

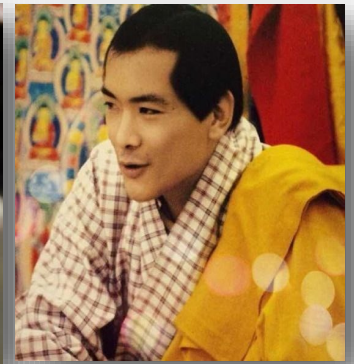


## Celebrating the Great Fourth: 69<sup>th</sup> Birth Anniversary of the Fourth Druk Gyalpo



To mark the auspicious celebration, led by Venerable Lam Neten of Rabdey, Dasho Dzongdag, Dasho Drangpoen, Dasho SP, Dasho Dzongrab, Dasho Drungpa, DT Thrizin, regional and sector heads lit butter lamps and offered His Majesty's Zhabten in the Dratshang Kuenrey.

On 11<sup>th</sup> November 2024, with the nationwide celebration of the 69<sup>th</sup> Birth Anniversary of the Fourth Druk Gyalpo, Jigme Singye Wangchuck, the Dzongkhag Administration, Dratshang, Regional Offices, Gewog Administrations, civil servants, public servants, schools and the public joined the nation in praying for His Majesty's good health and long life .



### Highlights

- Sacred Relic Jelkha
- International Day for the Elimination of Violence Against Women
- Consultation Meeting on the Land Administration
- NCD Screening Launched
- Briefing for Aja Pilgrimage

### Choosing Healthy Food: Quinoa for a Healthy Living



21 acres. Due to scarcity of rainfall during the sowing time, the germination was poor however, the Gewog is expecting to produce around 1 to 2 metric ton this year. Quinoa will be ready for harvest by the month of February.

Quinoa is a nutrient-dense food with several health benefits. It is a great source of plant-based protein, fiber, and several key minerals. In addition to its nutritional benefits, it is also gluten-free and a good source of protein for people who stick to vegetarian diets. Chaskhar Gewog have distributed 65 kilogram of Marangani variety of quinoa to 31 households, covering approximately



Contributed by: Extension Supervisor, Chaskhar Gewog

### Nangten Jelkha: Sacred Relic of Sangay Shakya Thupa Displayed



of all sentient beings. Hundreds of monks, nuns, civil and public servants, students and devoted public gathered to receive blessings and offer prayers. The relics remained at Norbuchoeling Dratshang, Mongar for a day before continuing their journey to Trashigang Dzongkhag. The relic was brought from France in the celebration of the Fourth Druk Gyalpo's 69<sup>th</sup> Birth Anniversary.

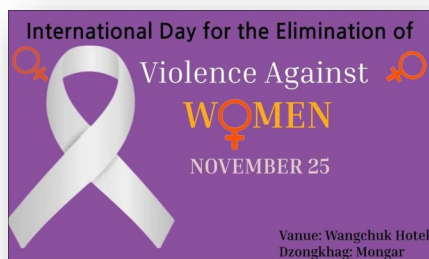
Following the arrival of the relics at the Dratshang, Lam Neten led a Thruesel (purification ritual) and offered prayers for the well-being

The sacred relics (Ringsel) of Sangay Shakya Thupa was received and displayed for the public at the Mongar Dratshang with a traditional Chhibdrel and Marchhang led by Lam Neten. The reception was attended by Dasho Dzungdag, Dasho SP, LG Thrizin, Regional and Sector heads.



Contributed by: ICT Office

### International Day for the Elimination of Violence Against Women



Ridaza PS. RENEW volunteers, sector heads, and Mongar Gup.



The Dzongkhag Administration observed the International Day for the Elimination of Violence Against Women with a program coordinated by the Dzongkhag's CBSS Focal Person. The event was graced by the presence of Dasho Dzungda, Dasho Drangpoen, Dasho SP, as well as teachers and students from Mongar HSS, Mongar MSS, Kidheykhar HSS, and

The program emphasized the collective responsibility of addressing and eliminating violence against women and girls. Presentations were made on teenage pregnancy, reproductive health, and RENEW-related cases in the Dzongkhag to make the participants aware of the



practical issues being faced by women and girls. This observance reinforced the importance of collaborative efforts and reaffirmed the Dzongkhag's commitment to ending violence against women and girls, ensuring a safer and more equitable society for all.

Contributed by: Planning Office

## Consultation Meeting on Land Administration and Management



On 28<sup>th</sup> November 2024, officials from the National Land Commission Secretariat (NLCS), Thimphu, conducted a consultation meeting on Land Administration and Management in the presence of Dasho Dzongdag. The meeting brought together a diverse group of stakeholders, including Local Government (LG) leaders from 17 Gewogs such as Gups, Mangmis, Tshogpas, and GAOs. Also

in attendance were staff from the Dzongkhag Land Sector and heads of the Dzongkhag Livestock and Agriculture Sectors.

The primary objective of the consultation was to provide a platform for discussing the various issues and challenges faced by the people in land administration. It served as an avenue for collecting recommendations and feed



back from the participants to help inform policy decisions. Furthermore, the officials provided detailed briefings on land policies, regulations, and related acts to enhance understanding and ensure better compliance at the grassroots level.

Contributed by: ICT Office

## Better Health for All: The Elderly Care Program

In 2022, the Ministry of Health mandated annual elderly screenings under the theme "Better Health for All." The Elderly Care Program, launched in 2010 with Gross National Happiness Commission approval, focuses on early diagnosis and treatment for individuals aged 65 and above to prevent diseases, disabilities, and mortality.



Since 2021, screenings have been held annually, with October designated as the screening month starting in 2022. The program addresses 12 key health concerns, summarized as "5 D, I HAVE FUN" (Disability, Dementia, Diabetes, Dental Problems, Isolation, Hypertension, Alcohol Issues, Visual Impairments, Ear Problems, Fall Risk, Urinary Incontinence, and Nutritional Challenges). Each screening takes about 30 minutes, with sessions conducted in health centers, outreach clinics, and homes for those with mobility issues.

Despite initial funding challenges due to the absence of a program budget code, health staff have ensured screenings continue. As of

November 29, 2024, 97.24% of the targeted 2938 elderly individuals have been screened. The program, led by Health Assistants, is implemented across 29 health centers, 56 outreach clinics, and selected communities. Identified health concerns are referred for timely intervention.



Contributed by: Public Health Office

## Striving for a Healthy Lifestyle: Nationwide NCD Screening



Following the Ministry of Health's directive, Monggar Dzongkhag officially launched the NCD screening program on the auspicious day of *Ringsel Jelkha* at Monggar Dzong. Screening services are being offered to all individuals aged 18 years and above at health centers across the Dzongkhag, as per schedules prepared within their respective jurisdictions.

The screening initiative aims to identify potential health risks, provide preventive guidance, recommend lifestyle changes, and, if re-

quired, facilitate medical referrals. This effort seeks to improve individual health and productivity while supporting national strategies to address the growing burden of NCDs. The program includes basic health assessments such as blood pressure and blood glucose checks, BMI measurement, and health education sessions. It also emphasizes raising awareness about personal health, identifying high-risk individuals, and providing recommendations for management or further care.

From a total population of **15,039** in Monggar Dzongkhag, 85.50% were screened as of 2<sup>nd</sup> December, 2024, excluding the elderly population.

Key findings include:

- i. Total individuals screened: 12,859
- ii. Cases of high blood pressure: 2,725

- iii. Cases of raised blood sugar: 1,516
- iv. Individuals with cardiovascular disease (CVD) risk > 20%: 53
- v. Cases of overweight and obesity: 7,403
- vi. Referrals for further investigation: 1,266
- vii. Follow-ups and hospital visits for diagnosis confirmation: 411



Contributed by: Public Health Office

## Welcoming A New Member



The Dzongkhag Administration warmly welcomed Dasho Sonam Dorji as the new Dungpa of Weringla Dungkhag. Previously, Dasho served as the Dungpa of Umling Dungkhag in Sarpang Dzongkhag. With his experience and leadership, we look forward to his contributions to the development of Weringla. We wish Dasho a successful and fulfilling tenure.

Contributed by: ICT Office

## Better Safe than Sorry: Aja Nye Briefing

On 12th November 2024, under the directives of Dasho Dzongdag, a team from the Dzongkhag Administration conducted a sensitization session at Shermung Gewog Centre for the Aja Local Tour Group ahead of the reopening of Aja Nye to pilgrims after six months of Ladham.

The Gewog Engineer and Dzongkhag HRO briefed Neyshayps (local tour guides) on the code of conduct, first aid, and reporting protocols. A forest ranger from Bumdeling Wildlife Sanctuary highlighted the dos and don'ts under the Forest and Nature Conservation Rules and Regulations 2023. The group also revised their bylaws in the

presence of guides, guest house owners, porters, and local leaders, including the Gewog Mangmi, GAO, and Tshogpa.

The session concluded with a luncheon sponsored by the Department of Tourism

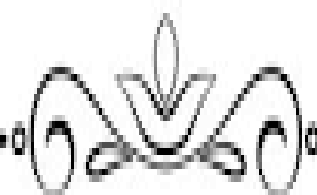


Contributed by: HR Office

## Month in Pictures



*In commemoration of the 69<sup>th</sup> Birth Anniversary of the Fourth Druk Gyalpo, Zhongar Open Football Tournament was organized at the Gyalpoizhing Astroturf.*



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