



# TIBETAN HEALTH

January to June, 2019

## About Us

The Department of Health, CTA, manages and finances 48 health centers in India and Nepal including Ngoenga School for Tibetan refugee children with special needs apart from different health programs, projects, and activities.

Tibetan Health is the official Newsletter of the Central Tibetan Administration's Department of Health registered as (Tibetan Voluntary Health Association).

Tibetan Health Newsletter is published twice a year to inform and update about our health promoting initiatives to our friends, donors and supporters. This newsletter also gives you an overview of health programs, projects, activities and needs of the department. Most importantly, it covers success stories and outstanding contributions of all our field health staffs including hospital administrators, doctors, nurses and community health workers etc. This newsletter is dedicated to them, for their selfless dedication and hardwork, which are the backbone of this successful and unique refugee healthcare system.

Tibetan Health is distributed free to all who are interested in the works of Department of Health.

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Department of Health CTA

**World Hepatitis Day**  
**28 July**

**# Find The Missing Millions.**

**290 million people live with viral hepatitis unaware**  
**Have you been tested?**

Find out more at [www.worldhepatitisday.org](http://www.worldhepatitisday.org)

 **World Hepatitis Alliance** **ELIMINATE HEPATITIS** 

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## ADMINISTRATIVE NEWS

### ***Health Kalon Addresses the Western Region TSG conference on Tibet's Environment in Mumbai***



**Jan 21, 2019, MUMBAI:** Health Kalon of the Central Tibetan Administration (CTA), Choekyong Wangchuk, attended the Western Region Tibet Support Groups Conference in Maharashtra Nature Park, Mumbai from 19 to 20 January 2019. The two-day TSG Conference was organised by the Core Group for Tibetan Cause and the Tibet Support Groups organisation.

More than 150 active supporters of the Tibet Support Groups organisation, such as India Tibet Friendship Society, Bharat Tibbat Sahyog Manch, and National Campaign for Free Tibet Supports from Madhya Pradesh, Maharashtra, Gujarat and Goa, took part in this event.

The conference deliberated on the pressing issues of Tibet such as cultural assimilation to political suppression, economic marginalization to ecological destruction, and

Chinese population transfer to exploitation of mineral resources. The conference also discussed methods on strengthening the Tibetan freedom movement and the Tibet Support Groups organisation in India.

In his address at the inaugural ceremony, Kalon Choekyong Wangchuk stressed the importance of environmental preservation in Tibet. He also mentioned how Tibet is the source of water to downstream nations of Asia. Kalon Choekyong Wangchuk stated that the majority of the world's population directly or indirectly depends upon rivers originating in Tibet, including the Indus, Ganges, Brahmaputra, Irrawaddy, Salween and Mekong.

Furthermore, he gave detailed information about the Chinese annexation of Tibet, Tibetan Diaspora in exile, and India-Tibet relations in regards to religion, language, culture and race.

The Health Kalon further stated that as a part of the CTA's "Thank You India" campaign, he would like to express gratitude to the people and government of India for supporting the exiled Tibetan community, under the visionary leadership of H.H. the 14<sup>th</sup> Dalai Lama, in preserving our religion, culture and language.

In relation to the current, grave situation inside Tibet, the Health Kalon informed the conference participants of the 154 Tibetan self-immolations that have occurred inside Tibet. These martyrs have called for the return of His Holiness the Dalai Lama to Tibet, human rights and religious freedom inside Tibet. Later, he stated that from a national security



point of view, it is China's strategy to engulf Tibet by surrounding India from all sides. As of today, Mount Kailash and Mansarovar Lake, both of which are spiritual sites of India and Tibet, have been under the control of China.

Other guest speakers of the conference included Ms. Lobsang Yangtso, Asia Regional Coordinator of International Tibet Network who gave a presentation on the importance of Tibet's Ecology and its impact on downstream nations. Other guests included Colonel Suresh Patil, Environmental activist; Shri Satishwar Morey, Social Activist and Ambedkarite; Brigadier Hemant Mahajan, Researcher and Expert on India-China relations; and Shri Surender Kumar, National Co-Convener of Core Group for Tibetan Cause.

The Health Kalon actively took part in all the sessions and group discussions took place during the TSG Conference. Tibet Support Group members held lengthy discussions and interacted with him throughout the sessions.

Prior to the closing ceremony, the participants of the conference proposed an action plan to carry forward the torch of Tibetan freedom struggle in the western part of India for the coming years.

The conference concluded with an address by eminent scholars and longtime supporters of the Tibet cause during the closing ceremony.



The TSG conference was organized and coordinated by Shri Arvind Nikose, National Convener of Core Group for Tibetan Cause; Shri Indrajeet Mohitee, India Tibet Support Groups, Mumbai and Shri Sandesh

Meshram, Regional Convener, Core Group for Tibetan cause in collaboration with New Delhi based India Tibet Coordination Office.

### ***Kalon Choekyong Wangchuk Inaugurates New Basketball Court at Paonta Cholsum Settlement***

**Feb 8, 2019, PAONTA:** Under the leadership of the Paonta Cholsum Tibetan Settlement Office, the much-awaited dream of a basketball court materialized in Paonta Cholsum on the 8th of February.



The new court was inaugurated by Health Kalon Choekyong Wangchuk, along with the Settlement Officer and local community members.

"The new basketball court will benefit the youngsters," said Kalon. He emphasized that communities should cultivate the habit of using new health activities to improve physical health.

Settlement Officer Gelek Jamyang presented the details of the new project. The fund for the facility was arranged under the initiative of the Paonta Settlement Office.

### ***2nd Annual Basketball Tournament Against Tuberculosis Held in Mundgod***

**Feb 19, 2019:** The Department of Health (DoHe), with support from Doeguling Youth Sports Association (DYSA), organised the 2<sup>nd</sup> Basketball tournament against Tuberculosis (T.B) at Mundgod Tibetan settlement from 19<sup>th</sup> to 24<sup>th</sup> February, 2019 with funding from H.H. the Dalai Lama's Charitable Trust. There were a total of eight teams participating

from different settlements. The tournament began with an inauguration ceremony with the Chief Guest for the program Mr. Amruth Joshi, President of Bharat Tibet Sayog Manch & National Co-convenor for South region. Other guests included Mundgod settlement officer, dignitaries from CTA, members of the local assembly, monasteries administrators, camp leaders and abbots of different monasteries.

Chief Guest Mr. Amruth Joshi thanked and commended the DoHe of CTA for successfully organising such events to fight against T.B. By referring to Prime Minister of India's statement "Khelega India toh Kheelega India" he said that the same goes with Tibetan community "Khelega to Kheelega".



The final match and closing ceremony was played on 24th February 2019. The Kalon for the Department of Religion Ven. Karma Gelek Yuthok was the Chief Guest. The speaker for the ceremony was Dr. Kelsang Chodon from Doeguling Tibetan Settlement (DTR) Hospital. She briefly explained the current status of T.B. with a special focus on Zero T.B. initiation. She also explained about the initiative taken by the DoHe in fighting against T.B. and the importance of getting tested if one has T.B related symptoms.

### ***The Second Two-Day Meeting on Hepatitis B Prevention & Treatment***

**March 12, 2019, DHARAMSHALA:** Health Kalon Choekyong Wangchuk opened the second two-day meeting on Hepatitis B Prevention & Treatment organised by Department of Health, CTA at the Administrative Training and Welfare Society Centre in

Dharamshala, from 12<sup>th</sup>-13<sup>th</sup> March 2019.



A total of 24 participants from Hunsur, Bhandara, Bir, Mundgod, Dekyiling, Kollegal, TMAI, Delek hospital, Odisha and Dharamshala attended the meeting. Participants included allopathic doctors from Delek Hospital, physicians from seven hospitals of DoHe, doctors from Tibetan Medical & Astro Institute, and expert Dr. Ajay Kumar, Chairman & Institute of liver and biliary disease BLK were invited for the meeting.

Secretary Tsegyal Chukya Dranyi, Additional Secretary Jigmey Tsultrim, Joint Secretary Jampa Phuntsok of DoHe, and Dr. Tsetan Dorji Sadutshang; Chief Medical Officer, were present at the opening session.

Dr. Lobsang Tsering, Department of Health adviser, debriefed the group on the background of the two-day meeting.

Addressing the opening session, Health Kalon Choekyong Wangchuk extended his greetings to the gathering and started his talk by mentioning the 1,000 school students who have undergone the Hep B test so far. Currently, the program of screening and testing is going on at monasteries in Tibetan settlements. "It is a fact that there is a fair number of Hep B cases in our society and even His Holiness the Dalai Lama expressed his concern at the growing health problems in our society. The Department of Health is trying its best to facilitate the prevention and cure of such diseases. A comprehensive assessment has been done too," he said.

He urged the allopathic practitioners to work in collaboration with traditional Tibetan Sowa Rigpa to further excel in curing and preventing such diseases.



In the end, Health Kalon wished all the participants a successful and impactful meeting.

The two-day meeting will fine-tune the standard operating procedure (SOP) and the hepatitis strategy plan with suggestions from the participants. Through the meeting, Department of Health, CTA aspires to achieve a standard operating protocol for screening and treating Hepatitis B patients in the Tibetan Community.

The objective of the meeting is to 1) formulate algorithm & SOP for screening, treatment, and follow up of Hepatitis B positive patients, 2) brainstorming and sharing experiences on treatment challenges/barriers of HBV, 3) discussing strategy plan and future research needs on Hepatitis B and C. Participants also discussed tuberculosis in the Tibetan community.

Hepatitis B is seen as a chronic challenge for Tibetan community health by the Department of Health (DoHe), Central Tibetan Administration (CTA). The Hepatitis B challenge includes high-cost screening tests and treatments, heavy economic burden, demeaning life quality, and ultimately losses of lives. This two-day meeting was funded by Gift of the United States Government (PRM).

### ***Department of Health, Additional Secretary visits Ngoenga School***

**March 18, 2019, DEHRADUN:** Additional Secretary Mr. Jigme Tsultrim and Under Secretary Mr. Lobsang Tsering from the DoHe-CTA, made an official three-day visit to Ngoenga School. The purpose of the visit was to inspect and supervise the administration and programs of the school.

DoHe Additional Secretary Mr. Jigme Tsultrim and Under Secretary Mr. Lobsang Tsering were warmly welcomed by the Ngoenga School Director and administration staff with traditional Tibetan scarves. Afterwards, they held an administration staff meeting on children's report, introducing staff members, academic and other activities. The school director also mentioned the water problem faced by the school.

Later, Additional Secretary called

a staff meeting in the school auditorium. The staff gathered during the meeting were divided into three groups i.e., administration, teachers and foster parents. The main purpose was to individually interact with each of the staff members and listen to their views, work status and their experiences.



He also inspected the school kitchen, hostel, classroom, staff quarters and physiotherapy room.

On 19<sup>th</sup> March, Additional Secretary discussed with School Director about the Ngoenga land exchange matter and visited Panache Valley Office to inquire more about the matter.

On 22<sup>nd</sup> March, a short meeting was held in the school office between Mr. Deepak Kutty (Executive member; Board of Directors of Panache Valley), Additional Secretary and Ngoenga Administration staffs with the purpose of resolving the pending land exchange matter between Panache Valley and Ngoenga School. The following day, Additional Secretary Mr. Jigme Tsultrim inaugurated 32 CCTV cameras inside Ngoenga School premises sponsored by Rewa Association, France. Additional Secretary then continued his official visit to other Tibetan settlements in and around Doon valley and also in the district of Sirmour, H.P.

### ***Health Kalon Attends the 58th Founding Anniversary of Tibetan Medical and Astrological Institute***

**March 29, 2019, DHARAMSHALA:** The Tibetan Medical and Astrological Institute (TMAI) also known as Men-Tsee-Khang celebrated its 58<sup>th</sup> founding anniversary in exile at the institute's

auditorium on March 29. Kalon Choekyong Wangchuk was the Chief Guest while the special guest was Dr. Gurdarshan Gupta, Chief Medical Officer of Kangra District, HP. Other dignitaries at the occasion include Head of Public Service Commission, Secretary of Department of Health, Tibetan Parliamentarians, retired CTA civil servants, and Tibet supporters.



The chief guest of the anniversary ceremony, Kalon Choekyong Wangchuk, Department of Health, congratulated the TMAI on its 58<sup>th</sup> anniversary in exile and emphasized on the need to continue its hard work on Tibetan medical and astrological education. He also expressed his deep appreciation for all of the past and present staff members for their service to the institute and said, “I feel proud of the Men-Tsee-Khang for their service to mankind.” The hall was crowded with a huge number of people including staff, students, well-wishers, sponsors, and heads of various Tibetan organisations.

The awards for the staff who have served for 30 years and 20 years were presented next.



Kalon Choekyong Wangchuk also inaugurated some of the newly published books of TMAI at the ceremony.

#### ***4th Revised National TB Control Programme (RNTCP) Regional Review Meeting (North Region)***

**April 1, 2019:** TB program manager of Department of Health, CTA (TVHA) Ms. Tenzin Tsetan along with TB Medical Officer of Delek Hospital Dr. Sonam Topgyal attended the 4<sup>th</sup> Revised National TB Control Programme (RNTCP) Regional Review Meeting (North region) held at Chandigarh from 1st to 3rd April, 2019.



The meeting was a part of a series of regional meetings planned across the country to monitor and review program interventions for effective TB control so as to achieve the Sustainable Development Goal (SDG) of TB elimination by 2025. The TB officials from the State of Chandigarh, Haryana, Himachal Pradesh, Jammu & Kashmir, Punjab, Uttar Pradesh & Uttarakhand along with officials of Central TB Division, MOH&FW, Government of India and its partners such as Union, FIND, CHRI (JEET) attended the meeting under the chairmanship of Additional Secretary & Director General (RNTCP & NACP). The meeting was organized by Central TB Division MOH&FW, GoI funded by the Global Fund and it's partner FIND. During this meeting the program manager and the TB medical officer had the opportunity to meet with State TB officials including State TB Officer (STO) of Himachal Pradesh and apprised them about the activities that are being implemented by the Health Department, CTA (TVHA) and Delek hospital in the State.



## ***Social and Behaviour Change (SBC) Workshop for Department of Health Program Officers.***

**April 10, 2019:** The Department of Health, CTA in collaboration with Tibet Fund organised a Social and Behaviour Change (SBC) Strategy Development Workshop from 1<sup>st</sup>-4<sup>th</sup> April 2019.

Susan Shulman and Dawn McCown, USAID conducted the four-day workshop for the Department of Health staffs and Snow Lion foundation (Nepal) staff.



The main objectives of the workshop were to introduce the concept of SBC, to prioritize health areas to work on and to define target audiences to implement the SBC theories and interventions.

The sessions were moderated through interactive presentations, small group works and various SBCC activities and campaigns.

On the third day of the workshop, the participants conducted small focus groups addressing the prioritised health areas; exercise, healthy diet, use of condoms, and hepatitis B immunizations at Birth.

### ***Palden Dhondup as New Secretary of the Department of Health***

**May 3, 2019, DHARAMSHALA:** The handover-takeover ceremony between the outgoing and new Secretary of the Department of Health was held on May 3, 2019. Former director of the Tibetan Administrative Training and Welfare Society, Palden Dhondup took charge as the new Secretary of the Department of Health.



The brief ceremony was attended by representatives of Delek Hospital including Chief Administrator Dawa Phunkyi, representatives of Tibetan Medical and Astro Institute (Men-Tsee-Khang) and staff members of the Department of Health.



Secretary Tsegyal Chukya Dranyi, outgoing Secretary is succeeded by the new Secretary Palden Dhondup. Secretary Tsegyal Chukya Dranyi was recently appointed as the new Cabinet Secretary. Both the outgoing and the new Secretary assumed a traditional exchange of greetings with ceremonial scarfs, followed by signing on the official handover-takeover documents, by the former and new Secretary.

The ceremony was concluded with both former and newly appointed Secretary greeting the staffs of the department individually.

**Brief Bio:** Palden Dhondup was born on July 6, 1969, in Ladkha. He completed his schooling from TCV School Ladakh and thereafter completed his studies from Central Institute for Higher Tibetan Studies at Varanasi attaining a degree in Shastri and Acharya. In 1997, he was appointed as the Settlement Officer of Kalimpong Tibetan settlement. In 2001, he was appointed

as the settlement officer of Choephelling Tibetan settlement in Miao, Arunachal Pradesh. From 2002-2006, Palden Dhondup was appointed as the Settlement Officer of Phuntsokling Tibetan settlement, Odisha. From 2006-2007, he presided as the Settlement Officer of Kunphenling Tibetan settlement in Ravangla. In 2007, he was appointed as the Settlement Officer of Darjeeling Tibetan settlement. On February 26, Palden Dhondup was promoted to Joint Secretary Position. He was appointed as the Settlement Officer of Doeguling Tibetan Settlement, Mundgod in 2008. Later in the year 2011, he was transferred to the Bureau of His Holiness the Dalai Lama in Delhi. In 2013, he was appointed as the Joint Secretary in the Department of Home and thereafter was promoted to Additional Secretary in 2014. From 2016, he has been presiding as the Director of Tibetan Administrative Training and Welfare Society until on May 1, 2019 when he took charge as new Secretary of the Department of Health.

### ***Department Of Health's Message on World No Tobacco Day 2019***



**May 31, 2019:** Today is 31<sup>st</sup> May, observed worldwide as “No Tobacco Day”. This year’s theme set by World Health Organisation (WHO) is Tobacco and Lung health. We are taking this opportunity to inform our community about the devastating and debilitating effects of tobacco. In our community, tobacco is consumed in the form of cigarettes, bidi, khaini or chewing tobacco, snuffing, etc.

It is our hope that through this message, we will at the best encourage people to quit or at least nudge them towards minimizing tobacco use.

It is said that “tobacco companies kill their

best customers”. WHO states that tobacco kills up to half of its users with more than 8 million deaths each year, 7 million of those as the result of direct tobacco use and 1.2 million as the result of non-smokers being exposed to second-hand smoke.

Second-hand smoke in adults causes serious cardiovascular and respiratory diseases, including coronary heart disease and lung cancer. In infants, it causes sudden death. Children exposed to second-hand smoke are at risk of developing lower-respiratory infections and the onset of asthma. In pregnant women, it causes the low birth weight of a baby.

In tobacco cultivating countries, small children from poor households are employed in plantations and they become vulnerable to ‘green tobacco disease’, caused by the nicotine that is absorbed through the skin from the handling of wet tobacco leaves.

Around 80% of the world’s 1.1 billion smokers live in low and middle-income countries.

In India, tobacco kills more than 1 million people each year which constitutes 9.5% of all deaths in the country. The most common way tobacco kills is from cardiovascular diseases.

Active and passive smoking affects the lungs in multiple ways. Over two-thirds of all lung cancer deaths globally are caused by smoking. Chronic respiratory diseases such as Chronic Obstructive Pulmonary Disease or COPD and asthma is caused by tobacco smoking.

Using tobacco worsens other health conditions such as rheumatoid arthritis, kidney damage, eye disease, dental disease, inflammatory bowel diseases, and erectile dysfunction.

Furthermore, increasing the price of cigarettes and other tobacco products leads to added expenses, and in case of illness, puts a heavy financial burden on the whole family. Premature deaths also deter economic development as a whole.

Environmentally, the whole process of tobacco growing and curing have an impact on the land and especially agricultural land.



Manufacturing and distribution of tobacco products have its own environmental costs. Tobacco smoke creates third-hand smoke pollution and the end product also create environmentally hazardous waste.

Additionally, new studies show that a parent's dependence on nicotine and the act of smoking cigarettes affects their teen's smoking behavior. The Mailman School of Public Health at Columbia University found that "Parents addicted to tobacco risk their children becoming dependent on nicotine as well."

Addiction is easy to start but hard to get out of. Quitting should not be done on occasions, but done immediately. After starting, one should persevere through will power and commit until the end. Change your environment, avoid friends who smoke, change daily routines, trick your brain by engaging in various activities and exercise. Do everything to win this fight against yourself.

If not for yourself, we suggest you say no to tobacco, for the sake of your children. By saying no to tobacco, you are not only saving yourself but also your family, your friends and the Earth.

### ***Official Handing Over Ceremony of the Director of Ngoenga School for Tibetan Children with Special Needs***



**May 31, 2019:** The Director of Ngoenga School's official handing over ceremony took place today at the school office. Former Director Kalden Norbu handed over the official documents and the stamp seal to the new Director Pempa Labrang.

Additional Secretary of CTA's

Department of Health, Jampa Phuntsok was the witness of the brief handover ceremony.

### ***Health Kalon Choekyong Wangchuk Addressed the 2nd Indo-Tibetan Friendship Society's meeting***

**June 1, 2019:** Kalon Choekyong Wangchuk addressed the 2<sup>nd</sup> Indo-Tibetan Friendship Society's meeting held at Poanta Cholsum Tibetan settlement. The meeting was presided by Speaker Pema Jungney of Tibetan Parliament in exile as the chief guest and Health Kalon Choekyong Wangchuk as the guest of honor. Special guests Shri. Dr. Madan Lal Khurana, President of ITFS, and Shri. Gita Ram Thakur, General Secretary of ITFS were also invited to preside over the meeting.

After addressing the gathering, Health Kalon Choekyong Wangchuk also presented a traditional Tibetan scarf to all the members and participants of the meeting as a token of appreciation. He also presented the Kashag's token of gratitude to Shri. Gita Ram Thakur.

Special guest Shri. Gita Ram Thakur concluded the meeting by delivering a thank you speech.

### ***Health Kalon Choekyong Wangchuk Addresses the Opening Ceremony of Gyalyum Chenmo Memorial Cup***

**June 1, 2019, DHARAMSHALA:** The 25<sup>th</sup> Gyalyum Chenmo Memorial Gold Cup (GCMGC) football tournament kicked off with an overwhelming crowd on Friday.

The 2019 season of GCM opened with a match between Dhasa United FC and DYSA Mundgod at Upper TCV ground. 23 youth teams from Tibetan settlements and communities across the world are competing in the silver jubilee tournament.

In expression of its support for the most anticipated sports event of the year, Speaker Pema Jungney and Kalon of Department of Health, Choekyong Wangchuk attended the opening match as chief guest and special guest.

Members of parliament, government and non-governmental officials and other dignitaries also attended. The gathering observed a minute of silence to remember the martyrs of the Tibet and words of truth was recited.



Secretary of the Tibetan National Sports Association, Passang Dorjee addressed the opening ceremony and gave a brief introduction about the Tibetan National Sports Association marking its 18th year since establishment in the year 2002 whereas it's almost a year since it has come under the Department of Health.

Chief Guest Speaker Pema Jungney admired the Tibetan National Sports Association for its effective initiatives.

Health Kalon Choekyong Wangchuk in his address, appreciated the work of Tibetan National Sports Association and the organising team for its efficiency in putting together a massive event in limited time and resource.

He acknowledged the efforts of the various organisers and contributors in the CONIFA tournament, the women's football tournament, the GCMGC tournament every year, and the kind support provided by Office of His Holiness the Dalai Lama and Tibetan Children's Village.

"CTA also expresses its utmost support and admiration for all your contribution towards promoting robust health and youth empowerment," Kalon said.

"Today is being observed worldwide as 'No Tobacco Day'. This year's theme by World Health Organisation (WHO) is Tobacco and Lung health. So taking this opportunity, I urge all gathered here to individually observe

a no Tobacco day on this day and encourage friends and family to imbibe the same.

The first match of the tournament between Dhasa United FC and DYSA Mundgod was a tough game until towards the end of the game, DYSA Mundgod scored a winning goal.

### ***Department of Health Jointly with GuChuSum Commemorate International Day in Support of Torture Victims***

**June 26, 2019:** The Department of Health, CTA in collaboration with Guchu Sum (NGO of former political prisoners of Tibet and their families) held a photo exhibition commemorating the 22<sup>nd</sup> 'International Day in support of the victims of torture' at Lower TCV School.

The collective goal of both the Department of Health and Guchu Sum for organising the event is to educate people particularly the students about the abysmal suffering and atrocities committed by the Communist Chinese regime in the last 60 years right from when they invaded Tibet in 1950 and the harrowing episodes of violence and oppression that followed after the invasion to the present day.

Mr. Dawa Tashi, Vice President of Guchu Sum elaborating on the exhibition said, "It is essential that the students must be made aware of the oppression and atrocities suffered by the Tibetans in Tibet as these students are the promoter, protector, and future of our nation".

The exhibition hall was filled with eager students who showed great enthusiasm for learning Tibet's history of pre-Chinese invasion and post-Chinese occupation in Tibet.

A student remarked that she was extremely heartbroken to have actually seen the harrowing pictures of Chinese oppression in Tibet and said, " Seeing the pictures of Tibetans being tortured and shot mercilessly by the Chinese regime made me sad and kept me wondering why Tibet of all the nations?".

Likewise, many other students also expressed the willingness to commit



and work towards the cause of Tibet.

Later in the day, a drawing competition was also organised where the students have to draw expressing their feelings and experience based on today's event.

## HEALTH PROGRAMS

### *Tibetan Medicare System*

On March 31, 2019, Tibetan Medicare System (TMS) enrollment closed on March 31, 2019.

Status of Tibetan Medicare System for year 2018-19	Total number of enrolled member: <b>24,321</b>
Status of Tibetan Medicare System for year 2019-20	Total number of enrolled member: <b>27,496</b>
Total number of beneficiaries from 1st Apr 2019 to 31st Dec 2019: <b>482</b>	
Total amount of reimbursement made Rs: <b>3,901,915.00</b>	

The coverage period started from April 1, 2019 and ended on March 31, 2020.

Tibetans living in 36 Settlements and other areas in India are eligible to be covered under TMS.

The coverage period started from April 1, 2019 and ended on March 31, 2020.

### ***Health Department, Tibet House Spain and GAES Foundation Organised Free Hearing Test, Provides Hearing Aids***

**March 18, 2019, DHARAMSHALA:** The Department of Health, CTA in collaboration with Tibet House in Spain, and GAES Solidaire Foundation organised a hearing test for Tibetans in Dharamshala on March 18, 2019. Founded in 1949, GAES is the largest company in hearing sector with over 500 hearing establishments worldwide.

Health staff and GAES professionals conducted free ear screening, hearing capacity tests for the visiting patients. Hearing aids were

provided to those affected.



In addition to screening new patients, the camp also reviewed hearing aid beneficiaries who were treated during previous camp held in September last year.

A series of camp was held from 18th to 20th March at TCV School, Namgyal Monastery, Gadhen Choling Nunnery, Old People Homes and Tibetan public in Dharamshala. The program was held on the invitation of Tibet House Spain.

### ***CTA's TB Coordinator Attended RNTCP Regional Review Meeting (East Region)***

**March 14, 2019, CHATTISGARH:** In an effort towards networking and collaboration with the Revised National TB Control Program (RNTCP) of Government of India, Mr. Migmar Tashi, TB Coordinator of Department of Health, CTA (TVHA), along with Dr. Lodoe Phuntsok, Medical Officer of Tibetan Primary Health Centre, Mainpat attended the 3<sup>rd</sup> RNTCP Regional Review Meeting (East Region) held at Raipur in Chhattisgarh from 14<sup>th</sup> to 16<sup>th</sup> March 2019.

The meeting was attended amongst others by state TB officials of five states – Bihar, Jharkhand, Chhattisgarh, Odisha, West Bengal, officials of Central TB Division, MOH&FW, GoI and its partners such as Union, FIND, CHRI (JEET), THALI/USAID, REACH, SHIS, etc.

During the meeting, Mr. Migmar had the opportunity to meet with the state TB officials of Chhattisgarh, Odisha, and West Bengal and apprised them about the activities being implemented by the Health Department, CTA (TVHA) and future

collaborations in implementation of RNTCP in these states. The meeting was a part of series of regional meetings planned across the country. Earlier, similar regional review meetings were held in Bengaluru and Mumbai for the south and west region respectively.

The objective of convening the meeting was to review the programme performance indicators of each state and narrow the gaps so as to achieve the SDG goal of TB elimination by 2025. The program is funded under the GFATM (The Global Fund to Fight AIDS, Tuberculosis & Malaria).

**World TB Day:** Sikyong Lobsang Sangye inaugurated the animation videos on Tuberculosis in Tibetan language on World TB Day.



March 24 is commemorated as World Tuberculosis (TB) Day to raise public awareness about the devastating health, social and economic consequences of TB, and to step up efforts to end the global TB epidemic.

The theme of World TB Day 2019 – ‘It’s Time’ – implies the urgency to act on the commitments made by global leaders to scale up access to prevention and treatment, promote equitable, rights-based and people-centered TB response and promote an end to stigma and discrimination.

For World TB Day 2019, along with various activities initiated to promote TB awareness in Tibetan settlements, monasteries and schools, Department of Health, CTA in collaboration with Scientific Animations Without Borders (SAWBO) have created five animation videos on Tuberculosis in Tibetan language. SAWBO is a university-based program which creates scientific animations that have been translated into more

than 100 languages. All SAWBO animations are made freely available for educational purposes.

The main objective of creating SAWBO animation videos (in Tibetan language) is to promote awareness on Tuberculosis among Tibetan population in general with special emphasis among students and monks.

The first animation video was launched by President Dr. Lobsang Sangay, Central Tibetan Administration on 23rd March 2019 at the Department of Health, CTA.

These videos were shared to all the Tibetan Settlements, health facilities, schools and monasteries.

Department of Health conducts study of Hepatitis B and C in Tibetan settlements

**DHARAMSHALA:** The Department of Health, CTA aided by PRM has started conducting prevalence study of Hepatitis B and C in the Tibetan settlements located in Sirmour District from May 7<sup>th</sup> this year. The study will be further conducted at the Tibetan Settlements of Miao, Odisha and Ladakh. A cluster sampling technique has been used by selecting a representative settlement/district from the four regions of India. The representative cluster is selected on the basis of the largest population which is most likely to represent the Hepatitis B prevalence of the region.

The process of data collection is performed through the house to house demographic data collection, followed by free Hepatitis B and C testing. People infected with Hepatitis B will be further evaluated with the required follow up tests to identify the need for treatment.

The first phase of the study started on May 7 this year with training on the survey process and techniques to 11 participants from Miao, Dekyiling, Poanta, Puruwala and Department of Health staff by Dr. Lobsang Tsering.

On 8th May, the public was made aware of the study by organizing a public awareness talk followed by door to door survey at Poanta Tibetan Settlement. A similar process was initiated at Puruwala and is



ongoing at Kamrao and Sataun at the moment.

### ***Hypertension Awareness Campaign Held at Samyeling Tibetan Settlement on World Hypertension Day***

**May 17, 2019, MAJNUKATILLA, DELHI:** The Samyeling Tibetan Settlement office, its Primary Health Centre (PHC, Delhi) along with Tibetan Medical and Astrology Institute (TMAI) jointly held a hypertension awareness event at the monastery ground in MajnukaTilla on May 17, 2019. The health workers of the PHC took blood pressure measurements as well as Body Mass Index ratios of more than 150 participants aged 21 to 81 at the event.



A special video on hypertension from the aspect of traditional Tibetan medicine was screened at the event, keeping in mind the growing public preference for Tibetan traditional medicine. The video featured Dr. Nyima Dorjee of TMAI speaking on hypertension, how it is diagnosed and its causes according to the traditional Tibetan medicine or Sorig. He concentrated specifically on the crucial role diet plays in wellness and prevention of such diseases as hypertension.

The video and the overall event was well received by the public.

Using theatre to teach the importance of health and vocational studies.

In collaboration with a Tibetan theater group based in Dharamshala, the DOH organized health education and awareness dramas in five settlements and three schools in Northern India. Skits on five themes – HIV and AIDS awareness,

TB, Hepatitis B, effects of alcohol and tobacco on human organs, and mental health – were performed. Laced with humor and emotional narratives, the skits were well received by audiences. A total of 1,744 community members and students benefitted from the campaign.

### ***Pamphlets, Booklets and Posters Distributed***

5,000 stomach cancer pamphlets in Tibetan, 2,500 in English, 3,000 diabetes booklet and 2,000 gastritis posters were distributed to various health facilities and Snow Lion Foundation.

Stomach cancer awareness and H.Pylori Screening in Nunneries and Monasteries around Dharamshala.

Under the Tibetan Health System capacity strengthening program, 343 nuns and monks around Dharamshala were screened for H. Pylori bacteria. Simultaneous awareness were spread on stomach cancer in the respective monasteries and nunneries.

### ***Yoga Camp cum Healthy Lifestyle Awareness Campaign Held in South India***

**March 17, 2019:** Department of Health CTA, health facilities, and Tibetan settlement offices of Bhandara and Mainpat collaborated to hold yoga camp in the two settlements in South India.

The Department of Health endorses the practice of yoga as it aligns with the Department's goal of implementing preventive measures to improve community health.

Yoga camp in Mainpat Tibetan Settlement was held from 17<sup>th</sup> to 19<sup>th</sup> March, 2019. During the three day yoga camp, yoga guru Doctor Dinesh and his two assistants covered wide range of topics including yoga practice in everyday life and introduced beginners Asana and pranayam and their health benefits.

Yoga camp in Bhandara started from 25<sup>th</sup> to 29<sup>th</sup> March, 2019. Yoga class was held in the morning from 6:00am to 8:00am and, in the evening from 5:30pm to 7:30 pm. The average number participants per day were around 45.

## TRAINING NEWS

### ***Dr. Kalsang Choedon Attended Trainings Given by the Taiwan International Healthcare Training Centre (TIHTC)***

**Dec 17, 2019, TAIWAN:** Dr. Kalsang Choedon, a General Practitioner in DTR Hospital Mundgod, India under the Department of Health, CTA, trained at the TIHTC from Dec 17, 2018 to Jan 4, 2019 in Taiwan. She was posted in different sub-specialties in divided days. She was posted with Dr. Huang in Cardiology and with Dr. Wu in Neurology. She also observed Dr. Liu, a Gastroenterologist doing endoscopy and colonoscopy. She highly appreciated and was grateful to the doctors who were not only humble and sincere but also was up to date in their fields of knowledge. She commented that she gained very valuable knowledge that could be utilized at her hospital. She also referred to the trip as personally enriching; having the opportunity to expand her knowledge on Taiwan's history, culture and its wonderful people. She expressed gratitude to the TIHTC for taking care of her in every way and also to the Department of Health.

### ***A Refresher Workshop on Adolescent Life Skills Provided to School Teachers and Counsellors.***

**January 10, 2019:** In collaboration with National Institute of Mental Health and Neuro Sciences Institute (NIMHANS) of Bangalore, the DOHe organised a practical life skill training workshop from the 10<sup>th</sup> to 13<sup>th</sup> January.

A total of 33 teachers and counselors from Tibetan schools located in the Southern and Central regions of India benefitted from the intensive workshop given by Dr. Vranda and Dr. Joseph from NIMHANS. Group discussions, role plays, and games imparted critical life skills such as problem-solving, communication, and decision making. A specific session was also held on the prevention of suicide amongst students and helping suicidal students deal with stress and depression. The teachers who participated

in the workshop are members of their respective school's "Health and Adolescent Club". These clubs are supported by the Department of Health through the RMNCHA program. The previous year also saw similar theoretical trainings for teachers and school heads.



The training and adolescent program is supported by the USAID. It was initiated in 2017 and aims to prevent health problems and promote the health of students through capacity building, facilitation and involvement of stakeholders like school head, teachers, counsellors, caretakers, and students. Student self-help pictorial booklets and life skill manuals were also distributed to Tibetan schools in India and Nepal.

### ***Technical and Operational Guidelines (TOG) and Sputum Microscopy & Quality Assurance Training***

**January 21, 2019, BANGALORE:** Tuberculosis (TB) is one of the top ten causes of death globally according to World Health Organization (WHO). WHO estimated that 10 million people developed TB disease worldwide in 2017. In the same year, two thirds of the global TB cases were in eight countries and India accounted for 27% among these eight countries (WHO).

The National Tuberculosis Programme (NTP) of India was initiated in 1962 as a TB control strategy to combat Tuberculosis. Later in 1997, Revised National Tuberculosis Control Programme (RNTCP) was launched to revitalize the TB control programme and bring change in the epidemiological trend of TB in India.



The Central TB Division (CTD) under the Ministry of Health and Family Welfare manages the Revised National TB Control Programme across the country at the central level. It is supported by six national institutes. National Tuberculosis Institute, Bangalore is one among these providing technical support including training, monitoring as well as research on Tuberculosis.



Nine medical officers and seven laboratory technicians from various Tibetan health facilities, including Delek hospital as well as two TB program officers from Department of Health (TVHA) CTA participated in training program organized by the NTI Bangalore through collaboration between Department of Health (TVHA) and the Central TB Division. The training on the Technical and Operational Guidelines (TOG) of RNTCP TB control for the medical officers and program officers, and on Sputum Microscopy and External Quality Assurance for laboratory technicians were held from 21st to 25th January 2019. The main objective of the training was to upgrade the TVHA staffs with the new RNTCP (TOG) guideline and improve knowledge and skills to meet the recommended standards of TB diagnostic and treatment practices in our community.

The training began with registration and an opening ceremony on 21<sup>st</sup> January 2019. Dr. N. Somashekar, Director of NTI in Bangalore and Dr. Krishna Murthy, Additional Director, along with many senior staff at the NTI, including TB

specialists, microbiologists, and lab technicians attended the opening ceremony.



The director of NTI emphasized the importance of this training as well as the responsibilities of the staff in providing quality TB care. The Department of Health (TVHA) CTA expect their staff to build and enhance their potential in providing quality TB care through these trainings and achieve the goal of eliminating TB in line with the Government of India's Revised National TB Control Programme.

### ***Refresher Training on Integrated Health Information System held***

**January 21, 2019, DELHI:** Refresher training on Integrated Health Information System (HIS) along with workshop on Comprehensive Community and Coordinated Care Outreach Program (CCOCC), TB and basic emergency life support was provided to health workers of the Department of Health, CTA from 21<sup>st</sup> to 24<sup>th</sup> Jan, 2019 at New Delhi.

The four days training was on practicing data capture applications in android based tablets, revising reporting format of CCOCC, communicating TB program and a short course on basic emergency care management.

The training was attended by 14 health workers from North and North Eastern health facilities of the Department of Health, CTA and was funded by USAID.

### ***Renovated Health Clinic Inaugurated at Lakhanwala Tibetan Settlement***

**February 8, 2019, HERBERPUR:** In line with providing quality healthcare across Tibetan

settlements in India, the Department of Health, CTA is now serving patients in Lakhnwala Tibetan settlement with its newly renovated Health Clinic.



The inauguration of the new facility was officiated by Kalon Karma Yeshe of the Department of Finance and Kalon Choekyong Wangchuk of the Department of Health on 8<sup>th</sup> February.

Settlement Officer Tsewang Phuntsok, after his welcome remarks, presented a detailed report of the newly completed project.

Chief Guest Kalon Karma Yeshe said that ensuring firm and robust health of our community is vital to sustain the Tibetan movement. He further asserted Kashag's steadfast commitment to improve public health and raise awareness on disease prevention in the Tibetan community.

Both Kalons also visited the Settlement Office and the local Freedom Movement Office.

### ***Quality Healthcare Services Training for Executive Secretaries***

**February 25, 2019, DHARAMSHALA:** A five-day training on Quality Healthcare Service Workshop and Administrative Meeting to Executive Secretaries of the Department of Health facilities started from 25<sup>th</sup> February to 1<sup>st</sup> March 2019 in the Conference Hall of Department of Health, CTA.

The session extensively focused on key aspects of quality indicators of health centers, hospital performance parameters, human resources management for health centers, fundamentals of financial management, and communication in hospital management.

An administrative meeting was held on the fourth day where an interactive session on implementing the health programs at the settlement level will be held with the program coordinators of the Department.

The training will conclude on 1<sup>st</sup> March with visit to Vivekananda Hospital, one of the best multi-specialty hospital based in Palampur.

The training is funded by USAID and organised by the Department of Health, CTA.

### ***Life Skills Workshop Held to Train Teachers and Counselors to Deal with Problems in Adolescents.***

**May 13, 2019:** A life skill workshop was held at the Administrative Training and Welfare Society Centre. 54 school teachers and counselors of 21 Tibetan schools in North and North Eastern part of India are being trained to help adolescents deal with various issues such as bullying, substance abuse, sexual harassment, etc. from 13<sup>th</sup> to 16<sup>th</sup> May 2019. The life skill training approach aims to help adolescents build self-awareness, confidence, problem solving and decision making through effective communication.

Funded by the USAID and the Department of Health, the National Institute of Mental Health and Neuro-Sciences (NIMHANS) team from Bangalore has been conducting this workshop since 2017, the current being 7<sup>th</sup>.

Workshops were also conducted in Bylakuppe for South and Central Schools Teachers.

The Department of Health through RMNCHA, a program supported by USAID, also supports 29 schools in India by providing seed money to implement programs such as strengthening adolescent life skills in POSCO club activities and trainings, New Rewa book on adolescent issues, and CBSE manuals on life skills. These materials were distributed during the training. RMNH coordinator Ngawang also completed monitoring the program in schools in the southern region.



## ***Health Department Imparted Awareness on Women's Basic Health Education to Girl Students of Tibetan Transit School***

**May 23, 2019, DHARAMSHALA:** The Health Education Desk of the Department of Health conducted a two-day workshop on women's basic health to female students of Sherab Gatsel Lobling or Tibetan Transit School on 23<sup>rd</sup> and 24<sup>th</sup> May. Seven girls (all newly arrived from Tibet) attended the workshop that sought to educate them on basic healthcare.

The sessions covered topics such as cervical cancer and breast cancer, menstruation, urinary tract infections (UTIs), sexually transmitted diseases (STDs), HIV, AIDS, Tuberculosis, etc.

For a more holistic perspective, a session was dedicated to dealing with stress and depression, while another was on women empowerment.

The staff of the Transit School and 37 boy students were invited during the TB and mental health session.

The resource persons invited were Venerable Dr. Tenzin Lhadon, Doctor at Tibetan Medical and Astrological Institute and one of the personal physicians to His Holiness the Dalai Lama, Tsewang Yangtso and Tenzin Nordon; staff of Department of Health, Ngawang Tenzin; concerned staff of Mother and Child health care and mental health section, Sangmo Bhuti; Nurse from TMI section, Dr. Jigme Kalsang of Delek Hospital, and Tsering Kyi from the Women Empowerment Desk of CTA.

The two-day workshop received positive suggestions and feedbacks from the participants.

## ***Social Behaviour Change Communication (SBCC) cum Training for the TVHA Nurses and Community Health Workers***

**May 28, 2019, MAJNUKATILLA, DELHI:** Organized by the Department of Health, this two-day workshop was organized with the goal to increase staff knowledge on how to create and design effective strategies to lead individuals and

communities towards healthy behaviour through SBCC mode. In total, there were 22 participants.

This workshop included presentations, group discussions, and designing participatory activities. One crucial takeaway from this workshop was learning how to facilitate focus group discussions; this is a type of research method that can be very useful for DoHe in the future.

## ***Reproductive, Maternal, Newborn, Child health (RMNCHA) Refresher Workshop***

**May 30, 2019, MAJNUKATILLA, DELHI:** Maternal and child health should always be and continues to be a top health priority in our community, therefore, a refresher training session was set in Delhi from May 30-31. This workshop discussed the current issues related to RMNCHA in the Tibetan community and new methods of health education being carried out. The participants also focused on reproductive health with a special emphasis on sexually transmitted infections (STI), and the importance of the nurses role when it comes to adolescent health, and antenatal and postnatal care.

This was a very successful workshop as there were 22 participants in attendance.

## **NEWS FROM THE FIELD HEALTH CENTRES**

### ***Fosco Maraini Hospital, Ladakh***

On February 19, at the Community Hall of Leh Camp No. 1, Mrs. Kunsang Dolma gave a health education talk on 'Swine Flu' to 55 local participants.

On March 24, Tuberculosis Day was observed in Ladakh at the community hall with the local public and school students in attendance.

From April 25 to 30, at the community hall at Leh, the DOHe PHC in collaboration with Leh's Chief Medical Office, observed Global Immunization Week along with awareness on reproductive and child health; there was a total of 47 people in attendance, including the Deputy CMO. After a brief introduction by the Executive Secretary on the day's importance, the District

Immunization Officer and Block Medical Officer of Leh; Dr. Tashi Namgyal gave a speech on 'Tracking of Eligible couple, early tracking of pregnant women, and National Immunization Program'. Afterwards, Dr. Manzoorul-Haq (Deputy CMO) urged all pregnant women to have their delivery in hospitals and to make use of the immunization facilities provided by the government. Dr. Disket (BMO, Leh) focused her talk on the importance of immunization. The Executive Secretary thanked the three doctors for their informative talk and the gathering came to a successful end.

**DALHOUSIE:** On March 22, at the community hall, the staff nurse gave an awareness talk on Swine flu to an audience of 70 people.

### ***TPHC Bir***

**February 4:** World Cancer Day was observed at TPHC Bir and Chauntra settlements. At the event, Dr. Norsang la gave a speech on stomach and liver cancer followed by Dr. Pema la of Mentseekhang who spoke on cancer from the aspect of Tibetan traditional medicine and diagnosis. Chief Guest is the Nangchen Settlement Officer who have the keynote speech. After that the basketball tournament commenced. The winner was awarded the prize by the Chief Guest and the event came to an end with a group photo session. The four-day program started on the 1st of February and ended on the 4th.

### ***TPHC Miao***

The TPHC Miao from the 18<sup>th</sup> to 20<sup>th</sup> of March 2019 organised a health talk on the Swine Flu at the Community Hall; around 280 people attended the talk. The resource person ANM Passang Dolma la further enlightened the audience on how the disease spreads from person to person and the signs and symptoms to watch out for. She also talked on its diagnostic process and its treatment.

### ***TPHC Delhi***

**MAJNUKATILLA, DELHI:** The Samyeling Tibetan Settlement office, its Primary Health Centre (PHC, Delhi) along with Tibetan Medical and Astrology Institute (TMAI) jointly held a hypertension

awareness event at the monastery ground in MajnukaTilla on May 17, 2019. The health workers of the PHC took blood pressure measurements as well as Body Mass Index ratios of more than 150 participants aged 21 to 81 at the event.

A special video on hypertension from the aspect of traditional Tibetan medicine was screened at the event, keeping in mind the growing public preference for Tibetan traditional medicine. The video featured Dr. Nyima Dorjee of TMAI speaking on hypertension and how it is diagnosed and its causes according to the traditional Tibetan medicine or Sorig. He concentrated specifically on the crucial role diet plays in wellness and preventing such diseases as Hypertension.

The video and the overall event was well received by the public.

### ***Tso Jhe Khangsar Hospital***

There was a training on basic emergency medical care for doctors, nurses, and community health workers at Tsojhe Khangsar Hospital. Four days of training on basic emergency medical care was held on March 22. In addition, a free eye camp and free TB screening was held.

### ***TPHC Dekyiling***

April 7, 19: World Health Day organised at the TPHC Dekyiling. Various events were held to disseminate important and basic health information to the public.

### ***TPHC Mainpat***

World Health Day was organised in collaboration with the settlement office. Many interested Tibetan settlers attended the event.

### ***Kollegal DVT Hospital***

On April 7, PHC Dhondenling organised World Health Day. The event was observed at the kindergarten. Talks given on oral hygiene by Ms. Yangchen Dolma (Dental Therapist) and a talk on eye awareness was given by Mrs Tenzin Noryang (Ophthalmic technician).



## PROFILE OF NEW MEDICAL OFFICERS

### ***Health Department Appoints New Resident Medical Officers at Three Settlements***



Doctor Tenzin Tsundue was born in Gothangaon, Maharashtra, India in 1986 and completed intermediate school at Upper TCV in 2005. He would continue to pursue his MBBS the same year at Indira Gandhi Medical College (IGMC) in Shimla. After graduating with the medical degree, Dr. Tenzin Tsundue worked as a medical officer at Delek Hospital in Dharamshala from 2013-2015, spent six months as a junior resident at Max Hospital in Patparganj, Delhi in 2016, and the following year spent 11 months in the medical support group at Manipal Hospital in Bengaluru. On April 2019, he joined the Tibetan Primary Health Center at the Choephelling Tibetan Settlement Miao and continues to work there today.



Dr. Tashi Sangpo was born in Gulladhalla, Bylakuppe settlement and studied under CST

Gulladhalla and Bylakuppe until 7<sup>th</sup> grade. In 2011, he was selected as a science student in TCV Selakui and in 2013, completed the National Eligibility cum Entrance Test (NEET) entrance exam. During the same year, Dr. Tashi Sangpo was selected for a MBBS seat at Dr. Rajendra Prasad Medical College and eventually completed his degree in December 2018. As of February 2019, he has been continuing to serve as a medical officer at the Tso Jhe Hospital in Bylakuppe.



Dr. Tenzin Wangchuk was born in Dhondenling Tibetan Settlement, Kollegal. Completed his education till class X in CST Kollegal and joined high school in Science stream (PCB) in CST Mundgod. In 2013, he was the recipient of Gadhen Phodrang award with 92.6% in Class XII and indeed he was selected CTSA MBBS seat through NEET entrance exam in same year. Dr. Tenzin Wangchuk completed MBBS in Sardar Patel Medical College, Bikaner, with distinction in Pathology. Now he is serving as a medical officer in Menlha hospital, Odisha. He is grateful to His Holiness, CTA, his teachers and his parents for making his dream of working in the Tibetan community as a doctor, come true.

## Department and TVHA Staff Update

### Department of Health Staff Update from January to June 2019

#### *New Appointment:*

S.No	Name	Designation	Place	Dated	Remarks
1	Tenzin Nordon	TMS Nurse	Dept. of Health	4-March-19	
2	Sangmo Bhuti	TMS Nurse	Dept. of Health	11-March-19	

#### *Transferred:*

S.No	Name	Designation	Place	To	Remarks
1	Namgyal Phuntsok	Peon	Dept. of Health	DIIR, CTA	25-Feb-19
2	Jigme Tsultrim	Add. Secretary	Dept. of Health	Interim Placement Section	11-April-19
3	Tsegyal Danyi	Health Secretary	Dept. of Health	Kashag, CTA	8-April-19
4	Sonam Dolma	Section Head	Dept. of Health	DIIR, CTA	01-May-19
5	Palden Dhondup	Health Secretary	ATWS	Dept. of Health	01-May-19
6	Tenzin Dechen	Section Officer	Kashag	Dept. of Health	03-May-19
7	Tsering Youdon	Joint Secretary	Documents Classification Section	Dept. of Health	9-May-19

#### *Resignation:*

S.No	Name	Designation	Place	Dated	Remarks
1	Dhondup Tashi	Senior Clerk	Dept. of Health	02-Jan-19	
2	Tsewang Topgyal	Senior Clerk	Dept. of Health	16-May-19	
3	Rangjung Dolma	TMS Nurse	Dept. of Health	1-Mar-19	

### TVHA Staff update from January to June 2019

#### *New Appointment:*

S.No	Name	Designation	Place	Dated	Remarks
1	Tsering Wangmo	Staff Nurse	Ladakh Hospital	07-Jan-19	
2	Balakkrush Mishra	Lab Technician	Menlha Hospital, Odisha	08-Jan-19	
3	Ngawang Demey	Accountant	Miao Hospital	15-Jan-19	
4	Dickey Yangzom	Accountant	Phende Hospital	15-Jan-19	
5	Tsering Lhayal	Health Worker	Ladakh Hospital	17-Jan-19	
6	Tashi Sangpo	Medical Officer	Tso Jhe Hospital	01-Feb-19	

7	Dugmo Kyi	Dental Doctor	DTR Hospital	01-March-19	
8	Norbu Tashi	Driver	Ladakh Hospital	01-April-19	
9	Tenzin Minlag	Staff Nurse	Delhi PHC	01-April-19	
10	Tenzin Tsundue	Medical Officer	Miao Hospital	03-April-19	
11	Tenzin Wangchuk	Medical Officer	Menlha Hospital, Odisha	16-April-19	
12	Kalsang Dolma	Accountant	Tso Jhe Hospital	06-May-19	
13	Dekyi Palzom	Staff Nurse	Tashijong Clinic	01-June-19	
14	Nyima Tsering	Accountant	Bir Hospital	10-Jun-19	
15	Tsechu Dolma	Sweeper	Bir Hospital	17-June-19	

### ***Transferred:***

S.No	Name	Designation	Place	To	Remarks
1	Sonam Yougyal	Exe. Secretary	Tso Jhe Hospital	Hunsur Hospital	21-May-19
2	Penpa Labrang	Exe. Secretary	Hunsur Hospital	Ngoenga School	29-May-19
3	Karma Dolma	Accountant	Bir Hospital	Department of Health	17-Jun-19
4	Tenzin Yeshe	Medical Officer	Odisha Hospital	Ladakh Hospital	15-May-19

### ***Resignation:***

S.No	Name	Designation	Place	Dated	Remarks
1	Yangchen Tsemto	Staff Nurse	Tashijong Clinic	05-Jan-19	
2	Tenzin Paldon	Staff Nurse	Delhi Hospital	06-Feb-19	
3	Tsering Bhuti	Staff Nurse	Rewalsar Clinic	01-Mar-19	
4	Rangjung Dolma	Staff Nurse	Department of Health	01-Mar-19	
4	Tenzin Kunsel	Driver	Dekyiling Hospital	25-Mar-19	
5	Tsering Topten	Driver	Dekyiling Hospital	01-April-19	
6	Ram Bahadur Chetry	Pharmacist	Miao Hospital	06-April-19	
7	Chungdak	Peon/Sweeper	Miao Hospital	15-April-19	
8	Sonam Dorjee	Secretary cum cashier	Miao Hospital	17-April-19	
9	Tenzin Dickyi	Staff Nurse	Tsopema Clinic	15-May-19	
10	Tenzin Shedhen	Sweeper	Ladakh Hospital	20-May-19	
11	Ngawang Palmo	Staff Nurse	Bir Hospital	03-Jun-19	
12	Rajesh F K Mandal	Pharmacist	Bhandara Hospital	05-Jun-19	
13	Rinchen Dorjee	Dental Therapist	Miao Hospital	06-Jun-19	
14	Tenzin Woeszin	Cashier	DTR Hospital	30-Jun-19	
15	Ngawang Lobsang	Pharmacist	Tso Jhe Hospital	30-Jun-19	



## Ngoenga School for Tibetan Children with Special Needs

### *New Appointments:*

S.No	Name	Designation	Place	Dated	Remarks
1	Sonam Lhamo	Home Mother	Ngoenga School	15-Mar-19	
2	Sonam Gyaltzen	Secretary cum Cashier	Ngoenga School	10-Jun-19	

### *Transferred:*

S.No	Name	Designation	Place	To	Remarks
1	Kalden Norbu	Director	Ngoenga School	TSJC, CTA	03-Jun-19

### *Resignation:*

S.No	Name	Designation	Place	Dated	Remarks
1	Sonam Dorjee	Secretary cum cashier	Ngoenga School	17-April-19	
2	Tenzin Topden	CHW	Ngoenga School	30-Jun-19	

## **Volunteer Information Corner**

### **Ways to Give, Volunteer Opportunities**

The department runs 7 hospitals and 5 primary health centers and 36 clinics spread across India and Nepal and 1 Special School, the first ever CTA run school for Tibetan Children with special needs for India, Nepal, Bhutan and Tibet. More information : ([www.ngoengaschool.org](http://www.ngoengaschool.org)).

The hospitals offer opportunities for everyone to share their time, talents, and interest to support our mission in the community. Doctors, nurses and other medical volunteers are most welcome to serve our hospital and health centers to provide medical care, health education and humanitarian assistance to Tibetan refugees in need. We will do our best to help you in whatever way we can during your stay.

### **Information for the Medical Students and Interns**

The hospitals will give you information that may be of interest to you as a medical student. The more you know and understand about our hospitals before you decide to come, the better it will be for all.

As a medical student you are allowed to observe patients only under supervision of doctors. You are expected to be present during normal working hours each day. Boarding and lodging are to be arranged by you.

You are required to send your CV and a reference letter from your present university. You are also required to send a monthly fee of US\$50 by cheque or via Western Union in the name of any CTADOH's hospital. The cheque, or wire, should be in Indian Rupees as our bank here does not accept foreign currency cheques in small amounts. Cancellation of your visit should be notified to the hospital's executive co-ordinator at least two months in advance. However, the monthly fee is non-refundable.

NB: The above information gives priority to registered medical students already on courses. Pre-registration medical students will only be allowed if space permits. Tibetan pre-medical or medical students living in India, Nepal and Bhutan will be offered placements without making an advance booking, but the student will be subjected to completion of hospital formalities by sending us his/her CV and reference before their arrival. They are exempted to pay selective fee. Failing to meet these requirements may hamper their placement with us.

### **Do you want more information?**

If you are genuinely interested in working at CTA DOH hospitals as a medical student, you can send an email: [health\\_re@tibet.net](mailto:health_re@tibet.net) and we will send you additional information.

# HOW YOU CAN HELP

MOST IMPORTANT PROJECTS IN 2019-2020

***YOU CAN SPONSOR A FREE MEDICARE FOR A  
POOR FAMILY OF FIVE AT \$55 A YEAR***

*For details, Please contact Tibetan Medicare Division of CTA,  
Department of Health on [tms@tibet.net](mailto:tms@tibet.net) and [health\\_re@tibet.net](mailto:health_re@tibet.net)*

## HOW YOU CAN HELP MOST IMPORTANT PROJECTS IN 2019-2020

Central Tibetan Administration's Department of Health (Tibetan Voluntary Health Association) works to improve the health of Tibetan refugees in India, Nepal and Bhutan. Following are the Health Programs and Projects run by Department of Health or Tibetan Voluntary Health Association that urgently need your help.

1. Support Ngoenga Home School for Special Needs Children
2. Construction of TPHC Staff Quarters in Tibetan Mainpat Settlement - 46.28 Lacs
3. Installation of Solar Water Heater in Monastery at Tibetan Kamrao Settlement- 63,000
4. Procurement of Solar Inverter in TPHC Mainpat- 70,000
5. Free Eye surgery camps
6. Diet support for HIV patient

*Please make donation by cheque/bank draft/ IMO payable  
to Tibetan Voluntary Health Association towards any of the  
Projects and programs mentioned above.*

<b>Bank Detail</b>	A/c Holder- TVHA	SWIFT CODE-UCBAINBB238
	A/c Number-11510100000519	PAN-AAATT1509K
	UCO Bank, CTS	TAN-PTLT10935B
	Gangchen Kyishong	IFSC-UCBA0002059
	Dharamsala-176215	Email: <a href="mailto:health@tibet.net">health@tibet.net</a>
	Distt. Kangra (H.P), INDIA	<a href="http://www.tibetanhealth.org">www.tibetanhealth.org</a> <a href="http://www.tibet.net/health">www.tibet.net/health</a>