



TIBETAN HEALTH

January to June 2015

About Us

Tibetan Health is the official Newsletter of the Central Tibetan Administration's Department of Health (Tibetan Voluntary Health Association). DOH (TVHA) is responsible for overall public health promotion and medical care service of over 120,000 Tibetan refugees in India, Nepal and Bhutan.

The health department manages and finances 50 health centers in India and Nepal including Ngoenga School for Tibetan refugee children with special needs (www.ngoengaschool.org) apart from different health programs, projects, and activities.

Tibetan Health Newsletter is published two to four times 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 the Tibetan Department of Health.

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Department of Health Announced Launch of Revised Guidelines of Tibetan Medicare System



Following the Chinese invasion of Tibet, tens and thousands of Tibetans arrived into exile in India and neighbouring countries in the early 1960s, and the Tibetan refugees have faced immense health challenges. Difficulty in adapting to a foreign geographical and climatic environment coupled with a lack of adequate nutrition and basic healthcare services resulted in extremely poor health and exceptionally high death rates. In order to address this situation, the Central Tibetan Administration of His Holiness the Dalai Lama (CTA) initiated the formation of Department of Health (DoH).

In a CTA survey, it was found that over 45% of the Tibetan exile community suffers from diseases such as cancer, tuberculosis, liver cirrhosis and heart disease, which require high degree of secondary and tertiary care. Lack of adequate healthcare coverage has been a major cause of high mortality rate as well as a primary cause of poverty and financial insecurity amongst the community. Indeed, private out-of-pocket spending currently accounts for an estimated 88% of health expenditures, which is higher than in many developing countries such as India.

Following the findings, the 13th Kashag decided to institute the Tibetan Medicare System (TMS) on 14 July 2010 – a holistic secondary and tertiary healthcare coverage for all Tibetans living in exile under the responsibility of Tibetan Voluntary Health Association (TVHA), registered society under the Indian Societies Registration Act of 1860.

Under the leadership of 14th Kashag of Honorable Sikyong Dr. Lobsang Sangay, the Department of Health had launched The TMS Health Plan on 1 April 2012. Since then, Tibetan Medicare is being

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implemented successfully for close to three years now and has provided an equitable and comprehensive healthcare coverage to the Exile Tibetans living in India. In the past three years, over 30,000 Tibetans have enrolled in the project and around 1800 have already availed the benefits of it. However, the TMS is still dependent on funds. Hence, more participation of the Tibetan public is crucial to make TMS self-reliant and to pre-empt financial constraints during medical emergencies for the poor.

An extensive review of the TMS Health Plan was recently undertaken by the Department of Health with the funding and expertise assistance of USAID under its Health Finance & Governance Project. In addition to data analysis, a community level survey was conducted to elicit views of the community about the efficacy of the TMS Health Plan and their suggestions on improvements in its design and implementation. After incorporating workable suggestions, the Department of Health has restructured the TMS Health Plan with the final approval from the Kashag.

This revised Tibetan Medicare System Health plan aims to strengthen and provide sustainability to the existing TMS Health plan and proposes to cover all exile Tibetan population in India.

The Revised TMS Health Plan was implemented from 1 April 2015. The enrolment period started from 1 February to 16 March 2015 for Tibetan community in India. The TMS Health Plan is essentially a non-profit, social health programme designed to serve the healthcare needs of the entire Tibetan exile community in India. While providing

full coverage to the most disadvantaged sections of the society, it also provides real benefits of the membership to all Tibetans living in India, who volunteer to pay annually to TVHA, a pure risk contribution.

Tibetan Medicare System works on the principle of Community Health Insurance by spreading the risk of healthcare expenses over a number of people so that the financial burden of unfortunate few who need healthcare is shared by the many fortunate who remain healthy.

The TMS Health Plan seeks to reimburse in-patient medical and surgical expenses incurred by TMS Members in both public and private health facilities, including Tibetan Sorig facilities.

While addressing the deficiencies in the current Tibetan healthcare system and providing accessibility to comprehensive healthcare, the TMS also contributes to the effectiveness of its ongoing prevention programmes. Through this approach to healthcare, the TMS aims to help reduce financial insecurity in short term and improve the public health and well-being of all Tibetans in exile in India in the long run.

Health Department would like to announce that Almost 70% (Rs.2500 out of Rs.3565) of TMS contribution of family or group of five from 30,000 Tibetan people in India will be subsidized with support from the USAID for the following groups in Exile Tibetan population in India-

1. One time contribution rebate for existing TMS members of 2014 to 2015
2. New Arrivals (lay people) from Tibet living in India from 2004 to 2014.
3. Tibetan Monks and Nuns living in India
4. Tibetan Family of 3 or more children (3rd child should be born on or after 1 July 2014)
5. Old People's Home for Tibetans in India
6. Other economically weak Tibetan people who are not in the CTA's list of poor people (Nyamthaks B and D)

The Health Department strongly advises and encourages all Tibetans living in India to enrol in Tibetan Medicare and protect their families from unexpected financial loss due to expensive Surgical and medical treatment.



Administrative News

Health Kalon inaugurates Polio Immunization Campaign 2015

Health Kalon Dr. Tsering Wangchuk inaugurated the Intensified Pulse Polio Immunization (IPPI) campaign 2015 at Zonal Hospital, Dharamsala on 18th January. Mr. Sonam Dorje, the Tibetan Settlement Officer, accompanied during his visit.

Pulse Polio Immunization programme was launched in India in 1995. Children in the age group of 0-5 years are administered polio drops during national immunization rounds (in high risk areas) every year. About 172 million children are immunized during each National Immunization Day (NID).

India has achieved the goal of polio eradication as no polio case has been reported for more than 3 years after the last case reported on 13 January 2011. WHO on 24 February 2012 removed India from the list of countries with active endemic wild polio virus transmission. In Himachal Pradesh, no new single case of Wild Polio virus has been reported since 2009.

Kalon congratulated the Chief Medical officer, Health officer, all the medical officers and staffs for achieving this feat and wished them success to sustain the achievement. He also urged all Tibetans to participate in these noble initiatives of the Indian government to immunize Tibetan children below the age of five from Polio.

Health Kalon meets Tibetan sweater sellers, patients and Tibetan students in Chandigarh

Health Kalon met with Tibetan sweater sellers in



sector 17 of Chandigarh. The meeting was followed by a visit to the Tibetan patient support group led by Tsering Dolker and her sister, along with Sangye Menlha Trust. He also met Tibetan patients from different settlement who had come to Chandigarh for treatment of major diseases.

He had a meeting with Tibetan College students during which he gave a talk on the three guiding principles of the 14th Kashag, Umaylam (Middle Way Policy) and education as prioritized by the 14th Kashag. He also introduced the students to the health programs of the Department of Health such as TB, HIV AIDS, substance abuse program and the Tibetan Medicare System.

Health Kalon visits Tibetan settlements and communities in Sikkim and West Bengal

Health Kalon visited Tibetan settlements and communities in Sikkim and West Bengal from 6 to 15 February, 2015. He visited Tibetans in Ravangla, Rumtek, Gangtok, Pagong, Chungthang, Mushithang, Tsading, Lachung and Mangan in Sikkim, and Kalimpong, Lamahatta, Darjeeling, Pokriabong, Sonada, Kurseong, and Salugara in West Bengal.



During these visits, Health Kalon met with community leaders and the public and talked about the health department and its major health programs like Mother and Child Health (MCH), prevention and treatment of tuberculosis and HIV AIDS, mental health, Hepatitis B prevention, substance abuse prevention and rehabilitation and the Tibetan Medicare System (TMS) program. He also visited some poor households whereby he observed and inspected the health situation of the household, settlement offices, schools, Men Tsee Khang branch clinics, DOH's health centers, Chakpori branch clinic, Tibetan Refugee Self Help Center at Darjeeling and Namgyal Institute of Tibetology at Gangtok. Due to poor weather and time constraints, Kalon was unable to visit and meet Tibetan communities at Thanggu, Dongkung, Lhonag in East Sikkim.

During his visit to Sonada, Kalon met



Heidi Trondsen of Shenpen Aid from Norway. Kalon greeted and thanked her and the Shenpen Aid for funding support provided to the department by adopting DOH's branch clinic of Sonada settlement.

Kalon also met with Director of Chakpori Sowarigpa Institute, Amchi Thinley Passang Trogawa. Amchi Passang and the board members appealed the Health Kalon to make Chakpori Tibetan Medical Institute (<http://chagpori.org/index.html>) an autonomous institution under the Department of Health of the CTA. They also requested the Kalon to help send designated official personnel from the CTA to act as the Director of Chakpori Tibetan Medical Institute.

While returning, the Health Kalon visited P.S.R.I Hospital in New Delhi and had a meeting with the Secretary, Medical Council of India. He then attended a meeting on the TMS program

with some health financing experts with regard to the TMS Program of the department.

Health Programs

Meeting held for the final Re-shape of TMS policy

TMS assessment team Mr. Alope Gupta, Mr. Bhavesh Jain and Dr. Francis Raj visited Dharamsala on 12 January 2015 to hold consultations with Health Kalon and TMS team to give final shape to new-TMS policy. Also the team has received an executive summary of the Dr. Francis Raj's report on the qualitative study at the end of the day.

TMS awareness campaign and enrollment in settlements



During a two days TMS review workshop in Dharamasala, the participants have been introduced about the revised TMS policy. The participants then informed these new changes to the field staff, and began the awareness campaigns and enrollments. The TMS scheme has been introduced to the maximum number of Tibetans in India by way of door-to-door visit, camp-to-



camp visit and through mass gathering awareness campaign.

Advertised TMS scheme through different news medias

TMS section has advertised revised TMS policy through different Tibetan newspapers, websites, TV news and social media to reach each and every benefit of the scheme to maximum number of Tibetan public in India to uplift the number of participation in Tibetan Medicare System.

Comprehensive Health Workshop from 2 to 7 March 2015

The department of health has conducted a comprehensive health workshop for TVHA nurses at Dharamshala for six days. During the workshop, TMS section has introduced revised policy guidelines to participants for one session. Various questions were asked by participants since the TMS awareness campaigns were going on at all the settlements that time.

HIBS IT Meeting at Delhi

On 17 February 2015, Health Kalon Dr. Tsering Wanchuk, TMS program Manager Mr. Nyima Gyaltsen, TMS IT Officer Ms. Tenzin Dolma and TMS Medical Officer Ms. Tenzin Dolkar visited HIBS IT Company based in New Delhi. The team met with Mr. Deepak Mendiratta, the Managing Director of HIBS, who presented them a sample of software application. HIBS Company was introduced to Health Department by Dr. ALoke Gupta.

Department of Health has been working with Bangalore based IT vendor Health sprint for



the last three years and the contract was extended till April 2015.

Recently, HIBS arranged one day training on 12 June 2015 to the TMS team at Centre. Mr. Shubhneet Goel, Software developer, and his colleague came to our office to conduct one day training to TMS team.

USAID meeting, 2 March 2015

A team of five health staff led by Mrs. Trinley Palmo, the Deputy Secretary of Health Department and Mr. Bob Ankerson and Tenzin Jigme from TTF attended the meeting at USA embassy New Delhi. The meeting was called for the Post-Award Conference Purpose and accounting of TMS member subsidy expenditures.

USAID team visited Dharamshala for Preliminary Survey on Health Programs



On 16 May 2015, a team of five people met with the Health Kalon and his team at the Department of Health, CTA and had a thorough discussion about the ongoing health programs that are funded by USAID.

HIV AIDS Support Group Meeting

An HIV AIDS support group meeting was held at the Tibetan Reception Center in Dharamshala from 29 to 31 March 2015. A total of 19 participants attended the workshop meeting comprising 8 health care staff from our DOH health centers and 11 people living with HIV and AIDS. These participants were from 7 Tibetan settlements across India namely; Dharamshala, Mainpat, By-lakupe, Mundgod, Kollegal, Dekyiling, Odisha.

The HIV AIDS program of the Depart-



ment of Health has mainly two objectives keeping in view the overall burden of HIV AIDS control in the Tibetan community in India: prevention of new infections and supporting those living with HIV, both in terms of medical treatment in order to live a long healthy life, and social empowerment in order to live a productive life without discrimination.

The following were the aims of the support group meeting:

1. To create a platform for people living with HIV and AIDS patients along with health staff to get to know each other in order to find solution to common physiological problems, and emotional and social issues surrounding HIV AIDS in our communities by forming HIV AIDS support group.
2. To teach people living with HIV (PLHIV) about HIV and AIDS disease.
3. To inform guidelines of the DOH's HIV AIDS Program and the Indian government's NACO program in order for the PLHIVs and the AIDS patients to guide them to seek care and treatment.
4. To strengthen the capacity of our health care staff in terms of dealing with HIV positive people and AIDS patients; in both medical and psychological aspects.
5. To brainstorm and find solutions to social issues faced by the PLHIVs and the AIDS patients that include stigma, discrimination and economic marginalization.

The topics covered during the workshop meeting included:

- Yoga for healthy living
- Basics of HIV AIDS
- Nutritional requirements for people living HIV and AIDS
- The guidelines of the DOH's HIV AIDS Program and its benefits
- Understanding NACO guidelines of the Indian government and its benefits
- Understanding HIV AIDS from the perspective of Tibetan traditional medicine Sowa Rigpa
- Coping with HIV and AIDS from the perspective of Buddhist philosophy through Buddhism class
- Personal story telling of experiences and meeting discussion to highlight issues and finding solutions

At the end of the meeting workshop, the Health Kalon presented white scarf (Khatak) of goodwill to all health care worker participants and all the participants who are HIV positive as a token of gratitude for attending the workshop in Dharamsala despite huge distance from their settlements and homes.

Cervical Cancer Screening and Vaccination Program

Under cervical cancer prevention program, 78 girls from Kollegal settlement received free HPV Gardasil vaccines. This program was funded by PRM. A Similar program is being carried out in Mundgod for 103 teenagers in which 75% of the expenses will be paid through department



of health's cervical cancer prevention program funded by PRM.

Gynecologist Visit Program



This program funded by NCA was carried out in 12 settlements through our 10 health centers where visiting Gynecologists check women in settlement for health problems every month. This program has benefitted many women through early diagnosis and referral for treatment and especially pregnant women in the settlements in getting their timely antenatal checkups.

Children Nutrition Program

This program funded by PRM is being carried out in Miao, Hunsur, Kollegal, Odisha and Gangkyi where creche children are provided with supplemental nutrition in the form of egg, milk or fruits.

De Worming Program for School Children

Under this program, school children are given oral tablets or syrups that prevent worm infesta-



tion in school going children in schools where such programs are either not carried out or lacks funding. Till June, we covered 4110 school children in 9 schools.

Dental Screening and Awareness Program

Since May 2015, the Department of health in collaboration with Dr. Nima Chungdak and Nurse Dekyi Dolker of Tibetan self help center, Darjeeling organized a screening, awareness and treatment program for all the school children of CST Ravangla, CST Sonada, CST Kalimpong, STS Pokhriabong and CST Darjeeling. This program is funded by PRM aimed to create awareness among the young generation about the importance of healthy oral habits and need for oral care.

Health Department, CTA marked International Day in Support of Torture Victims

The Department of Health, CTA marked the International day in support of torture victims on 26 June 2015 at Dharamsala, India in accordance with this year's theme: Right to Rehabilitation Now. According to the official statement released by the International Rehabilitation Council for Torture Victims (IRCT), "The people from around the world come together on 26 June to remember those who have been tortured, by calling for the prevention of torture and an end to impunity. The Tibetan Torture Survivors' program of the Health Department, an affiliated member of IRCT, joined hands on this important day with countless other torture rehabilitation centers globally to acknowledge the importance of healing, recovery and re-



habilitation of Tibetan Torture Survivors.

On 26 June, the Tibetan Torture Survivors' rehabilitation program (TTSP) of the health department organized a play titled "Norbu" through the actors of the Tibet Theater, an independent theater group led by Lhakpa Tsering, which was shown to about 250 people including Tibetan Torture Survivors at TIPA Hall. Sikyong Dr. Lobsang Sangay kindly graced the occasion along with Health Kalon Dr. Tsering Wangchuk and Chitue Gang Lhamo, an ex political prisoner herself. The play highlighted the struggles of the Tibetan political prisoners in Tibet and en route to India. In addition, the main theme of the play was to create awareness among the public about the life and living conditions of the Tibetan torture survivors in exile and the ways in which they are being rehabilitated through the CTA's health department.

The Tibetan torture Survivors chose to live a life of HOPE, DIGNITY, FORGIVENESS AND ALTRUISM despite unbearable torture by the perpetrators and consequent traumatic events in their lives. They are known for their inherent resilience towards suffering, painful health effects and disability caused by torture and trauma through the practice of Buddhist spiritual and cultural coping means. This experience is also highlighted in the following narrative of a Tibetan Torture Survivor.

"I bear no anger against my perpetrators for what they did to me as a devout Buddhist. Whenever I feel pain and I struggle with my illnesses, I practice and pray that my illnesses and pain can be beneficial in relieving the sufferings of all other people in this world. May my suffering take away the pain of others, I pray daily." - A

Tibetan Torture Survivor.

The Health Department, CTA is dedicated to the wellbeing of the Tibetan Torture Survivors through the provision of medical support and rehabilitation services.

Celebration of World Health and Earth Day at TCV Suja - 7th April 2015



This year, we observed two important days simultaneously on World health Day which falls on 7 April and Earth Day on 22 April respectively. A grand function was held to celebrate this day with a warm welcome note by Mrs. Yangdon Tsering, followed by an introductory speech by a member of health committee Mrs. Tenzin Paldon on how these two important days came into being and its significance in our life.

Every year, the WHO chooses one theme and this year's theme is "How Safe is your Food – From Farm to Plate, make food safe". After that Mr. Ngawang Thupten, Assistant headmaster gave a presentation on Food Safety with the help of his splendid PowerPoint. During the presentation, he also talked about the famous Cancer train which once plied between Bathinda and Bikaner.



The function was adorned with an insightful skit and a group song by the students of class XII C. The skit was well written and based on this year's theme, 'Food Safety'. The performance was at par excellence and the theme was like hitting the bull's eye.

The skit sent a strong message for audience to take care of our precious human life by consuming healthy food and avoiding junk food. The Tibetan group song was sung in unison by a group of 30 students and carried a message about environment.

In the afternoon, a painting contest was organized for the junior students on the theme of World Health Day and quiz for the senior students on 7 different topics ranging from Food Safety to Mental Health. 153 students participated in the painting competition.

TCV Suja celebrates International Day against Drug Abuse and Illicit Trafficking on 29 June 2015

Even though International Day against Drug Abuse and Illicit Trafficking is celebrated world wide on 26 June, we postpone it to 29 of the same month in the event of another school program. The function was held in the morning on school basketball ground for the students of class VI to XII. A senior science teacher Mr. Nyima Tsering la, gave the introductory speech with detailed account of Drug Use and Abuse. He emphasized on the detrimental effect that drugs cause on human lives particularly the younger generation falling prey to such ill habits. In his conclusion, he requested the students to stay away from all kind of drugs in order to lead a meaningful healthy life.



His message was further accentuated by a powerful drama enacted by few volunteer students of class XII. These students earned huge round of applause from the audience for their sincere hard work and the professionalism with which they performed. Everyone present appreciated their drama which not only send strong message about harmful effects of drugs but also the element of humor added on to that.

The guidance counselor cum health committee member met with a group of students who had successfully quit unhealthy habit of smoking and chewing tobacco this year. They had an extensive discussion on how to help other students get rid of such habit and chalked out certain plan to be carried out in the forthcoming session of the year.

Training News

Delivery Training Program



Two batches of staffs attended a month long delivery training at St Mary's hospital, Kote. This program was funded by PRM.

Name	Place	Period	Designation
Dolma Tsering	Kollegal	15.01.15-15.02.15	CHW
Dekyi Dolkar	Mundgod	15.01.15-15.02.15	GNM
Passang	Bylakuppe	30.04.15-30.05.15	GNM
Palmo	Miao	30.04.15-30.05.15	B. Sc Nurse



TMS review workshop cum meeting held at Dharamsala

The department of health's TMS section has conducted a two days workshop at Dharamsala from 24 to 25 January 2015. Sikyong Dr. Lobsang Sangay addressed the inaugural session of the two-day workshop on Tibetan Medicare System (TMS).

Over 52 participants, including Tibetan settlement officers, doctors, executive secretaries, nurses and health workers have taken part in the workshop. The workshop is organized to explain the revised guidelines and boost participation of the Tibetan public in the scheme. Sikyong Dr. Lobsang Sangay has addressed to the participants the essence of Medicare in our society and that cooperation of the public is crucial to make TMS self-reliant.

Health Kalon Dr. Tsering Wangchuk said that the Tibetan Medicare System is one of the five most important projects of the CTA that has been prioritized by the present Kashag. He explained the objectives of organizing the workshop and urged the participants to create more awareness about the project so as to increase enrollment from the public.

The first day of the workshop was presided over by Dr. Alope Gupta, Dr. Francis Raj and Ms. Shilpi Sen. Topics of discussion include community engagement and its implication on the scheme, identifying effective mode and channel of communication for enhancing enrollment of scheme, etc.

The second day was handled by central TMS team and explained about TMS revised policy guidelines; TMS claim procedures and daily

administrative works. The workshop was concluded with group activities and questions and answers session.

HIS on-the-job Supervision and Monitoring (S&M) Training Phase 2:



From 18 January to 2 February 2015, HIS on-the-job training, and S&M work was carried out in the health centers of three Tibetan settlements under the CTA located in North-East India; namely the primary health center of Choepheling Tibetan settlement in Miao, the health clinic of Dhargeyling Tibetan settlement in Tezu and the health clinic of Tenzingang Tibetan settlement in Arunachal Pradesh state of India.

HIS Manager Dr. Lobsang Tsering and HIS Coordinator Tenzin Tseyang physically visited these health centers. At each health center, first of all, an introductory meeting was held with all the hospital staffs including the executive secretary, doctor (where available), nurses, community health workers, lab technicians (where available) and other staffs during which the purpose of our visit and HIS3 program was discussed. In the next 2-3 days, HIS3 supervision and monitoring work was carried out. The deal-



ing HIS staffs were trained on-the-job and feedback obtained from them. All the nurses and the community health workers were also taught how to enter correct HIS data in the HIS3 system in event of any unforeseen absence of the main HIS dealing staff. At the end of visit, another meeting was held with all the staffs again during which our findings were informed and issues discussed on correct data collection and entry. The analyzed report of each health center were presented and discussed with the staffs. The process of immunization of all under 5 children and maternal health care were also discussed. Data collection of immunization of all children under 5 and maternal health during pregnancy and thereafter were also taught and informed to be collected regularly.

HIS paper-based training workshop



On 9 March 2015, as part of the comprehensive public health workshop given to doctors, nurses and health care workers of the Department of Health's health centers, paper-based HIS training was given for a day at Tibetan Reception Center in Dharamsala. This training was aimed for those newly recruited staffs for whom the process of HIS data collection is new. 17 nurses and health care workers from 13 settlement health centers participated in the paper-based HIS training. The training was aimed to build capacity of the health care workers in terms of correct clinical health data collection and reporting, active community data collection in terms of getting birth, death, immunization and maternal health data. Live practice sessions were held so that the staffs could become familiar with process in practical when they return to their respective settlements to work on their own.



Dental Training

The Department of Health, in collaboration with Taiwan Dental Association, Cathy's hospital and Taiwan Health Co-Op organization organized a dental training workshop at Bir Tibetan settlement for health workers and dental therapists of school clinics and settlement health centers. Around 14 trainees attended the training. The training aimed at improving staff's skills in dealing with oral health program.

Adolescent Health Workshop

The workshop which was organized in collaboration with department of education was attended by 336 students and teachers from India and Nepal where coordinators talked on sexual abuse and harassment, growth and development during adolescent period, and sexually transmitted diseases. This program was funded by PRM.

The health workshop was presided over by Health Kalon Dr. Tsering Wangchuk, Health Secretary Mr. Tsegial Dranyi, Ms. Trinley Palmo and officials from the health department.

Addressing the students, Kalon Tsering Wangchuk talked about the changes that take





place during early adolescence and how it affects a person's entire life. "Throughout our lives we grow and change, but during adolescence the rate of change is especially evident. The changes that take place are physical, emotional and cognitive, and it is really important to understand these changes to ensure a healthy and prosperous life," he said, encouraging the students to confide in their friends or their school health workers when they face any adolescent problems.

The Health Kalon also spoke on the crucial role played by doctors, nurses and other health workers in alleviating the sufferings of the masses. "I am sure there are a lot of future doctors, nurses and pharmacists among you today. It is really important to have such goals in life", he said, and urged them to continue their hard work to become successful.

He explained the 3-year bond service (contract) terms for Tibetan students pursuing MBBS course under the Department of Education's scholarship scheme. The bond binds the students in a contract wherein the students are obligated to serve the Tibetan community for three years following the completion of their course. However, the bond service is reduced to two years for those who are willing to serve in the remote Tibetan settlements.

Kalon Tsering Wangchuk also gave a brief introduction of the Health Department and its major objectives. He spoke about various programs and Ngoenga School, a school for Tibetan children with special needs at Dehradun.

Health Secretary Mr. Tsegyal Dranyi spoke about the overall importance of health and a healthy lifestyle. He also spoke about Sowa Rigpa, the traditional Tibetan medical science to boost physical and mental health.



Public Health Workshops and HIV Support Group Meeting

The Department organized a series of public health workshops and a HIV support group meeting at Dharamsala from March till April 2015. These workshops were organized to strengthen the capacity of the health staffs in areas of disease prevention, health promotion and clinical management in addition to better understand the health needs of the community members including people living with HIV AIDS.

The Department of Health conducted a week long comprehensive public health workshop for the Tibetan nurses, community health workers and doctors from 9 to 15 March 2015 at Dharamsala. A total of 56 health staff comprising of community health workers, doctors and nurses from DOH affiliated health centers and hospitals, Delek Hospital, schools and monasteries attended this workshop.

Sikyong Dr. Lobsang Sangay graced the inaugural ceremony of the workshop and provided the keynote address to the participants. The workshop included one day of HIS paper based training, two days of Health Education and communication training, one day of TB training and one day of Hepatitis B clinical management



training. The resource persons included a clinical team from Delek Hospital lead by Dr. Rangjung Dolma, Dr. Lobsang Tsering, Dr. Tenzin Yeshe from Men Tsee Khang, Geshe Pema Dorjee and relevant public health coordinators of the health department.

To address the challenges faced by the health staffs in clinical management of Hepatitis B, Department of Health coordinated a specialized one day training titled-“Hepatitis B clinical management training: a case based approach” with the technical guidance of Dr. Tsetan Dorjee on 14 March as part of the comprehensive public health workshop. Such training has been organised for the first time within the Tibetan community. The resource persons include Dr. Tsetan Dorjee from Delek Hospital, Dr. RK Dhiman and Dr. A Duseja from PGI Chandigarh, Dr. Rana Singh from Tanda Medical College and Hospital, Dr. Pankaj Puri from Apollo Hospital, New Delhi and Dr. AC Anand from Army Hospital, Research and Referral Division, New Delhi. In addition to various sessions facilitated by these resource persons regarding clinical management of Hepatitis B, a panel discussion was carried out among the resource persons and Health Kalon Dr. Tsering Wangchuk titled “Planning a hepatitis B control strategy for the entire Tibetan community in India and Nepal”.

As an important initiative by the health department to facilitate empowerment about health issues among the newly arrived Tibetan refugee women, a two day workshop titled “Basic healthcare workshop for newly arrived women from Tibet” was conducted from 28 to 29 March among 33 female participants from Tibetan Transit School, Dharamsala. The topics include Women’s Health (gynecological disorders), Diet and Behaviors for Tibetan Women from the perspective of the Tibetan medicine, Tuberculosis, Cancers, STDs and General Hygiene, HIV/AIDS and Hepatitis B. These sessions were coordinated by four public health staffs of the health department along with Dr. Rigzin Sangmo from Men Tsee Khang and Dr. Tashi Namgyal, a newly appointed doctor at a DOH affiliated hospital.

A three day “HIV Support group meeting and workshop” was conducted at Dharamsala from 29 to 31 March, which was attended by 19

participants which included 8 HIV AIDS staff and 11 HIV positive people. The topics include Yoga for healthy living, Basics of HIV AIDS, Nutritional requirements for people living HIV and AIDS, The guidelines of the DOH’s HIV AIDS Program, Understanding NACO guidelines of the Indian government, Understanding HIV AIDS from the perspective of Traditional Tibetan medicine, Coping with HIV and AIDS through Buddhism and group discussion. In addition to overall coordination and facilitating a session by the concerned program coordinator, the external resource persons include - Dr. Surender Nikhil Gupta (ICTC Head, Zonal Hospital, Kangra District), Dr. Yeshe Khando (Men Tsee Khang), Geshe Lobsang Dawa (Institute of Buddhist Dialectics, and Gen Chodar (Yoga Instructor).

Tibetan Healing Exercise for Physical Training Instructors of Tibetan Schools

The Department of Health, CTA in collaboration with Nangten Menlang Institute hosted a Tibetan healing exercise (Lujong) workshop for Physical Training Instructors at Peace House, Upper TCV from 24 to 27 June 2015.

Twenty-two physical training instructors from various schools of TCV, Sambhota Tibetan School and Tibetan Homes Foundation attended the four-day exercise workshop. The workshop was given by Tulku Lobsang Rinpoche.

Health Kalon Dr. Tsering Wangchuk who attended the inaugural session spoke on the significance of daily exercise as a preventive healthcare. He said, “According to WHO, 80% of diseases in this world can be prevented and majority



of disease comes from how and what we eat.” He also called for incorporating a daily exercise routine to stay healthy, underlining some of the major activities undertaken by the health department in recent years.

Speaking on the aims and objectives of the workshop, health secretary Tsegyal Dranyi said, “Future of Tibet depends on Tibetan students, and the mental and physical fitness of these students are extremely important. Thus, hosting such workshops for the school physical education instructors would help in imparting health fitness for the future seeds of Tibet.”

Tulku Lobsang Rinpoche is a renowned Tibetan healing exercise practitioner. He has offered free public teachings of his signature Lu Jong - Tibetan Healing Yoga Practice to the Tibetan community throughout India. Over 10,000 Tibetans of all ages have participated in his free public teachings.

Lu Jong or the Tibetan Healing Yoga Practice is based upon traditional Tibetan Buddhist exercises.

News from field Health Centers

TPHC Ladakh: Tibetan primary health center organized a World AIDS Day and World Diabetes Day on 10 and 13 January 2015 at Jangthang area of Sumdho and Sameth community hall respectively. Every month Mobile health clinic visits Jangthang area and raise health awareness talk on related health days. Staff nurses Mrs. Kunsang Dolma and Ms. Kalsang Dolma carried the awareness talk to the settlers. Around 130 settlers attended the day.

Ladakh based HelpAge organization has been providing free medical camp at TPHC

Ladakh every winter since 2013. This year again, they conducted 10 free medical camps at primary health center and branch clinic at Agling from October 2014 to 7 January 2015. A total of 284 patients were highly benefited from this camp. Main health problems are HTN, Arthritis, Gastritis, URI, Eye problem, Diabetic, Cold, Diarrhoea and others.

On 6 February, health center also arranged a five days health talk on Leprosy at all camp in the settlement. Community Health Worker Rigzin Wangmo and Youndung Palkyi were the resource persons. 775 settlers attended the talk and did a leprosy screening program and no single case was found.

A team of TPHC and Men-Tsee-Khang clinic celebrated World Health Day on 7 April 2015 at Sonamling settlement. The event was chaired by local hospital Dr. Farhana Yasmeen, Tibetan settlement officer, Tibetan local heads and camp leaders, monasteries chief, TCV school head, official and non-official officers. Total 820 settlers attended the event. TPHC visiting doctor create awareness on food safety and Men Tsee Khang Amchi talk about gastric problem according to Tibetan Traditional medicine to the settler. The respective camps and its surrounding were also cleaned up and awarded with reward for the best top three camps for the dirt free environment. The program was successfully ended up with planted a tree by health staff at hospital.

TPHC also organized health day program at Sumdho (Jangthang) on 12 April, to clean up all surrounding areas and next day was gather at community hall to promote awareness on health related issues by Staff Nurse Mrs. Kunsang Dolma and Ms. Kalsang Dolma. 60 settlers attended the program.



On 25 May, health centers organized brief health talk on Mother and child health, AIDS, Environment and Substance abuse. And also showed videos on related health issues provided by department of health at Jhangthang Sumdho community hall. Total 25 settlers attended the event.



World No Tobacco Day was celebrated at Agling TCV branch school, Ladakh on 4 June 2015. Through power point presentation, staff nurse Mrs. Sidol Dolma drew attention of around 200 students on tobacco use and its negative health effects.

In addition, the monthly Gynecologist visit program is extremely helpful to most of the antenatal, postnatal cases and also to those women who have reproductive health problems. They were getting their routine check-up with necessary and valuable guidance at very near to their doorstep on free of cost. The kind hearted and generous support of Dr. Tsering Lhadrol (Senior Gynecologist) has made this program possible. Her tireless effort and expertise service without any remuneration made all these happened in a reality. Therefore, on behalf of all the Tibetan settlers in Ladakh would like to express their heartiest gratitude to Dr. Tsering Lhadrol for her honor-



ary undertaking since from the program inception on 5 August 2013.

TPHC also arranged Viral load test to the 43 Hepatitis B patient in Ladakh settlement on concession coupon from 6 May to 8 June 2015. The program was successfully done and fund was received through Health department, CTA.



In collaboration with Tibetan Children's village school (TCV) health center observed International Day against Drug Abuse and Illicit Trafficking on 26 June 2015. School hospital head gave the introductory speech and Staff nurse Dolma Yangchen, emphasized on harmful effects of drugs. A painting competition was also



organized on topic of Substance abuse day and distributed prizes for the top three winners. Total 220 students attended the program.

DTR Hospital, Mundgod: A three day World Cancer Day was marked at Mundgod settlement on 4 April 2015. Staff Nurse Tsering Choedon and Community Health Worker, Tsering Chozom visited each camp to raise awareness on cancer and its prevention. Total 466 settlers attended the event.

World Health Day was observed on 7 April, the event was chaired by local dignitaries, settlement officer, monastery heads, hospitals head and staff members, TWHa staff and camp leaders. Dr. Tenzin Norsang and Men Tsee Khang Amchi Kyizom raised awareness on health related issues and specially focusing year theme on food safety in both allopathic and Tibetan Traditional medicine prospective. Total 315 settlers attended the event.

Tso Jhe Hospital, Bylakuppe: Tso Jhe Khangsar charity hospital marked World Cancer Day at Bylakuppe Tibetan settlement on February 6 to promote the basic health information on cancer and to encourage its prevention, detection and treatment. Staff nurse Tashi Palkey was the resource person and 154 settlers attended the health day.

TPHC Dekyiling: Tibetan primary health care center organized World Health Day on 7 April, to raise awareness on health education. Dr. Lodoe Phuntsok, Men Tsee Khang Amchi Sonam Lhamo and staff nurse Rinzin Wangmo acted as the resource persons. They drew attention mainly on food safety as part of the year theme and explained both in allopathic and Tibetan traditional medicine's prospective. 70 settlers attended the talk. The day ended up by cleaning the environment of all camps.

DVT Hospital, Kollegal: Dhondenling Van Thiel Charitable Trust hospital organized the World Health Day on 7 April, 2015 at CST Kollegal to promote awareness about food safety. Staff nurse Namkhang Lhamo gave talk about importance of food safety and mainly focused on hygienic food practices, food poisoning due to food contamination. 281 students were present at the talk.

PHC Miao: Primary health center observed World Health Day at Miao settlement on 7 April, chaired by local camp leaders, Mentsee Khang staff and office secretary were the main guest at the event. Staff nurse Dolkar Palmo highlight on year theme "food safety" specially on uses of plastic, radiation of hazardous, storage of food,

production of chemical forming and organic form and proper cooking method. And sign and symptoms, how does it spread and risk factor, prevention and its treatment were covered on swine flu. About 330 settlers attended the event.



World Malaria Day was marked on 25 April, settlement officer and camp leaders were the chief guest of the event. Mr. Raptan Tsering, settlement officer and Mr. Tenzin Lhawang, executive secretary share their view on malaria's prevention. Through power presentation, Nurse Passang Dolma taught about its causes, life cycle, prevention and its treatment. 230 settlers attended the talk.

On 31 May, World No Tobacco Day was observed with participation of 295 settlers from all five camps. Head Nurse Mrs. Lhakpa Dolma introduce Tobacco with its classification, its causes and environment, and risk of family's health and financial. The program was successfully concluded with pointing benefit of quitting smoking.

TPHC Tezu: Tibetan primary health center Tezu observed World Health Day on 7 April, to promote importance of keeping surrounding clean and health related problems by Community Health Worker Khando. Men Tsee Khang Amchi was specially invited to speak about gastric problems; it's causes and how to maintain healthy diet. The event successfully ended with the distribution of soap to all participants to keep oneself clean. 199 settlers attended the valuable talk.

CST Bylakuppe: World Cancer Day was observed at CST Bylakuppe to create awareness on cancer among the students and staff members on

4 February 2015. Mr. Tsultrim Dorjee, a member of cancer aid society was engaged to talk to the students on various effects of Tobacco, alcohol etc and its role on cancer. A drawing competition was organized among the students and they were asked to talk about what they understood and what message they want to give to the public on cancer. Certificates were given to the best three drawing on class basis. Pamphlets and pictures were pasted in different areas to be aware of the deadly disease.

TPHC Mainpat: Tibetan primary health center organized World Cancer Day at Mainpat settlement to raise people's awareness of cancer and its symptoms, how to prevent, detect or treat it. This event was held on 4 February and staff nurse Tenzin Nordon was the resource person. Related health brochures were distributed for better understanding and 112 settlers were attended the event.

Health center also observed World Health Day to highlight the importance of good health and well being. Nurse Tenzin Nordon created awareness about overcoming food poisoning, food borne and water borne disease and viral diseases etc. She also discussed about the causes and prevention of food borne and water borne diseases. 118 settlers attended the talk and it was quite informative as per the feedback received from the participants. Pamphlets on food borne and water-borne diseases were distributed for better understanding.

World Malaria Day was celebrated on 25 April 2015 at Mainpat settlement to create awareness on Malaria infection. The day started with an announcement of Health Kalon Message on World Malaria Day and followed by Mrs Dawa Choedon, community health worker spoke on how this diseases is caused, how it is transmitted and how the transmission of malaria is influenced by climate and characteristics of malaria parasites. She also added signs and symptoms, types, treatment and preventive measures of malaria. Malaria pamphlets were also distributed to the participants and 141 settlers attended the talk.

On 26 June, International Day Against Drug Abuse and Illicit Trafficking was observed at Mainpat Tibetan settlement with the theme



‘Lets develop our lives, our community, our identity without drugs. They raised awareness campaign on drug abuse in all the seven camps and as well as in CST School. The main objective was to aware the harmful effects associated with the consumption of illicit drugs. Community Health Worker, Mr. Karma Thinley as a resource person. The consumption of drugs leads to mental health problems like depression, anxiety, sleep disturbances, aggression and serious mental diseases like schizophrenia, he added. He also talk about the most commonly Abused drugs, signs and symptoms of Drug Abuse, health problems associated with Drug Addictions, treatment of Drug Abuse and most importantly about the prevention of Drug Abuse. 106 settlers attended the talk. The health talk was very informative as per the feedback received from the participants and pamphlets on Drug Abuse were also distributed.

TPHC Bir: Free stomach Cancer Screening program was organized by TPHC Bir on 22 March, at Balaji hopsital, Kangra. Above 45 age from Bir BTS, Dege and Chauntra were screened free of cost. Dr. Rajiv Dogra, Senior Gastro-enterologist has done Endoscopy to all the settlers. This project is an initiative of Department of Health, CTA.



On World Health Day, Tibetan primary health center in cooperation with all three settlements representatives and their members organized basket ball tournament at Chauntra settlement to spread health awareness to younger generation. Mr. Tsultrim Tenzin, member of parliament was the chief guest at the event. Posters and banners were posted at the playground



emphasizing TB awareness, avoid drinking and driving, say yes to sports and no to drugs, use of condoms for prevention of certain sexually transmitted disease. The prize money was awarded to the winning team and it was a very successful event.

In addition, World Cancer Day was also observed at both Bir and Chauntra Tibetan settlements, aimed to promote knowledge on deadly disease cancer. Dr. Abraham and Community Health Worker, Palmo acted as the resource persons. They explained how we can implement what we already know in the areas of prevention, early detection, treatment and care. Total 54 settlers attended the talk.

Free Orthopedic camp was held at TPHC Bir by Swami Vivekananda hospital on 24 April 2015. There were two Orthopedic doctors, two



nurses and the technicians. Dr Harvinder Dev, (MS Ortho) and his assistant doctor provided free orthopedic check up and free bone density tests were done during this camp. 55 settlers consulted and 4 were advised and posted for B/L total knee replacement. This camp highly benefited the elderly people of Bir, Chauntra and local Indians.

On 29 May, World No Tobacco Day was



observed and Dr. Tenzin Dechen gave health talk to the students of Sambhota Chauntra school. A total 134 students attended the program and took active participation during question answer session.

TPHC Bir organized Under 3 develop-



mental Milestone Screening Program on 22 May 2015. Occupational therapist Laura from USA and Community Health Worker Ms. Tenzin Palmo carried the screening program. The program serves as early intervention center to detect any delayed milestone in children and provide therapy and parent education in order to manage disabilities.

Pediatric camp was jointly organized by TPHC, Vivekanand hospital and IVHQ-India on 16 June 2015. Senior Pediatrician Dr. Pradeep Singh has seen a total 55 children during this



camp. All patient were provided free pediatric doctor consultation and free medicine for one week (donated by IVHQ). Health center staff and IVHQ's volunteers made this camp a very successful.

International Day against Drug Abuse was observed at Bir Sambhota school on 29 June 2015. The introduction speech delivered by Executive secretary Mr. Tsering and Dege Tibetan settlement officer Mr. Phuntsok spoke about socio-economic effects of drug addiction in in-



dividual life, family and society as a whole. Dr. Tenzin Dechen provided a health talk on drug abuse. Health center and school staff jointly organized a games for the school children and public to encourage active lifestyle.

Sambhota Tibetan School, Chauntra: To mark World Health Day, staff nurse organized food safety exhibition at school. Senior students attended the program and staff nurse highlighted the importance of food safety, personal hygiene and oral care as well. The students along with staff nurses have actively participated in cleaning the school kitchen and its surrounding areas.

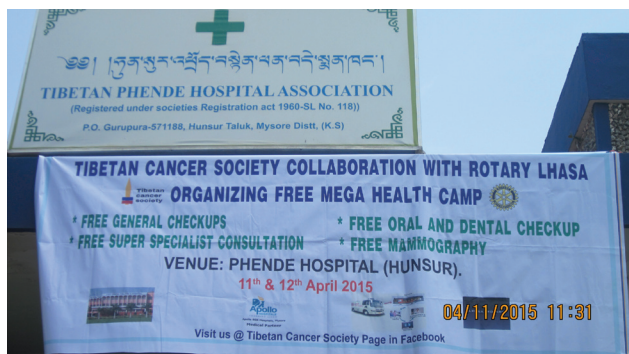
Phende hospital: On 1 January, Phende Hospital conducted an awareness program on gastric, cardiac, ENT and free ultrasounds were done at the settlement. Resource persons were from Italy; four specialized doctors coordinated by Phende Hospital. 100 settlers attended the event.

On 7 April, World Health Day was observed at Hunsur settlement with chaired by special guest Tsering Youdon, Member of Parliament, monasteries heads, school staffs, camp leaders, and other local dignitaries. The day was



kicked off by settlement officer Mr. Gelek Jungney with a speech which was followed by hospital administrator Mr. Pempa Labrang's talk on its introduction and general health awareness. Men Tsee khang Dr. Lobsang Dhargye gave a talk on the Tibetan traditional medicine. The event also included cleaning of environment of every settlement. 270 settlers attended the event.

Mass Mega Health camp was held at Rabgyaling settlement on 11 April 2015. This mega health camp was initiated and organized by the Tibetan Cancer Society in collaboration with Phende hospital and finance by Lhasa Rotary Club Bylakuppe ward. The medical team was invited from Mysore Apollo BGS, JSS Dental College and mammography for breast cancer from





Poornasudha Cancer Foundation, Bangalore. The health camp consisted of the following procedures: Cardiologist with ECG & 2D ECHO, Orthopadician, Gastrologist, Paediatrician, General Physician, Oral Screening with dental scaling and filling, and Height, weight B.P and GPRS check up were done. Total 42 women have undergone Memmography procedure and found very useful since it was first mobile camp held in the settlement but due to limited time, we were unable to avail this test to all the settlers. They thanked and appreciated Tibetan Cancer Society and Lhasa Rotary Club for their services extended to poor and needy people of the settlement

World Immunization week was observed



with the selected target group of younger women of the settlement. Power point presentation on immunization was done and all the participants were very active throughout awareness session and shared their doubts. About 25 women at-



tended the event because of having special prayer program in their respective camps. Moreover, the massive de-worming program was also conducted on 28 April, for the kindergarten and school children above two years old. The program was funded by PRM/USAID.

World No Tobacco Day was observed at Tibetan Rabyaling settlement, Hunsur on 31 May 2015. The special awareness activities like inter-



village cricket league match were specially organized for the youth. In collaboration with Rabling sports association, the program was organized and funded by PRM.

World Environment Day was celebrated at Rabgyaling Tibetan settlement Gurupura, Hunsur



in the community hall. The Program was jointly organized by Phende hospital and Regional Tibetan Women Association, finance by PRM, USAID via DoH, TVHA (Tibetan Voluntary Health Association). The day was kicked off by Executive Secretary Mr. Pemba Labrang by his introductory speech and Mentsee Khang Amchi Lobsang Dhargyal gave talk on health education related to environment situation. The village cleanliness competition was also arranged and prizes were also presented to the three best winner and complimentary prize to the RTWA for this cleanliness competition program.



Menlha Hospital Odisha: Phuntsokling Tibetan settlement received health talk on 7 April, World Health Day with the theme of food safety. Staff nurse Tsering Dhondup created awareness on how safe our food is. He educated the settlers on basic ways to keep your food safe and to prevent food illness. 500 settlers attended the talk.

TPHC Delhi: Tibetan primary health center celebrated World Health Day on 7 April to promote health awareness on food safety. Staff nurse Tenzin Paldon, Men Tsee Khang Amchi Nyima Tsering and Aamchi Lhakpa Dolma and Acharya Yeshe Phuntsok, Member of Parliament were the resource persons. They gave talk on health edu-



cation from both allopathic and Tibetan Traditional medicine's perspective. And Acharya Yeshe Phuntsok talked about basic health issues and the founding of WHO including worldwide attention of major importance to global health each year. 120 settlers attended the event.

In addition to that, they also met with the Union Minister of Health and Family Welfare Mr. JP Nadda to express their appeal to provide assistance towards Tibetan primary health center and Men Tsee Khang clinics in Delhi. He also assured support and the will to attend every health day's



event at the settlement. They also share their desire to meet PM Narendra Modi to put up Tibetan affairs before his visit to China.

On 17 April, Delhi based Pushpawati Singhanian (PSRI) hospital organized a free medical camp at Samyeling Tibetan settlement. 3 doctors, 2 nurses and 2 lab technicians visited the settlement and Dietician, Nephrology, Gastro and blood test were done. Around 157 settlers availed from this camp.

Poanta clinic: Poanta clinic commemorated World TB Day at the settlement and Sambhota Tibetan School on 24 March 2015. Community Health Worker Mr. Pema Tsering gave introductory talk on life threatening diseases and related



problems and its treatment. School nurse spread awareness to the school children. Women basket ball match was also organized to encourage the youth.

In addition, World Health Day was celebrated at Poanta settlement by organizing yoga classes for three days by inviting Yoga Instructor Dr. Rajendra Singh Parmar and about 80 settlers attended the yoga class. Mr. Pema Tsering, community health worker highlight the importance of the day and advised to keep environment clean. Moreover, they also sprayed insecticide at every



nook and corner of the settlement and school to prevent diseases. 145 settlers attended the event.

Dholanji clinic: On 7 April, World Health Day was celebrated at Tibetan Bonpo settlement at Dholanji. Staff nurse Lhakpa Bhuti gave a talk on food safety on ten facts and five keys to safer food and importance of oral hygiene. Health chart were displayed and video clip on oral hygiene were shown for better understanding. Hand sanitizer were distributed to the participants and taught the steps of hand washing. 419 settlers including students attended the event.

Herbertpur clinic: World Health Day was observed in order to draw attention to the theme on food safety. Local assembly members were the main guest of the event. 110 settlers were present at the event. The program was commenced by office secretary introducing the day and followed by the local assembly president. Staff nurse Tenzin Choekyi created awareness on the food safety and Tuberculosis. Also distributed Dettol soap was distributed and the importance of hand washing with soap was explained.

Rewalsar and Pondoh clinic: A two day World Health Day was marked at both the settlements to promote awareness on food safety and its related health issues. Community Health Worker Nyima Tsering was the resource person and total 98 settlers attended the talk. Health talk was very informative as per the feedback received from the participants.

World Malaria Day was organized at Rewalsar settlement on 25 April 2015. The event was aimed to raise awareness on Malaria's prevention, diagnosis and treatment to the settlers. 54 settlers attended the event.

Ravangla clinic: World Health Day was celebrated at Tibetan settlement of Ravangla on 7 April 2015 with the year theme of food safety. Staff nurse Dechen Tsomo raised awareness related to the particular theme and the common public awareness towards the health issues and concerns. 21 students attended the talk.

Profile of New Staff

Health Department appoints New Medical Officers

The Department formally appointed Dr. Tashi Namgyal, MBBS Graduate from Indra Gandhi Medical College, Shimla, as the new medical officer of Tso Jhe Khangsar hospital at



Bylakuppe from 2 March 2015. Prior to joining Tso Jhe Khangsar Hospital at Bylakuppe on 9th April, he has worked at Delek Hospital, Dharamsala for one month.

Under the directive of the Health Department, Dr. Sonam Topgyal had joined Delek hospital from 1 April 2015. He has MBBS degree, Diploma in child health and family medicine.



The Kashag has approved reduction of obligatory service duration of CTA's MBBS reserve seat bond from three years to two years for Tibetan doctors willing to work in remote settlements like Miao, Odisha, Mainpat, Ladakh, Bhandara, with effect from 21 July 2014.

The DOH still urgently needs at least six more Tibetan MBBS doctors in its hospitals and health centres of Miao, Bhandara, Ladakh, Hunsur, Pokhara (Nepal), and Ravangla.

Volunteer Experience

Two Unforgettable Months at the Department of Health, CTA

The last time I was in India was a decade ago. I was lucky to travel back to the place where I grew up as a child and serve the Tibetan communities in India. I thought why not volunteer at the Department of Health, CTA while I was in Dharamsala for two months, I have a bachelor's degree in Public Health and Science from the University of Massachusetts Amherst. My first day at the office was better than what I had imagined. The department staffs were very welcoming, kind and cooperative. My core responsibilities included editing contracts, letters and writing grant proposals to renovate hospitals, staff quarters, to provide 24/7 free medical services during Kalachakra 2016 and mobile health units in remotes areas like Ladakh. I gained knowledge about the Tibetan healthcare system in India and the challenges the Health Department faces every day. However, there are also many successful health projects that the Health Department has initiated over the years for the Tibetan refugees and local Indians residing near Tibetan settlements across India. I want to sincerely thank the Secretary of the Department of



Health, Mr. Tsegial la for giving me this memorable opportunity and my supervisor Joint Secretary, Mr. Thutop la. I feel like I have contributed to the Department of Health and its cause to provide a better healthcare services in the Tibetan communities and lastly, I would highly recommend it for anyone out there looking for an internship position or just want to volunteer and gain some experience in the health field.

New Dental equipment at TPHC Miao with funding support from Germain Aids to Tibetan through Department of Health, CTA. This will help improve Oral health of Tibetans and local living in Miao Tibetan settlement.



Message of Health Kalon on World Cancer Day

February 4 is marked globally as the World Cancer Day to raise massive awareness at the international level about the global cancer epidemic. The 2015 World Cancer day campaign, an initiative by the Union for International Cancer Control (UICC), focuses on the main theme, “Not Beyond us”, and takes a positive and proactive action to the fight against cancer, highlighting that solutions do exist across the continuum of cancer, and that they are within our reach. This year’s world cancer day campaign focuses on four main components: Choosing healthy life choices, delivering early detection, achieving treatment for all and maximizing quality of life.

Cancer is a serious global public health challenge with an estimated 8.2 million deaths related to cancer each year out of which 4 million people die prematurely between the ages of 30 to 69 according to UICC. The disparity that occurs in access to screening and treatment is staggering with many cancer patients of disadvantaged communities particularly in many developing countries unable to afford the huge cost of cancer treatment and care. In such a scenario, the overall community mobilization and awareness about cancer particularly early screening is crucial to minimize cancer related mortality and morbidity.

Cancer is a disease that occurs when some of the body cells start to grow and divide in uncontrolled manner. Such a growth may present itself as a tumor in solid body organs or uncontrolled body cell growths. When left untreated, cancer can grow and spread into surrounding normal tissues, or other parts of the body via the bloodstream and lymphatic system. Cancer can affect any part of the human organ system. There are many factors which contribute to cancer namely: alcohol, use of tobacco, genetic factors, weakened immune system, increasing age, infection etc. The common signs and symptoms of cancer include presence of lumps, changes in bowel habits, unexplained bleeding, unexplained weight loss, coughing and breathlessness and fatigue.

In the context of the Tibetan community, certain cancers like stomach cancer, esophageal cancer and liver cancer have been common causes of morbidity and mortality in the Tibetan population in India and Nepal. The increasing trend in smoking among the youths in the community is certainly a concern regarding possible burden of lung cancer in coming years. I believe that active awareness about cancer and its early signs and symptoms is the most significant medium to reduce the burden of cancer. Therefore, all the Tibetan health facilities engage and actively communicate with the community members about cancer routinely and during world cancer day. In addition, to facilitate prevention and control of cancer within the Tibetan community, the Department of Health, CTA has been implementing a stomach cancer screening program in all major Tibetan settlements since 2014. Since cervical cancer is one of the most common cancers among women worldwide, the Mother and Child health program of the Department of Health, CTA provides PAP smear screening to Tibetan women in all major health centers. In addition, we have been providing HPV vaccination to prevent cervical cancer to Tibetan girls in targeted locations on a rolling basis.

The enrollment in Tibetan Medicare system has contributed to improved access to emergency care for many cancer patients in various Tibetan settlements and has helped to reduce the personal costs of cancer treatment. However, in addition to these initiatives, I feel that the most important way to reduce cancer burden in the Tibetan community is through improved awareness about cancer, dispelling the myth that it is an incurable disease, and to take active commitment at the individual level to undergo routine health tests and screenings when possible symptoms and uneasiness are felt by oneself.

Therefore, to honor the World Cancer Day, I encourage everyone to take active preventive measures like eating well balanced diet, avoiding alcohol and tobacco, quitting smoking and leading an active life with regular physical exercise. Since early detection of cancer can play a crucial role in successful treatment and cure from cancer, therefore, I request everyone to recognize and be aware about the early signs and symptoms of cancer and refer to your nearest health center for further medical consultation and screening. Most importantly, compassionate care towards cancer patients and talking openly about cancer and listening empathetically will play an important role in facilitating the overall healing of cancer patients and their families.

World TB Day

“Reach the 3 Million: Reach, Treat, Cure everyone”

Tuberculosis (TB) continues to be the disease of major public health burden in our Tibetan community despite decades of being affected, efforts in management and subsequent increase in awareness of the disease in our community. Not surprisingly, it is one of the world’s top health challenges with 9 million new TB cases and the deaths of nearly 1.5 million people each year. We renew our commitments to reduce the burden of the disease through our sincere efforts with the commemoration of yet another World TB Day on the 24th of March this year. Tuberculosis is a preventable disease which can be prevented and cured easily by prompt and proper diagnosis and treatment.

One third of the world’s population (more than 2 billion people) is infected with TB. In 2013, there were 13 million TB cases out of which 9 million were new cases. Of that, 3 million were either not diagnosed, not treated, or officially not registered by National TB Programs; that is to say that 3 million are simply ‘missed’. Some of the most vulnerable population groups are included in the ‘missed’ category which eventually results in inappropriate treatment leading to severe consequences or simply more infection of others due to ignorance. The theme of this year’s World TB Day thus focuses on these 3 million people; reaching them, treating them in order to cure everyone. Another grave concern is that of the rising number of multi-drug resistant (MDR) TB and extensively drug resistant (XDR) TB. In 2013, as estimated 480,000 people developed MDR-TB with XDR-TB reported by 100 countries.

Even in our Tibetan community in exile, we have a large number of new TB cases as well as emerging MDR and XDR cases. We can assuredly assume the number of missed cases to be equally high. The Department of Health (DOH) of the Central Tibetan Administration has a TB control program which treats and gives care to Tibetans suffering from TB disease across various settlements in India through its wide network of health care centers. The program practice its assignments in conformity with the treatment guidelines laid down by the WHO and that of the host nation, India. The primary health centers serve as first referral centers for patients within the settlements and the hospitals provide basic diagnostic and treatment facilities. There are seven TB clinics across India that send regular TB data to the department. The DOH is fully committed and has continued to raise awareness and mobilize support from all aspects in this fight against TB in our community. This year, the DOH has received a generous grant from the USAID for Tibetan Health System Capacity Strengthening project that will partly assist the TB Control Program in its endeavor to reduce TB burden and help in building infrastructural capacity for the same. In our effort to catch the missed TB cases, regular TB screening is done in all the schools and the monasteries through active case finding for early detection and treatment. Those found to be infected are thus treated at our health centers and managed with DOTS treatment strategy until cured. Apart from the treatment strategies, a large investment of time and energy is spent on education and awareness of the disease in our community. Over the years, the department’s TB Control Program has continued to make remarkable achievements in provision of TB treatment in our community.

Therefore, this World TB Day, we urge every common Tibetan to be ‘TB aware’ and help us in helping our community be free from this deadly disease. All levels of personnel; at political, social, administrative and health care level must unite to recognize the severity of the disease and work collectively toward fighting it. Let us unite in the fight against TB, for TB is preventable and curable.

World Health Day

“From farm to plate, make food safe”

It has always taken situations of crises for us to really take notice of the importance of food safety in our daily lives. We have often seen outbreaks of food poisoning in our schools and localities, and often times we have seen people fall sick due to unsafe food practices. In the presence of widely popular infectious and lifestyle diseases, we have somehow underestimated the enormous health risk brewing right under our very nose inside our homes with our daily practices of cooking food and food choices. This World Health Day 2015, we put the limelight of priority on practices of food safety and the need to strengthen food safety systems. The theme chosen this year by the World Health organization (WHO) focuses on this important issue with the slogan: “From farm to plate, make food safe”.

According to WHO, two million people die every year due to unsafe food, of which a large number is of vulnerable children. Unsafe food include uncooked foods of animal origin, fruits and vegetables contaminated with fecal particles, raw food etc. Food illnesses are usually infectious and toxic in nature and are caused by bacteria, viruses, parasites or chemical substances entering the body through contaminated food or water. It must be remembered that food safety is inseparably related to nutrition and well being. Unsafe and unhygienic foods cause food illnesses that may lead to severe illnesses, long-lasting disabilities and even death. These illnesses lead to malnutrition, and thus create a vicious cycle of disease and malnutrition that particularly affects infants, young children, elderly and the sick. From the very sources of food at the farms till the time it reaches our plate, we must be careful that the food remains safe for consumption. Governments must take action to maintain this safety by ways of improving food policy through safe handling and transport of food materials. More importantly, however, at local levels, it is the responsibility of every informed citizen to maintain and follow safe food practices.

In our Tibetan food culture, we are aware of various food practices at homes that can be deemed impending health risks. Practices of eating old food not stored hygienically at incorrect temperature, eating raw uncooked food, fermenting food articles for consumption, and relentless unrestrained consumption of street food are some of these practices. We must, therefore, be aware of the risks and be practical in terms of our food choices and practice safety and hygiene of the top order during food preparation. The cost of prevention is always minimal compared to the cost of disease rehabilitation.

WHO recommends ‘Five Keys to Safe Food’ which include keeping food clean, separating raw and uncooked food, cooking food thoroughly, keeping food at safe temperatures, and using safe water and raw materials for making food. As responsible food consumers, everyone must practice these five keys to safe food while cooking. Apart from that, we must know the food that we are using, that is to say that if we are buying certain food materials from the market, we must read the labels on the packages and make informed choices on whether to eat it or not. Also, while out in the markets, we must be careful about the street food that we eat and always be familiar with common food hazards. We can then teach healthy food practices to others in our community.

Food is one of the greatest sources of happiness and enjoyment in our lives. This World Health Day, let us all be aware of the hazards of food safety and food illnesses, and keeping that in mind, practice safety in our choices and preparation of food so as to lead healthy and happy lives.

World Malaria Day

The Department of Health of the Central Tibetan Administration is observing World Malaria Day today on 25 April 2015 with the theme of World Health Organization (WHO) “Invest in the future: Defeat malaria”. Malaria is a deadly disease that has always been prevalent in tropical and subtropical regions of the world because of rainfall, consistent high temperatures and high humidity, along with stagnant waters in which mosquito larvae readily mature, providing them with the environment they need for continuous breeding. Malaria is more common in rural areas than in cities. Currently, we do possess effective tools to prevent and treat Malaria. Yet however, the challenge is to deliver these tools to those who really need it, and to channelize more funds to combat emerging drug and insecticide resistance.

According to WHO, there were about 198 million cases of malaria in 2013 and an estimated 584,000 death. The majority of cases (65%) occur in children under 15 years old. Malaria is associated with up to 200,000 estimated infant deaths yearly. India is a Malaria endemic country and about 2 million confirmed malaria cases and 1,000 deaths are reported annually. India contributes 77% of the total malaria in Southeast Asia.

Looking at our Department of Health (DOH) health information system 2014 data, Malaria has been reported from health centers of seven Tibetan settlements in India namely; Odisha Phuntsokling, Mainpat Phendeling, Miao Choepheling, Tezu Dhargeyling, Mundgod Doeguling, Delhi Samyeling and Bylakupee Tibetan settlement. The Indian states of Odisha, Madhya Pradesh, Karnataka and the North-East India states, in which these Tibetan settlements lie, have the highest endemicity of Malaria in India and contribute about 90% of the total Malaria burden of the country. In 2013, there were a total of 214 reported malarial cases from our Tibetan settlement health centers with 119 cases alone from Odisha. In 2014, however, 197 cases of Malaria have been reported from our Tibetan settlements health centers, of which 170 cases were reported alone from Odisha Phuntsokling.

Looking at the high burden of malaria in Odisha Phuntsokling settlement, a needs assessment survey was conducted in 2013 in collaboration with Johns Hopkins University of the USA. It was found that people had good knowledge of preventative measures and on treatment options; however, people lacked the means through which they could get hold of tools for preventing themselves against malaria. The DOH thus launched its “Malaria Control Project” focusing mainly in Odisha, followed by Mainpat, Miao, Tezu, Tuting and Bhandara from 2012 to 2014. The project was funded by our donor partner Norwegian Church Aid (NCA). The main beneficiary of the project were the destitute, school children, old aged people and the general public of the settlements, and was aimed at reducing the burden of malaria. Long Lasting Insecticide Treated Nets (LLIN) to be used for protection against mosquito bites were widely distributed free of cost in the old aged homes, poor families and to school children. For the rest of the general population, these nets were sold at a discount rate of 50%. At the same time, rigorous health education was given by the health workers with regard to prevention and prompt effective treatment of the disease at our health centers. Widespread awareness campaigns were held so that people can be aware and be safe against malaria. The department is very grateful for the funding assistance received from the donor NCA and hopes to further strengthen this benevolent bond with NCA so as to tackle further malarial burden in our Tibetan settlements.

Tackling malaria in the high endemic Tibetan settlements has been a major challenge for our department over the years. Despite widespread health education on prevention and preventative measures, every year we still have a large number of cases reported. This shows that we need to invest more in the future so that we can defeat malaria.



International Day Against Drug Abuse and Illicit Trafficking at Tibetan Homes School, Mussoorie.



Poanta health center organized Volleyball match on World Drugs Day.



Phende health center organized Football competition on world Drugs Day.



Talk on important of nutrition for expected and nursing mother at Ladakh.



World Drugs Day awareness program at Samyeling Tibetan settlement, Delhi.



World Immunization week program at Bhandara Tibetan settlement.



World Drug Abuse day awareness talk to school children at Sambhota Tibetan School, Shillong.



TMS reminders awareness with distribution of cards and hand books.

List of Donor from 1 January to 30 June 2015

TVHA, Department of Health expresses our deep appreciation and thanks to all the Donors and Volunteers. We would like to request your continued support to achieve our goals.

S.No	Donor	Country	Amount (Rs)	Purpose of Donation	Received On
1	The American Himalayan Foundation	NY	804,959.00	Ngoenga school food budget etc	09.01.15
2	Vimala Association	Italy	2,194,473.00	Ngoenga school renovation	09.01.15
3	Tibet House Trust	London	368,708.96	Ngoenga school sponsorship	19.01.15
4	German Aids to Tibetan	Germany	737,828.00	Tuting Ambulance	19.01.15
			1,035,796.00	Sponsorship money for Ngoenga School	19.01.15
5	Vimala Association	Italy	706,638.00	Tso Jhe Maternity ward	21.01.15
			70,310.00	Tso Jhe TB ward	21.01.15
6	The Tibet Fund	USA	1,124,669.00	Ladakh Hand Pump	27.01.15
			591,153.10	Renovation of Office	27.01.15
			192,420.00	Sponsorship money for Ngoenga school	27.01.15
7	Yeshe Norbu	Italy	165,600.00	Sponsorship money for Ngoenga school	02.02.15
8	PRM via SARD & Tibet Fund	USA	1,919,825.00	Dispensary Recurring Expenses	11.03.15
			391,573.00	Health Education & Media	11.03.15
			267,919.00	MCH	11.03.15
			1,813,869.00	EMRF	11.03.15
			719,590.00	US TB Control	11.03.15
			299,924.00	Essential Drugs	11.03.15
			60,468.00	Handicapped & Disables	11.03.15
			110,064.00	Torture Survivors program	11.03.15
			86,908.00	Substance Abuse	11.03.15
			224,328.00	Water & Sanitation	11.03.15
			238,316.00	HIS	11.03.15
			467,871.00	HIV/AIDS Expenses	11.03.15
			44,203.00	Water & Sanitation	11.03.15
			1,000,000.00	Construction	11.03.15
			373,680.00	MCH	11.03.15
			383,546.00	Malaria Control Program	11.03.15
			85,000.00	Salary of Hep B dealing staff	11.03.15

9	The Tibet Fund	USA	19,493,852.00	Tibetan Health System	12.03.15
10	Tibetan American Foundation	USA	100,000.00	Ngoenga School Grant	13.03.15
11	Music Himalaya	Canada	800,784.00	Ngoenga School Grant	18.03.15
12	Tibetan Children Project	Canada	5,425.00	Ngoenga School Grant	18.03.15
13	Vimala Association	Italy	960,210.00	TPHC Dekyiling	19.03.15
14	Tibetan Community Frankfurt	Germany	104,673.00	Ngoenga School Grant	23.03.15
15	AET via CTRC, CTA	France	202,598.00	Ngoenga School Grant	24.03.15
16	Sonam Topgyal Ngingth-atshang	Swiss	32,000.00	EMRF	26.03.15
17	PRM via SARD	USA	91,250.00	Water & Sanitation	31.03.15
			97,937.00	Essential Drugs	31.03.15
			55,000.00	Health Education & Media	31.03.15
			658,950.00	Construction of Toilet & Drainage	31.03.15
18	Africa Tremila	Italy	297,447.00	Central Heating System, Ladakh	31.03.15
			329,265.00	Dental Clinic Project	31.03.15
19	Tibetan Friendship Group	Australia	47,369.43	Torture Survivors Program	02.04.15
20	Tibetan Community	Poland	32,843.00	Ngoenga school	08.04.15
21	Mission Humaniterain	France	66,500.00	Ngoenga school medical & Physiotherapy	13.04.15
22	PRM via SARD	USA	424,000.00	Health Communication Training	21.04.15
			50,000.00	Staff salary	21.04.15
			19,500.00	Formation of peers group in 6 schools	21.04.15
23	Nangten Menlong International	Austria	337,386.00	Lu Jong Workshop	24.04.15
24	Germain Aids to Tibetans	Germany	342,642.00	Cataract Surgery	27.04.15
			95,940.00	Ngoenga School	27.04.15
			61,675.00	TB Medicines	27.04.15
25	The Tibet Fund	USA	6,257.00	EMRF	28.04.15
			182,235.00	Sponsorship money for Ngoenga school	28.04.15

26	Tibet Relief Fund	London	155,381.00	Ngoenga school Physiotherapy salary	30.04.15
			57,978.00	Sponsorship money for Ngoenga School	30.04.15
			8,890.00	Administration cost	30.04.15
27	The Tibetan Language Studies School	Switzerland	3,423,920.00	Corpus Fund	11.05.15
28	Tibet House Trust	London	950.00	Gift money to Nyima Lhamo, Ngoenga school	11.05.15
29	Associazione Italia-Tibet	Italy	125,107.00	Doctor salary of PHC Ladakh	12.05.15
30	PRM via SARD	USA	95,544.00	Drinking water project at Raj Bhavan, Dalhousie	19.05.15
			97,916.00	Dekyiling PHC boundary wall & Septic tank	19.05.15
			41,875.00	Poanta PHC renovation	19.05.15
			1,719,825.00	Dispensary Recurring Expenses	19.05.15
			96,671.00	Health Education & Training	19.05.15
			1,667,407.00	MCH	19.05.15
			439,918.00	US TB control	19.05.15
			1,632,804.00	EMRF	19.05.15
			287,114.00	Essential Drugs	19.05.15
			122,356.00	Handicapped and Disables	19.05.15
			45,009.00	Torture Survivors program	19.05.15
			420,092.00	Substance Abuse Control	19.05.15
			235,335.00	Water and Sanitation	19.05.15
			54,935.00	HIS	19.05.15
31	Tibet Relief Fund	England	141,398.00	Tenzingang Driver salary and Ambulance maintenance	19.05.15
			5,880.00	Administration cost	19.05.15
32	The Tibet Fund	USA	155,450.00	3 laptop and 1 printer	15.06.15
			5,933.00	Administration cost	15.06.15
33	Associazione Vimala	Switzerland	77,914.00	Sponsorship money for Ngoenga school	24.06.15
Total			52,490,979.49		

TVHA staff update from January to June 2015*New Appointment:*

S.No	Name	Designation	Place	Dated	Remarks
1	Tenzin Paldon	Staff nurse	PHC Delhi	05.01.15	
2	Tsering Palkey	Staff nurse	PHC Bir	05.01.15	
3	Yangchen Tsemto	Staff nurse	Tashijong clinic	05.01.15	
4	Choney Dolma	Staff nurse	Tenzingang clinic	15.01.15	
5	Nirmala Thapa	Sweeper	PHC Delhi	01.02.15	Temp.
6	Lhamo Tsering	Staff nurse	Puruwala clinic	02.02.15	
7	Lhakpa Bhuti	Staff nurse	Dholanji clinic	02.02.15	
8	Tenzin Choekyi	Staff nurse	Lakhanwala/Khera clinic	02.02.15	
9	Dr.Tashi Namgyal	Medical Officer	Tso Jhe hospital, Bylakuppe	02.03.15	
10	Tenzin Tsephel	Accountant	PHC Bandara	04.03.15	
11	Tenzin Jigme	Physiotherapist	PHC Dickyiling	06.04.15	Contract
12	Dawa Dolma	Physiotherapist	Tso Jhe hospital, Bylakuppe	06.04.15	Contract
13	Tenzin Kunga	Lab/x-ray Tech.	DVT hospital	15.04.15	
14	Tenzin Dolma	Lab/x-ray Tech.	Phende hospital, Hunsur	15.04.15	
15	Phuntsok Leksang	Physiotherapist	PHC Bir	15.04.15	Contract
16	Kyipa	Staff nurse	Ravangla clinic	04.05.15	
17	Sonam Yangzom	Staff nurse	Kamrao clinic	04.05.15	
18	Yangchen Choedon	Staff nurse	PHC Miao	04.05.15	
19	Dolma Yangchen	Staff nurse	PHC Ladakh	04.05.15	
20	Tashi Dolma	Staff nurse	Sonada clinic	04.05.15	

Resignation:

S.No	Name	Designation	Place	Dated	Remarks
1	Dr. Sonam Dhondup	Medical Officer	Tso Jhe hospital, Bylak-uppe	01.01.15	
2	Kunchok Dolma	Sweeper	PHC Mainpat	15.03.15	
3	Yeshe Lhanzom	Pharmacist	Tso Jhe hospital, Bylak-uppe	31.03.15	
4	Karma Yeshe Lhadon	Registered nurse	Tezu clinic	31.03.15	Contract
5	Tenzin Tashi	B.Sc nurse	Kullu/Manali/15 Mile	01.04.15	Contract
6	Kelsang Choezom	Ophthalmic Assistance	DVT hospital	01.07.15	
7	Tenzin Youdon	Registered nurse	PHC Bandara	01.05.15	
8	Tenzin Jangchup	CHW	Delhi clinic	07.06.15	
9	Tenzin Norzom	Ophthalmic	Tso Jhe hospital, Bylak-uppe	22.06.15	
10	Dechen Dorjee	CHW	Tuting clinic	30.06.15	
11	Deyang	Accountant	DTR hospital	30.06.15	Contract
12	Choney Dolma	Registered nurse	Tenzingang clinic	01.07.15	

Transferred:

S.No	Name	Designation	From	To	Dated
1	Tsekyi Lhamo	CHW	Dalhousie clinic	PHC Bir	02.01.15
2	Rinchen Dorjee	Dental Therapist	PHC Bir	PHC Miao	02.01.15
3	Samten Phuntsok	Watchman	DTR hospital, Mundgod	Phende hospital, Hunsur	19.01.15
4	Tashi Choedon	CHW	Phende hospital, Hunsur	Tso Jhe hospital, Bylakuppe	02.02.15
5	Chime Lhamo	Office sec./ cashier	Menlha hospital, Odisha	Tso Jhe hospital, Bylakuppe	02.03.15
6	Tsering Wangmo	Staff nurse	Phende hospital, Hunsur	Tso Jhe hospital, Bylakuppe	02.03.15
7	Tenzin Sangmo	Staff nurse	Tso Jhe hospital, Bylakuppe	Phende hospital, Hunsur	02.03.15
8	Sonam Topgyal	Lab/x-ray Technician	Menlha hospital, Odisha	Tso Jhe hospital, Bylakuppe	04.03.15
9	Phuntsok Wangdue	cook	Phende hospital, Hunsur	Tso Jhe hospital, Bylakuppe	07.03.15
10	Wangdue Dolma	CHW	Tso Jhe hospital, Bylakuppe	Phende hospital, Hunsur	07.03.15
11	Phurbu Dolma	Sweeper/ cook	Tso Jhe hospital, Bylakuppe	Phende hospital, Hunsur	07.03.15
12	Sonam Tsomo	Sweeper	PHC Bandara	Tso Jhe hospital, Bylakuppe	15.03.15
13	Tenzin Tashi	Lab Technician	Tso Jhe hospital, Bylakuppe	PHC Mainpat	15.03.15
14	Mandel Wangmo	cook	Tso Jhe hospital, Bylakuppe	PHC Mainpat	15.03.15
15	Tenzin Norzom	Ophthalmic Technician	DVT hospital, Kollegal	Tso Jhe hospital, Bylakuppe	16.03.15
16	Jampa Tseten	Office sec/ Cashier	Tso Jhe hospital, Kollegal	Ngoenga school	16.03.15
17	Dr.Tenzin Wangdak	Medical Officer	Phende hospital, Hunsur	Dekyiling hospital	17.03.15
18	Kalsang Choezom	Ophthalmic Technician	Tso Jhe hospital, Bylakuppe	DVT hospital, Bylakuppe	23.03.15
19	Tsering Youdon	CHW	Tso Jhe hospital, Bylakuppe	Menlha hospital, Odisha	15.04.15

Retirement Extension:

S.No	Name	Designation	Place	Dated
1	Dickyi Kari	ANM	PHC Dekyiling	26.04.2016

Terminated

S.No	Name	Designation	Place	Dated
1	Tenzin Gelek	Lab Technician	Phende hospital	11.01.2015
2	Dr. Tsering Rinzin Chodon	Medical Officer	Tso Jhe Khangsar hospital, Bylak-uppe	03.02.2015

Ngoenga School*New Appointment:*

S.No	Name	Designation	Place	Dated	Remarks
1	Tenzin Choedup	Gardener/ Gate keeper	Ngoenga school	20.04.15	Contract

Tibet Corps, Volunteer

S.No	Name	Designation	Place	Duration
1	Karma Dolma	Staff Nurse	TPHC Bir	01.04.14/30.09.15
2	Dr. Pema Youdon	Dentist	TPHC Bir	07.10.14/06.01.15
3	Tenzin Namdak	Assistant to TMS	Department of Health	16.07.14/15.01.15
4	Tenzin Dazay	Public health/Proposal writing	Department of Health	06.11.14/06.02.15
5	Tenzin Chodon Pekhang	Assistant public health data analyst	Department of Health	08.12.14/08.06.15
6	Tenzin Dolma	Lab-Technician	PHC Ladakh	20.08.14/20.02.15

Other Volunteer

S.No	Name	Designation	Place	Duration
1	Dr. Tenzin Nyendak	Medical Officer	PHC Delhi	01.12.13/30.11.15

Volunteer Information Corner

Ways to Give, Volunteer Opportunities

The department runs 7 hospitals and 4 primary health centers and 38 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).

The hospitals offer opportunities for everyone to share their time, talents and interests 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. Board 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 CTA DOH'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 elective 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 subject to completion of hospital formalities by sending us his/her CV and reference before their arrival. They are exempted to pay elective 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 e-mail: [**health@tibet.net**](mailto:health@tibet.net) and we will send you additional information.

HOW YOU CAN HELP

YOU CAN SPONSOR A FREE MEDICARE FOR A POOR FAMILY OF FIVE AT \$ 63 A YEAR

For details, Please contact Tibetan Medicare Division of CTA, Department of Health @ tms@tibet.net and health@tibet.net

HOW YOU CAN HELP MOST IMPORTANT PROJECTS IN 2015-2016

Central Tibetan Administration's Department of Health or 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. Kalachakra 2016 Medical Camp
2. Support Ngoenga Home School
3. Kollegal Hospital Staff Quarter construction
4. Construction of fully equipped Laboratory and X- ray room for Miao Primary Health center
5. Support for Hepatitis B Awareness, Training, Testing, Vaccination and Treatment
6. Mobile Health Clinic for Tibetan refugee nomads at Ladakh Jangthang
7. Extensive renovation of DTR hospital of Tibetan settlement at Mundgod
8. 100 Toilets for Tuting Tibetan settlement
9. Resident Doctors' Quarters Construction for Miao Primary Health center
10. 200 Composite toilets for Ladakh Settlement and Jangthang
11. Physiotherapy equipments for Hospitals and Health centers at Mundgod, Ladakh, Odisha, Bylakuppe, Kollegal, Dekyiling and Bir
12. Dental Chair and equipments for Hospitals and Health centers at Delhi, Ladakh, Hunsur and Poanta
13. Tsering Dhondenling camp Water Project
14. Free Eye surgery camps
15. Ambulance for Hospitals and Health centers at Odisha, Ravangla and Pokhara (Nepal).

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

Bank

Detail

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