



MECHUKHA

Dear Reader,

Travellers demand unique experiences everywhere they go, and sustainable ones at that. Known for its pristine natural landscape, Mechukha is also emerging as a destination for fishing. This is a thriving sector in the hilly terrains as there is adequate supply of cold fresh water. Trouts are one of the attractions for those who have special interests. So also ingrained in the culture of Mechukha is organic farming practised by almost every household. Mechukha is a paradise for farming practices that are naturally sustainable and beneficial health wise. Learn about these and more in this month's edition.

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TROUT FARMING



cultivating rainbow trout, locally known as 'Star Fish'.

One of Mechukha's off the beat attractions is cold water aquaculture. Cultivation of the rainbow trout (*Oncorhynchus mykiss*) is thriving here, providing significant income for local farmers. Trouts fetches higher prices at the markets. Dechenthang village features a hatchery, several rearing units, and a cooperative farming system.

Rainbow trouts are predominantly raised on farms, while brown trouts are found in the rivers. The mountainous terrain of Mechukha offers an abundance of highly oxygenated, pristine freshwater ideal for

The main water sources for trout farming in Mechukha are cold water streams that flow all year round. Trouts thrive in temperatures ranging from 5°C to 15°C. There are about 200 trout farms in Mechukha including 10 government-operated facilities. There is considerable expertise in trout farming, breeding, and developing artificial diets, contributing to the success of trout aquaculture.



Process/ Life Cycle of Rainbow Trouts

- Adult females (hens) lay several thousand eggs in the clean river bed gravels. Adult males (jacks) discharge sperm, also called milt, which fertilizes the eggs.
- After 1-3 months the eggs hatch into alevins which remain in the gravel living off their yolk sack.
- Several weeks later they emerge as 25mm long fry.
- By late summer the young trout have grown into parr (50-70mm long).
- 12-18 months after hatching the young trout enter the lake as fingerlings
- Once mature the trout swim back up the rivers from which they originally hatched in order to spawn.

FISHING AND ANGLING IN MECHUKHA

With a rich variety of species of fish, Mechukha is beginning to attract special interest travellers. Known for its mountaineering and adventure sports, the region has now emerged as a leading destination for angling and fishing. Clear, sparkling waters enhance the fishing experience, offering a scene akin to Alaskan fishing.

Mechukha is a haven for fishing enthusiasts, offering opportunities to catch the rare rainbow trout. The area boasts several prime fishing spots, including the Yargyap Chu River, Dorjeeling River, and various fisheries ponds within a 5 km radius of Mechukha Town. They promise memorable angling experiences. The Yargyap Chu River is particularly noted for its plentiful rainbow trout.





Nutritionally, trout is packed with protein, healthy fats, vitamins, and minerals. It is notably rich in two forms of omega-3 fatty acids, EPA and DHA, which are crucial for heart health. Additionally, trout provides abundant protein and Vitamin D while being free of carbohydrates.

MECHUKHA GROWS ITS OWN ORGANIC VEGETABLES

In Mechukha, household farming is a prevalent practice, with many homes and homestays featuring vegetable gardens integrated into their compounds. These gardens are a hub of agricultural activity, where a diverse range of vegetables is cultivated. Common crops include potatoes, sweet potatoes, beans, green leafy vegetables, pumpkins, cucumbers, chilies, and maize.



The gardening practices are well-aligned with the local climate and growing seasons. For instance, wheat is sown in March and harvested by July, reflecting a seasonally adapted farming approach. Additionally, grapevines are also cultivated in these gardens, providing another layer of agricultural diversity



This approach not only supports local food security but also enhances the self-sufficiency of households, allowing them to produce a variety of fresh, homegrown produce. The integration of vegetable gardens into everyday living spaces is a testament to the community's commitment to sustainable living and agricultural self-reliance.



ARUNACHAL PRADESH FISH FARMERS SHINE AT NATIONAL AWARDS

On the 24th National Fish Farmers' Day, two distinguished fish farmers from Arunachal Pradesh have been honored with the Best Fish Farmer Awards. Yamoty Pigyor and Kesang Naksang, both hailing from Shi Yomi, were recognized for their outstanding contributions to trout culture. Their exceptional performance in cold water fisheries has earned them this prestigious accolade, as nominated by the Directorate of Fisheries, GoAP.



CHERRY BLOSSOM NURSERY PLANT DISTRIBUTION

Mass Plantation and distribution of Cherry Blossom held at Lhalung Village by Mechukha Eco Conservation Society (MECS) lead by President Mrs Norbu Naksang along with its Members. Motive behind is to create sustainable and Eco friendly environment. Its main Object was to create a unique approach in village level and attract more Tourist in near future so that it benefits the villagers.



AWARENESS PROGRAM - NEW CRIMINAL LAW

The Shi-Yomi District Police organized an awareness program on the new criminal law, which is divided into three parts: Bharatiya Nyaya Sanhita-2023, Bharatiya Nagarik Suraksha Sanhita-2023, and Bharatiya Sakshya Adhinyam-2023. The event saw the participation of around 40 individuals, including homestay owners, district administrative officers, Gaon Buras, NGOs, and members of the public from Mechukha.



CELEBRATION OF 89TH BIRTHDAY OF HIS HOLINESS THE 14TH DALAI LAMAHERE



The 89th birthday of His Holiness the 14th Dalai Lama was celebrated at Samten Choeling Monastery (New Gumpa) in Mechukha, under the theme "Be kind whenever possible; it is always possible." The event gathered monks, devotees, and visitors to honor His Holiness with rituals, prayers, and cultural performances. The theme highlighted the Dalai Lama's lifelong message of compassion and kindness, echoed in the peaceful surroundings of the monastery.

