



MECHUKHA

Dear Reader,

As naturally enchanting and beautiful Mechukha is, the region is also known for its spiritual sites that have been revered and celebrated since centuries. We introduce one among them this month - Neh Pema Shelpu. The Chu-zaa waterfall is associated for its healing properties, while legend has it that the 'Holy Cave' tests spiritual purity - find out how. Of course, we also highlight Mechukha's wild berries, adding both colour and culinary joy amidst its scenic landscapes. Read on and plan your next holiday to Mechukha.

- **Liyi Bagra** A.P.C.S, Deputy Commissioner, Shi-Yomi District & Chairman-Destination Management Committee-Mechukha

NEH PEMA SHELPU



Neh Pema Shelpu is a pilgrimage site 13km away from Mechukha, known to be the meditation site of the 6th rebirth of Guru Padmasambhava.

According to Buddhist traditions, Mechukha is recognised as a Neh site since it was discovered by various Rinpoches and Lamas. Neh Pema Shelpu is one of the places they blessed while on their pilgrimage to different places.

The Neh Pema Shelpu site received blessings from Guru Padmasambhava, or Guru Rinpoche (precious Guru) during 7th-8th centuries. The site attracts pilgrims during March for Tirtha Yatra, featuring ceremonies like flag hoisting and feasts.



It is said that while at a time meditation, a tiger suddenly attacked Rimpoche and the act got imprinted on a cave rock. This is still visible today. After the incident it became a holy

place for the disciples and has become a pilgrim spot. Disciples and visitors from different places visit Neh Pema Shelpu as part of a 'Tirth Yatra' during the month of March, locally known as 'Dawa Dangbu Nyis Ngya' according to the lunar calendar.

During the ceremony of Neh visitors and devotees raise colourful religious flags and share a feast, tea and other edible items that are indigenous to the region. Prayers, meditation and worship are conducted with chanting, for wellbeing and for bettering present and future lives. Merry making accompanied by melodious singing and dances to traditional songs are also key highlights of the pilgrimage season.



Chu-Zaa Waterfalls

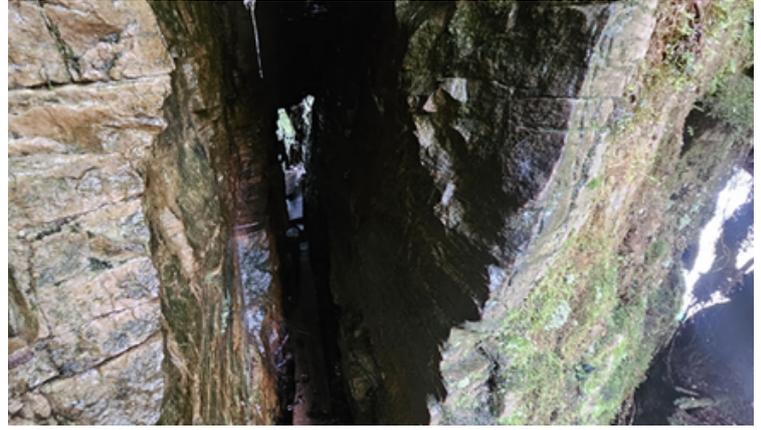
Devotes and visitors consider the Chu-zaa waterfalls sacred or as holy water for its healing power.

Holy Cave

Holy cave which is about 6 meters in length is considered sacred. This cave has a tiny passage which is difficult to cross. It is widely believed that if one manages to cross the passage without getting stuck, then that person possesses a good spirit. It is believed that a purity of heart can be checked in Lucky Stone. There is circular hole curved on the Stone and is filled by water.



Way to holy cave



Holy cave

Inside, it consists of three stones - white, black and a mixture of white & black.

All the three stones have its own meaning:

- **White** - is of pure heart and mind (Lucky). It is believed that wishes come true if one picks a white stone
- **Mixed** - it constitutes both good and bad (a kind of medium Lucky)
- **Black** - is filled with negativity. (Can be considered unlucky). It is believed the person who gets this stone has to work very hard to achieve wishes.

Lucky Stone



Wooden Stairs on the way to Lucky stone

WILD BERRIES IN MECHUKHA



Mechukha transforms into a vibrant and colourful paradise during the month of May, mostly due to an abundance of wild berries. Clad in bright red these berries thrive in their natural habitat and are a delightful treat for those seeking visual and culinary pleasures. As you explore the picturesque trails and lush valleys, the sweet and tangy flavour of freshly foraged strawberries adds a refreshing touch to an exciting adventure.

The sight of these fruits against the backdrop of verdant hills and clear blue skies is enchanting, making every hike a rewarding experience. This seasonal phenomenon naturally enhances Mechukha's natural beauty, and also offers a window to the unique wild exotic gastronomic experience.

10TH INTERNATIONAL YOGA DAY CELEBRATIONS

The 10th International Yoga Day Celebrations was conducted on 21st June 2024, with the theme *Yoga for Self and Society*. Many people from different walks of life participated at the event including students of Higher Secondary School, Mechukha, surrounded by tranquil nature. An Awareness Program was also conducted on the occasion highlighting the ill effects of Drug Abuse & usage of Tobacco (on the occasion of 'No Tobacco Day').



SENSITISATION PROGRAM FOR HOMESTAY OPERATORS AND HOTELIERS

A Sensitisation program on submission on Form-C for Homestay operators and Hoteliers was conducted in collaboration with the Police department.

District Tourism Officer - SHI-YOMI, **Ms. Rita Yorung** welcomed the gathering highlighting the importance of attracting foreign tourists to Mechukha. She strongly recommended following the guidelines of the 'Arrival Report' of Foreign Tourist and also the Domestic Tourist issued by the Department of Tourism and the Police Department. This is a safeguard against untoward incidents.

The Program was attended by the homestay operators, hoteliers, NGOs and different tourism stakeholders at Mechukha. Special Branch Mechukha Department of Police Mr. B. Pusang also spoke on the importance of maintaining safe travel experiences for foreign tourists in Mechukha. He also recommended timely submission of Form C.

Mr. Norbu Naksang, a homestay owner (Potala Homestay) spoke on behalf of Homestay operators, hoteliers and stakeholders, assuring compliance regarding submission of Form C.

