical trade and cultural exchanges with neighboring regions like Kargil, Leh, Tibet, Himachal and Kashmir have led to the assimilation

of different cultural elements in the region.

### **Genesis and Evolution:**

Zaskar has a long history that dates back to ancient times. It was part of the Tibetan Empire and later came under the influence of various Tibetan Buddhist dynasties. The earliest recorded history of Zaskar dates back to the 8th century when the region came under the influence of Tibetan Buddhism, facilitated by the Indian scholar Padmasambhava also known as Guru Rinpoche. Thereafter, it became an important center for Buddhist learning and culture. Zaskar has strong cultural and religious ties with Tibet. Tibetan Buddhism particularly the Gelugpa and Drukpa sects are the dominant religion in the region. Monasteries like Karsha, Zongkhul, and Stongdey have played significant roles in preserving and spreading Tibetan Buddhist traditions.

### **Royal Eras and Invader Incursions:**

Zaskar was not immune to the geopolitical changes that swept across the Indian subcontinent. The region was ruled by local chieftains and minor kingdoms for centuries. The influence of neighboring regions like Ladakh, Tibet, and Central Asia played a significant role in shaping Zaskar's history. This period also saw the arrival of Mongol and Central Asian invaders who periodically raided the region, disrupting its way of



life and causing social upheaval. In the 17th century, the region fell under the sway of the Namgyal dynasty of Ladakh. Zanskar's isolation and treacherous terrain offered some protection, but they couldn't shield the region completely from external influences.

### Colonial Period and Contemporary Era:

In the 19th century, the British colonial empire extended its influence over the Indian subcontinent. Zanskar, along with neighboring Ladakh became part of the princely state of Jammu and Kashmir. This era saw further integration of Zanskar with the Indian subcontinent, making it more susceptible to external influences. In 1947, when India gained independence, the princely states were given the choice to accede to either India or Pakistan. The Maharaja Gulab Singh of Jammu and Kashmir chose to accede to India, leading to the integration of Zanskar into the newly formed Indian nation. However, the region's remote location and harsh climate continued to pose challenges for government of Jammu and Kashmir to develop it on par with other regions of the state in terms of infrastructure. Today, Zanskar has been connected through a motorable road from three sides, namely, Kargil, Leh, and Himachal, and soon the region will develop as a major tourist attraction centre due to improved connectivity and other infrastructural developments.

### Challenges of the Modern Age and Cultural Resilience:

History of Zanskar has been marked by resilience against challenges. The region's isolation, while protective in some ways, has also led to economic limitations. The harsh climate and limited arable land make agriculture difficult, and access to modern amenities remains a struggle. However, in the recent decades, efforts have been made to improve connectivity, healthcare, and education in the region. The construction of roads and the establishment of schools and modern healthcare facilities have slowly brought Zanskar into the modern era. These changes also raise concerns about preserving the cultural heritage, traditional way of life, and the fragile ecosystem of the region.

In spite of all these, the people of Zanskar have

managed to preserve their unique cultural identity and way of life in the face of modern challenges with great resilience.

### Tourism and Sustainable Conservation:

Zanskar's natural beauty and cultural richness have attracted the attention of travellers and adventure enthusiasts. Mountain trekking, Chadar Trek, snow skiing, mountaineering and exploration of the heritage and culture of regions have become popular activities, bringing both economic opportunities and concerns about the impact of tourism on the delicate ecosystem of Zanskar. On the one hand, the tourism industry has become a boon for the remote inhabitants, and on the other hand, it has affected the ecosystem and the environment, including meadows, wetlands, glaciers, and water bodies to a large extent.

A comprehensive and collaborative approach must be taken by the local community, government bodies in collaboration with non-governmental organizations (NGOs), and other stakeholders to restore and preserve its delicate ecology, water bodies and culture of Zanskar. In the recent time, efforts to balance tourism with conservation have gained momentum among the people in Zanskar. Responsible tourism practices are being promoted to minimize the negative effects of tourism. However, there is still a need to promote the use of renewable energy sources to reduce dependence on non-renewable resources, implement solar and wind energy projects to provide sustainable power solutions. The introduction of environmental education programs in schools to instill a sense of responsibility towards the environment, conducting workshops and training sessions for the local community on sustainable practices are a few good projects that can help to promote responsible tourism.

### Conclusion:

The history of Zanskar is a tapestry woven with the threads of geography, culture, and resilience. From its early Buddhist influences to the challenges posed by invaders and modernization, the region has stood the test of time. The people of this remarkable land have managed to preserve their traditional values, cultural legacy, natural beauty and heritage even in the face of formidable odds.

## DOKSA: NURTURING LIVELIHOODS IN THE HIMALAYAN REGION AND THE MODERN CHALLENGES



**Ahsan Ali**  
Department of Botany

**Introduction:** Zaskar, a remote and breathtakingly beautiful region nestled within the majestic Himalayan range in the Union Territory of Ladakh, India. Zaskar is not only a haven for nature enthusiasts with its towering mountains, deep valleys and free flowing pure rivers but also known around the world for highland seasonal settlement called Doksa in local language. This traditional form of livelihood has shaped the culture, economy, and relationship of local communities with the rugged terrain for centuries.

Zaskar is a high-altitude desert region with an average elevation of over 12,000 feet above sea level surrounded by snow-capped peaks. It experiences harsh winters with heavy snowfall whereas summer season is relatively warm. The challenging terrain and extreme climatic conditions have forged a distinct way of life for the people of Zaskar centered on agriculture and highland pastoralism.

**Highland Pastoralism:** Doksa is a highland seasonal settlement where some villagers move with livestock of entire village in search of grazing lands during the summer season whereas rests of the villagers engage in agriculture activities and other works in the village. In Zaskar, this practice primarily revolves around the rearing of livestock such as yaks, drimo, sheep, and goats. The practice of taking animals to higher pastures in the

mountains has existed in almost every part of Ladakh. These high mountain pastures have some common names like *broq*, *phu*, and *Doksa* in Ladakh. These seasonal herders live in simple honeycomb-like structures called *Pulu* or a specially designed tent called *Rebo*. During the summer months herding, milking, drying cheese, collecting dung, the wild plants and herbs keep the herders occupied for the entire duration of their time up in the mountain pasture with their livestock including drimo, sheep, goats, yaks, and horses among others. However, at the most a cow or two is left behind in the village for daily needs of milk and curd.

One of the key aspects of highland pastoralism is the seasonal migration of herds. The pastoral communities move their livestock to lower altitudes where the climate is mild as winter blankets the highlands with snow. In the summer months, as the snow recedes, they make the arduous journey back to the high plateaus to graze animals on the lush pastures.

**Economic and Social Importance:** Livestock plays a crucial role in the economy of Zaskar. These are well-adapted to the harsh climate of Ladakh, providing essential resources such as milk, meat, wool and hides etc. The herders skillfully manage their herds, ensuring sustainability and minimal impact on the fragile mountain ecosystem.

Some important products and uses of livestock are like:

**Yak:** Meat, Milk, Wool, Leather, Dung, Ploughing, Threshing, Transport.

**Sheep and Goat:** Hides, Wool, Milk, Butter, Clothing, Cash, Manure, Ropes, Baskets, Coarse blankets, Cultural Inheritance.

**Horse and Donkey:** Dung, Transport, Cash, Manure.

**Zho:** Dung, Ploughing, Thrashing, Cash, Social, Cultural, Manure.

**Zhomo:** Dung, Milk, butter, Ploughing, Thrashing, Cash etc.

Highland pastoralism is not just an economic activity in Zanskar. It is deeply woven into the cultural fabric of the community. It fosters a sense of community among the locals, as herding activities often involve collaborative efforts.. The exchange of goods and services within the community further strengthens social bonds. Furthermore, traditional practices associated with Highland pastoralism are integral to the cultural identity of Zanskari people shaping their social bonds and values.

**Modern Challenges:** However, this practice is gradually diminishing due to the changes in the environmental, socio-economical and life style of the people in Zanskar. These challenges are mentioned below in detail.

**Climate Change:** Zanskar, like many other mountainous regions is witnessing the impacts of climate change. Unpredictable weather patterns, shifting precipitation, and glacial retreat pose significant challenges to highland pastoralism. Changes in temperature and precipitation patterns can affect the availability of grazing lands and disrupt the timing of seasonal migrations.

**Land Use Changes:** Infrastructure development and changing land use patterns driven by factors such as tourism and urbanization are encroaching upon traditional grazing lands. The expansion of settlement area and roads can fragment migration routes, limiting access to crucial pastures and posing a threat to the free movement of livestock.

**Market Dynamics:** Globalization and changes in market dynamics also influence highland pastoralism in Zanskar. The demand for cash crops and market-oriented livestock products can alter the traditional balance of subsistence and commercial aspects of herding.

**Educational and Economic Opportunities:** The younger generation in Zanskar faces a dilemma between embracing traditional pastoralism and seeking educational and economic opportunities outside the region. There is a risk of losing the knowledge and skills essential for highland pastoralism as the modern development creates a gap between young generation and nature.

**Changing Life Style:** Factors such as urbanization, increased technology usage, and evolving economic options are impacting traditional pastoral practices. This shift can lead to altered livelihoods and potential threats to the sustainability of highland pastoralism in the region.

**Sustainable Solutions:** It is very important to keep this practice alive for generations to come. There are many youths who are thinking of taking this practice as full time profession. Moreover, various village level communities, organization and government offices like Animal and Sheep Husbandry are sensitizing people about the importance of this highland seasonal pastoralism and proposing some practices as mentioned below to keep this practice alive.

**Climate-Resilient Practices:** Promoting climate-resilient pastoral practices, such as adjusting migration routes based on changing weather patterns, can enhance the adaptability of highland pastoralism to climate change.

**Community-Based Conservation:** Involving local communities in conservation efforts and sustainable land management can help preserve vital grazing lands and maintain the delicate balance between traditional practices and modern development.

**Education and Awareness:** Initiatives that promote the value of traditional knowledge and skills, coupled with educational programs integrating modern and traditional learning can



bridge the gap between the old and the new generations.

**Conclusion:** Seasonal highland pastoralism in Zaskar is a testament to the resilience of human communities adapting to challenging environments. The delicate balance between nature and culture, as exemplified by the herders

showcases the intricate web of relationships that define life in this remote Himalayan region. Preserving and celebrating its Zaskar's highland pastoral heritage becomes essential for the well-being of both its people and the unique ecosystem as the region continues to navigate the complexities of the modern world.

## NEW PROJECTS IN PROGRESS



Boys & Girls Hostel under Construction



Science Block under Construction



Indoor stadium cum-multipurpose Hall under Construction



Solar passive Gazetted Staff Quarter under construction.



## LADAKH: A HISTORICAL OVERVIEW



**Mubarak Ali Kamran**  
Department of History

"Ladakh" in the contemporary sense tends to refer to the two districts namely Leh and Kargil of the erstwhile state of Jammu and Kashmir. The Jammu and Kashmir State Re-organisation Act, passed by the Indian Parliament in August 2019, bi-furcated the state of Jammu and Kashmir granting Ladakh the status of a Union Territory without legislature. It also granted Jammu and Kashmir a Union Territory with Legislature. The people of Ladakh in general and Leh, in particular had been demanding the Union Territory status for decades.

### Ladakh:

The word Ladakh is the pronunciation of the Tibetan word *La-drags* (land of high passes) and its Persian transliteration. Besides this, it is known by several other names as the 'Moon Land' and 'Roof of the World'. Ladakh is also known by the several other monikers as 'Mar-yul' or low land, perhaps due to its inferior elevation to its surrounding districts. There is a scarcity of information about the region before the 10<sup>th</sup> century. Fahein, the Chinese pilgrim who travelled to Khotan in 399-40 AD mentions a place identified as *Kie-cha*, where snow never melted, and the natives of the country were known as 'the men of the snowy mountains. This description of the region according to Alexander Cunningham is definitely ascribed to Ladakh, which was known as *kha-chen* (Kha-Snow, Chen-Full), and the people were

known as *kha-chenpa* (belonging to the snowy mountains).

### Leh:

Leh, is located at the headwater of the Indus, and runs through the region from south-east to north-west. The word 'Leh' according to the natives of Ladakh, and as recorded by A. H. Francke in 1914 was correctly spelled as *sLes*, which signified a walled enclosure set up by nomads. The word 'Leh' is therefore supposed to have developed out of a Tibetan nomad's camp. William Moorcroft who visited Leh in 1820 has given a description of Leh. He writes; "Le', the capital of Ladakh is situated in a narrow valley formed by the course of the *Sinh-kha-bab* (*Sengge kha-bab*, i.e, the Indus), and bounded on the northern and southern sides by a double chain of mountains running east and west." Francke who visited Leh has also depicted the developments of the main Leh town. According to him, the town is built at the foot and on the slope of some low hills enclosed by unburnt brick walls whitened from outside with lime usually furnished with light wooden balconies and flat roofs. The two large bazaars that existed in 1914 are not mentioned by him. The old bazaar was built by the Dogras after the annexation of the region and the new bazaar was built by Captain Trench, British Joint Commissioner in 1897. On top of the hill, behind the town is the Royal Palace (*Leh-Khar*)

which still exists today.

### Kargil:

Kargil is located at the western edge of Kashmir and the eastern end of Leh; and it shares border with Pakistan-held Gilgit-Baltistan to the north. According to the popular tradition of the region, it is actually spelled as *GarKhil* (Gar-whenever and Khil-stop). Kargil acted as a resting place due to its location at a central point. It is equidistant from Kashmir, Ladakh and Baltistan and is located on the route to Punjab, Jammu and Central Asia which made it a centre for trade and commerce.

The region is located on the banks of Suru River. Kargil has the most extensive oasis among the regions of Ladakh which fills the broad and beautiful vale where the Suru River flows. Kargil has acquired a strategic significance due to its geographical location. Historically, the region was known as the land of Purig as mentioned by the western travellers. The word Purik or Purig is derived from the term 'Potriksha' or the people of Pot, which constitute the people from Zojila to Namkila. It is said to have been ruled by a Mongloid king with its centre at present Phokar. Kargil is populated by Mongloid Baltis and Purgis who profess Islam. Islam in this part of Ladakh began to emerge from the 14<sup>th</sup> century as pointed by Mohibbul Hassan in his book *Kashmir Under the Sultans*: Shamsuddin left Kashmir with fifty of his followers and went to Baltistan and Kargil in 1505 where he took his missionary activities and succeeded in converting many of its Buddhist inhabitants to his creed. Kargil remained an independent region with different ruling principalities like that of Suru, Chiktan and Sod until the mid-sixteenth century, when it was fully incorporated into the Ladakh Kingdom.

The history of the Ladakh region was first approached and reconstructed by various western scholars among whom the prominent were the Christian missionaries A.H Francke and Karl Marx. They produced a form of knowledge through local sources including the inscriptions and chronicles. Prior to these, the first European to visit Ladakh dates back to the seventeenth century. This was in all probability the visit of Portuguese Diego d'Almeida from Goa to Leh. Various travellers

visited Tibet through Ladakh including the Jesuit explorer of Tibet, Ippolito Desideri passed through Ladakh in 1715 on his way to Tibet. Ladakh for him was a little more than a 'second Tibet' stopover on the way to Lhasa. Besides these, various other western travellers in the nineteenth and early twentieth century which included William Moorcroft, G.T Vigne, Alexander Cunningham and Frederic Drew wrote a substantial amount of work on Ladakh. Sir Alexander Cunningham wrote the first outline of the Ladakhi history with his popular book *Ladak: Physical Historical and Statistical*. Since then, various works of historical importance related to the region have been written.

Ladakh from the earliest times was connected with Tibet. The region was a part of the Tibetan religio-cultural empire and had maintained political relations with Tibet, though it never directly came under Tibet politically. The first Tibetans to migrate to Ladakh were the nomadic herdsmen who settled there. The emergence of the Ladakhi dynasty started with the downfall of the Tibetan monarchy. The Ladakhi kings were the descendants of the Tibetan ruler known as Langdarma, who professed the Bon-chos religion which existed in Tibet and Ladakh before the emergence of Buddhism. King Langdarma was killed in 842 A.D and the state collapsed. With this Ladakh's political alliance with Tibet came to an end and trade relation continued. This downfall of the Tibetan monarchy led to the emergence of a new ruling class, which in the words of Janet Rizvi was known as an 'immigrant' ruling class. The first Ladakhi independent dynasty was therefore started by great-grandson of king Langdarma, Nyima-Gon. He migrated from Tibet and formed an independent Ladakhi dynasty. Thereupon, the dynasty developed and it was his eldest son Palgyi-Gon who took control of territory of the present day Ladakh. It was also during this period that a vast majority of the Tibetan population migrated to Ladakh bringing cultural and religious changes; and thus starting the process of 'Tibetanization' as maintained by Petech.

It was during the reign of king Ngorub that the strengthening of institutional links with central Tibet took place. The practice of lamas studying in monasteries in Tibet and completing their

education was started by the king. The popularity of the vast Himalayan region of Ladakh outside its domain started during the reign of king Rinchen (*Rgyal-bu or king's son*) as mentioned in the Ladakh chronicle. He ruled in Kashmir during the period 1320-1323. As mentioned in the Rajatarangini, it was during the same period that a Tibetan king named Rinchana Bhotia ruled Kashmir. It can be assumed that the compilers of the chronicle inserted the name of Prince Rinchen to enhance the importance of the Ladakhi kings in the eyes of the Kashmiris, with whom Ladakh had close commercial ties at all times.

Bhagan (1470-1500) laid the foundation of a new Kingdom uniting all the regions and named it the Namgyal dynasty. The name Namgyal (Victorious) was suffixed to the names of all the descendants.

Bhagan's son Tashi Namgyal succeeded him. According to the chronicles, the dynasty was in an expansionist phase under him. The religious affiliation concerning monks to be trained in Lhasa also became prominent. The ruler conquered most of the territory from Purig upwards, and brought herds of ponies in large numbers.

Ladakh maintained relations with Tibet and Kashmir because of its geographical contiguity. The relations between the British and the Dogras of Jammu began in the nineteenth century due to the strategic location of Ladakh. It was during the first half of the nineteenth century that Ladakh lost its power and control of its region to an outside rule. Hereafter, Ladakh got incorporated into the state of Jammu and Kashmir and lost its political entity.



Excursion 2023



## IMPORTANCE OF BOOK READING



**Mohd Ali Khan**  
Librarian

*"Today a reader, tomorrow a leader." ~ Margaret Fuller*

The habit of reading is a cornerstone of academic success and personal development. In an age dominated by digital distractions, cultivating a love for reading among students has become more crucial than ever. A robust reading habit not only enhances language skills but also fosters critical thinking, creativity, and empathy. This essay explores various strategies to inculcate a reading habit among students, promoting a lifelong love for learning. In my career as a librarian in Ladakh, I meet very few students who are fond of reading. Most of the students limit themselves to their syllabus and hardly try to read books from other discipline. This is quite worrisome as I see reading habit declining not only in Ladakh but in India as a whole. Therefore, I would outline few points that how consistent reading can have the following lifelong benefits;

**Increase Knowledge:** Reading books enable one to have a glimpse into culture, tradition, art, history, geography, health, psychology and different aspects of various subjects and life. You get an amazing amount of knowledge and information from books.

**Reduce Stress:** Reading a good book takes you in a new world and helps you to relieve your day-to-day stress. It has several positive effects on your mind, body, and soul. It stimulates your brain

muscles and keeps your brain healthy and strong.

**Great Pleasure:** When you read a book, you read it for pleasure to escape boredom. You just indulge yourself in reading and experience a whole new world. Once you start reading a book, you get so captivated you never want to leave it until you finish it. It always gives a lot of pleasure to read a good book and one cherishes it for a lifetime.

**Boosts Imagination and Creativity:** Reading takes you to the world of imagination and enhances your creativity. Reading helps you explore life from different perspectives and helps one to build new and creative thoughts, images, and opinions in your mind. It makes you think creatively, fantasies and use your imagination.

**Develops your Analytical Skills:** By active reading, you explore several aspects of life. It involves questioning what you read. It helps you develop your thoughts and express your opinions. New ideas and thoughts pop up in your mind by active reading. It stimulates and develops your brain and gives you a new perspective.

Now the question is how one can become a good reader to take the benefits of reading as I have mentioned above? The first thing is we have to create an environment for developing reading habit among students. A student cannot become a good reader unless, a teacher helps him/ her with



basic of book reading and provide her with a comfortable space for reading. Such an environment can be created by following below given measures.

**Create a Reading-Friendly Environment:** Establishing an environment that encourages reading is the first step towards fostering a reading habit. Schools and libraries should provide comfortable and inviting spaces with a diverse collection of books. Well-lit reading corners, cozy seating arrangements, and visually appealing displays can make the reading experience enjoyable.

**Diverse Book Selection:** Offering a wide range of books catering to different interests, genres, and reading levels is essential. A diverse collection ensures that every student can find something that resonates with their preferences and sparks their interest. This inclusivity helps in breaking down barriers; and makes reading accessible to all.

**Integrate Reading into the Curriculum:** Incorporating reading into the curriculum not only emphasizes its importance but also integrates it seamlessly into students' daily routines. Assigning relevant and engaging texts as part of coursework ensures that students view reading as an integral aspect of their academic journey.

**Establish Reading Programs:** Reading programs, such as book clubs or reading challenges, can instill a sense of competition and camaraderie among students. These programs create a community of readers fostering discussions, sharing recommendations and promoting a positive reading culture within the school.

**Encourage Role Models:** Teachers, parents, and other influential figures play a crucial role in shaping students' attitudes towards reading. By demonstrating a love for reading themselves, they serve as role models. In addition, organizing author visits, book fairs, or inviting guest speakers can inspire students and reinforce the importance of reading.

**Utilize Technology:** Leverage technology to make reading more interactive and engaging. E-books, audio-books, and educational apps can cater to different learning styles. Incorporating multimedia

elements into lessons and discussions can capture students' attention and make the reading experience more dynamic.

**Celebrate Reading Achievements:** Recognizing and celebrating reading achievements, such as completing a certain number of books or reaching specific reading milestones, boosts students' confidence and motivates them to continue their reading journey. Awards, certificates, or acknowledgment in school assemblies contribute to a positive reading culture.

**Develop a Reading Community:** Building a community that values reading involves collaboration between schools, parents, and the wider community. Engaging parents in reading activities, hosting family reading nights, and partnering with local libraries strengthen the collective effort to instill a reading habit among students.

### Conclusion:

Inculcating a reading habit among students requires a multifaceted approach that combines a conducive environment, diverse book selections, curriculum integration, and community involvement. By fostering a love for reading, we empower students not only academically but also personally, preparing them for a lifetime of learning, exploration, and self-discovery. It is through these efforts that we can shape a generation of critical thinkers and lifelong learners who find joy and enrichment in the pages of a good book. We have only one life. So, the emphasis should be to make something worthy of the life for humanity for what Benjamin Franklin rightly said, "Either write something worth reading or do something worth writing."

## FADING HOOFBEATS: A EULOGY FOR KYONGKE



**Dr. Jamphel Sheyan**  
Department of English

When I was born, my father bought him  
From Meme Kyongke, so was he named  
Kyongke.

He was elder, and more helpful than me,  
My elder brother but was my ride.  
My father told me he is the best in Zanskar,  
Strong, loyal, considerate, and sensitive.  
Unlike other of some qualities, he was  
perfect.

We grew together in Zanskar,  
He was more in mountains, free and happy.  
I was being dumped in cult and culture.  
After sometimes, a stiffer space welcomed  
me,

Schooled in school, he was left without  
education.

Our meetings end abruptly, we were  
distanced

Now, I could meet him only in summer  
vacation.

Distance mould us into different personality,  
But our friendship remained cemented like  
ever.

With time, my love ceased for him, he kept  
loving

My education made me love machines.  
Cycle, bike, car, bus, truck and tractor....  
Stronger, smarter and efficient than him  
Our friendship changed with my love of  
machines

I stopped meeting him in vacation after  
vacations

One summer, I saw Kyongke in our stable,  
Feeble, tired, sad and enervated- he stood.  
On enquiring my father said, "He is old now"  
He was 24 years, unwell and sad for a whole  
year

Nearing his death he stood at his own home  
This moment shook my soul, reflecting me  
human life.

I touched and caressed, and tears rolled from  
his eyes

After few days, I died with him in his death  
Now, living in a modern city, I too had Car  
I missed Kyongke, more than ever as I see  
Rich, influential people buying horses, and  
leaving Car

I questioned my soul in night-why, why?  
Why I choose Car over Kyongke? Why?  
Was he simply horse-that's why?

## COLOURS OF MINDS



**Rigzen Wangmo**  
1st Semester

### Newspaper Reading

My first encounter with a newspaper occurred in Leh in 2021 when I was in Leh for my winter tuition. However, I have seen pieces of newspaper fondly called Akhbaar by local people at vegetable shops where they used it to pack vegetables and fruits. I took the newspaper in my hand and opened it to go through its contents. It was a good feeling to scan the newspaper with pictures and headlines. However, this encounter came to an end when I returned to Zaskar, where we don't have newspaper available like Leh and Kargil. Nevertheless, we can read the digital version of newspaper in Zaskar, thanks to the advent of mobile internet in Zaskar. In this article, I would like to discuss about the importance of reading newspaper. A newspaper is one of the oldest means of communication; providing information among people. It is an important publication that helps people know what is happening around them. It provides information about climate, politics, war, agriculture, education, business and so on. There are numerous benefits associated with reading newspapers. We can develop our general knowledge and vocabulary. Reading newspaper helps you keep yourself updated with the current affairs; and I think everyone must have the habits

of reading newspaper. Alike city, newspaper should be easily available in remote areas. In a nutshell, a newspaper in the easiest way to get information, and everyone can afford one.

Newspaper makes us aware of various events. Moreover, they are very informative for students. A newspaper is a collection of news from all over the world that keeps us up to date about everything significant happening outside our homes. We should practice reading the news on a daily basis. It is a good habit as it improves your general knowledge and makes your aware of your country's economical, social and political issues. Everyone should encourage their kids to read newspaper and enhance their knowledge. Reading newspaper is one of those hobbies that can be enjoyed almost anywhere and has no side effects at all. Nowadays, it is difficult to imagine life without newspaper.



**Stanzin Palzom**  
3rd Semester

### Tourism in Zaskar: A Double-Edged Sword

Zaskar is a beautiful region of Ladakh situated in the Northeast part of India. It is known for its stunning beauty, rich culture, and ancient heritage. It is a well known place among nature lovers, photographers,

researchers, and millions of tourists around the world. Tourism in Ladakh is an emerging industry that has both positive and negative impacts on the region and its people. It is one of the main sources of income and employment for the people of Zaskar. According to official status, every year thousands of tourists visit Ladakh every year. Tourism had benefited the people of Ladakh in many ways; on the other hand it also badly affected the environment.

Some pros and cons of tourism in Zaskar are listed below:

#### Pros:

- Tourism leads to improvement in the connectivity and accessibility of Zaskar.
- Tourism leads to improvement of overall infrastructure like Roads, hotels, hospitals and telecommunications.
- Tourism boosts the economic rate of Zaskar.
- It enables the cultural exchange between the tourist and locals.
- It opens new opportunities of employment for the people, especially to the youth.

#### Cons:

- Tourism causes the environmental degradation and increases the level of pollution.
- Its development put pressure on natural resources that may already be in short supply.
- Tourism threatens the biodiversity and habitat of plants and animals.
- Tourism influences the lifestyle, behaviour and values of local people, who tend to adopt the modern and western ways of tourists.

#### Conclusion:

Tourism in Zaskar is like a double-edged sword which has both positive as well as negative impacts on the region & its people. Tourism has brought many advantages but it has also brought many challenges to the region. Therefore, tourism in Ladakh needs to be planned, managed, and regulated in a way that balances the needs and

interests of the tourists and the locals. Tourism in Ladakh should be responsible, sustainable so that it can be a source of joy and prosperity for all.



**Tsering Dolma**  
5th Semester

### Global Warming and its Visible Effects in Zaskar

Global Warming is a critical issue that poses great challenges and precarious situation before the world. Leaders and activists all around the world are trying their best to control global warming which means rising temperature of the earth. Zaskar, a small region in Himalayas, is also facing the repercussions of global warming like other places in the world. Due to global warming glaciers of Zaskar are melting fast, and there has been a huge change in the time cycle of precipitation in Zaskar. Glaciers give water to Zaskar, but as they melt fast, there is less water for people, plants and animals. As a result of it, farming becomes hard. Agriculture is the only source of subsistence for most of the people in Zaskar other than a small number of people in local businesses and government jobs. Thus, the shortage of water imposes a great challenge for farming in Zaskar. Kumik, Shilingskith, Pishu, Cha and Marling are few villages in Zaskar that faces acute shortage of water which drastically affect the yearly yielding of crops. Moreover, when glaciers melt too quickly, sometimes it results in floods that destroy homes and farms. During summer, many incidents of floods are reported every year; and this phenomenon seems to be increasing with each passing year. Global warming doesn't just hurt nature; it also changes living habits of people. In



Zanskar, people have lived the same way for a long time following traditions and farming methods passed down for generations. However, now with less water and strange weather, it's hard to keep doing things the old way. Young people are leaving to find better opportunities, and that makes it even harder to keep traditions alive.

Nevertheless, people in Zanskar are not giving up. They are finding new ways to save water, farm smarter, and protect against floods. Zanskar Conservancy Movement is one such organization other than government funded projects that is helping people to harness alternate sources of water like lift irrigation of water from rivers. So far, they have helped to resolve water crisis in Tangzey, Pishu and Surley. Govt. is also trying its best effort to come up with a long term solution to counter water crisis issue in Zanskar. The government is also engage in providing lift irrigation and bore well facilities to people. However, the excessive drilling of bore well in Zanskar to harness underground water is also a concern for future. It is not easy, but there is hope. If we all work together to fight global warming, we can help Zanskar and other places facing the same problem. The future of Zanskar depends on what we do now to take care of our planet..



### ❖ FACILITIES AT COLLEGE ❖





**Jigmath Dolma**  
5th Semester

## Stoth Valley of Zaskar

Zaskar region has three beautiful valleys namely Stoth, Sham and Lungna that stretches from central plateau of Padum in three opposite direction. Stoth Valley, graced by snow-capped mountains, stretches from Akshow to Tungri village along the Doda River. This river originates in the interior valley of Akshow, converging into the Tsarap River near Karsha, earning the name Zaskar River. The confluence of Zaskar and Indus River occurs at Nimmo in Leh District. Stoth Valley lost its prominence with the emergence of alternative roads like Darcha-Padum and Padum-Leh, although it was a vital passage for local and outside visitors in the past. Despite National Highway 301 passing through Stoth Valley, fewer travelers opt for this route. Moreover, the valley's infrastructure, including schools, health centers, and communication facilities lags behind other regions of Zaskar.

I believe concerted efforts from local administration and the Union Territory (UT) Government can elevate Stoth Valley. The focus should be on establishing quality government schools and healthcare facilities, recognizing that education is paramount for success. Our Councillor, Panch and Sarpanch should propose a vision document for transformation of the valley. Beyond its challenges, Stoth Valley holds tremendous potential for adventure tourism and cultural exploration. Adorned with renowned monasteries and nunneries, the valley is ripe for promotion as a tourist destination. Local inhabitants should actively engage with government bodies to showcase the valley's scenic

beauty and cultural richness.

In conclusion, I believe, with dedicated efforts and a strategic vision, Stoth Valley can be evolved into a thriving hub of progress and development, catering to the welfare of its people.



**Khalida Banoo & Shabana Akhtar**  
3rd Semester

## The Resilient Women of Zaskar

Women are the building blocks of a society. They are the vital pillars on which further existence and sustenance of generation depends. However, life is different, especially for the women in the hard and cold region of Zaskar. Zaskar, tucked away in the Himalayas, has tough weather and a unique culture that shapes the lives of its women. In this environment, women of Zaskar walk hand in hand with men to meet their daily needs. Despite the challenges, Zanskari women show remarkable strength, resilience, and a never-give-up attitude while navigating their daily lives within societal norms. Life in Zaskar is not easy especially for women. Heavy snowfall often isolates villages, making basic tasks like obtaining water from frozen rivers and managing households with limited resources very challenging. Yet, Zanskari women face these obstacles with unwavering determination and resilience in the face of adversity. Moreover, women play a pivotal role in preserving traditions in Zaskar. They pass down stories, actively participate in festivals, and proudly wear traditional clothing and jewelry, symbolizing not just their appearance but also their pride and strength. Women, as caretakers of their homes and environment embrace sustainable practices. They



emphasize the importance of maintaining a balance with nature for the long-term survival of their communities. Living harmoniously with nature is a way of life in Zanskar, and women are the torchbearer of this way of life.

In the olden days, the role of women was only limited to kitchen and fields. As education becomes more accessible, Zanskari women are finding new ways to contribute to their communities beyond traditional roles. Many educated women are opting for non-traditional profession, giving new hope and goals for other women in Zanskar. However, there are still many socio-culture and religious practices in Zanskar that teach women to be submissive and limit their role to begetting children and looking after home affairs in this new millennium. This is a sad reality, but I am confident that resilient women of Zanskar will defeat these mentalities. Thus, the life of a woman in Zanskar is marked by challenges, but it is equally characterized by strength and resilience. Despite facing adversity, these women support their communities, preserve their rich culture, nurture the environment, and adapt to changes. Their stories serve as a beacon, illustrating that even in the remote Himalayas ordinary lives can be truly extraordinary.



Stanzin Kunzang  
5th Semester

## Stagrimo Gonpa: A Spiritual Jewel in Zanskar

Stagrimo Gonpa, one of the eight important monasteries situated in Zanskar derives its name

from a self-arising image of a tiger in a nearby cliff in front of the monastery. The peaceful hillside location with tree cover adds to the serene atmosphere of the monastery. Visitors and devotees can also relish a bird's-eye view of the scenic beauty of central Zanskar from the monastery. Originally the private chapel of the King of Padum in the 16th to 17th century, it grew over time. Stakna Rinpoche expanded it, introducing a monk community with around 30 monks supported by villagers from Padum, Skidsherak, Stara and Ubarak. Many revered lamas and yogis, including Dupchen Sdeba Gyatso and Lama Dorje, meditated at Stakrimo Gonpa. Lama Dorjay Jinpa, a renowned philosopher from Ubarak village meditated there during winters, and attained enlightenment. Today, the preserved body of Lama Dorjay Jinpa is enshrined in a stupa within the monastery, a tangible testament to his spiritual journey.

The monastery houses ancient Buddhist scriptures, thangka paintings from Bhutan and Tibet, and a large statue of Gyalwa Chamba. The yearly opening of the protector deities – Four Armed Mahakala and Palden Lhamo draws visitors from all over the Zanskar. Stagrimo Gonpa's complex includes shrine rooms, prayer halls, living quarters, and a decorated assembly hall, preserving the rich cultural heritage of Zanskar. It serves as a haven for those practicing Buddhism. Zanskar's people hold immense respect for monks, showing reverence by removing caps in their presence, reflecting a deep-seated culture of love and compassion. The strong bond between lamas and the community is evident in their mutual support during rituals like marriages and death ceremonies. Buddhism deeply influences Zanskar's way of life, contributing to the enduring peace in the region.



## GRAPHIC DESIGN



**Murtaza Bashir Padder**

Graphic Design Trainer

**Introduction:** We all love things which are attractive and beautiful. Things that are in order and in harmony appeal to the human mind. Humans are drawn towards beautiful things, landscapes and even beautiful designs. People will buy things that look better in design and overlook quality sometimes. Youngsters often buy cloths that look fashionable while neglecting the quality of the product. Take an example, if you visit a store to buy anything, the shopkeeper will give you same product of two different companies with same price, weight and quality. Now, which one will you choose? After examining, I bet you will choose the one which looks better in design. Is that right?

In this article I'll try to encourage students to learn graphic design, which can help them not just design good looking posters or logos, but help them in learning that how they can design their own shop store to attracts more customers. I am writing this article to encourage students in Ladakh to take up graphic design as skill course that has a lot of business and job opportunities in the market. I will try my best to help them make good design choices for your shop and for your career.

**What is Graphic Design?:** So, what is graphic design? Well, if you look around, you will see at least ten graphic designs. Every advertisement, logo, poster, you see is graphic design. Graphic Design is a field where a designer makes use of different colors, text fonts, images etc. to make a poster look more attractive to the target audience. Target audiences are the people for which the design is being made. For example an advertisement which shows gaming computers is attracting only those people who love playing video games. So, those who love to play video games are its target audience. However, you need to learn few things about graphic design before starting to design a poster which looks good or which attracts more customers to your shop. In this short article, I will try to tell you the basics of graphic designing; which things to learn and where to learn them. I will also provide you with the names of the books and other means to learn that you can use to learn more about graphic design.

**What to learn?:** To learn graphic design you need to start from basics of graphic design. At least you need to have some basic knowledge of layout, color, text, and tools



to use.

**Layout:** Before designing you need to know how big the design is going to be and where you are going to use it. For example, is it going to be an A4 size paper or a big 10 feet by 4 feet billboard, or do you need to share it on social media. Moreover, if you are thinking to start a shop, even for that you need a layout plan which you can use to arrange the items of your shop. You can learn about layouts by reading *Graphic Design School* by David Dabner, Sandra Stewart, Eric Zempel.

**Colour:** Before designing, you need to choose a perfect colour combination for your design. Whether you are designing a poster or thinking about to paint your shop, knowing how colours work will attract more customers. For example, if a poster is designed having background colors red and text color blue, or if you enter into a restaurant in which everything is painted RED. The table you sit on is red and the dishes on the table are blue, what will happen? You have no idea. Do you? Okay, let's try to read the text given below:

Try to read me 😊

What happened? Can't read the text? Does it hurt your eyes to even look at it? Yes, now you got the idea why it is important to learn how colours work. Now think twice about your colour choices before painting your new shop. You can learn about colours by reading *Graphic Design School* by David Dabner, Sandra Stewart, Eric Zempel and *Color: A course in mastering the art of mixing colors* by Betty Edwards.

**Text:** Well, text is another main thing in your design as it will tell the customer a lot about your product for which you are designing an advertisement. Which font will you choose? How big should it be? Can I use more than one font type? If I use two fonts, which two fonts will be best?

Let's take an example, look at the following two simple lists:

List of food items:

Fruits  
Apple  
Orange

List of food items:

Fruits  
Apple  
Orange

Grapes  
Junk foods  
Lays  
Kurkure

Grapes  
Junk foods  
Lays  
Kurkure

Now look at the above list. Which one looks more readable and organized? Yes exactly, the second one. Why? The reason is I have used different font sizes and styles to make it more readable. Now you can design a poster that is more readable or you can design a restaurant's Menu which is more readable and attractive. To learn more about Typography you should read *Thinking with Type* by Ellen Lupton.

**Tools to use:** Now after learning basics of graphic design where can one start actually making a poster, a logo, or some other kind of advertisement? For that there is a lot of software which you can use. Some of these software packages are free to use and other charges a monthly fee. Canva and GIMP are free to use. One can start from these software apps. Adobe Illustrator and Adobe Photoshop are based on monthly subscription which one can use for advance and sophisticated designs. Moreover, you can visit YouTube to learn these software packages.

**Scope of Graphic Design:** Graphic Design can land you a job with handsome salary. In a world that we are living today, the best way in which you present your product will give you more chances of selling it. Almost every company is looking for a graphic designer who can design the best advertisement. If one is not interested in a job, he/she can start as a freelancer. Or one can start his/her shop which one can design according to graphic design rules.

**Conclusion:** I hope this article helps you a little bit to understand why one should learn graphic design and where to learn it. I will encourage learning any skill you like but I will encourage you more to learn more than one skill. I would like to thank Higher Education Department of Ladakh, Skill Development Department of Ladakh and Government of Ladakh for introducing skill courses in Degree Colleges of Ladakh. This is one of the best opportunities for students to learn a skill that they need for their career.