



ZHEMGANG MONTHLY

FROM STEPS TO LEAPS

Issue 17 | Date 31 January 2020

www.zhemgang.gov.bt

CONTENTS

- Page 2** - His Majesty's Kidu Mobile Medical Camp
- Page 3** - Four Pillars of Zhemgang Dzongkhag
 - A Day With Scout Masters
- Page 4** - Exploring Panbang
- Page 5** - Words of Wisdom
- Page 6** - Duenmang Tshachu Visitor Information Centre
- Page 7** - (cont)
- Page 8** - In light of corona virus
- Page 9** - (cont)
- Page 10** - Farewell
 - Village skills development program
 - Newsletter team

Month That Was

3rd - Observed Zero Waste Day



9-10th - Half yearly Budget Review Meeting



11th - Dzongkhag Annual Picnic



23rd - RCSC Commissioner Visit



25th - New Kudrung instated



30th - Opening of Infomation Centre



Upcoming Events

Internal Coordination Meeting on 13-14 Feb 2020 at White Bellied Heron Camp - Berti

40th Birth Anniversary of His Majesty the Druk Gyalpo.
21/02/2020

Losar, Male Iron Rat Year
24-25 /02/2020

HIS MAJESTY'S KIDU MOBILE MEDICAL CAMP

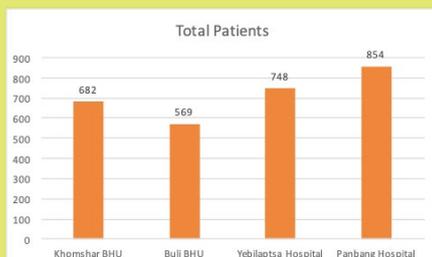
His Majesty's Kidu Mobile Medical Camp was conducted in Zhemgang Dzongkhag from January 16 to 27, 2020. The team comprised of 26 members led by Dr. Phub Dorji, Gynecologist. The camp commenced from Khomshar Primary Health Centre under Bardo Gewog on the 16th of January, 2020 and wrapped up at Panbang Hospital on the 27th of January, 2020.



The principal objective of the camp was to provide specialized healthcare to people living in far flung places who were deprived of the comprehensive medical check-ups and treatment. Hence, it is an enormous gift from the Golden Throne, which was initially instituted in 2009, principally to cater the healthcare services at the doorstep of our rural folks.

The camp catered the following services in all locations:

1. Paediatric
2. Gynaecologist
3. General surgical
4. General medical
5. Ophthalmology
6. Dental
7. Laboratory
8. Ultrasonography
9. ENT (Ear, Nose and Throat)
10. Orthopedic
11. OT
12. Pharmacy



Service	1	2	3	4	5
Gyne OPD	34	39	77	35	185
Pap Smears	78	58	31	16	183
CuT Insertion	7	9	3	0	19
Colposcopy	0	0	3	4	7
Surgical OPD	29	33	10	120	192
Endoscopy	47	51	61	45	204
Medical OPD	323	231	344	364	1262
Pediatric OPD	185	59	117	104	465
DENTAL	100	80	45	58	283
EYE	148	124	151	139	562
ENT	78	67	129	132	406
Orthopedic	74	85	132	210	501
ULTRASOUND	131	195	241	178	745
Total pat for Lab test	105	133	174	165	577
Pharmacy Dispensing	501	365	601	697	2164
Operation done	22	13	25	28	88
Surgery major	1	2	0	1	4
Surgery minor	18	7	19	25	69
Gyne Op	3	4	6	2	15

Source: Dr. Phub Dorji, Head, KMMU Camp Zhemgang

The clinical service began as early as 8 am in the morning till 5 pm in the evening and sometimes till 8:30 pm depending on the number of patients. During the camp, the local health staff from the respective centers joined and helped the team.

During the medical camp, the Dzongkhag and concerned Gewog administrations have extended due courtesies to the medical team. At Khomshar Primary Health Centre under Bardo Gewog, the team was received by Mangmi and the health staff on the 16th of January, 2020. The team arrived in Buli Primary Health Centre on January 18, 2020 and was received by the Interim Dzongkhag Kidu Officer, DHO, Officiating Health Assistant and representatives from Nangkor Gewog and arranged an excursion to the famous Buli Moenmo Tsho towards evening.

On the 21st of January, 2020, DASHO DZONGDAG received His Majesty's Kidu Mobile Medical Camp team at Yebilaptsa District Hospital and hosted a dinner at the White-Bellied Heron Camp in Berti under Trong Gewog. The Local Government officials and local communities under Trong Gewog joined the team over a dinner. In Panbang Dungkhag, the team was received at famous twin waterfall in Laling by Dungpa and health staff on January 24, 2020.

A total of 2853 patients turned up to avail various medical services. While in Yabilaptsa hospital from January 22-24, 2020, patients afar from Langthel village under Trongsa Dzongkhag traveled to consult the medical team. Nevertheless, patients expressed their hearty gratitude to His Majesty the Druk Gyalpo for granting and dispatching Kidu Mobile Medical Camp for Zhemgang Dzongkhag.



EXCURSION TO BULI MOENMO TSHO

At the behest of the people of Khengrig Namsum, the Dzongkhag Administration would like to offer our heartfelt and sincere gratitude to His Majesty the Druk Gyalpo for such noble initiative.

(Kinzang Dorjee)
Interim Dzongkhag Kidu Officer
C/o. Dzongrab, Zhemgang

FOUR PILLARS OF ZHEMGANG DZONGKHAG

The foremost effort of Zhemgang Dzongkhag for the 12th Five Year Plan is to ensure:

1. 100% electricity and network coverage, enhance accessibility through construction of roads and bridges.
2. Intensify income and job creation through establishment of cottage and small industries (farm & non-farm) and the development of community-based tourism.

Community-based/Eco Tourism: The Dzongkhag has enormous potential for community-based/eco-tourism development owing to its promising rich bio-diversity. In view of this, the Dzongkhag Administration in collaboration with the Tourism Council of Bhutan and other potential funding agencies are accelerating towards the development of unique tourism products and facilitate the establishment of appropriate tourism infrastructures. Efforts are being made to identify suitable sites for eco-camps, eco-lodges, bird watching sites and conduct feasibility assessment of home stays in the selected villages to ensure that the benefits of tourism trickle down to the communities.

Today, the Dzongkhag has formed Community Based Tourism Development Committee (CBDT) and drafted its Tourism Development Action Plan. The overall objective of the Tourism Development Plan is to better the position of the Dzongkhag as a sustainable tourism destination so that communities have direct employment and benefits from tourism to supplement their livelihood whilst conserving nature and preserving culture.

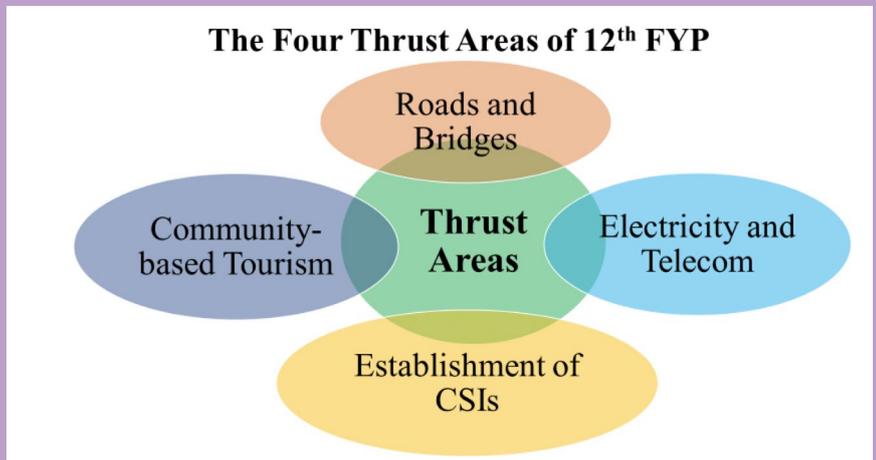
Establishment of CSIs: Given Dzongkhag's small domestic market size, limited infrastructure, high transaction costs and poverty forced labour, the development of rural infrastructure, cottage and small industries through formation of farmers' groups and cooperatives are mandate for employment and income-generating opportunities.

Zhemgang Dzongkhag has targeted to establish 20 numbers of farm CSIs and 24 numbers of non-farm CSIs in the 12th FYP. In the first fiscal year of the plan, 2018-2019, Dzongkhag has established 27 numbers of CSIs (farm & non-farm) creating 34 jobs; 7 farm enterprises and one each in 20 non-farm enterprises. This year, we have established 6 non-farm enterprises and 4 farm enterprises creating 54 youth employment.

Electricity and network coverage: Meanwhile, Dzongkhag is working in close consultation with Bhutan Telecom and Tashi Cell for improvement of network in the Dzongkhag. Currently the Dzongkhag has 3.4 hours mobile service down time in a year and 4.6 hours internet down time in a year as per the record maintained by Bhutan Telecom, Zhemgang.

Referring to the electricity coverage, Zhemgang Dzongkhag is 94.4% electrified with on grid and 8.6% electrified with off grid which totals up to 324 households still with off grid. However, the Bhutan Power Corporation is already in progress of the electrification works and it is due to be completed by 2023.

Enhance Accessibility: Dzongkhag has already started construction of 10 Chiwog roads, namely, Langdurbi, Digala and Phulabi-Dunglabi Chiwog Roads under Bardo Gewog; Dali, Barpong and Chapdenpa Chiwog Roads under Bjoka Gewog; Duenmang Chiwog Road under Nangkor Gewog; Pongchula and Tashibi Chiwog Roads under Phangkhar Gewog and Radhi Chiwog Road under Shingkhar Gewog. The construction of these Chiwog Roads is funded by Government of India (GoI) under Small Development Project-II (SDP-II). Besides these Chiwog Roads, there are 18 farm roads under construction and 33 farm roads planned and budgeted in the 12th FYP.



Contributed by Thinley Jamtsho

Explore Panbang- The heart of the least developed district in Bhutan - Denkars Getaway

Panbang is located in the south of Bhutan. It falls under Zhemgang Dzongkhag, the least developed district of Bhutan and it is located 13km away from the Indian Border. Little was known about Panbang and beyond two decades ago. However, with the completion of the Gomphu-Panbang highway, electricity and good communication, handful of tourists are now travelling to the Panbang and beyond. With the arrival of guests in a remote village, the local stakeholders are now opening their home to visitors and young entrepreneurs are taking up community-based business and services.



Situated in one of the remotest parts of Bhutan, despite modernization, the life of the villagers has remained authentic and very simple. They practice shamanism and depend on nature for food. Even today people there live in a house with a thatched banana/grass roof. A typical khengpa house uses bamboo as the main material. The people there are very nature-friendly.



If I was to compare diverse Bhutanese people depending on their lifestyle, I find similarities between khengpa people and Lhop people. From the thatched banana house roof design to the simple lifestyle of drinking 'tongba'. These people are very content with what they have, a roof to sleep and food to eat. Be it delving in local khengpa custom or tradition or exploring unbeaten hiking trails and virgin river rafting and safari, Panbang awaits you.



Things to do in Panbang

Royal Manas Park is the oldest national park of Bhutan situated in southern foothills of Bhutan with the total area of 1057 km. sq. If you are travelling to Panbang Via India, from the Manas National park of India it is 22 km drive to Royal Manas National Park.

While entering the gate of Manas National park of India, we need to pay Rs.300 as the entry fee however if you are driving down from Panbang it takes 12 km to the Park.

To go to other side of the park, one needs to take a boat ride that costs Nu. 10. The park is home to varieties of fauna and flora. RMNP is home to over 86 different mammal, 365 bird and 900 plant species. Asian elephant, tiger, golden langur, clouded leopard, and gaur are some notable wildlife you can find in Manas.'



There are also several hiking trails within the park. If you enjoy bathing elephants, Manas Park offers your elephant safari. The pristine rich forests, diverse wildlife and breathtaking landscapes lend a unique charm to the rich wilderness area. Whatever the season of your visit, the Royal Manas National Park offers opportunities to enjoy, explore, learn and recreate in one of our nations unspoiled wonders.

Visit Bamboo Craft Center

Community Liason Cane & Bamboo Centre by OGOP & APIC, the centre exhibits artistic bamboo handicrafts like bamboo baskets, hats, holders, carpets and many more.

Magnificent Twin Waterfall

One of the most beautiful twin waterfalls that you will ever see in en route Pantang-Panbang highway. The twin waterfall is followed by a green emerald shore. This makes waterfall the most beautiful traveller because when it travels it becomes a path in itself



Twin waterfall en route Panbang

The twin waterfall has become centre hotspot to stop for lunch for comfy break. Numerous benches and tables are constructed as the resting area for commuters and travelers. The place is a great picnic spot !



Extracted from <https://denkarsgetaway.com/>
(Continued next Month)

Words of Wisdom from Golden Throne

Joint Convocation of the two Colleges of Education of the RUB
Paro
January 7, 2013



“The most important duty of teachers is to ensure that your students become strong, capable citizens who contribute meaningfully to the country in future. For this, teachers must cultivate a deep awareness and commitment in their students, towards the needs and aspirations of the nation.

Teachers must earn the respect of their students and inspire them to fulfill their hopes and talents. Never look at your students as a classroom of people. Look at them as individuals, each with their own talents and unique character. Nurture them to fulfill their potential. However, there is a limit to how much one can learn in school or college. Therefore, the true mark of your success as teachers will be if your students develop the habit of life-long learning. But, it is not possible to share what you don't possess. So as teachers you must yourself be open to new ideas and to learning throughout your lives.

When it comes to discipline, zero tolerance must be balanced with high expectations. Children will experiment, experience and approach life with inquisitiveness. This is natural. Sometimes they may make mistakes. Zero tolerance should mean that teachers and parents make sure to address these mistakes no matter how small they may seem. Guide the children to learn to be responsible even as they experience life in all its shades. Keep them on the right path from the start.

By high expectations I mean that teachers must encourage children to aim high and excel. This country is too small and the population too few for us to be content with the mediocre. Our children must excel. However, I do not care too much for statistics. What matters to me is not whether we have thousands of students with Masters or graduate degrees. What really matters to me is whether a citizen, no matter what the level of his or her education, is able to fulfill responsibilities, serve with loyalty and bring good fortune and wellbeing to the family, community and nation.

I ask you to have confidence in our education system. I am a proud product of Bhutanese schools. Lastly, I want to remind you all that the national goals of Bhutan must be contemplated upon and defined by the people.”

Contributed by Tshering Pelden

Tour Report on Inauguration of the Information centre and site visit to Duenmang Tshachu.

Traveling to Praling was a journey through a maze of blessings, offering great opportunities for us to observe and then appreciate the harmonious relationship between man and nature.

The inauguration of the Information Center started at around 10:30 am on the 30th of January, 2020 at Praling. The Inauguration started with the Marchang. The occasion was graced by Dasho Dzongdag of Zhemgang Dzongkhag. The Lam Neten, Dasho Drangpon, Chief Forestry Officer and Chief Engineer of the Road also accompanied Dasho Dzongdag. The gups of Nangkor and Duenmang and the people of these two Gewogs joined to celebrate the occasion.



Dasho Dzongdag, in his opening remark mentioned on the importance of having the information center. He especially mentioned on how it would be used to share information with the visitors and tourists on the rich biodiversity of the area and create awareness on the conservation of the natural heritage that Bhutan is bestowed with. He also praised the leadership of our Monarchs for abled stewardship and inculcating it in the citizens, the need for maintaining the natural resources to near virgin stage especially in Zhemgang. He further informed the public that time has come for them to take charge of the gift and make it even better by proper management and implementing the right strategies to conserve and preserve the natural heritage of Zhemgang. He also raised concerns on the waste and how the information Center would be used to ensure that the waste is properly managed at all times.

I spoke to the gathering and informed them that the people of Nangkor and Duenmang were blessed with Guru Rinpoche's visit, centuries ago. Further, the place is blessed with one of the highly recognized hot-spring known as Duenmang Tshachu that has the healing power. It is of paramount importance that there is a proper management of the hot-spring so that the sanctity of the place is preserved and maintained properly. Moreover, with the increasing number of visitors every year and the consumption of packaged food becoming very common, waste generation is inevitable and therefore, managing it in a proper way becomes very important especially in terms of its disposal. It was also informed that the communities could organize themselves to provide service to the visitors in the form of eco-tour guides, carrying luggage and other related business enterprise. The mere fact that such highly regarded hot-spring existed in the area opens up the vast opportunity for the communities to take up enterprises and be vibrant. Lastly, I thanked Lam Neten, Dasho Dzongdag, Dasho Drangpon and the staff for a wonderful inauguration and people of Nangkor and Duenmang along with the Local Government staff for the participation in the inauguration of the Bio-diversity information Center, Praling. The inauguration ended with simple lunch with the public which was organized by the Dzongkhag.

As we traveled to Duenmang Tshachu towards evening, we looked at the canopy construction and side railings erection through the project implemented by the Territorial Division, Zhemgang. It was observed that at one place the road has been washed away by the rain affecting the upper and lower part of the road as the road winds at one corner. It was informed by the Chief Forestry Officer, Zhemgang Division that the road has helped to ease the travel as it was made wider and steep areas were smoothed out. However, the road still needs some improvement especially in the areas where it was washed out due to rain.

The project has also built a two storied guest house that has ten rooms. The attic is also used for accommodating people and when we visited,



Tour Report on Inauguration of the Information centre and site visit to Duenmang Tshachu. (cont..)

they were about 10 people using it. It was told that during the peak season (November to February), the rooms are packed and people still use open space for pitching the tents to stay in.



The conditions of the rooms were good and has all the facility for cooking and toilets. However, during the visit it was observed that the retention wall has been washed away but found no danger to the building at the moment. It was also observed that the drainage needed to be realigned so that the drainage does not enlarge further threat to the building in future. A large diametric polythene pipe could be one possible solution.

Pond development has been done very well and now well protected from the falling boulders. The project has constructed an extension pond with wooden panels provided in all the ponds. At the moment there are about six ponds and facilities have improved greatly with changing rooms and toilet facilities at the vicinity of the ponds.

The walk ways have been provided with chain-link protection from the suspension bridge to the pond area. However, during the visit we could see that at certain parts immediate repairs are required. Two critical points need major repair and the chain-link has been damage due to falling rocks. The footpaths were well developed and maintained as the slippery parts were cleaned every day to avoid accidents. However, if possible some sort of drainage may be required to avoid the water from coming onto the foot path.

The caretakers informed that waste management is an issue and at the moment they are overburdened by waste collection and dumping. They also informed that majority of the waste is being burnt. There is much to be done in terms of waste management at the Tshachu. I informed the caretakers that they should earnestly spend some time in making the visitors aware of waste disposal.

It was also suggested to have two bins in each of the rooms- one for bio-degradable and other for non-degradable. Also, it would be important to have proper handing taking over of rooms once the guests come and leave the place. There were also many clothes being hung for drying over the fence in the pond area and the visitors may need to be reminded of proper disposal if they were no longer re-using the clothes. It is also suggested to have a proper clothes line for people to dry their clothes.



After walking two hours uphill to Praling, Gomphu where our vehicle was parked we had a quick lunch and traveled to Gelephu. Next Day, we journeyed to Thimphu from Gelephu.

*A Tour Report by Dr. Pema Choephyel
Director, BTFEC*



In light of Novel Coronavirus

What Is Coronavirus?

Coronaviruses are a type of virus. There are many different kinds, and some cause disease. A newly identified type, called 2019 novel coronavirus, has caused a recent outbreak of respiratory illness that started in China. Lauren Sauer, M.S., the director of operations with the Johns Hopkins Office of Critical Event Preparedness and Response and director of research with the Johns Hopkins Biocontainment Unit, shares information about 2019 novel coronavirus and what you need to know.

How is 2019 novel coronavirus spread?

Recent information indicates 2019 novel coronavirus, also called 2019-nCoV, may be passed from person to person. There are still a lot of unknowns, including how contagious it might be.

The spread of this new coronavirus is being monitored by the Centers for Disease Control (CDC), the World Health Organization and health organizations like Johns Hopkins across the globe. On Jan. 30, the World Health Organization declared the 2019 novel coronavirus outbreak a public health emergency.

How did 2019 novel coronavirus spread to humans?

2019 novel coronavirus appeared in Wuhan, a city in China, in December 2019. Although health officials are still tracing the exact source of this new coronavirus, early hypotheses thought it may be linked to a seafood market in Wuhan, China. Some people who visited the market developed viral pneumonia caused by 2019 novel coronavirus. A study that came out on Jan. 25, 2020, notes that the individual with the first reported case became ill on Dec. 1, 2019, and had no link to the seafood market. Investigations are ongoing as to how this virus originated and spread.

This virus probably originally emerged from an animal source but now seems to be spreading from person to person. The virus has been detected in people throughout China and 27 other countries, including the United States.

What is the incubation period for 2019 novel coronavirus?

It appears that symptoms are showing up in people within 14 days of exposure to the virus.

What are the symptoms of 2019 novel coronavirus?

2019 novel coronavirus causes viral pneumonia, with symptoms including:

*Cough
Fever
Shortness of breath*

In rare cases, it can lead to severe respiratory problems, kidney failure or death.

If you believe you have these symptoms and you have traveled to Wuhan, China, within 14 days, contact your health care provider right away. Call before you go to the doctor's office or emergency room, and tell them about your symptoms and recent travel.

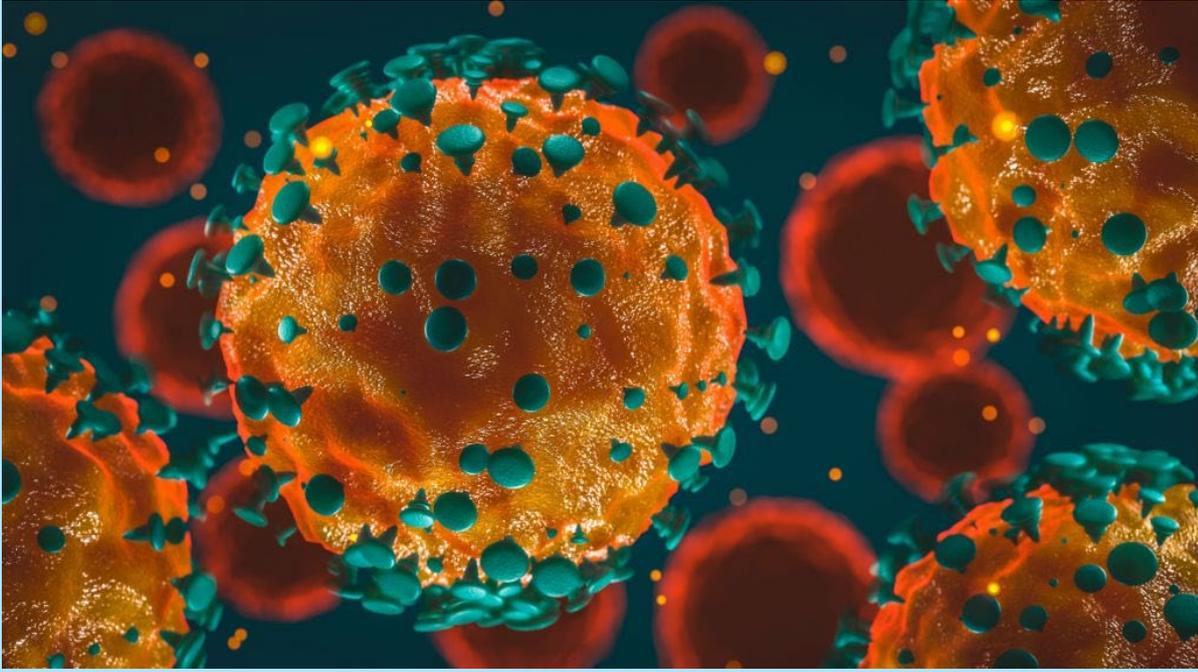
How is 2019 novel coronavirus diagnosed?

Diagnosis may be difficult with only a physical exam because mild cases of the new coronavirus may appear similar to the flu or a bad cold. A laboratory test can confirm the diagnosis.

How is 2019 novel coronavirus treated?

As of now, there is not a specific treatment for the virus. People who become sick from this coronavirus should be treated with supportive measures: those that relieve symptoms. For severe cases, there may be additional options for treatment, including research drugs and therapeutics.

In light of Novel Coronavirus



Does the 2019 novel coronavirus cause death?

As of Feb. 9, 2020, 904 deaths have been attributed to the virus.

How do you protect yourself from 2019 novel coronavirus?

The Centers for Disease Control and Prevention (CDC) has these suggestions:

Wash your hands frequently and thoroughly for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.

Cover coughs and sneezes with a tissue, then throw the tissue in the trash

Avoid touching your eyes, nose or mouth with unwashed hands

Stay home when you are sick

Clean and disinfect surfaces and objects people frequently touch

What are the precautions for coronavirus?

Several health agencies in China and other countries, including the Centers for Disease Control (CDC) in the United States and the World Health Organization (WHO), are keeping a careful eye on this coronavirus and taking steps to prevent illness from spreading. While in Bhutan, Ministry of Health has been sensitizing people on the outbreak of the disease, creating awareness on symptoms and preventive measures while minimizing unessential travel to the affected countries.

Latest Updates

Coronavirus global death toll rises to 904

The Hubei Health Authority reported that 91 more people died of coronavirus in Hubei province on Sunday, raising the death toll in the epicenter since the beginning of the coronavirus outbreak to 871.

The total number of deaths in mainland China is now at least 902. The global toll is at least 904, with one death in Hong Kong and one in the Philippines.

Hubei authorities confirmed an additional 2,618 cases of the virus on Sunday, which brings the total number of cases in the epicenter of the outbreak to 29,631.

The global number of confirmed coronavirus cases now exceeds 40,000, with the vast majority in mainland China.

FAREWELL

We bid farewell to many of our Dzongkhag fraternity members.

Mr. Karma Wangchuk, Dy.CDEO
Promoted to Chief of School Health
and Nutrition Division.



Mr. Karchung, DHO
Liaison Officer, Vellore Medical
Hospital.



Mr. Tshewang Rinzin, DSO
Lhuntse Dzongkhag.



Dr. Choda Gyeltshen
Gelephu Hospital



Phurpa gyeltshen, Surveyor
Punakha



Sonam Lhendup, LRA
Panbang



Damche Wangdi, Survey Field Assisant
Panbang



VILLAGE SKILLS DEVELOPMENT PROGRAM



Newsletter Team

Advisor

Mr. Lobzang Dorji, Dzongdag



Photography, Design & Layout

Mr. Mohan Subba, IT Officer



Mr. Thinley Jamtsho, Sr. Planning Officer



Editorial Team

Ms. Chuki Lhamo, Teacher, ZCS LC



Ms. Tshering Pelden, Teacher, ZCS LC



Rinzin Lhamo, Agriculture Extension

