



TIBETAN HEALTH

January to June 2017

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 health-care 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, Central Tibetan Administration Organises Medical Camp and Health Awareness Campaign during 34th Kalachakra Initiation at Bodhgaya.

Department of Health, Central Tibetan Administration (DoH, CTA) deputed six doctors, thirty staff nurses, three pharmacists, three ambulances and eighteen administrative staff from DoH facilities to organise for a Medical Camp and Health Awareness Campaign during 34th Kalachakra Initiation at Bodhgaya from 28th December 2016 - 14th January, 2017.

The Public Health Division of DoH, CTA also conducted health awareness campaign during the period. Mr. Dranyi Tsegial, Health Secretary, DoH, CTA officially visited to oversee the Kalachakra free medical services, water and sanitation facilities and health awareness campaign. Free medical camps were organized at four different locations to reach out directly to the needy and elderly people.

Besides the publications like banners, posters, handout etc, short animation video clips on hand washing techniques, Mother and Child program, Hepatitis B, HIV AIDs, TMS & TB program were also screened during the period. Printed materials, sun caps, and around 1 lakh facemask were distributed free of cost to the masses.

Total number of 23,927 devotees availed the services at the Free Medical Camps. Some of the common diseases like Asthma, heart related diseases, digestion and gastric, throat infection, cold, headache, diabetes, and hypertension were diagnosed and treated. The medical camp near the Kalachakra ground provided the services for 24 hours.

Bihar government had kindly provided additional human resources and

CONTENTS

Medical Camp and Health Awareness Campaign at Bodhgaya	1
Administrative News	3
Health Programs	6
Training News	12
News from the field Health Centers	16
Dept. and TVHA Staff Update	30
Volunteer Information Corner	31
How You Can Help Tibetan Health Department	32

other facilities. In addition, Ngari Chithun Association supported with two ambulance and manpower. Tibet Charity provided an ambulance. Ten staff nurses from Tibetan College Student Association had served as volunteers. Dr. Sonam Lama from Nepal, Dr Dhondup Tashi, Dr Namgyal Tsewang, Dr Tsewang Ngodup and Taiwan Jamtse Association has voluntarily joined us in providing medical services. Sera Mey and Gaden Jangtse monasteries also contributed their medical services at Kalachakra for which we were thankful.

DoH wishes to thank the individuals and the organisations who supported to make the Medical Camp a success. There is no way the camp would have gone as smoothly as it did without your flexibility, support and attentiveness. DOH also received such wonderful feedback which will help the future organizer/s to make such an event better. DoH wish to thank Dr. Tseten Dorjee Sadutsang, chief medical officer of Delek Hospital for his guidance and support.





ADMINISTRATIVE NEWS

Official visits of Health Kalon to Tibetan Schools and Settlements

Health Kalon, Mr. Choekyong Wangchuk visited Tibetan schools and settlements in Bir, Chauntra, TashiJong, Sundarnagar, Tsopema, Pondoh and Mandi from 17th to 22nd, April 2017.

He visited TCV schools (Gopalpur, Suja and Chauntra) and STS schools (Chauntra and Bir) where he spoke to the students on the importance of health and cleanliness. He described preventive measures as extremely imperative to fight against diseases and called for a healthy lifestyle of both mental and physical.

Following his visit to the school, he visited Tibetan settlements (Bir, Bir Dege, Lilly camp, Chauntra, TashiJong), monasteries, health centers and branch clinics of Men-Tsee-Khang. He spoke to the public on the Kashag's five-fifty strategy, the Middle Way Approach, Sino-Tibetan dialogue, CTA's scholarship scheme, and projects of the Department of Health followed by an interactive session with public.



On 19th April, he visited Tashiling Tibetan Settlement in Pondoh near Mandi where he gave public talk followed by interactive session with settlers. In the afternoon, he visited the scattered Tibetan communities in Mandi and Sundarnagar. He also met Ms. Neelam Sharma, the President of the regional Indo-Tibetan Friendship Association. In the evening, he visited Tso Pema where he was welcomed by the Tibetan coordinator and Chairman of the local Tibetan Assembly.

On 21st April, he gave a public talk to the Tibetan community of Tso Pema, followed by an interactive session.

Health Kalon's Official Visit to Kullu District

Health Kalon also visited Tibetan settlements and camps in Kullu and Manali region of Himachal Pradesh. The purpose of his visit was to educate and bring awareness to the community about the three important policies of the Kashag (Unity, Innovation & Self-reliance) and five-fifty strategy of current Kashag which was initiated by the Honorable Sikyong Dr. Lobsang Sangay.





The range of CTA's different programs were shared with the audiences and strongly emphasized on the importance of Education and Preventive Health measures to counteract the chronic, communicable and life style related diseases. He also inspected the living conditions and state of basic amenities of the Tibetan communities residing in Tashi Jong, Kullu, Dhobi, Patlikuhl, 15th Mile and Manali.

Apart from his visits to Tibetan Settlements and camps, he also visited different monastic institutions in the region i.e Druk Dechen Choekhorling in Bhuntar, Pal Nyamme Dakpo Shedrupling in Kullu, Pangang Retri Monastery near 15th Mile Tibetan camp, Von Ngari Monastery in Manali, and Pal Phuntsok Choekhorling in Tashi Jong.

He visited health centers of each settlement and camps to understand the condition and to inspect the facilities available at the centers.

During his stay at Dhobi settlement, he inaugurated the newly constructed basketball court funded by the CTA. On his final day of the trip, Health Kalon met with the District Collector, Mr. Younus, to discuss some of the problems and



challenges faced by the Tibetan community there in regards to the National Highway project, Electricity, and land related issues.

Health Kalon Attended World Environment Day Rally

On behalf of Sikyong Dr. Lobsang Sangay, Health Kalon, Mr. Choekyong Wangchuk, attended World Environment Day Rally at Gandhi Samriti Vatica, Dharamsala on 5th June organized by Socio-Environment Organizations and Bapar Mondal Kotwali Bazar.

The program was carried out with the World Environment Day theme; "Go Green, Love your Environment" to strengthen our commitment towards environment protection and sustainable life in Dharamsala and adjoining rural areas. Besides the members of the Municipal Corporation, representatives of different NGOs, teachers, local dignitaries, and over 200 students from various schools participated in the program with banners, posters, and placards, etc. Students also performed, "Nukkad Natak," a street play on the day's theme.

The program organizer, Dr. Anjan K Kalia, greeted and expressed gratitude for the presence of CTA Health Kalon during the program. He added in his speech that Tibetan community plays an important role in the protection of the environment and plantation of trees to make Dharamsala greener.

Health Kalon, in his address, dwelled mainly on the importance of protection and preservation of nature. He emphasized that walking towards



greener environment must start from the individual and grassroots levels. He also added that continued exploitation of natural resources in large scale due to human greed has led to serious threat to our beautiful planet Earth. We are now forced into a situation where we must consider the actions and prospects of “Kal Aaj Aur Kal” Past, Present, and Future. He advised the young students to shoulder the responsibility of taking care of environment for a better future. At the end, he lauded the organizer for involving school students in the awareness campaign and motivating them to work towards the protection and preservation of our fragile ecosystem.

Health Kalon Concludes 15th Kashag's Felicitation Visits to Leh & Jangthang Area in J & K

Hon. Health Kalon of Central Tibetan Administration (CTA), Mr. Choekyong Wangchuk accompanied by Joint Secretary Mr. Jampa Phuntsok successfully concluded his lap of felicitation visit to all the Tibetan habitats in Leh and Jangthang area of Jammu & Kashmir.

On his arrival at Leh airport on 14th June, health Kalon was received by Sonamling Chief Representative along with Chairperson of Local Tibetan Assembly and representative of Local Tibetan Justice Commissioner followed by reception at the office compound from local Tibetan officials, camp leaders and office bearers of all the Tibetan institutions and NGOs based in Sonamling.

After a brief welcome get together, he took a tour of Settlement Office, Local Tibetan Assembly House, Regional Tibetan freedom Movement Of-



fice, Tibetan Health Care Centre, Cooperative office, and showroom etc. In the afternoon, he visited monasteries around Choglamsar and took a stroll of plots in the camp which are needed to be protected and to be developed. Later in the evening, he visited Tibetan market in Leh.

Next day, 15th June early in the morning, Health Kalon along with DOHe Joint Secretary, Sonamling chief representative, Mr. Tseten Wangchuk, Tibetan Local Assembly representative Mr. Norbu Dorji and Jangthang coordinator, Mr. Dhondup Gyalpo left for Jangthang area. The visit started from Spangmik, Chushul, Nyoma, Kagshung, Goyul, Hanley, Maque, Sumdo, Chumur (Tsakshang), Samed (Chugok and Riguk), took six days to cover entire Tibetan habitat in Jangthang area. During the visit, he met with chiefs (Gowa) local office bearers and public from all nomadic places in Jangthang. He also attended the TCV Hanley's 37th foundation day. On the same day, he visited Health Department's Jangthang mobile health clinic and met with two nurses and held a thorough discussion with them about the challenges and services to the people. He returned to





Leh on 20th June in the evening. He went on to convene a meeting with Sonamling Health Care Centre's staffs and Nurses until 6: 50pm the same day.

The Honourable Kalon held an exclusive meeting with heads of Tibetan Institutions and NGOs who are based in Sonamling on the morning of 21st June. He also attended a public meeting in the afternoon at the public hall. During each meeting, the Kalon conveyed the Kashag's 5/50 strategies, three core principles and explained about other CTA Department's major activities. He advised them about health issues and its importance. Furthermore, he invited questions and views from public and explained on different issues gave clarifications where ever it was necessary. On 22nd Hon. Kalon paid a courtesy call on Leh District Commissioner and Sr. Superintendent of Police, and President Youth Wing of Ladakh Buddhist Association. In the afternoon, he met with students, teachers, and staffs of TCV School, Choglamsar. And he spoke to them about substance abuse, and inspired them to become a



role model in our community by paying attention to Tibetan language and culture. He also emphasized the importance of following His Holiness The Dalai Lama's advice.

On 23rd June, he returned to Delhi and reached Dharamsala on 24th June in the morning. While returning from the airport he met with the Delegation team consisting of Shri Ram Nath Kovind (NDA candidate for President of Republic of India), Shri Indresh Kumar, Kasur Gyari Dolma and others who were on SINDHU DARSHAN event.

HEALTH PROGRAMS

Dharamsala host 1st Ever TB-Free India Summit

TB-FREE INDIA SUMMIT was organized in Dharamsala on 7th and 8th of April, 2017 with the initiative of Shri Anurag Thakur, members of Parliament and The Union. It was funded by the United States Agency for International Development (USAID). The main objective of organizing this summit was to increase awareness and momentum in the fight against Tuberculosis (TB) and call to action to eliminate TB in the country by 2025. This is five years ahead of the United Nation's Sustainable Development Goals target of 2030. Health Kalon, Health Secretary, staff from the Department of Health and Delek hospital took part in the summit.

The two-day summit had a deliberation from numerous eminent figures like Shri V P Singh Badnore, Governor of Punjab, Shri J P Nadda, Union Minister of Health and Family Welfare (MoHFW), GoI, Shri Rajiv Pratap Rudy, Union Minister (MoS) for Skill Development & Entrepreneurship, GoI, Shri Kaul Singh Thakur, MoHFW, Govt. of Himachal Pradesh, Dr Sunil Khaparde, Deputy Director General, Central TB Division, MoHFW, GoI, Mr Mark A White-Mission Director USAID India, Mr Jose Luis Castro-Executive Director, The Union, Dr Christoph Benn- Director External Relations, Global Fund, Dr Rohit Sarin, Director, National Institute of Tuberculosis & Respiratory Diseases, Dr Prahlad



Kumar, Director, National Tuberculosis Institute, Dr Srikanth Prasad Tripathy, Director-in-Charge, National Institute for Research in Tuberculosis and representatives of different corporate houses, and Bollywood celebrities.

The summit brought together experts, top Indian government officials, members of parliament, Indian celebrities, representatives of corporate sector, and other stakeholders such as doctors, patients, representatives of civil society and organizations working in the field of TB to discuss strategies for implementing TB control program.

The summit was followed by a cricket match between Celebrities and Parliamentarians under the theme “Time to Bowl Out TB” which was nationally telecasted live on Doordarshan, Lok Sabha, and Rajya Sabha television channels.

Two day Workshop cum Meeting on Prevention of TB in Tibetan schools

Kalon Ngodup Tsering of the Department of Education, Central Tibetan Administration, inaugurated a two-day workshop meeting on the prevention of TB in Tibetan schools. The workshop is organized by the Department of Health at Norbu House, Mcleod Ganj, Dharamsala from 5th to 6th June 2017.

Approximately 50 participants including principals, rectors, headmasters and nurses from all the major Tibetan schools namely Tibetan Children’s Village (TCV), Tibetan Homes Foundation (THF) and Sambhota Tibetan School (STS) have participated.



Delivering the keynote address, Kalon Ngodup Tsering spoke about Tuberculosis (TB) as one of the biggest challenges that continue to plague the health of the Tibetan community. He specifically pointed out that Tibetan students in boarding schools are at high risk and expressed concern at the growing health menace.

He called on Tibetan school administrators, including staff, teachers, and particularly health workers, to exert extra emphasis on the health-care needs of Tibetan children. He described Tibetan children as the future leaders of the Tibetan movement and therefore, are crucial in developing the Tibetan movement into a robust political force. He explained academic excellence of Tibetan students as highly dependent on physical and mental health of the student.

Kalon also lauded Delek hospital’s ongoing campaign ‘Zero TB in Tibetan Kids’ as a big step towards complete eradication of TB in the Tibetan community. He called the campaign as working in accordance with Himachal state government’s vision of eradicating TB within the state by 2022.

Kalon further called on fixing a specific target date for the complete eradication of TB in the Tibetan community. He urged all concerned staffs and institutes to devise creative and effective strategies towards the eradicating TB.

Kalon lamented the fact that the occurrence of TB is more frequent in the Tibetan community than compared to other communities. However, he recalled an advice by His Holiness the Dalai Lama and expressed hope that this is something



that we, the Tibetan people, can collectively resolve if we put effort into it.

He also noted the dwindling number of students in Tibetan schools and exclaimed that school administrators should turn this recent development into an opportunity to focus more on individual students. He urged the teachers and staff to develop collective responsibility and inculcate civic sense in the students. Kalon further pointed out that school authorities should involve all staff members including foster parents and cooks in health care workshops as they are closely associated with students.

He concluded by urging the participants to express frank opinions and suggestions during the workshop to develop an effective strategy to combat TB in the Tibetan community.

Health Secretary, Mr. Tsegyal Dranyi, gave the welcome remarks of the workshop. In his remarks, he outlined TB as a global health menace, particularly the Tibetan Community where TB has remained one of the greatest health challenges since the early years of the Tibetan in exile.

He talked about the health department's constant efforts to reduce TB among the public through treatments, medical check-ups and most notably through mass awareness campaigns. He lauded the respective TB eradication target dates set by world health organization (2030), Indian health ministry (2025) and Himachal Pradesh state government (2022). He expressed the Tibetan Health Department's active participation towards the



achievement of this goal.

Secretary, Tsegyal Dranyi, further recalled His Holiness the Dalai Lama's remarks about inadequate preventive measures in healthcare during the centenary celebration of Men-Tsee-Khang last year. Since then, the health department is putting extra efforts towards development of Tibetan health.

He outlined three specific groups namely students in boarding schools, monks, nuns, and sweater sellers as particularly prone to TB. However, he noted the reduction of TB cases in the first two groups but expressed concern at the still growing cases of TB among Tibetan students.

The inaugural session also included presentations based on research done by Dr. Sonam Topgyal from Delek hospital and Dr. Lobsang Tsering from the Department of Health on TB.

Health Department Organized Marathon to Raise Awareness on Substance Abuse

Marking International Day against Drug Abuse, Illicit Trafficking and in support of victims of torture, the Department of Health organized a marathon race on Monday, 26th June to raise awareness about the ill effects of substance abuse. The marathon was organized in collaboration with the local settlement office, McLeod Ganj and Kunphen, an NGO based in McLeod Ganj. At least 105 students from eight Tibetan schools including TCV Suja, Lower and Upper TCV, TCV Gopalpur and Chauntra, Sherab Gatsel Lobling



etc, and 22 members of the public took part in the marathon race. The marathon began from the Tsuglagkhang crossroad in McLeod Ganj to TCV vocational Centre via Forsyth Ganj and back to Tsuglagkhang crossroad via the main square of McLeod Ganj. The chief guest at the inaugural session was Health Kalon Mr. Choekyong Wangchuk. Other dignitaries at the inaugural session include Settlement officer Mr. Dawa Rinchen and Mr. Dawa Tsering, Director of Kunphen.

The program began with a minute of silence in solidarity of torture victims and survivors as it was also International day in support of victims of torture. In his address, Health Kalon spoke about the health hazards and the resulting social implication of substance abuse. The alarming rate of youths affected by substance abuse in the Tibetan community is distressful and he assured the health department will try its best to resolve to limit the menace.

“As compared to other communities, the Tibetan community in exile is relatively small and nascent. However, if we compare the ratio of youths affected by substance abuse with other communities, the ratio is worryingly high and needs of im-



mediate attention,” he said. He explained the successive Kashag’s strategy and efforts to resolve the menace of drug abuse and said that substance abuse is not something that the administration alone can eliminate. “Substance abuse is a social issue and therefore it needs widespread participation of the public in terms of raising awareness, providing guidance and counseling to the affected youths, etc to eliminate the problem,” he said. “Substance abuse should be treated as any other malady. To eradicate any malady, the most important step is identifying the causes and adopting preventive measures. Similarly, in the case of substance abuse, societal efforts in adopting preventive measures is imperative. Therefore, this marathon is an effort towards curbing the malady” he explained.



Following the marathon race, Health Kalon presented souvenir prizes to the top five runners as well as the youngest and oldest participants of the marathon. The youngest participant was Woesser Jamyang from the US and the oldest participant was Kelsang Topden, a resident of McLeod Ganj, Dharamshala.

Winners in the boys’ race were: Tenzin Tsering, UTCV, Kalsang Dawa, TCV Suja, Sonam Dorjee, TCV Chauntra, Inju Mello, TCV Chauntra and Tenzin Jamphel, TCV Chauntra. Winners in girls’ race were Tenzin Lhamo, Sherab Gatsel Lobling, Passang Dolker, TCV Suja, Sonam Dickyi, Upper TCV, Tenzin Palmo, TCV Suja and Khando, Ex TCV Suja.

Both boys and girls ran same distance, starting from Tsuglagkhang to TCV Handicraft square and finished the race back at Tsuglakhang.



Cervical Cancer Prevention Program

Under the cervical cancer prevention program, we gave free HPV vaccination with support from PRM, for girls between the ages of 11-19 years in Tibetan settlements located in Central India. In Odisha and Mainpat, we concluded the program with 41 girls receiving dose of the vaccine for free of cost. With the left-over budget, we are carrying out the same program for CVP girls in Bylakuppe students where a total number of 71 girls have registered to receive the vaccine.

Pediatric visit program

Under this program, a visiting pediatrician visits 1-3 times a month. The children in the settlement can avail free checkup. The program is being carried out in Hunsur, Mundgod, Bir, Mainpat, Odisha and Dekyilling settlement. In Ladakh, and in Bylakuppe, we are in process of finding a visiting pediatrician.

The program was funded by USAID.



Gynecology visit program

To meet the need of shortage of specialty doctors in our settlement, this program funded by NCA bears the cost of a visiting gynaecologist to settlements. Under this program, a visiting Gynaecologist treats and check the women in the settlement for diseases and sent them for referral if needed in target settlements like Mundgod, Hunsur, Mainpat, Bhandara, Odisha, Dekyilling, Ladakh, Bir, Miao. With the left-over budget, we covered free Pap smear screening and medical camp in Bylakuppe, Kollegal, Paonta, Puruwala, Mandi area, and Dalhousie.

Health Kalon Inaugurates Day-long Review Meeting on Tibetan Medicare System

Health Kalon Mr. Choekyong Wangchuk inaugurated a daylong review meeting on the Tibetan Medicare System (TMS) on 12th June, a social healthcare program of the Department of Health that seeks to improve public health and well-being of the Tibetan community in-exile





through access to “quality secondary and tertiary healthcare”. At least 15 Tibetan nurses and health workers from 13 different settlements participated. The programme being held at the conference hall of Hotel Tibet, McLeod Ganj. In his inaugural remarks, Health Kalon explained the evolution of the Tibetan Medicare System since it was first discussed in the Tibetan parliament in 2007 and how it came about to its present status.

He said: “Taking into consideration the importance of Tibetan public health, there was much deliberation and discussion for a comprehensive and equitable health care coverage for the public since 2007. Therefore, the Tibetan Medicare System was formally launched in 2012 by the Kashag to provide a holistic healthcare coverage for the public based on a sustainable finance source.”

He described TMS as a completely non-profit and charitable programme with welfare of the Tibetan public as its sole objective. He outlined several features of the healthcare project, essentially illustrating the department’s welfare motive and called it one of the best healthcare coverage programmes in the country.

Kalon also appreciated about the growing support and participation of the public in the programme over the last six years. However, he emphasised that there is still much work to be done regarding raising more awareness about the benefits of the programme. He spoke about the challenges that the department continues to face related to TMS and urged the staff of health department to act as free spokespersons of the programme to create more awareness about TMS.

He explained that as more people start to enroll in the programme, the financial coverage would also get better. Mr. Kalden Norbu, chief coordinator of Tibetan Medicare System, delivered the welcome remarks of the meeting.

The daylong meeting will review the overall performance of the programme and discuss the progress of TMS over the years. The meeting will also discuss the reasons for low or high performance in certain settlements as well as other bureaucratic procedures such as reimbursement, bill claiming system etc. The two resource persons for the programme are TMS Consultant Dr. Alope Gupta and Public Health Consultant Dr. Vikas Dagur.

Oral Health Program

Settlement	Month	Number of Students	Activity
Kollegal	February 2017	290	Awareness, screening and emergency treatment
Bir	March 2017	62	Awareness and screening
Dekyiling	March 2017	52	Awareness, screening and treatment





TRAINING NEWS

Comprehensive Community Outreach and Coordinated Care Training

The CCOCC regional training for 23 DOH Nurses, community health workers from Northern India and Nepal region was held in Delhi, from 6th to 11th March 2017. The training followed the CRHP Jamkhed workshop and focused on how to integrate universal health care through effective outreach.

The aim of the workshop is to build the competency of the Community Health Workers and Nurses so they can effectively provide the services at the community and settlement level. During the 6 days long workshop, key technical information related to outreach process, RMNCH+A, TB, SBCC process, point of care testing, Data collection, and community mapping was explained to the participants by public health consultants Mr. Vikas, Mrs. Pragya, Miss Noor and Dr. Lobsang Tsering.

During the workshop, the participants were also



engaged in participatory method of creating health awareness in the community through group activities like skit, group songs, and games. At the end of the workshop, demonstration of the POCT kit was carried out including blood glucose sugar testing, Urine testing, and Blood group testing etc.

Comprehensive Community Outreach and Coordinated Care (CCOCC) program, launched this year to bring baskets of preventive health services at the doorstep of community. CCOCC approach proposes regular community outreach in Tibetan settlements through trained health functionaries that provide primary and preventive health care services. The CCOCC program will encompass delivery of RMNCHA (Reproductive, Maternal, Newborn, Child and Adolescent health), SBCC (Social, and Behavioral Change Communication), TB, communicable & non-communicable disease prevention and diagnostic for basic services through POCT (Point of Care Testing).

This Program is funded by USAID under the health system strengthening project.

Workshop on Analytical Methods for Categorical Outcome Using STATA

The Head of the Public Health Section of DoH-CTA, Dr. Lobsang Tsering, attended two workshops at the Indian Institute of Public Health, Delhi. The 1st Workshop “Analytical Methods for Categorical Outcome Using STATA” was held on 20th to 24th March 2017 and was sponsored by USAID. This was an advanced level statistical analysis workshop using STATA software. He



feels that attending such workshop will help in analyzing the data from HIS3 (Health Information System) and TB Program.

The 2nd workshop was self-financed by Dr. Lob-sang Tsering on the “Operations Research on Public Health”. This was held on 28th to 31st March 2017. The skill learned will be used for conducting action/implementation research in TB, Hepatitis B, and Non-Communicable Diseases (NCD) specifically, Hypertension.



Basic Health care workshop to Recently Arrived Tibetan Men from Tibet

Public Health Section of the Department of Health, CTA organized a basic health care workshop to 38 recently arrived Tibetan men from Tibet. They are currently studying at Sherab Gatsel Lobling School, Dharamsala. The duration of this workshop was two days from 29th to 30th March 2017. Resource people included 3 health coordinators from Department of Health, one Doctor from Delek hospital and one Traditional doctor from Men-Tsee-Khang.



The training mainly focused on men’s health issues such as sexually transmitted diseases, cancers, urinary tract infections, general health, hygiene, and adolescent mental health. It also covered topics on Tuberculosis, HIV/AIDS and Hepatitis-B with PowerPoint presentations from respective resource person. In addition, this workshop involved presentation from the perspective of the Traditional Tibetan Medicines on men’s health. This workshop was aimed to create greater awareness about basic health issues



particularly relevant to men’s health among these newly arrived Tibetan men. Moreover, the workshop aimed to empower them to practice positive health behaviors in their daily life in India.

Community Outreach and Coordinated Care Workshop Underway in Bylakuppe

As part of the Tibetan health system strengthening program funded by USAID, a regional workshop on comprehensive community outreach and coordinated care workshop was organised in Bylakuppe. It began from 26th April 2017 and concluded on 3rd May 2017.



42 staff including 33 health staffs from 4 settlements and monasteries in South India and 3 settlements from Central India attended the workshop where key technical information related to outreach process, RMNCH+A, TB, SBCC process, point of care testing, Data collection, and community mapping was discussed. The resource persons were public health consultants Mr. Vikas, Mrs. Pragya, Miss Noor and Dr. Lobsang Tsering.

CCOCC approach proposed regular community outreach in Tibetan settlements through trained health functionaries so they can provide primary and preventive health care services.

A similar workshop was organized earlier in Delhi, in March 2017 for health staffs from Northern India and Nepal region. The remaining staffs from north eastern and northern region covered in Dharamshala in month of May, 2017 after which the project will be implemented in respective settlements



Workshop on RMNCHA for Tibetan Community Leaders

The Department of Health organized a one day workshop on 28th April 2017 in Bylakuppe. It was on disease prevention and RMNCHA (Reproductive, Maternal, Newborn, Child and Adolescent health) issues for camp leaders from Hunsur, Bylakuppe, Mundgod, and Kollegal. Around 59 camp leaders from the above-mentioned settlements attended the workshop where the external consultant Mrs Pragya Pranjali and Ms Noor discussed with the participants regarding Reproductive, Maternal, Child, Newborn and Adolescent health issues. In the afternoon session, Dr. Lobsang Tsering, head of the Public Health section of DOH talked about disease prevention stressing upon TB and Hepatitis B problem in our community. Recognizing the important role of camp leaders in our community, he also introduced the community leaders to the community outreach health program under the Tibetan Health system strengthening program of the Department.

This workshop aimed to sensitize the Tibetan community leaders to health issues especially towards women reproductive and child health issues in the community. It was funded by USAID.

Regional Community Outreach and Coordinated Care Workshop in Delhi

Under Tibetan health system strengthening program funded by USAID, the last regional workshop on comprehensive community outreach and coordinated care workshop was organized in Delhi





for the North-Eastern participants and those who missed the previous regional workshops. The workshop was from 15th to 20th May attended by 16 Health staffs including Nurses/CHWs and executive secretaries from Miao, Tezu, Tuting, Sonada, Ravangla, Sataun, Khera, Dekyiling, Paonta, Delhi, and Bir. Joint secretary and deputy secretary from DOH along with coordinating project coordinators also joined the workshop where key technical information related to outreach process, RMNCH+A, TB, SBCC process, point of care testing, Data collection and community mapping were discussed and explained to the participants by public health consultants Mr. Vikas, Mrs. Pragya, Miss Noor and Dr. Lobsang Tsering.

CCOCC approach proposed regular community outreach in Tibetan settlements through trained health functionaries to provide primary and preventive health care services.

The project was implemented from June 2017 in respective settlements.



Safe Delivery Training for Jangthang women

13 women from different remote Jangthang areas of Ladakh volunteered to attend a week-long workshop in May 2017 on safe delivery which included Pregnancy care, safe practice of delivery and signs of complications, breastfeeding etc from our two nurses appointed in Jangthang. The two nurses have earlier received their month long safe delivery training at St Mary Hospital. Dr Lhadrol, visiting Gynecologist also took a session for them. The same team met again in June for a week-long workshop, where they learned more about antenatal and postnatal care. The aim of the workshop is to enable the local women to know pregnancy care (including diets, hygiene, and precautionary steps), danger signs of complicated pregnancy to prevent maternal and infant deaths and morbidities. This program is funded by USAID

Delivery Training at St Mary Hospital



Two Community Health Workers from Nepal, Kelsang Lhamo, and Richoe dolma attended the delivery training at St Mary Hospital from 24th May to 12th June 2017. Another Nurse from Hunsur, Dolker attended the workshop there since 26th June 2017. Through this training, our health staff were expected to gain practical learning experience in safe delivery procedures and care so that they can use this skill and knowledge in preventing maternal and neonatal morbidities and mortalities in the settlements. This Program is funded by USAID.

Three-day Social and Behavioral Change Communication (SBCC) Workshop.

The workshop was organized at Tibetan Reception Centre from 19th to 21st June on SBCC content development, creative briefs and material testing for Hospital administrators and staff nurses. Over 14 participants from 14 Tibetan settlements including hospital administrators and staff nurses from Bylakuppe, Hunsur, Odisha, Delhi, Dekyiling, Bir, Dhundupling, Mainpat, Dalhousie, Shimla, Mundgod, Kollegal, and Ladakh. DoH deputy secretaries and five other staff members also took part in the workshop.

The workshop extensively covered some important topics including Situational analysis, Audience analysis, and basic content creation and paper presentation from the participants. This workshop was for training health worker to develop and initiate an audience oriented posters, brochures, and pamphlets based on the need of its community. Public health consultants to DoH Mr. Vikas and Miss Noor were the key speaker during the workshop.



During the final day of the workshop, Health Secretary, Mr. Tsegyal Dranyi, gave closing remarks of the workshop. In his remarks, he outlined the importance of health workers and its task in Tibetan community. He also focused on the SBCC program and role of health workers in it.

NEWS FROM FIELD HEALTH CENTER

Phende hospital, Hunsur



Phende hospital organized a program to avail the third dose of Hepatitis vaccine for the students of CST Gurupura Rabgyeling Tibetan Settlement in January 2017. The program was financially supported by Yeshe Norbu Organization through Department of Health (CTA).

On 25th January, Free medical camp was organized at Phende hospital with the help of a medical team consisting of 17 members from Korea. Following activities were carried out during the camp: Dental check-up and treatment, Minor surgeries, general physical screening and treatment,



Ultrasonography, Dental health education, and hand washing techniques. Around 200 poor and needy patient were benefited from this camp.



They also donated medical supplies to the hospital. Hospital staff and patient were very much thankful to all the members for their dedication and services to the settlers.

Every week, child specialist, Dr. Chandra Shekhar, visits Rabgyeling Tibetan settlement. All settlement people are aware of this visit and were able to benefit from this program. The program is funded by Department of Health (Tibetan Voluntary Health Association).



On 21st February, the Joint Secretary of Health Department, Mr. Jampa Phuntsok, visited Hunsur Tibetan settlement with purpose to create awareness on Tibetan Medicare System (TMS) to the general public. Around 150 settlers attended the day. Their doubts and queries on the program were able to cleared during the visit.

Since January, Phende hospital created TMS awareness campaign at Rabgyeling Tibetan Settlement by visiting each camp. They have completed their awareness campaign by 9th March and received positive response from the majority participants, which could enhance the enrollment.

This year, World TB Day was organized at Dzongchoe Monastery because public were gathered at monastery to attend opera dance program and election period held at the monastery. They created awareness at the monastery and collaborated in making the day successful. Hospital Executive secretary introduced the day followed by a short video related to the day. This was much appreciated by the participants and the program was funded by PRM US through DoH.





World Health Day was celebrated at Rabgyeling Tibetan settlement Hunsur on 7th April 2017. About 210 public and students attended the day. Mrs. Tsering Dolkar deputed settlement officer delivered health Kalon's message to the public and highlighted the importance of health. Executive Secretary Mr Pemba Labrang introduced the day with the year's theme on depression and hospital activities related to the health. Dr Tsundue Dolma from Men-Tsee-Khang, carried talk on depression with PPT. The day was successfully concluded with the cleaning of villages and offices. The program was funded by USAID.

A three-day health program was conducted at Phende settlement by inviting Dr. Dorjee Rabten from Bangalore Men-Tsee-Khang in April. He



did checkup and health talk on food and exercise, Cancer disease and discussed on overall health issues. He also answered the queries from participants.

World No Tobacco Day was observed on 31st May, funded by PRM via Tibet Fund through Department of Health. The day started with in-



troduction by Executive Secretary, Mr Pemba Labrang and health talk by Dr. Tenzin Choenyi through PowerPoint presentation. Due to daily prayers gathering at monastery, the day was observed with few participants and hospital staff. They have displayed banner and poster for public awareness.

World Environment Day was celebrated at Rabye-



ling Tibetan settlement organized by Phende hospital being funded by PRM via Tibet Fund through DoH. Environment awareness talk was given by Dr. Tenzin Chonyi through Power point presentation. And hospital staff organized a drama act and song on environment preservation and care. The day was successfully concluded with distribution



of prizes for the best three camp in the cleanliness competition.

On 26th and 27th June, they commemorated “No Drugs Day” with distributing the awareness Pamphlets and pictures to make everyone understand how drugs and Alcohol can destroy life and com-



munity. The second day was organized at CST Gurupura and Dr. Tenzin Chonyi gave awareness talk and presentation on No drugs day to the school children.

Dekyiling Hospital

World Health Day was organized at Dekyiling settlement and the event was graced by the present of local dignitaries and general public. Dekyiling hospital Dr. Tenzin Wangdak made a presentation on this year’s theme “Depression: Let’s Talk” and Men-Tsee-Khang Doctor educated public according to Tibetan traditional medicine. The day successfully concluded with cleaning settlement. Around 135 settler attended the day.

Dekyiling hospital organized World Malaria Day on 25th April to raise awareness on Malaria. The hospital doctor, Men-Tsee-Khang Doctor and staff nurse were resource persons and they educated people on Malaria through power point presentation. Participants also shared their doubts about disease prevention. About 111 settlers attended the day.

DTR Hospital, Mundgod

World Malaria and Dengue Prevention Talk was organized at Mundgod settlement from 25th to 27th April. Nurse Tsering Chodon talked about

its causes, treatment, and prevention. About 276 people attended the talk.

World No Tobacco Day was observed at Mundgod settlement for three days starting from 31st May 2017. Through power point presentation, Staff Nurse Tenzin Choedon and Tenzin Yangdol



introduced the day and its ill effects on individual and his/her family and financial loss at the same time. They also distributed pamphlets and poster to respective camps for better understanding and for awareness. Around 370 settlers attended the day.

On 5th June, World Environment Day was organized to promote awareness on importance of sanitation and environment. Settlement officer,



Tibetan local heads, and Men-Tsee-Khang Doctor were invited as the resource persons. The program also included distribution of 40 plants to all respective camps for the preservation of environment and awarded with prize for 2017 best three camps and monasteries for cleanliness. 550 settlers attended the day.

Every year during monsoon, there is always few



cases of Dengue disease in the settlement for which we have organized a program on 23rd June to create awareness on dengue. The program was chaired by settlement officer, Tibetan local heads, official and NGO's officers, camp leaders, monastery heads and Men-Tsee-Khang doctor and school staffs. Gaden Jangtse monastery Dr Dhundup Tashi introduce that till date there were 3 cases of dengue and how it causes and its prevalent were also discussed. To prevent dengue, he mainly focused on stagnant water and protect from mosquitoes bite. He explained through PowerPoint presentation and distributed pamphlets for better understanding and also answered to participants queries.

Tso Jhe Khangsar Hospital, Bylakuppe



A three-day free medical camp was organized at Tso Jhe hospital from 22nd to 24th January, 2017 by team of medical personnel from Korea. A team of General surgeon, Physician, Dentist, and Radiologist from Korea Association avail medical services and health education to the settlement people of Bylakuppe.

Tso Jhe hospital organized World TB Day on 24th



March at Sera Mey and Sera Jhe School monk at Bylakuppe. Dr Tashi Namgyal and Dr Sonam Dhondup has given an awareness talk on basic and essential knowledge about TB, mainly on its causes, sign, and symptoms, how it spread, precaution and treatment. The program was aimed to bring more awareness on the disease and eradicate such disease from our community.

World Health Day was observed at CST Bylakuppe and Dekyi larso Day school on 7th April, to raise awareness on Depression "Let's Talk". Ven Lobsang Lungtok and Ven Tsewang were the resource person and they discussed on depression from Buddhist perspective. The talk was very helpful and around 292 students attended the talk.



On 31st May, 2017 the World No Tobacco Day was organized at Bylakuppe Tibetan settlement. Staff nurse, Dawa Dolma, gave talk on how tobacco harms human body and explained how to quit tobacco. Staff nurse, Tenzin Choedon, concluded the day with words of thanks to the public for showing their interest by attending and listening carefully. The program was financially supported by PRM through the Department of



Health.

Tso Jhe hospital organized a health education and awareness talk to all the nuns at Namdrolling nunnery hall. Specially invited Gynecologist and obstetrician, Dr. Rajeshwari, as a resource person.



She educated reproductive phase of life in human commonly faced from Menarche to Menopause stage and hygiene care etc. She also clarified the questions brought up by participants. The program was funded by PRM through Department of Health.

Fosco Maraini Hospital, Ladakh



On 25th March, World TB Day was observed at Sonamling community hall, Ladakh. Community Health Worker Rigzen Wangmo and Dental Therapist Sonam Dolma introduce the day. They taught about its causes, treatment, symptoms, and precaution to the settlers. About 56 settlers attended the talk and TB pamphlets and mask were freely distributed to the participants.

Health center in collaboration with Men-Tsee-Khang, observed World Health Day at Ladakh Sonamling Tibetan settlement on 7th April. The program was chaired by settlement officer, Tibetan local heads, official and NGO's officers, camp leaders, monastery heads and the general public. About 800 settlers attended the event. Men-Tsee-Khang administrator introduced the day and staff nurse, Kunsang Dolma, created awareness on the



year's theme of Depression, "Let's Talk." This was followed by talk on the Tibetan traditional medicine by a Men-Tsee-Khang doctor. They also asked questions related to Mother and Child health, oral health and disease prevention to the camp people. They awarded prizes for the three best camps in the field of cleanliness.

On 25th May, Nurse Kunsang Dolma gave health talk on Tobacco and its effects to the people of Sumdho. Men-Tsee-Khang, Dr. Sonam Dekyi, CHW Mrs Yungdung Palkyi talk about Tobacco and substance abuse at Choglamsar settlement. About 100 settlers joined the day to clean surroundings which includes Choglamsar, Zampa (bridge) and Leh market were covered.

World Environment Day was observed at Sonamling Tibetan Settlement on 5th June 2017. On that day, 70 people from camp no 2 and health staff



were jointly team to clean the surroundings. Face mask and gloves were distributed to avoid infectious diseases while cleaning. Executive Secretary also educate public on importance of Environ-



ment and every single person has a responsibility to safe our environment; he added. Moreover to avoid using plastic bags and burying these plastic are also harmful to our health.

Tibetan Primary Health Center, Bir

TPHC Bir organized a health seminar on depression for the public of all three divisions of Bir settlement: Nangchen, Dege, and BTS. Dental Therapist, Ms. Tenzin Dolma, gave brief introduction of the day and read out the health Kalon's message to the audience. Subsequently, Nurse Tenzin Choedon created awareness on depression - the definition, clinical manifestations, treatment and management through a PowerPoint presentation and a video on depression prepared by Phuntsok Leksang, Physiotherapist. The program ended with suggestions and queries from the participants. About 20 participants attended that day.

On World Environment Day, three division of Bir



settlement and local Indian shop keepers were gathered to clean the surrounding. For better participation, they divided into four groups headed by CHW Tenzin Nangsel, Pharmacist Tsewang Yangzom, Nurse Tsering Palkyi and Dental Therapist Tenzin Dolma. They provide disposal gloves and face mask during cleaning. The day was successfully concluded with serving refreshment to the participants.

Tibetan Primary Health Center, Miao

TPHC Miao organized health talk at Sambhota Tibetan School Miao with the presence of the settlement officer, Headmistress, and staff members. The day started with the hospital's executive secretary's talk about the day and this year's theme on Depression. Headmistress gave a short talk on Depression and its symptoms in a comprehensive way. Moreover, Nurse Choenyi Paldon raised awareness on the causes of depression, its signs, symptoms, and treatment. She also spoke about the Do's and Don'ts for a depressed patient. Around 110 students attended the talk. The day was successfully concluded with a quiz competition and the winner being awarded a prize.

On 26th April, Tibetan Primary Health center organized a health education program on Malaria disease with the participation of 360 settlers from all five camps and respective dignitaries. Executive Secretary Mr. Tenzin Lhawang address the day and its importance. Settlement Officer Mr. Norbu Wangdu shared his opinions on the day. Through power point presentation, Staff nurse Passang Dolma talk about Malaria, types of parasite, causes, transmission and its prevention etc.



USAID through Tibet Fund funded the program.

On 31st May, World No Tobacco Day was marked to create awareness on Tobacco and its side effects. Participants shared their opinions and knowledge on the day. Nurse Choenyi Paldon covered different types of Tobacco like Traditional, Commercial and smokeless Tobacco etc.



Skit competition was also organized for school kids and they played very well and conveyed important message to the elder people. All children received prizes for the active participation. The program was financially supported by USAID via Tibet Fund.

World Environment Day was commemorated on



5th June with the presence of Settlement officers, Health staffs, camp leaders, Tibetan local heads and 310 settlers from five respective camps. Dignitaries shared their knowledge related to the day and Nurse Passang Dolma addressed on health-related issues, deforestation and its impact on health, climate change and on year's theme connecting people with nature. Deforestation, its effect on health and encourage to plant more trees and saving our life presented through meme act. The program was funded by USAID via Tibet Fund.

On 26th June, Tibetan Primary Health Center observed International Day against Drug Abuse and Illicit Trafficking for CST Miao student and



youths of Tibetan settlement. They also organized football tournament and group presentation was held and awarded prizes for the winner.

Poanta Clinic

World Health Day was observed at Poanta settlement with presence of 150 settlers. The day start-



ed with cleaning all surroundings and arranged health talk by Men-Tsee-Khang Dr. Choeying and Health Worker Pema Tsering addressed the public on Depression and importance of healthy diet. The day was successfully concluded with Tug of War game between four teams and awarded price for the winner.

World No Tobacco Day was observed at Poanta Cholsum Tibetan Settlement by inviting Dr. S.L Verma, Block Medical Officer and Mr. Baisakshi Ram, MPW from local Gov. Hospital as chief guest and special guest. They educated people on its prevention and treatment. They also clarified



the doubts and answered the queries from the participants. Chief Guest was pleased to share their knowledge and expressed his wish to joined health days in the future.

World Environment Day was celebrated on 5th June, the day started with cleaning environment



and about 80 settlers attended the day. Health Worker Pema Tsering introduced the day and Chief Guest Mr. Pradeep Dixit, Municipal Committee Sanitary Incharge talked about the importance of hygiene, its benefits and ill effects. Through ongoing underground dustbin projects, he promised to make one in the settlement and requested to settlers to use the dustbin as per the instruction.

Primary Health Center, Mainpat

Mainpat health center celebrated World Health Day to raise awareness about year theme “Depression” Lets Talk. The day began with reading



health Kalon’s statement to the public and Health worker Dawa Chodon spoke about various aspect of depressive disorder or clinical depression, risk factor, treatment and therapies for depression. The talk was very informative as per feedback received from the participants. Health pamphlets were also distributed and about 150 settlers participated.



TPHC Delhi

World Environment Day was observed at Samyeling Tibetan Settlement, Delhi on 5th June 2017. The earth is what we all have in common, it's our primary duty to preserve and save the environment from degradation and pollution by our own.



With the of Staff Nurse Kyipa and Tenzin Paldon they had an insightful day by giving extensive awareness about the environment ecosystem and importance of forestation. They also visited door to door for more awareness and about 52 settlers attended the talk.

Ravangla Clinic

On World No Tobacco Day, Basketball match was organized at Kunphenling Tibetan settlement, Ravangla to raise awareness among youth to stop consuming Tobacco. Staff nurse Dechen and Office Secretary gave health talk on the day and about 41 settlers participated.

Tezu Clinic

Health center organized World Health Day on 7th April, aim to promote awareness on Depression, health and sanitation. They invited Dr. JS Bhavmik, Tezu General Hospital and Dr. Phuntsok Wangdu, Men-Tsee-Khang as resource persons. About 106 settlers attended the day.

Lakhanwala & Khera Clinic

On 7th April, World Health Day was celebrated in both the settlements of Lakhanwala and Khera camp. The day started off by the Settlement officer, Mr. Tsewang Phuntsok by delivering the message of the health Kalon to the public. The highlight was when Ven Tenpa Gyaltsen talked about depression from his personal experience and Nurse Tseten Peltso raised awareness on depression through discussion. About 98 settlers attended the day.

World Malaria Day was observed in Lakhanwala and Khera settlement on 25th April 2017. Settlement officer Mr. Tsewang Phuntsok explain about today's program and Staff Nurse Tseten Peltso raised awareness on Malaria, about 85 settlers attended the day.

World No Tobacco Day was marked on 31st May 2017 to draw attention to the health problems that tobacco can cause. Nurse Tseten Peltso has introduced the day and created awareness on tobacco consumption to the younger generations. About 45 settlers attended the talk.

Rewalsar Clinic

World Health Day was observed at Pandoh and Tsopema Tibetan settlement on 2nd to 3rd May 2017. Dr. Tseyang from Men-Tsee-Khang, educated on causes of Depression and its movement in the body and precautions were discussed. About 82 settlers attended the day.

PROFILE OF NEW MEDICAL OFFICER



The Department of Health appointed Dr Tenzin Chonyi, MBBS graduate from Sarder Patel Medical College, Rajasthan, as the new medical officer of Phende hospital at Hunsur from 5th April 2017. Prior to

joining Phende hospital, he worked a month at Delek hospital, Dharamsala for practical experience. Phende hospital provides medical and public health services to Tibetan settlement, schools, monasteries and local peoples.

It's been 3 months since he joined and during these months, he experience that settlement people are quite cooperative & peaceful. Most people have common conditions like hypertension, diabetes, hypertensive stroke, backache & age related illness like osteoarthritis. Number of chronic hepatitis b patients are quite high compared to tuberculosis. Prevalence of TB is lower in Hunsur as compared to other settlements.

As of now, there are 8 doctors working at Department of Health (Tibetan Voluntary Health Association) branch hospitals in various settlements. The Department of Health is urgently looking for Tibetan resident doctors in branch hospitals and health centers at Dekyiling, Miao, Ladakh, Odisha and Pokhara (Nepal).



IN KIND DONATION

In April, Dekyiling hospital received in kind donation from Dr Tenzin Dadul Diki Rabten from the USA. The donation comprises medical equipment, oxygen concentrator, blanket, bed sheet, pillows, covers for the inpatient cost around one lakh. We really appreciated the contribution towards Dekyiling hospital and settlement people at large. New medical equipment made things much convenient for medical staff to work. We will remain grateful to the kind gesture.

Mundgod Physiotherapist and Dental Equipment

With financial assistance from the German aids to Tibetan, now hospital is able to provide physiotherapy and dental service to the settlement people. Chronic arthritis, joint pain, back pain are the common in older aged people. Stroke case is quite common. Frequent injury cases requires physiotherapy treatment. With the purchase of the Physio equipment we are able to provide timely treatment & care to those people who suffer and also help in quick recovery from illness.





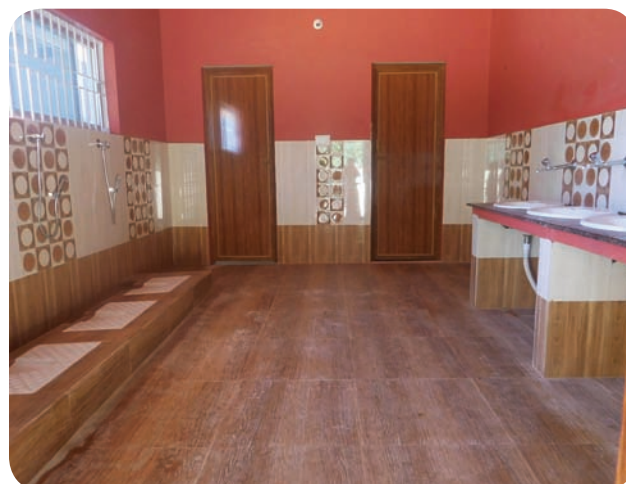
Around 120 to 150 dental patients were treated per months. With the kind support from the German Aids to Tibetan, we are able to purchase the require materials which is needed for the hospital which result in the improved dental equipment and provide best dental care. When people have access to comprehensive oral health care, their overall health, well-being and self-confident are significantly improved. Department of Health and people of Mundgod express their gratitude and appreciation to German Aids to Tibetan for their support and financial assistance provided towards these projects.

Water and Sanitation Projects, Construction, Renovation Projects Implemented from January to June 2017.



1. Gangkyi water tank renovation was completed, the Leakage was stopped which save water from being wasted resulting in an increase water supply. The staffs are now satisfied with the amount of water supply.

2. The public bathroom and toilet project at



Hunsur Rabgyeling Tibetan settlement has completed. General public could now access to more clean toilet and could improve cleanliness of the surroundings.



From 3rd to 9th February, Free dental screening and treatment provided to kindergardens/creches and monasteries in Dhondenling settlement, Kollegal by DVT Hospital.



World TB day at Mainpat to create awareness among settlers and students.

World No Tobacco day awareness through wall painting at Odisha Tibetan settlement.



Free eye screening camp held at Hunsur by Dr. Agarwal eye hospital from Mysore on 15 May 2017.



On 5th June, World environment day was celebrated at Tso Jhe by distributing Neem tree to each camp for plantation.



Eye Medical camp at Tso Jhe Hospital on 23 February, Optho Doctor from Sushrutha eye hospital, Mysore.



Medical camp from Columbia Asia hospital from Mysore with Gastrologist and pediatrician at Tso Jhe hospital.



On 20th June, Annual TB screening program was organized at Sera Mey School and deworming to the school monks at Bylakuppe.



TVHA Staff update from January to June 2017*New Appointmnet:*

S.No	Name	Desigantion	Place	Dated	Remark ₃
1	Ram Bahadur Chetry	Pharmacist	PHC Miao	02.01.2017	Contract
2	Tenzin Yangchen	Staff Nurse	PHC Dekyiling	02.01.2017	
3	Tashi Tsomo	Staff Nurse	PHC Dalhousie	01.02.2017	
4	Tenzin Choney	Doctor	Phende Hospital, Hunsur	05.04.2017	
5	Agloe Tsering	Watchman	DVT Hospital, Kollegal	01.06.2017	
6	Nyima Yangzom	Staff Nurse	Tuting Clinic	01.06.2017	

Resignation:

S.No	Name	Desigantion	Place	Dated	Remark ₃
1	Tsering Youdon	CHW	Menlha Hospital, Odisha	06.05.2017	
2	Tenzin Nangsel	CHW	PHC Bir	14.06.2017	
3	Tsering Palzom	CHW	PHC Tashiling	16.06.2017	
4	Tenzin Tsephel	Staff Nurse	PHC Bandara	17.06.2017	
5	Palden Thinley	X-Ray Technician	DTR Hospital, Mundgod	23.06.2017	

Transferred:

S.No	Name	Desigantion	From	To	Dated
1	Sonam Dolma	CHW	PHC Dekyiling	Clementown	10.04.2017

Retirement Extended:

S.No	Name	Desigantion	Place	From	To
1	Passang Tsamchoe	CHW	Tso Jhe Hospital, Bylp	10.01.2017	30.09.2017

Department staff update from January to June 2017*New Appointmnet:*

S.No	Name	Desigantion	Place	Dated	Remark ₃
1	Lobsang Tsering	Under Secretary	Dept.of Health	02.03.2017	
2	Mingyur Youdon	Deputy Secretary	Dept.of Health	03.04.2017	
3	Tsewang Topgyal	Senior Clerk	Dept.of Health	05.04.2017	
4	Tsering Norbu	Senior Clerk	Dept.of Health	12.04.2017	
5	Kalden Norbu	Under Secretary	Dept.of Health	01.05.2017	

Ngoenga School*New Appointmnet:*

S.No	Name	Desigantion	Place	Dated	Remark ₃
1	Sonam Topgyal	Foster parents	Ngoenga School	01.04.2017	
2	Nyima Tsering	Night Guard	Ngoenga School	20.03.2017	
3	Tsering Yangzom	Staff Nurse	Ngoenga School	01.05.2017	

Resignation:

S.No	Name	Desigantion	Place	Dated	Remark ₃
1	Dechen Choedon	Teacher	Ngoenga School	20.03.2017	

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

Information for the Medical Students and Interns

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

As a medical student you are allowed to observe patients only under supervision of doctors. You are expected to be present during normal working hours each day. 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 executive co-ordinator at least two months in advance. However, the monthly fee is non-refundable.

NB: The above information gives priority to registered medical students already on courses. Pre-registration medical students will only be allowed if space permits. Tibetan pre-medical or medical students living in India, Nepal and Bhutan will be offered placements without making an advance booking, but the student will be 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 email: 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 \$ 55 A YEAR

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

HOW YOU CAN HELP MOST IMPORTANT PROJECTS IN 2017-2018

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

1. Support Ngoenga Home School
2. Kollegal Hospital Staff Quarter Renovation Project
3. Support for Hepatitis B Awareness, Training, Testing, Vaccination and Treatment
4. Mobile Health Clinic for Tibetan refugee nomads at Ladakh Jangthang
5. Extensive renovation of DTR hospital of Tibetan settlement at Mundgod
5. Resident Doctors' Quarters Construction for Miao Primary Health center
6. Free Eye surgery camps
7. Ambulance for Hospitals and Health centers at Kollegal and Ravangla.
8. Water pipeline replacement (Camp no 4) at Odisha Tibetan Settlement
9. Diet support for HIV Patient

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

Bank Detail

A/c Holder - TVHA
A/c Number - 11510100000519
UCO Bank, CTS
Gangchen Kyishong
Dharamsala-176215
Distt. Kangra (H.P), INDIA

SWIFT CODE - UCBAINBB238
PAN - AAATT1509K
TAN - PTLT10935B
IFSC - UCBA0002059
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