



# ZHEMGANG MONTHLY

## FROM STEPS TO LEAPS

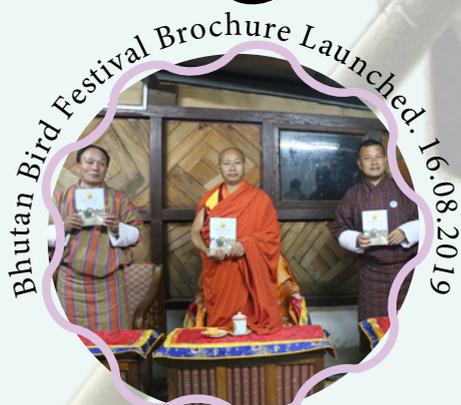
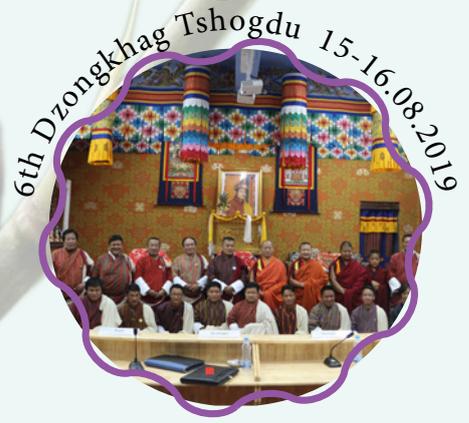
Issue 12 | Date 31 August 2019

www.zhemgang.gov.bt

### CONTENTS

- Page 2 International Youth Day
- Page 3 Monsoon Football 2019
- Page 4 Zhemgang Monthly 1st Anniversary
- Page 5 Words of Wisdom Did you Know?
- Page 6 Diversity of Yam
- Page 7 Common Hoppoe
- Page 8 Annual Dzongdag's Run Teachers to Writers
- Page 9 School Profile - Thrisa Primary School
- Page 10 Annual Livestock Meeting Bhutan Bird Festival

### Month That Was



### UpComing Event

- 11<sup>th</sup> - 13<sup>th</sup> Sept - Regional School Sports Meet Yebilabtsa Central School
- 14<sup>th</sup> Sept - Finals - Departmental Monsoon Football
- 24<sup>th</sup> Sept - Blessed Rainy Day

### Stamp of Merit



Academic toppers for 2018 were bestowed with the highest form of recognition from the throne. Dasha Dzongdag represented the awards to the awardees. Dasha Dzongdag congratulated the awardees and further encouraged students to aim at receiving of the awards next year and on. Dasha stressed that the foundation for a strong and successful future depends upon the nurturing at the tender age.

# INTERNATIONAL YOUTH DAY

Venue: Zhemgang Lower Central School

Date: 12th, August, 2019

Participants: 80 (Male: 47 and Female: 33)

Objectives:

- To recognize efforts of the world's youth in enhancing global society.
- To promote ways to engage them in becoming more actively involved in making positive contributions to their communities.
- To help young people reflect on their strengths and reaffirm their commitment to continue their effort to touch lives and make a difference in the community.

The International Youth Day is observed on 12th, August every year to recognize the potential of young people as agents of change in the society and celebrate their achievements. In Bhutan, the day has been observed since 2010 based on the theme endorsed by the United Nations every year. With support and guidance from DYS, Ministry of Education and the Dzongkhag Education Office, Zhemgang Youth Center observed the International Youth Day on 12th, August, 2019 at Zhemgang Lower Central School. More than 80 youth volunteers and members participated in the program.

This year's theme for the International Youth Day was "Transforming Education" rooted in Goal 4 of the 2030 Agenda for Sustainable Development to ensure inclusive and equitable quality education and promote lifelong learning opportunities for all. The International Youth Day will examine how Governments, youth and other stakeholders lead and focus on the organizations and what will they do to contribute towards the achievement of the 2030 Agenda for sustainable Development.

To make the day notable and in line with the theme "Transforming Education", the youth volunteers of this center organized gallery walk and cultural program. Certificates and prizes were awarded to those who participated in the various activities and events during the summer engagement program. The participants and the youth volunteers were satisfied and wished for the similar program in the future.

Contributed by Pema Euden  
Youth Manager



# DEPARTMENTAL MONSOON FOOTBALL TOURNAMENT 2019

**GROUP 1**

	Play	Win	Draw	Loss	GF	GA	GD	POINTS
RLDC	3	0	0	3	5	22	-17	0
DZONGKHAG	3	1	0	2	5	6	-1	3
BPC	3	2	0	1	12	17	-5	6
SHERIG FRIENDS	3	3	0	0	26	3	23	9

**GROUP 2**

	Play	Win	Draw	Loss	GF	GA	GD	POINTS
ZHEMGANG CS	3	1	0	2	3	7	-4	3
D-CRONG	3	0	0	3	2	12	-10	0
ZHEMGANG PS	3	2	0	1	10	5	5	6
BULI CS	3	3	0	0	11	2	9	9

**GROUP 3**

	Play	Win	Draw	Loss	GF	GA	GD	POINTS
FINANCIAL & REGIONAL UNITED	3	2	0	1	9	5	4	6
TINGTIBI FC	3	1	2	0	3	2	1	5
ZHEMGANG FORESTRY DIV.	3	0	2	1	5	6	-1	2
SOWA	3	0	2	1	3	7	-4	2

**GROUP 4**

	Play	Win	Draw	Loss	GF	GA	GD	POINTS
DESUUNG	1	0	0	1	1	4	-3	0
GOSHING-PHANGKHAR UNITED	2	2	0	0	6	1	5	6
THROMDAY	1	0	0	1	0	2	-2	0

**Group Stages**

DESUUNG	1	Vs	4	GOSHING-PHANGKHAR UNITED	18.08.2019	Sunday	2:00 PM
DZONGKHAG	2	Vs	0	RLDC	18.08.2019	Sunday	4:00 PM
ZHEMGANG CS	3	Vs	1	D-CRONG	19.08.2019	Monday	4:30 PM
SOWA	1	Vs	5	FINANCIAL & REGIONAL UNITED	20.08.2019	Tuesday	4:30 PM
BPC	1	Vs	11	SHERIG FRIENDS	21.08.2019	Wednesday	4:30 PM
TINGTIBI FC	1	Vs	1	ZHEMGANG FORESTRY DIV.	22.08.2019	Thursday	4:30 PM
BPC	3	Vs	2	DZONGKHAG	23.08.2019	Friday	4:30 PM
ZHEMGANG PS	2	Vs	4	BULI CS	24.08.2019	Saturday	2:00 PM
GOSHING-PHANGKHAR UNITED	2	Vs	0	THROMDAY	24.08.2019	Saturday	4:00 PM
BULI CS	5	Vs	0	D-CRONG	25.08.2019	Sunday	2:00 PM
RLDC	1	Vs	12	SHERIG FRIENDS	25.08.2019	Sunday	4:00 PM
FINANCIAL & REGIONAL UNITED	3	Vs	2	ZHEMGANG FORESTRY DIV.	26.08.2019	Monday	4:30 PM
ZHEMGANG CS	0	Vs	4	ZHEMGANG PS	27.08.2019	Tuesday	4:30 PM
D-CRONG	1	Vs	4	ZHEMGANG PS	28.08.2019	Wednesday	4:30 PM
FINANCIAL & REGIONAL UNITED	1	Vs	2	TINGTIBI FC	29.08.2019	Thursday	4:30 PM
RLDC	4	Vs	8	BPC	30.08.2019	Friday	4:30 PM
ZHEMGANG CS	0	Vs	2	BULI CS	31.08.2019	Saturday	2:00 PM
DESUUNG	-	Vs	-	THROMDAY	31.08.2019	Saturday	4:00 PM
DZONGKHAG	1	Vs	3	SHERIG FRIENDS	01.09.2019	Sunday	2:00 PM
TINGTIBI FC	0	Vs	0	SOWA	01.09.2019	Sunday	4:00 PM
ZHEMGANG FORESTRY DIV.	2	Vs	2	SOWA	02.09.2019	Monday	4:30 PM



## Quarter Finals

<b>SHERIG FRIENDS</b>	5	Vs	2	<b>ZPS</b>
<b>BPC</b>	-	Vs	-	<b>BULI CS</b>
<b>FINANCIAL &amp; REGIONAL UNITED</b>	-	Vs	-	<b>DESUUNG</b>
<b>TINGTIBI FC</b>	-	Vs	-	<b>GOSHING-PHANGKHAR UNITED</b>

04.09.2019	Wednesday	3:30 PM
05.09.2019	Thursday	3:30 PM
06.09.2019	Friday	3:30 PM
07.09.2019	Saturday	3:30 PM





# Words of Wisdom from Golden Throne

Keio University, Japan  
November 17, 2011

“...in contemplating how to be a good King for Bhutan, I realized one thing very early on. This world we live in is forever changing – the speed and vastness of the change is astonishing. One decade is unrecognizable from the last. What we take for granted today, was not imagined yesterday.”

“...I feel – in such a world, of great diversity and change – one thing is clear. The independence and detachment of an individual is growing. In a technologically advanced world, the need to build small, genuine, human relationships is no longer strong. A global village we may have become, but with islands of individuals. We have the tools for communication such as the mobile phone, but not natural and intimate human bonds.”

The problems facing the world today – they challenge all of us equally. And the solutions to these challenges must come from a real sense of concern and care for others, for all sentient beings and, for future generations. We must care about what happens to this earth. That requires something more than leadership, science or technology – it requires Values. Even as I simply glance through the statistics that reflect the condition of the world today, however accurate the information may be, it's not a pretty picture:

Thus, we are only laying the groundwork for a world of inequality and resentment – of future conflict over resources and livelihoods – of continued strife, of terrorism and instability. The list of global problems goes on and on. And coupled with the rapid growth of the world's population – from 2 billion in 1930 to 7 billion today and 8 billion by the time we are in our mid-forties – each problem will be multiplied and made worse year by year.

“The greatness of science and inventions, of great philosophers, of enterprise and industry has brought the world immeasurable benefits. Today we live a life far removed from that of our forefathers. Yet we face new and greater global challenges. Growth that overlooks inequality, injustice, environmental degradation, unbridled consumption is ultimately unsustainable. And it will continue to throw in humanity's way greater problems, until the day, we will not be able to repair the damage.”

The solution to global problems will not just materialize from politics, from great leaders or from science and technology. The solution will come from us living as citizens of our communities, our societies, our countries and above all as citizens of the world. As citizens of the world, our unifying force – our strength must also come from something that is not bound by nation, ethnicity or religion – but from fundamental human values. Values of Compassion, Integrity and Justice. They are as old as mankind and we must bring ourselves to appreciate them and return them to their due place in our lives, our societies and in our governments.

My utmost hope is that our generation – with this unity of aspirations and values as human beings – and equipped with this huge arsenal of science and technology and the lessons of history – will seek the solutions, so desperately needed. I hope we will realize that we are at the cusp of a fundamental change of thought – a social revolution that will change the way humanity will pursue growth. Our generation is called upon to rethink, to redefine the true purpose of growth. And in doing so, to find a growth that is truly sustainable.

*Compiled by Dechen Pema Yangden*

## Zhemgang in Numbers

Population : 17763 (M: 9195, F: 8568)  
Household : 3803  
Area : 2125 Sq. km  
Altitude : 4570 m.a.s.l  
Poverty Rate : 23.3  
Dungkhag : 1 (Panbang)  
Gewog : 8  
Chiwogs : 40  
Villages : 153



## DIVERSITY OF YAM

Yam (*Dioscorea* spp.) is an annual or perennial climbing plant with edible underground tuber. It includes 600 species of which 50 to 60 are cultivated, or at least gathered, for food or pharmaceutical purposes. There are however, only 10 species for human consumption and economically significant. In Bhutan, yam plays an integral part in socio-economic and cultural aspects. However, there is limited information on yam diversity in Bhutan. Therefore, this study aimed to assess domestic and wild yam species diversity, its socio-cultural importance to the communities and its contribution towards food security.

The study was carried out in Nangkor gewog under Zhemgang Dzongkhag. A total of 75 households were randomly selected from 308 households. Data was collected using semi-structured questionnaire, which comprised of both closed and open ended questions and were analyzed using descriptive statistical analyses in SPSS version 16.1

The survey found five species, which are water yam (*Dioscorea alata* L.), lesser yam (*Dioscorea esculenta*), white yam (*Dioscorea rotundata*), aerial potato yam (*Dioscorea bulbifera*) and yellow yam (*Dioscorea cayenensis*) in the geog. *D. esculenta* and *D. alata* are the most commonly preferred species by the communities in terms of taste and nutritional value. The study found that yam has vital roles in the socio-cultural events and are indispensable during Prechula (Offering to local deity), Lochoe (annual ritual) and Losar (new events of the year).

It was found that some of the respondents face 2-3 months of food shortage and one measure to cope is through collection of wild yams and tubers. Yams and tubers contribute 19% to food security although there is a gradual decline in utilization of this crop with pace of socio-economic development.

The availability trends in the wild are perceived decreasing by the respondents. The main causes perceived by 42% of respondents is due to unsustainable harvesting practices, 38% due to increasing wild boar population and 20% with increase in human population leading encroachment of forest for development activities. Thus, it is perceptible that there is need to have appropriate conservation strategies to maintain the species diversity in order to derive long term benefits.

Local name	Botanical name	Morphological Characteristics	Plates
Dawalaki	<i>D. alata</i> L.	Vigorous and bushy vine with dense foliage. Tuber is watery and skin is of purple colour with superficial hairy roots. Generally cylindrical in shape but are found in variable shapes.	
Chormola	<i>D. esculenta</i>	Less vigorous with oval shaped leaves. The tubers are found individual in large numbers but sometime found in cluster with superficial roots. The inner flesh is white in colour.	
Phurbaiki	<i>D. rotundata</i>	Vigorous and bushy vine with ovate in shape. Tuber is usually cylindrical but also in variable in shapes with brown smooth and white flesh in colour.	
Siktum	<i>D. bulbifera</i>	Perennial large vines with broad leaves and long length vines. Bulbils are round or oval in shape with brown skin colour and white flesh.	
Kachamaki	<i>D. cayenensis</i>	Vigorous and bushy vine with oval creeping canopy shape. Tubers vary from oval to cylindrical shape with yellow flesh.	

*Contributed by: Jambay Ugyen, ADAO (Abstract of Thesis)*

## Common Hoopoe (Upupa epops)

Bhutan is perhaps a paradise for both birds and bird lovers. However, the ongoing developmental activities are seriously posing danger not only to some weather sensitive birds but also to some other wildlife.

Hoopoes are very colorful birds found across Africa, Europe, and East-Asia. These birds are known for their spiky crown feathers at the top of their heads, making them look a bit unique and special.

They are actually named after the sound of their own call. It has a very pleasant and soft call of its name (hoo...po...po...). Their name is a combination of the Latin "upupa" and the Ancient Greek "epops" that basically resembles for its fan-like crest and a sound it produces.



Although, these birds are not globally considered as endangered, their population is found to be declining globally due to decline in their natural habitat, increasing human settlements and pollution. On the other hand, the good news is that overall record of the birds in Bhutan is quite an impressive one - there are over 670 bird species that are currently residing in "the Land of Happiness" and many are yet to be discovered.

However, being a Carbon Negative Country, can we afford to remain complacent and take pride in learning about the decline in our cultural biodiversity? What if by any chance we happen to lose these birds? Obviously, there will be an unbalanced ecosystem. Simply losing one food from the food web poses a great threat to the survival of a viable ecosystem. Then how much do we care for our biodiversity?

After having chased this beautiful bird for last five years or more, I could at least come to know some of their behavior and migration pattern. Often, I had to use "carrot and stick" approach to move forward and reach high whenever I failed to get one. Being behind this bird was more like "Titanic game". Other times I had to be good at "hide-and-seek" just to see these birds around.

You should consider yourself lucky if you happen to spot these birds near housing colony in Zhemgang town. These birds can be seen near the hospital and Dangkhar village in early hours of the day or in late afternoon. They are found in these vicinities for feeding and breeding. These birds have unique color and personality. They have characteristically long, skinny and slightly bent beak that allows it to forage on the ground, dig into the dead logs to find insects and more importantly to feed their young ones. Their beaks are also a weapon to fight with the enemy.

These birds favor open country with pastures, woody areas, and broad fields. The breeding season for these birds starts from January and ends around in August. For breeding, old trees with hollows are their favorite. However, they also nest in piles of rocks and even on the ground under tree roots. It lay maximum of twelve eggs is a season. The eggs incubation period is approximately 15 to 20 days.

Hoopoes tend to be very independent and solitary birds. They usually interact with each other only for breeding. Their average lifespan is about 10 years or so.

The main diet are insects, small reptiles, frogs and even plant matters, which means this bird is an omnivore.

They are very territorial and become aggressive upon seeing humans and other birds encroaching their areas. The female counterpart is dangerous and aggressive especially during incubation period and when it has young ones. It often ends up chasing other birds and sometimes in a brutal fight.

When you are alone, stressful, broken and want to be with nature, it sings the songs of your heart, it tells you the story of your heart and calms down your emotions. This is the power of nature and birds in particular.

I am deeply concerned about the ongoing reckless inhumane activities, which disturbs our delicate ecosystem and the well-being of indigenous birds' life.

Birds are very important and should therefore be preserved. The unnecessary hunting of birds should be avoided at any cost as they have destructive impacts on the environment. Birds also contribute to the natural well-being of our environment in their own ways.

Do you still think these birds are not important to our community?

What can we do to prevent the loss of these bird species from Zhemgang?

*Contributed by Sancha Bdr Rai, Zhemgang CS*

# Annual Dzongdag's Run for Happiness

In line with the Royal Civil Service Commission (RCSC's) noble initiatives of conducting marathon for civil servants in Thimphu, MSTF/ CBSS of Zhemgang Dzongkhag also conducted its first ever Annual Marathon titled as Annual Dzongdag's Run for Happiness Marathon for all sects of population living in the vicinity of Zhemgang Dzongkhag Administration on Saturday, the 10th of August 2019. The event was organized as part of the well-being programs to promote the health and well-being of the civil servants and also to enhance networking among civil servants.

The importance of prevention of non-communicable diseases (NCDs) cannot be undermined in the light of increasing disease burden and raised exposure to NCD risk factors due to physical inactivity, unhealthy diet, tobacco use and harmful consumption of alcohol in our country.

It was organized to advocate the general population on importance of physical activities in preventing Non-Communicable Diseases (NCDS). The event was graced by Venerable Lam Neten of Zhemgang Rab-dhey, Chief Guest for the day.

Contributed by Thinley Tobgay, ADHO. Health Sector



## ZHEMGANG "TEACHERS" TO "WRITERS"

Finally, here! Hard work and dedication put in by teachers across Zhemgang dzongkhag has finally turned into pleasing books. Writers workshop conducted in November last year at Gelephu, produced a very fruitful result- a set of children's book. 46 teachers, 23 pairs- a combo of a writer and an illustrator, participated in a very enriching workshop where the pairs worked on giving shapes to their thoughts and imaginations and finally transforming it into eye-catching children's book.

Their effort, moulded into promising books, has speeded across the Dzongkhag. It's a humongous achievement for any teacher to be labelled as a writer and an illustrator. Moreover, it is the first set of books authored and illustrated by the teachers of Zhemgang. Hopefully, more books can be authored and illustrated in near future.

Contributed by Tshering Pelden



# School in Focus - Thrisa Primary School

Vision: An Ideal school.

Mission: To encourage discovery learning to provide high quality wholesome education based on GNH values and principles.

Goals:

- To orient interest of individual students learning through understanding.
- To create safe and conducive learning environment.
- To inculcate the value of agriculture and dignity of labour.
- To create awareness on preservation of natural resources and greenness.
- To create awareness on the preservation of our culture and traditions
- To provide practical and situational knowledge and skills.
- To create forums for interactive and collaborative decisions for instructional and curriculum improvement.



Thrisa Primary School is located officially 2 days away from Zhemgang Education Office. One has to travel a day journey from Nimshong Village to reach Thrisa, which is under Shingkar Gewog. The village is known as Thrisa which means the "Land of New Taxation."

The construction of the school was a joint venture of the government and the community. While the community put in free labour and transportations, the government provided locally non-available resources such as roofing materials, cements & nails.

The school caters to the educational need of Thrisa Community which consists of around 65 households with a population of more than 860 people. The school was established in 2000 and was officially opened in 2001 academic year by Mr. Kezang Tashi, a Dzongkha Language Teacher with PP admissions of 43 students (24 girls & 19 boys). This helped the poor community fulfill their vision and dreams.

The school initially functioned with the academic block consisting of three very spacious classrooms and a standard sized head teacher's quarter. The school was handed over to Mr. Sangay the following year with 61 children. Gradually, the numbers of students increased and the school transformed to a real seat of learning with the classes ranging from PP-VI, thus decreasing the burden of sending their moth-staged kids to other schools. The school now enjoys with every facilities provided by the government. The long term goal of the first head teacher of this school has been also fulfilled. We have an academic block with seven spacious classrooms, one administrative block serving as principal's office, general staff room and store/stationery room. One unit flush out toilet has been constructed and our children also enjoy safe & sufficient water. The school enjoys in its own way the standard volleyball court, a football field particularly meant for young kids and beautiful flowers and hedges succumb at every nook and corner, an ardent agriculture garden with varieties of crops and an orchard of an apple and plums surrounded by walnuts and cypress. The school houses 22 children with 2 teachers as of 2019.

In order to achieve the aspirations of the education ministry, the school works hard to provide quality wholesome education in line with GNH values and principles. It systematically pursues both curricular and co-curricular activities as to provide good opportunities to every child and to fulfill their basic rights.

~ School Activities ~



Contributed by  
Tenzin Norbu  
Off. Principal  
Thrisa Primary School

## ANNUAL LIVESTOCK MEETING, ZHEMGANG DZONGKHAG

The Annual Livestock Review and Planning meeting was held from 21st to 22nd August at the conference hall of DVH. Meeting was organized mainly to review the progress of past financial year 2018-2019 and to plan for the financial year 2019-2020. During the meeting, the sector launched its first Annual Progress Report for the financial year 2018-2019. Henceforth, it was decided that sector will come up with the Annual progress report of sector, for every financial year.



The meeting was graced by Dasho Dzongda. He shared his words of wisdom and moral ethic to the members. With a profound gesture in his heart, Dasho gave a remarkable and philosophical remark for the sector's achievements for the fiscal year 2019-2020 and gave a commentary remarks to gear towards focusing more on commercial and semi-commercial farming for the coming years. In particular, Dasho clearly highlighted that most of the commodities imported are basic dairy products which the sector is required to re-look and work harder to minimize import. However, he said that the Government is at least in a comfort zone with self-sufficiency regarding egg production but, we shouldn't be compromising the production and move ahead with the same level of production.



Dasho advised us to focus on (3R) Revolution idea: Green Revolution (Agri-farming), White Revolution (Dairy farming) and Blue Revolution (Aqua farming) to enhance the level of production. At the end of 12 FPY, the sector needs to show remarkable changes in the success and be at the top position in National statistics.

Meeting concluded with a short presentation from the field staffs on the success story for the past one year. Meeting was attended by 13 field staffs under the various gewogs of the Dzongkhag.

*Contributed by Livestock Sector*

## BHUTAN BIRD FESTIVAL



### Bhutan Bird Festival

...giving you the wings to fly

Tingtibi, Zhemgang Dzongkhag  
11-13 November, 2019



Contact us at:  
cbt.zhemgang@gmail.com  
Thinley Jamtsho (Sr. Planning Officer)  
00975 - 17895562  
Jigme Dorji (Chief Forestry Officer)  
00975 - 17638946  
Sonam Zangmo (Economic Development Officer)  
00975 - 17532534

### Newsletter Team

#### Advisor

Mr. Lobzang Dorji, Dzongdag



#### Coordinator

Mr. Karma Wangchuk, Dy. CDEO



#### Photography, Design & Layout

Mr. Mohan Subba, IT Officer



Mr. Thinley Jamtsho, Sr. Planning Officer



#### Editorial Team

Ms. Dechen P. Yangden, Teacher, ZCS LC



Ms. Tshering Pelden, Teacher, ZCS LC

