

# TIBETAN HEALTH

JULY-DECEMBER 2019



Department of Health, CTA

## **About Us**

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

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

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

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

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## Administrative News

### ***Secretary Palden Dhondup launched new wet waste truck for Dharamshala Settlement Office***

Dharamshala: A new wet waste truck for the Dharamshala settlement office was launched by the Secretary of the Department of Health, CTA, Mr. Palden Dhondup on July 3.

The truck was funded by His Holiness the Dalai Lama's Charitable Trust.

The Secretary requested the workers to use the truck just for wet wastes. He also advised people to properly separate the garbage at their home before disposing them off.



### ***Health Kalon on Eight-Day official visit to Ladakh***

Leh, Ladakh: Health Kalon, Choekyong Wangchuk left Dharamshala on an official eight-day visit to Leh, Ladakh from 2nd to 9th July .

Health Kalon was warmly welcomed at the Leh airport on 3rd July by the Chief Representative Officer and Health Executive

Secretary.

Kalon Choekyong Wangchuk of Department of Health, CTA attended the function of 84th birthday celebration of H.H the Dalai Lama as the guest of honor. The event was organized in collaboration with the Ladakh Buddhist Association (LBA) and Chief Representative Office (CRO) at Phodrang Shiwae-Tsel, where Tibetans and locals took part in a huge number. The celebration was attended by the Chief Executive Councilor of Ladakh Autonomous Hill Development Council (LAHDC), Divisional Commissioner, Additional Deputy Commissioner, Taklung Matrul Rinpoche, Thugsey Rinpoche, President of All Ladakh Gonpa Association, President of LBA, TPiE member, CTA settlement staff and Tibetan non-government organizations.

A large reception was hosted at the settlement office by local Tibetans, camp leaders, health staffs, non-governmental organizations with a welcome note by Chief Representative Officer, followed by a brief note from the Health Kalon.

Health Kalon Choekyong Wangchuk on behalf of CTA extended greetings on the joyous occasion to the general public and eminent personalities present at the event. In his speech, he reiterated that the best gift that we can offer to His Holiness the Dalai Lama is our unity, integrity, and brotherhood.

He concluded his speech urging everyone to pray for the long life and good health of His Holiness.

During his visit, Health Kalon made a courtesy call to Mr. Gyal P. Wangyal, newly elected Chief Executive Counsellor of LAHDC and Shri. Swagat Biswas, Divisional Commissioner of Ladakh and Mr. P.T Kunzang, the newly elected President of Ladakh Buddhist Association, where he expressed

his appreciation for their continued support and guidance to the Chief Representative Officer. He also apprised the dignitaries about the need for their assistance in welfare works of Sonamling Settlement.



On 4th July, an inaugural ceremony of newly built Jangthangney-so Khang (Housing Service Centre for Jangthang People) at Camp no 1, Ladakh was held. The ceremony began with a prayer by a Rinpoche, followed by scarf offering to the portrait of H.H. The 14th Dalai Lama. Tibetan parliamentarian, Chief Representative Officer, heads of Institutes, Directors of TCV Schools and Men-Tsee-Khang, camp heads and non-governmental organizations' heads were also present on the occasion.

Health Kalon addressed the audience and explained that the prime purpose of this housing is to alleviate the burden of admitting sick residents of Jangthang to Leh hospital and to create a more convenient experience for the chronic patients in Leh. Nevertheless, he expressed his hopes and prayers for fewer health issues.

Kalon had a long meeting with the Leh Nutrition Project team (LNP) and visited all the Health project sites. LNP is a partner of TVHA based in Leh, who implements CTA, Health department's projects aiming to enhance the wellbeing of Tibetan children and communities through WASH interventions in Ladakh.

Kalon also paid a visit to Men-Tsee-Khang Cultural Centre, Tibetan Medical and Astro Institute. Chief Representative Officer, Health Executive Secretary, Men-tsee-Khang's Director, all the practitioners and staff of both allopathic and Traditional Men-tsee-Khang were gathered for the meeting. Following a brief speech by

CRO, Health Kalon highlighted on the importance and significance of collaborating allopathic and traditional medicine as advised by His Holiness The 14th Dalai Lama and urged to strengthen the collaboration to get a holistic approach from health problems.

### ***Kasur Kelsang Yangkyi Takla visits Department of Health, CTA***

Dharamshala: On July 10th, 2019, the Department of Health invited Kasur Kelsang Yangkyi Takla for a meeting with the current Department of Health staffs, where she spoke upon her life experiences.

Mr. Palden Dhondup, Department of Health Secretary moderated the meeting to hear about her personal experiences, aspirations, and the hard work and effort it took for the growth of Central Tibetan Administration (CTA).

Kasur Mrs. Takla started serving for the CTA in February of 1962 in the Department of Home. Then in December 1, 1983, she became the first Director/Secretary of the Department of Health. Mrs. Takla was impressed by the overall improvements of the CTA. Coming into exile, starting from nothing from a small office with three staff and inadequate staff housing (Male staff had to share rooms while female staff stayed in Upper TCV), currently, having a 40 staff members in a newly constructed building with numerous resources. The growth within a few decades has been astonishing she remarked.



Mrs. Takla also served as the Director of the Delek Hospital which she said was formed through petitions to provide health services to the CTA staff. She shared the initial founding of Delek Hospital along with the financial and resource constraints. With time, Delek



Hospital improved on space, facilities, volunteer doctors, community health workers and with progression it now serves the local population of Dharamshala.

The main take away from Mrs. Takla's talk was to never give up despite the circumstantial challenges and lack of resources. She emphasized how motivation and dedication will play a key factor to succeed at all the levels. She also reminded the staff about the His Holiness' advice to always work hard.

The talk was followed by Q&A session led by DoHe Secretary, Mr. Palden Dhondup concluded with offering Khatak, traditional Tibetan scarf to show gratitude and appreciation for Kasur Mrs. Takla's inspirational talk and service to CTA.

### ***Department of Health convene annual health meeting***

Dharamshala: The Annual Review Meeting or Training on Health Information System (HIS), Tuberculosis (TB), Comprehensive Community Outreach and Coordinated Care (CCOCC) began on 22nd July and continued till 28th of July. The meeting was organized by the Department of Health and was funded by the USAID.

A total of 45 participants consisting of nurses and community health workers of Tibetan Settlements from all over India and Nepal attended the meeting at the Administrative Training and Welfare Society Center.



The opening ceremony was led by Health Kalon, Mr. Choekyong Wangchuk, who expressed his appreciation and stressed on the importance of the services that the Nurses and Community Health Workers provide to the society. He then detailed on the importance of the meeting cum training on i.e. HIS, TB, and CCOCC programs

respectively. "The HIS program", Kalon Chokyong Wangchuk said "is instrumental in maintaining crucial data and plays a significant role in the formulation, planning, and implementation of the Department of Health's major programs".

Kalon went on to pinpoint that urgent, immediate and additional effort is required to end TB. Despite a significant decline in the number of cases, it is still one of the major diseases that plagues the Tibetan society. Similarly, Kalon emphasized that the CCOCC program, which reaches out to communities on a door to door basis, maximizes the understanding and needs of the community with nurses and health workers providing doorstep health care that aims to help both facility and non-facility visitors particularly helpful for the vulnerable population of the community.

Kalon then mentioned the upcoming 'Sorig introductory orientation' to be held on 29th July and urged the nurses and community health workers to also embrace the holistic healing in their practice.

In the end, Kalon Chokyong Wangchuk urged the participants to take on a learning mindset and take an active part in all the brainstorming sessions. He further asked them to take this opportunity to clear any doubts or misconceptions and to continue their noble service with renewed motivation.

The trainers for HIS were Mr. Kanav Banta, Mr. Suresh Kumar, Mr. Subhash Chand, and trainers for TB was Dr. Lobsang Tsering and for the CCOCC program, Dr. Lobsang Tsering and Mr. VikasDagur were the trainers.

The opening ceremony was concluded with a vote of thanks from the Joint Secretary of DoHe, CTA, Mrs. Tsering Youdon.

### ***Health Kalon inaugurates newly built Delek Fitness Centre***

Dharamshala: Health Kalon, Choekyong Wangchuk, Central Tibetan Administration (CTA), inaugurated the newly built fitness centre 'Delek Fitness Centre' today at Ghangchen Kyishong.

The fitness centre is an initiation taken by Delek Hospital towards a healthy community and is funded by the DoHe, CTA.

Apart from Health Kalon, present at the inauguration event were Mr. Dawa Phunkyi, Chief Administrator of Delek Hospital, Secretary Palden Dhondup, Additional Secretary Jampa Phuntsok, Joint Secretary Tsering Youdon of DoHe, CTA, doctors of Delek Hospital and the staff of the Department of Health.



Addressing the media, Health Kalon explained the aims and objectives of setting up an indoor gym in the Tibetan community by DoHe. He explained that promoting a healthy and prepared community is the chief motive; an initiative such as this one also aids in preventing a large number of health risks.

“Hospitals and doctors only contribute 10% in terms of treating illness and curative measures while 40% depends on the preventive measures we adopt” noted Kalon Choekyong Wangchuk.

Kalon further noted that much of the curable illnesses and diseases can be prevented if we maintain a healthy lifestyle including a balanced diet and regular physical activities. Health Kalon also informed about various initiatives taken by the respective sections in providing necessary health care services in order to establish an all-inclusive health care system in the Tibetan communities in exile.

“A healthy community will naturally lead to a quality life in addition to quality health care,” remarked Health Kalon Choekyong Wangchuk.

As a gesture of respect and appreciation, Delek Fitness Centre will grant free access to all the Kalons of various departments under CTA including the three Justice Commissioners, Speaker and Deputy Speaker of the Tibetan parliament in exile, head of three autonomous bodies, and the members of the executive committee of Delek Hospital.

All TMS members are also given 50 percent exemption in the membership fees.

Apart from the above-mentioned names, the public can utilize the well-equipped fitness centre through a monthly payment of Rs 900 and Rs 800 per month if continued for more than 3 months.

### ***Health Kalon and senior health delegation visits JHPIEGO, New Delhi***

New Delhi: Kalon Choekyong Wangchuk of the Department of Health (DoHe), Central Tibetan Administration (CTA) and the department’s senior officials visited the John Hopkins Program for International Education in Gynecology and Obstetrics (JHPIEGO) based in Okhla, New Delhi on 21 August 2019.

The purpose of the meeting was to understand more about the program implementation of JHPIEGO and future collaboration between the DoHe,CTA and JHPIEGO.

Dr. Bulbul Sood, Country Director of JHPIEGO, introduced various works done by them and the possible area of collaboration between the two parties. The areas discussed during the meeting were RMNCH+A, HRD strengthening the quality of nursing pre/in services, adolescent health and non-communicable diseases.



During the meeting, ASMAN apps were also demonstrated to the DoHe officials.

Later in the evening, Health Kalon left for an official tour to New York, Washington DC, and North California to meet with the staff and members of various US offices and organizations on Wednesday.



## **Health Kalon visits Office of Tibet DC, ICT & Dharma Centers**

Washington DC: Kalon Choekyong Wangchuk of Department of Health (DoHe), Central Tibetan Administration (CTA), visited the Office of Tibet (OoT), Washington DC, office of International Campaign for Tibet, Radio Free Asia and Voice of America offices based in Washington DC on 27 August. Kalon also visited Drikung Dharma Center and Ragya Mahayana Buddhist Cultural Center.



Health Kalon made his first visit of the day to the Office of Tibet, Washington DC. He was warmly welcomed by the staff of OoT who briefed him about the functioning of the Office of Tibet.

Thereafter he visited the International Campaign for Tibet's office. Director of Outreach program Tencho Gyatso received him and introduced the staff. Few staff members inquired Kalon about projects and works of DoHe, to which Kalon explained them briefly.

Kalon later visited the office of Radio Free Asia where he was welcomed by Palden Gyal, Deputy Secretary, and staff of the office. Kalon gave an interview to RFA.

He also gave an interview to the Voice of America. The director of the office, Kasur Tenzin Namgyal Tethong and members hosted Kalon at their office.

In the afternoon, Kalon visited Drikung Dharma Center. He then visited Ragya Mahayana Buddhist Cultural Center and met with Shingsa Rinpoche.

Kalon spoke about various projects under the DoHe including the Tibetan Medicare System and prevention projects during his visit to the

offices and institutes.

## **Health Kalon conducts high-level official engagements at Washington, DC**

Washington DC: Kalon Choekyong Wangchuk, Department of Health (DoHe), Central Tibetan Administration (CTA) conducted a series of high-level meetings with officials at the State Department and Capitol Hill. He was accompanied by Representative Mr. Ngodup Tsering in all the meetings.

Kalon met with Mr. Hefright Brook, Program officer for South Asia, Bureau of Population, Refugees and Migration. Kalon thanked the US Government for helping the Tibetan refugees from Nepal to India in various fields for a long period and also updated him on the existing programs of DoHe.

Kalon brought to his attention the problems faced by the DoHe, CTA in delivering timely aid to the Tibetan refugees living in Nepal due to Chinese pressure on the host country. Mr. Brook have asked Kalon to contact him whenever the Tibetan extradition cases occurs with details so that it can be taken up through the US Embassy in Kathmandu.



Kalon and Representative met with Jon Stivers, the Executive Director of the China Commission at Chairman McGovern's office. They discussed several things including a new bill for Tibet, which the chairman McGovern will introduce shortly in the house.

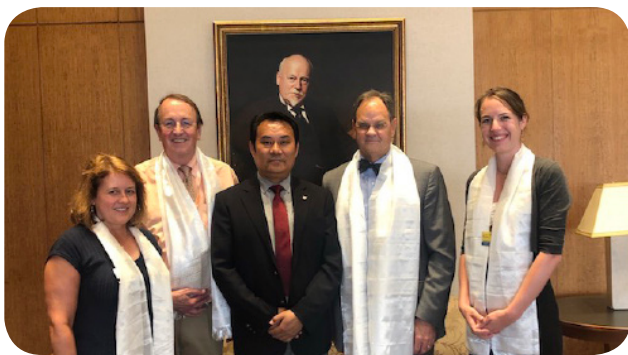
Kalon visited the US Capitol, House, and Senate Offices and White House before meeting with Special Coordinator's official, Noah Krystal, Brooks, and Denise at the State Department. The Kalon explained the works of his department and

the funding assistance received from USAID and PRM which are 100% being spend on the target beneficiaries and thanked the US Government and people for all the help.

The Office of Tibet hosted a farewell dinner for the Kalon.

### ***Health Kalon visits Johns Hopkins to discuss Tibetan Health Concerns***

Maryland: Kalon of Department of Health Choekyong Wangchuk on Thursday visited the Johns Hopkins University in Baltimore, Maryland. The purpose of the visit was to meet with several researchers and professors to discuss the status of the Tibetan community's health concerns.



He first met with Dr. Richard Chaisson, director of the Center for Tuberculosis Research and a Professor of medicine. Two Johns Hopkins staffers, Caroline Kensler and Elizabeth Bonomo, presided over the meeting as well.

“We’ve been working with the Tibetan community for almost 10 years and it has been a fantastic experience for us,” informed Dr. Chaisson. The professor explained how the interest in treating tuberculosis in Tibetan communities by Johns Hopkins began when Dr. Tsetan Sadutshang came to Johns Hopkins to consult with a cardiologist. The cardiologist asked what the important issue in Tibetans is, and they learned that it is tuberculosis.

The university believed this was a very important issue and immediately gave funding for researchers to go to Dharamshala to develop a TB control system, and the project later got funding from the World Health Organization too.

The Kalon discussed the methods implemented by the CTA to contain and treat TB in the Tibetan community in India and also Kalon expressed

appreciation for the collaboration between the Delek Hospital and Johns Hopkins with the 0 TB program.

The Kalon in the afternoon met with Dr. David Peters, Edgar Berman Professor and Chair of the Department of International Health. Dr. Peters discussed how his office has set up multiple mental health facilities around the world — including India — and offered to extend his help to the Tibetan community.

The Health Kalon discussed the difficulties faced by the Tibetan community of afflictions such as addiction and lack of internet connectivity.

The Health Kalon also discussed the mental health challenges faced by the Tibetan community.

After lunch, the Health Kalon met with Donna Bolin, the Senior Associate Director of Development, and Dr. Chris Hoffman, a Johns Hopkins Professor.

After that, the Health Kalon met with the Executive Vice Dean: Dr. Landon King. Dr. King is also a pulmonary doctor & Professor.

The Kalon also received a pleasant tour of the Johns Hopkins campus.

These meetings were facilitated thanks to Dr. Kunchok Dorjee, Dr. Chaisson, and the Office of Tibet, Washington DC.

### ***Health Kalon attends the 18th North America Tibetan Associations (NATA) Conference***

Washington DC: The 17th North America Tibetan Associations (NATA) Conference was inaugurated at Deshe Phuntsogling Hall, North California on 31 August. The conference, which was held for 3 days, was attended by 40 representatives from 24 different regional Tibetan associations.

The Chief Guest Kalon Choekyong Wangchuk of Department of Health graced the inaugural ceremony on behalf of Kashag. As special guests of the ceremony were the two Parliamentarians of the North America region.

In his inaugural address, he informed about the critical situation inside Tibet and urged Tibetan children abroad to put efforts in learning Tibetan Language and particularly requested the parents to speak in Tibetan with their children. He further



explained the Five-Fifty vision of Central Tibetan Administration and the Tibetan Medicare system under the Department of Health. Kalon further highlighted the importance of Tibetan associations abroad and its major roles specifying the ongoing conference.



Representative of the Office of Tibet, Washington gave a brief introduction of the NATA conference in his welcome note.

The two parliamentarians of the North America region gave detailed information about the importance of this conference.

The conference discussed five major topics including the offerings of long-life prayers for His Holiness' Dalai Lama, strengthening Tibet Advocacy and preservation of Tibetan Language, Culture and Buddhism.

### ***Health Kalon visits Portland and Los Angeles on final leg of his official tour***

Portland, Oregon: Kalon Choekyong Wangchuk of the Department of Health, CTA continued his official visit to the U.S. He visited Portland on 3rd September. On his arrival at Portland, he was welcomed by Executive members of Northwest Tibetan Cultural Association (NWTCA) and other members.

In the evening, Kalon met with the members of Portland at the community hall.

In his address, Kalon emphasized the importance of unity among Tibetans and moreover, highlighted the responsibilities of the parents and their children to preserve Tibetan identity through Tibetan Language, Buddhism and morality. He specifically urged the parents to speak in Tibetan to their children at home.

Kalon further spoke on Central Tibetan Administration and Department of Health's

projects including Tibetan Medicare System, Precautionary projects and others.

The public put forward questions and doubts which were efficiently answered by Kalon.

On the next day, Health Kalon left for Los Angeles and addressed the members of the Tibetan community there.

After successfully concluding his official engagements in the U.S, Health Kalon departed for India.

He was accompanied and assisted by the Office of Tibet Liaison Officer, Tenzin Tsepak throughout the official tour.

### ***The Department of Health held a meeting to streamline drug procurement***

Mysuru: A two-day meeting on hospital drug procurement was held in Mysore from 3rd to 4th September 2019. The meeting was organized by the Department of Health, Central Tibetan Administration and was funded by the USAID.



The drug procurement meeting was attended by the two staff of the Department of Health CTA, Bylakupee Tsojhe hospital administrator and pharmacist, Kollegal DVT hospital administrator and Hunsur Phende hospital administrator at the hotel Preethi International.

The main objective of this meeting was to learn about various challenges and opportunities that exist in access to affordable medicines of good quality in order to achieve the overall goal of health for all.

Mr. Tsering, Optimal Service Model (OSM) program Coordinator in his inaugural remarks, outlined the aims and objectives of the meeting. Participants discussed various agenda

points including objectives of procurement, drug management cycle, essential medicine lists (EML), rational medicine selection and quantification methods, branded-generic medicines, procurement methods, drug quality assurance measures, the feasibility of pooled drug procurement for DOH hospitals based in Mysore district and good procurement practices.



The meeting also discussed matters such as DOHe drug procurement guidelines, local government drug regulations, financial sustainability, and effective drug delivery systems.

The meeting concluded with vote of thanks from DOHe OSM Project Coordinator.

***The Sowa-Rigpa and Allopathic medicine integration meeting***

Dharamshala: The CTA’s Department of Health organized Sowa-Rigpa and Allopathy Integration Meeting themed “Objectives behind Integration” on 27th September.

Tibetan health professionals from the Department of Health, Delek Hospital and Mentseekhang discussed the overall scopes of a collaboration of Sowa-Rigpa and Allopathy medicine and the administrative perspective on the integration.

The meeting was moderated by Dr. Tsetan Sadutshang of Delek Hospital. Participants included Palden Dhondup, Health Secretary, Jampa Phuntsok, Additional Secretary, Tserin gYoudon, Joint Secretary, Director Tsering Tash, Dr. T Tamding from Mentseekhang and Dr. Tsering Tsamchoe, coordinator of Sowa-Rigpa and allopathic collaboration.

In addition, 3 senior doctors from Mentseekhang,

two doctors from Delek Hospital, six doctors from different DoH branch facilities also attended.



Health Kalon, Choekyong Wangchuk, inaugurated the meeting with an introductory remark. He emphasized the importance of promoting traditional Tibetan medicine (Sowa-Rigpa) on international platforms, as well as the importance of the integration of the two different medical fields.

The meeting successfully concluded with a final draft of the guidelines for the integration.

Health Secretary, Palden Dhondup gave the closing remarks, stating “It is never too early or too late to collaborate between the traditional and allopathic medical fields. Looking into the future, we will continue to work towards collaborative work between allopathy and Sowa-Rigpa to improve the health and well-being of our patients and communities.”

***Health Kalon to embark on 9 Days Official Visit to Tibetan Settlements in Southern India***

Dharamshala: Kalon Choekyong Wangchuk of the Department of Health, CTA addressed the closing ceremony of the Third Annual Basketball Tournament against TB as the Chief Guest on 8th October 2019. The Basketball Tournament was currently underway in Bylakuppe.

Following the tournament, Kalon Choekyong Wangchuk visited some Tibetan settlements in South India including Lugsam Samdupling Tibetan Settlement, Dickey Larsoe Tibetan Settlement, Rabgyeling Tibetan Settlement, and Bhandara Norgyaling Tibetan settlement between 9-17 October 2019.



## **Health Kalon visits Bylakuppe Tibetan Settlements in South India**

Bylakuppe: Kalon Choekyong Wangchuk, Department of Health, CTA visited Tibetan schools in Lugsam and Dickey Larso Tibetan settlements and addressed the staff and students on 9th October after officiating the closing ceremony of the third annual basketball tournament against TB.



Kalon also visited the Health clinic and Mentseekhang of the settlements where he addressed the staff. He also presided over a meeting with a health care group of the settlement.

Kalon also addressed the members of Lugsam and Dickey Larsoe Tibetan settlements. He visited two Tibetan camps under the Dickey Larsoe settlement which are situated off Bylakuppe at Chowkur. Kalon later visited Karuna Home in Bylakuppe. He further looked into the projects for the special children under the Department of Health.

Health Kalon Choekyong Wangchuk continued his visit to Hunsur thereafter.

## **Health Kalon Visits Hunsur Settlement and Bangalore**

Hunsur: Kalon Choekyong Wangchuk addressed the community at the Rabgyeling Community Hall on October 11, 2019. He discussed health prevention and treatment in terms of open gyms, W.A.S.H. (water and sanitation hygiene), playgrounds, as well as the Tibetan Medicare System (TMS). Furthermore, Kalon Choekyong Wangchuk elaborated on the four resolutions of the recent Third General Special Meeting.

The Health Kalon continued his Hunsur trip by visiting the local Tibetan Medical and Astrological Institute (Mentseekhang) branch, public health center under the Department of Health, and the local Sambhota School. In addition, the Health Kalon was invited to observe the construction of elephant trenches of the settlement.

The following day, Kalon Choekyong Wangchuk travelled to Bangalore to visit the Higher Power Foundation and the Tibetan patients admitted under the Substance Abuse De-addiction center.

The Higher Power Foundation is one of the highest rated rehabilitation centers in Bangalore and provides a comfortable residential facility for the treatment of alcoholism and drug addiction. They aid people in changing their lives and to live a sober life by giving quality treatment in a secure, calm and healthy environment.



Following, Kalon Choekyong Wangchuk met with Tibetan dental students and addressed the students of the Tibetan Youth Hostel, Bangalore.

## **Health Kalon inaugurates Open Gym in Norgyeling Settlement, Bhandara**

Bhandara: Health Kalon, Choekyong Wangchuk visited Norgyeling Settlement in Bhandara on October 15, 2019.

The Health Kalon was the Chief Guest in the inauguration ceremony of the new Norgyeling Public Outdoor Gym Funded by the Department of Health, CTA.

This new public gym is equipped with various exercise equipment and will assist in maintaining the health and well-being of the Norgyeling

community.



In addition, Kalon Choekyong Wangchuk met with community members of Norgyeling and addressed any questions they had.

The Health Kalon also spoke with the students of the Sambhota Tibetan School (STS) Norgyeling, and later paid a visit to the Norgyeling Health Center and their staff.

### ***Health Kalon paid a visit to Free Health Camp organised by Tibetan Cancer Society***

Health Kalon Mr. Choekyong Wangchuk paid a visit to the free health camp set up at the Thegchen Tsuglagkhang, Dalai Lama Temple. It offered free consultation for more than ten diseases and many Dharamshala community people have come to consult and to do screenings of various Diseases. It was organized by Tibetan Cancer Society in collaboration with the Tibet Fund, Drokmo, National Cancer Institute (AIIMS), Delhi State Cancer Institute, Fortis Hospital Kangra, Shree Balaji Hospital, S M Eye Hospital, SRL Diagnostic center and DelekHospital. The health camp provided free consultation for various diseases and diagnostic tests.

### ***World Diabetes Day Observed at Tibetan Settlements***

Tibetan Settlements: On 14th November 2019, the Department of Health under Health Education Section observed World Diabetes Day in all the Tibetan Settlements using Social and Behavior Change Communication (SBCC)

method.

The Department of Health under SBCC healthy lifestyle campaign is promoting adoption of healthy diet and exercise amongst Tibetans as the day 14th November coincides with World Diabetes Day.

The health workers at different facilities took different approaches through group activities, which were fun, engaging, interactive and educative.

In larger Tibetan settlements like Mundgod, the nurses demonstrated healthy cooking for diabetic patients. They also displayed balanced portions of nutrition in plate which would be helpful and practically applicable for the audiences to prepare such meals at their home.



In Ladakh, the Executive Secretary organized a healthy tea making competition in two bigger camps and the winners were given prizes. The objective of this competition was to promote a bit healthier tea with less sugar and maintaining good taste. It also focused on consuming non-dairy and buttery tea for example consumption of green tea.

At Miao Settlement the nurses organized games to create balance diet in plates using raw ingredients which they arranged.

The CHW at Paonta Sahib, elders of the settlement gathered to take part in diabetes walk to encourage mobility among the elders. In the smaller settlements health workers displayed raw vegetables, fruits and junk foods during health talk to convey messages on healthy diet options and practices.

In rest of the settlement they have done free

diabetes screening for people of 30 years and above for early detection and were advised to monitor blood sugar levels if they are diabetic. The Tibetan diabetes booklets published by the Department of Health, CTA were distributed for free.



In Bir, two elders shared their experiences after having gone through diabetic illnesses and advised the audiences to control unhealthy diet and do exercise to prevent medication.

In few other settlements nurses initiated dance and zumba sessions for public to encourage exercising in a fun way. This time the refreshments provided were unlike regular unhealthy snacks, nurses provided healthy refreshments like fenugreek leave parantha, seasonal fruits and green tea as a practical initiative towards healthy eating.

Tibetan Medical & Astro Institute (TMAI) branch staff at the facilities collaboratively participated in creating awareness on diabetes through Traditional Tibetan Medicine.

### ***Health Kalon condoles demise of renowned Tibetan doctor Yeshe Dhonden***

Dharamshala: Kalon Choekying Wangchuk, Department of Health, CTA on Tuesday condoled the demise of the former personal physician of His Holiness the Dalai Lama (HHDL) and also the first Director of MenTseeKhang renowned Tibetan doctor Yeshe Dhonden who breathed his last at his residence in Mcleodganj at 2:53 am on 27th November 2019.

On behalf of the Department of Health,

KalonChoekyongWangchuk extended his deepest prayers and condolences to Dr. Dhonden's family and friends.

The 93 years old Padma Shri awardee was renowned for his traditional Cancer treatment and served as the personal physician to HHDL for almost twenty years, from 1960 to 1980. Born into a family of peasants on 15 May 1927 in LhunpoShol, a region near Ngakar Tse in Lhoka, Tibet. Dr. Yeshe Dhonden joined Lhasa Men-tsee-khang at the age of 12 and studied medicine for 9 years.

After the Chinese invasion of Tibet in 1959, he followed HHDL to India. In March 1961, Dr. Yeshe Dhonden was appointed as the Director and Chief Medical Officer when the Dalai Lama started Men-Tsee-Khang in exile in Dharamshala. Dr. Dhonden served in that capacity till 1969.

On 20th March 2018, the President of India, RamNath Kovind, conferred the Padma Shri of Medicine to Dr. Yeshe Dhonden at the Rashtrapati Bhavan for his contributions in the field of medicine through *Sowa Rigpa*, the traditional Tibetan medicine. Padma Shri is the fourth-highest civilian award in India. Dr. Dhonden officially retired from medical practice on 1st April 2019 due to his old age and health reasons.

### ***Health Kalon inaugurates new basketball court at Administrative Training and Welfare Society (ATWS)***

Dharamshala: Health Kalon Choekyong Wangchuk of the Central Tibetan Administration inaugurated the new basketball court at Administrative Training and Welfare Society (ATWS) on 27th November 2019. The aim of creating this avenue of exercise is to encourage the staff and the training attendees to have a fun way of coming out of the sedentary lifestyle.

The inauguration was attended by Health KalonChoekyongWangchuk, Secretary Karma Rinchen of the Department of Security, and Secretary TseringDhondup of ATWS.

The project was funded by the Tibetan Administrative Welfare Society. The inauguration



was celebrated with a simple gathering of ATWS staff.



### ***Four staff of Men-Tsee-Khang received mementos on day of Nobel Peace Prize Conferment on HHDL***

Dharamshala: Thirty years ago in 1989, Tibetans' most beloved spiritual leader His Holiness the Dalai Lama whose name today is associated with different epithets like the man of peace and champion of compassion was conferred the Nobel Peace Prize for his truth and non-violent approach to China's oppression in Tibet.

Tibetans around the globe broke into a frenzied celebration after learning that their precious leader was named the 1989 winner of the Nobel Peace Prize and the day earned a significance in the calendar for the Tibetan people.

The 10th December of 2019 marks the 30th anniversary of the iconic 1989 conferment of Nobel Peace Prize to His Holiness the Dalai Lama and the Tibetans in exile celebrated the occasion in full swing.

Amidst the laughter and cheer echoing throughout the courtyard of Tsuglagkhang in Dharamshala where the residence of His Holiness is seated, the heads of three pillars of Tibetan democracy and a host of esteemed guests opened the day-long celebration with keynote speakers resonating His Holiness the Dalai Lama's message of peace and non-violence.

Some of the esteemed guests include the Chief Executive Counselor Shri Gyal P. Wangyal of Ladakh Autonomous Hill-Development Council and his entourage, Shri Ajay Singh, President of Indo Tibetan Friendship Association, Kalons and

other dignitaries.

After the speeches by dignitaries, speaker Pema Jungney awarded the four staffs who have completed 25 years of service.

#### *1 Dr. Shedrup Tsering Wangyal*

Dr. Shedrup Tsering Wangyal, after successfully completing a five year course on Sorig from Tibetan Medical and Astro-Science Institute, joined the Darjeeling branch Clinic on 1st September 1994.

From the year 1996 to 2001, he worked in Dalhousie, Chapel, and Rawangla as a doctor. Then from 2002 to 2013, he worked as both the Executive Secretary and the doctor in Jisipa, Bylakuppe and Ladakh.

Since 2014, he has been working as both the Executive secretary and the doctor of Kalimpong branch Clinic to this day.

Dr. Shedrup la has tirelessly served our community for 25 years.

#### *2 Mr. Lobsang Tsering*

Mr. Lobsang Tsering joined Men-Tsee-Khang's Nizamuddin Clinic as a cook in the year 1994. On 1st November 2002, he was posted to McLeod Ganj's branch as both the cook and the house keeper. After that, on 16th April 2006, he was transferred to head office as watchman. On 7th Sept. 2007, he was appointed as both the cook and the care taker of Men-Tsee-Khang's rehabilitation center.

On 6th July 2011, he was appointed as the peon of Department of Medical Stock and Sales of Men-Tsee-Khang head office. On 1st April 2014, he was transferred to Herbal Product and Research Department in the medical herbs section.

From 2015 to 2017, he was assigned in the Job Pool after which he was transferred to Chauntara for growing medicinal plants.

Mr. Lobsang la spent 25 years of his life in the service of Men-Tsee-Khang.

### 3 Mrs. Passang Lhamo

Mrs. Passang Lhamo joined Men-Tsee-Khang on 15th Feb. 1994 as an accountant in account section of the Head Office. For her professional growth, she completed her bachelors in commerce in 2002 while working. On 1st Jan 2007, she was appointed as the deputy head of accounts section and on 1st July 2014, she was appointed as the accountant of the Department



of Pharmacy.

On 1st Oct 2017, she was appointed as the Head of Department of Medical Stock & Sales. In 2017, she participated in Sorig Medical Camp held in Germany, Spain, France and Swiss.

During her service, she had been a member of Men-Tsee-Khang's housing committee. She had also been a member as well as Deputy Chairman of staff welfare committee.

She served Men-Tsee-Khang for the past 25 years and continue to do so as the Head of Department of Medical Stock & Sales.

### 4 Mrs. Sonam Yangdon

Mrs. Sonam Yangdon joined MenTseeKhang as office secretary in Research & Development Department in 1994. She coordinated in conducting research on Cancer, Diabetes and Detoxifying Mercury. She also contributed in adopting terms for the Terminology Section of Education Department of CTA.

On 1st Oct. 2013, she became the office secretary of the Body, Mind and Life (BML) section. She contributed in organizing BML conferences and also in conducting workshops on mental health.

On 1st Jan 2015, she was appointed as the

Personal Assistant of Men-Tsee-Khang's director. Alongside her work as personal assistant, she organized various Men-Tsee-Khang exhibition and medical health camp in Delhi, Mumbai, and Kalaburagi. In 2016, she participated in an exhibition-cum outreach medical camp held at Taiwan and Singapore.

On 1st May 2019, she retired from her position after serving Men-Tsee-Khang for 25 years.

### 5 Tenzin Nangsa

Mrs. Tenzin Nangsa joined MenTseeKhang as a baby sitter of Men-Tsee-Khang's baby room in 1994. In 2003, she was transferred to Herbal Product Research Department. She also helped the Astrology section in making amulets in the same year.

On 1st April 2015, she was transferred to Museum section which comes under Materia Medica Department. Since then she has been working in that section till now.

Five staff working in Settlement Hospitals and Clinics have completed 25 years of service directly under Department of Health, CTA. Below are their details and all were awarded a memento at their settlements for their service for a period of quarter of century.

### 1 Mr. Tenzin Lhawang

Mr. Tenzin Lhawang received Department of Health, CTA scholarship and completed his diploma in Ophthalmic Technician (OT) from Aravind Eye Hospital, Madhurai, Tamil Nadu. After completing the diploma, he was appointed as the Ophthalmic Technician of the then newly opened eye section of the Mainpat Settlement Hospital in 1994. He later led the eye checkup outreach program in two central India Tibetan Settlements and Sonamling Tibetan Settlement in Ladakh.

Apart from his work as OT, he took the role of Lab technician, accountant, pharmacist and as health worker whenever there is a need. He also helped in coordinating various medical camps organized by DoHe.

On 27th Jan 2014, he was appointed as the

Executive Secretary of the Odisha Menlha Hospital and till date he has been serving in that position.

#### 2 Mrs. Tsewang Choedon

Mrs. Tsewang Choedon, after completing her schooling from C.S.T Mussoorie, completed a three month training program as a Community Health Worker (CHW) at Delek Hospital. On 1st September 1994, she joined Dekyiling hospital as CHW and since then she has been working there for 25 years and continues to do so.

#### 3 Mrs. Nyima Dolma

Mrs. Nyima Dolma joined Dhondenling Vanthiel Hospital as a CHW in 1994. From Oct. 2002 to Nov. 2011, she was in charge of the pulmonary Tuberculosis section. Since then she has been serving there for 25 years and continues to do so.

#### 4 Mrs. Dechen Choezom

Mrs. Dechen Choezom joined Odisha Hospital as CHW in 1993. After that, on 16th Oct. 2004, she was transferred to Jorpatti Hospital. Since then she has been serving there for 25 years and continues to do so.

#### 5 Mrs. Dorji Dolma

Mrs. Dorji Dolma joined Paljorling Settlement Hospital as a nurse in 1993. Later, on 1st December 1994, she was transferred to Boudha settlement hospital and since then she has been serving there for 25 years and continues to do so.

### **Visit to DoHe by Chief Executive Counselor Shri Gyal P Wangyal of Ladakh**

Dharamshala: On 11th December, Chief Executive Counselor Shri Gyal P Wangyal of Ladakh Autonomous Hill-Development Council and his entourage, visited Department of Health (DoHe), Central Tibetan Administration (CTA), as on the day before they attended the 30th anniversary of conferment of Nobel Peace Prize on His Holiness The Dalai Lama at ThegChenChoeling TsuglagKhang.

Secretary Palden Dhondup warmly welcomed them and exchanged greetings with Khatak. They were also joined by the DoHe's Additional Secretary Mr. Jampa Phuntsok, and Joint Secretary Mrs. Tsering Youdon. Mr. Tsering la gave



a brief presentation on the structure, projects and budget of Department of Health's current financial year. The presentation was followed by few discussions and the officers promised to continue cooperation for future health projects in the Tibetan Community of Ladakh.

## **Health Programs News**

### **Department of Health organizes First Tibetan Women's Basketball Tournament against TB**

Dharamshala: Department of Health in collaboration with Tibetan National Sports Association organized the first ever Tibetan Women's Basketball Tournament against Tuberculosis (TB) funded by His Holiness the Dalai Lama's Charitable Trust.

Tuberculosis has been an ongoing problem in our community for many decades. Zero TB has been an aim to eradicate TB from our community since 2017 and the plan is to have Zero TB by 2025. This tournament hopes to raise awareness on TB and overall improvement in an individual's health and lifestyle.

There were five Tibetan settlements participating in the tournament including Nepal, Bylakuppe, Clementown (Dehradun), Bir (Suja) and Dharamshala. There was one team from each settlement and 3 teams from Dharamshala with a total number of seven teams.

The tournament began on 2nd July and



concluded on 6th July, His Holiness the Dalai Lama's birthday.

The Secretary of the Department of Health, Palden Dhondup addressed the opening of the event. He introduced and explained the aims and objectives of the tournament and emphasized on the theme "Against Tuberculosis" and elaborated on how this disease is prevalent in our society, especially within the younger age group.

"It is important to support our women on any platform therefore, we hope this tournament will also encourage more women to participate



in sports in the future." said Palden Dhondup.

He further requested the players to play in a friendly way and to refrain from misbehavior during the tournament and also to follow the code of conduct of the game throughout the tournament. The first match was Bylakuppe Settlement against Dhondupling settlement.

The finale of the tournament was held on the occasion of the 84th birth anniversary of His Holiness the 14<sup>th</sup> Dalai Lama.

After the official program of His Holiness the Dalai Lama's birthday at the Dalai Lama temple, the public gathered at the basketball court in Gangkyi to witness the final match.

Kalon of Department of Finance, Karma Yeshi, attended as the Chief Guest along with the members of parliament, secretaries, staff and huge crowd of spectators.

Competing in the finals were women teams from Dhondupling Settlement (Clementown) and Nepal.

Secretary of the Department of Health, Palden Dhondup delivered the opening address in which he gave a brief introduction of the tournament,

it's aims, and objectives.

Finance Kalon, Karma Yeshi addressed the gathering and felicitated the winning team with the victory trophy.

Dhondupling team won against Nepal team with the score 30:25. TCV Suja team was presented the fair play team award.

### ***World Hepatitis Day-July 28***

Dharamshala: Currently, 290 million people around the world are unaware that they are living with a deadly condition. Viral hepatitis disproportionately affects marginalized communities and claims 1.4 million lives every year. Preventable deaths continue to occur despite the availability of effective vaccines and treatments for hepatitis B and cure for hepatitis C.

In order to address this global crisis, Department of Health, CTA on our part observed the World Hepatitis Day on 28 July, 2019. The goal is to raise awareness against this deadly disease among the Tibetan population.

To mention a few, at Dharamshala, DoHe focused on making people understand the importance of taking Hepatitis B vaccination at birth to fight against the disease through billboard at Gangkyi.

At Tibetan Settlement Poanta, Tug of war was played among the settlement people and health talk was given to raise awareness.

At Bylakuppe, free Hepatitis B screening was done to 384 people in the settlement. Health awareness talk was given at Dickyilarso, Lugsam Bylakuppe Tibetan Settlement and Chowkur Settlement and also at Tashi Lhunpo Monastery.

Similar Programs were conducted in the rest of the settlements.

### ***Waves of Substance Abuse and HIV/AIDS Awareness Campaign held in different parts of India***

Dharamshala: The Department of Health, CTA with funding from USAID carried out Substance Abuse and HIV/AIDS awareness campaign in various Tibetan communities through its network of hospitals, health centers and other various institutions.

As the awareness campaign about Substance Abuse and HIV/AIDS is primarily focused on the youth, special funding assistance is being provided to the schools. The Department of Health on its part also prioritizes maximum emphasis on educating Tibetans on preventive measures and provides medical and treatment support to the



drug abusers through rehabilitation facilities.

Substance abuse is a pattern of repeated drug or alcohol use that often interferes with health, work or social relationships. And it is not only a problem arising out of the availability of psychoactive drugs but it has a great deal to do with social conditions which creates the demand for consumption of such substances. Therefore, the approach is to recognize drug abuse as a psycho-social medical problem which can be best handled through community-based interventions.

In the month of July, August and September, waves of awareness campaigns against Substance Abuse and HIV/AIDS were held in different settlements in various parts of India under the initiative of the Department of Health, CTA.

College students residing in Tibetan Youth Hostel, Bangalore were given a talk on HIV/AIDS by Dr. Tenzin Norsang and Substance Abuse talk by Dr. Pallavia Joshi MD (Psychiatrist) from Columbia Asia Hospital from 25-27 August. Both the doctors stressed on the importance of preventive care, maintaining a healthy life by eating healthy food, consistent physical activities, social interaction, safe sex and drawback of using drugs and consuming alcohol which could be life threatening. An awareness skit show was organized by college students and participants were felicitated.

Mr. Bhaskar, a psychologist at High Power Foundation, Bangalore gave a presentation on Substance Abuse and its impact to the students of Dalai Lama Institute for Higher Education, Bangalore. Dr. Norsang also gave a talk on preventive care on HIV/AIDS. Later, a Basketball tournament was organized against Substance Abuse and HIV/AIDS in the college.

A two-day awareness campaign for college going students was also conducted at Tibetan Youth Hostel, Delhi from 7-8 August. Awareness on HIV/AIDS and safe sex was held on 7 August and Substance abuse and its addiction on 8 August. Tenzin Kunsang from DoHe talked about HIV/AIDS, safe sex and its importance to the students with powerpoint presentation and videos, also a talk on the current status of HIV/AIDS and their grievances in our society was given by the department's program coordinator.

Counselor Ranjan and his assistant from Shafa home rehabilitation Centre at Delhi briefed on Substance Abuse and its consequences to the college students in Tibetan Youth Hostel, Delhi on 8 August. Thereafter former substance abuser shared his personal experience of consuming drugs and how it affected his life and his health as well. He requested youngsters not to indulge oneself in such activities that results in further pain, sorrow and struggles later in life. He also talked about quitting Substances as it's never too late to quit and stop using Substances for the benefit of oneself, family and the society as



a whole.

Tibetan Primary Health Center and Settlement Office, Miao jointly held an awareness campaign against Drug Abuse in the Settlement on 28 August. Dr. Tenzin Tsundue gave a talk on substance use disorder and its effect. Settlement Officer Tenzin Chokden afterwards talked about

the growing number of new drug abuse cases in Tibetan Community and requested youths not to get involved in such activities. Thereafter, a marathon event was organized between male and female in the morning and Volleyball match between the staff and Ex-Army team with the goal to spread awareness on substance abuse and to promote a drug-free community. Finally,



Miao executive secretary Mr. Tenzin Lhawang delivered a vote of thanks.

Tsojhe Khangsar Hospital, Bylakuppe, with resource person from High Power Foundation from Bangalore, initiated awareness campaign in schools, from 6-7 September. Awareness campaign on Substance Abuse was conducted at STS Bylakuppe and SOS TCV Bylakuppe School followed by a talk and discussion with Tsojhe staff on Substance Abuse and its effects. This



campaign was a follow up to the awareness program conducted last year by the Higher Power Foundation rehabilitation center, Bangalore.

Phuntsokling Menlha Hospital, Odisha organized an awareness program on Substance Abuse and HIV/AIDS to the community people including STS students on 7 September. Mr. Prabhu Dutt Patel with his two colleagues from Samarpan Drug and Alcohol rehabilitation center briefed

on Drug Abuse and its effects in life and also advised parents not to drink alcohol in front of children as its impact to children will be worse. Life experiences were also shared with the audience by former drug addicts. A skit on Substance Abuse and HIV/AIDS was performed by STS school students which inspired many parents to come and participate in the event. Dr. Tenzin Wangchuk explained and gave a talk on Substance Abuse and HIV/AIDS followed by a vote of thanks to all the public and students who had participated in skit performance. Free



T-shirts with a message on Substance abuse and HIV were distributed to the public to raise awareness.

Department of Health with waves of activities tries to bring awareness on Substance abuse and HIV in our community and will continue to do so in the future. The awareness campaign was funded by USAID via Tibet Fund.

### ***Swachh Bharat Abhiyan 2019: Honoring Gandhi's vision of a clean India***

Dharamshala: Members of the Central Tibetan Administration and community members came together to take part in Swachh Bharat Abhiyan campaign.

Swachh Bharat is a national campaign initiated by Prime Minister Modi, aimed at increasing the cleanliness and sanitation of both urban and rural areas of India. This campaign was inspired by Mahatma Gandhi's vision of a Clean India and urges citizens to do their part by cleaning up the environment around them. In honor of Mahatma Gandhi's 150th Birth Anniversary, the theme of this year's Swachh Bharat was ending the use of single-use plastics.

The opening ceremony was in attendance by



chief guest Sikyong Dr. Lobsang Sangay, along with the six incumbent Kalons; Kalon Ven. Yuthok Karma Gelek (Religion & Culture), Kalon Sonam Topgyal Khorlatsang (Home), Kalon Karma Yeshe (Finance), Kalon Dr. Pema Yangchen (Education), Kalon Phagpa Tsering (Security),



Kalon Choekyong Wangchuk (Health), and the respective departmental secretaries.

In his speech, Sikyong Dr. Lobsang Sangay explained that everyone must do anything they can to help sustain and improve the environment, even if it is just something as small as turning off the lights when it's not needed and using solar panels to power electricity as the Department of Home does. Furthermore, Sikyong emphasized the interrelation of nature to our lives by bringing to mind that important moments in the Buddha's life also involved nature e.g, attaining enlightenment under the Bodhi tree.

Health Secretary, Palden Dhondup also iterated the importance of teaching the younger generation how to take care of their environment. In addition, related to the theme of "ending single-use plastic," he stressed if a plastic product is thrown on the ground, it will remain there for ages as it takes years and years to decompose,



in turn, hindering the environment and animals around it.

The children of Gangkyi Sambhota Day School also performed a short drama on the importance of keeping your environment clean and the effects it has on the plants and animals around them.

At the end of the opening ceremony, each department received their cleaning tools and dispersed around the CTA and Gangkyi area. Everyone worked together in picking up trash, cleaning out water gutters, and clearing out weeds.

By paying extra attention to our environment and sanitation, we are working towards a better and cleaner India. As Mahatma Gandhi said, "Be the change you wish to see in the world".

The CTA Swachh Bharat Abhiyan 2019 was organized by the Department of Health, CTA.

### ***Third Basketball Tournament Against TB has begun***

Bylakuppe: The 3rd Annual Basketball Tournament Against TB began on 3rd October in Bylakuppe! The tournament continued till 8th October at the TDL basketball ground. There are eight teams from different cities and settlements such as Clementtown, Hunsur, Bangalore, and Darjeeling.

The Chief Guest of the opening ceremony was Namdoling's Choedhar Riponche. In addition, were speakers Dr. Rinzin Choedon from the TsoJhe Khangsar Charity Hospital and Dr. Passang Dhondup from MentseeKhang who spoke on the event's topic Tuberculosis (TB).

The first game of the tournament was played between Team Lugsum vs. Team Clementtown.

Kalon Choekyong Wangchuk of the Health Department was invited as the Chief Guest of the final game and closing ceremony.

In his keynote address, Kalon Choekyong Wangchuk reiterated the mission of "Zero TB by 2025". He stated that in 2018, a record number of Tibetan TB patients were mainly residing in schools and monasteries.

A collaborative study by John Hopkins University and the University of Wisconsin found that nearly

1 in 5 Tibetan school children in India have a TB infection. In addition, the rate of TB among



Tibetan children in boarding schools were stated to be five to eight times higher than the global or other countries' rates.

Furthermore, Kalon Choekyong Wangchuk concluded his remarks by urging the general public to give more attention to their overall aspects of health.

The general secretary of the Tibetan National Sports Association (TNSA), Passang mentioned the importance of cooperation in holding successful sports tournaments also in the future.

Before the final game, an exhibition girls' match was played between STS Bylakkuppe and TCV Bylakkuppe.

The final game came down to Lugsam vs. TDL (DekyiLarsoe Settlement), however, Team Lugsam came out as the winner. Team Lugsam has



now won the tournament for three consecutive years. Best Player Award was awarded to Tenzin Choeden of TDL who scored 91 points in the tournament.

## World Mental Health Day

October 10 is commemorated as World Mental Health Day to raise awareness on mental health issues and mobilize efforts in support of mental health and well-being. Mental health is one's emotional, psychological, and social well-being. It includes one's thoughts, emotions, and behavior.

The focus of this year's World Mental Health Day is "40 Seconds of Action". The objective is to raise awareness about the surging numbers of suicides. Every year about 800,000 people die due to suicide, which makes it one suicide every 40 seconds (WHO). In India, around 2.2 lakh people die by suicide every year. However, for every 225,000 people, there is only one psychiatrist available.

Just as we have problems with physical health, we can also have problems with our mental health. Just as how physical health issues have causes and treatments, mental health issues also have causes and treatments available. There is an increasing number of mental health problems, especially depression, observed throughout the world. As H.H. the 14th Dalai Lama always emphasizes, as there is an increasing value on material development in today's world, the feeling of loneliness has also increased, which in turn has increased the need for mental health care. Our Tibetan society is not immune to mental health problems. Unfortunately, there are few cases of suicides reported also in our community and this points to the need for mental health care and awareness programs in our community.

Suicide does not have one single cause. The interrelation of social, psychological, and cultural factors such as poverty, discrimination, loss of close person, trauma, substance abuse, etc. play a role in increasing vulnerability towards suicidal behaviors. Some of the signs and symptoms can be talking about wanting to die or kill oneself, talking about feeling trapped or having no purpose, talking about being a burden to others, sleeping too much or too little, giving away belongings, isolating oneself, and displaying mood swings and behaviors.

If you know someone who has indicated they

are contemplating suicide, take them seriously. Encourage them to seek help from a mental health professional and don't leave them alone.

Educating yourself and your loved ones about mental health care is important. General tips for taking care of your mental health include eating well, having an active lifestyle- exercising, sleeping well, having healthy habits. On the other hand, if you see some of these changes in someone else, approach them and ask them if they want to talk about it rather than talking behind their back. Listen to someone when they



are sharing their feelings. Listening has been proven to be the strongest antidote to mental health problems, it validates others feelings and make them feel less lonely.

The Department of Health, Central Tibetan Administration take mental health as a priority. By taking the availability of our rich cultural resources into consideration, the Department of Health is planning on forming a mental health advisory committee comprising of members from fields of Buddhism, Sowa Rigpa, and Western psychology. The committee will play a vital role in guiding the department in implementation of the draft mental health programs developed during leadership workshop at Sangath, a renowned mental health research and training institution in India. We are also conducting the first survey on mental health in collaboration with Sangath. This will help in strengthening and developing plans to promote mental well-being.

If you know anyone facing mental health issues in your community, please reach out to the nearest health center or settlement office. Medical and counseling cost reimbursement of up to 50% is provided by the department.

As quoted by Sikyong Lobsang Sangay at the opening ceremony of 10th Body, Mind, and Life Conference, "Mental health is important for the old, the young, and the middle", therefore, caring for mental health in our community is a responsibility of each and every individual.

### ***GAES Foundation Provides Hearing Screenings & Hearing Aids to the Community***

Dharamshala: For one week, beginning from 7th October, the Department of Health (DoHe), CTA and Casa del Tibet (Office of Tibet-Spain), provided hearing screenings and hearing aids to community members through the GAES Foundation.

The mission of the GAES Solidaria Foundation is to provide facilities to people with hearing loss and with no financial resources so that they can develop their language and communication capacities.

This is not the first time the GAES Foundation were in Dharamsala; the team provided the same services in September 2018 and March 2019.

This is a summary of this year's visit:

October 7 – the team visited Namgyal Monastery



and Upper TCV. At Namgyal Monastery, three monks were screened and one was given medicine. At Upper TCV, 17 students and staff were screened, 8 hearing aids were placed, and 5 were reviewed.

October 8 – the team visited GadenCholing



Nunnery where they screened 16 nuns and placed 12 hearing aids.

October 9 – the team welcomed the public community for screenings. The GAES Foundation was able to see 35 community members, place 20 hearing aids, and conduct 10 revisions of old hearing aids.

October 10 – the team went to Jampaling Eldery Home.

We the Department of Health (DoHe), CTA, are really thankful for the generosity of Casa del Tibet and GAES Foundation for their support and aid towards the Tibetan community.

### ***First Ever Cooking Contest in Dharamshala among Tibetans on World Diabetes Day***

Dharamshala: In an effort to promote healthy eating among the Tibetan community, the Department of Health, CTA hosted the first-ever Dharamshala cooking contest among Tibetans



on World Diabetes Day, 14th Nov 2019. The aim of this competition was to promote healthy delicious vegetarian dish. Furthermore, the criteria also included taste and appearance of the dish.

The contest was judged by three jury: Palden Dhondup, Health Secretary; Shakir Khan; Chef of Honor Guest House, and Nitti Gupta; Nutritionist from Gauri Medical and Dental Care Delhi.

Health Kalon Choekyong Wangchuk made a statement urging all the Tibetans to adopt a healthy lifestyle while emphasizing that a balanced diet is one of the crucial factors for achieving this goal.

A total of six contestants participated in the event. Each contestant coming from different backgrounds, made various dishes for the judges. Their names and respective dishes are as followed:

1. Penpa: POT-AU-FUE Italian
2. Tenzin Tsephal: Steamed Vegetables & putang
3. NgawangLhamo: Naan with Spinach Curry



4. DhondupTashi: Roti and mix vegetables
5. KungaChoeying: GajarKaHalwa,
6. Tenzin Chokyi: Naan &Muttar Paneer

After six rounds of presentation of dishes to the judges. The anchor announced the winners. The First prize was bagged by Tenzin Tsephal, Second prize by Penpa and the Third by Kunga Choeying.

### ***Finals of CTA's Men and Women Inter-Departmental Winter Basketball Tournament***

Dharamshala : In the afternoon of 7th December, all the dignitaries and all the staff of CTA gathered at the Basketball ground of Gankyi as both the Men and Women's final matches of the Inter-Departmental Winter Basketball tournament were played which was organized by the Department of Health (DoHe), Central Tibetan Administration (CTA), with the assistance of CTA games committee.

DoHe organizes Inter-Departmental Basketball Tournament for both men and women during winter and summer as well. Its aims are to serve as a timely reminder for the staff to ask themselves some fitness questions like how healthy they are, how fast they can run, are

they able to jump high enough etc. It also aims for a better coordination between the different



departments.

This winter a total of eleven Teams of men and six teams of women participated in the month long tournament. A total of 174 staff participated, out of which 120 were men and 54 were women. The first match was played on 15th Oct. 2019. All the matches were played after office hours.

On 7th December, all the dignitaries and staff of CTA gathered at the Basketball ground to watch the Men and Women's final matches. Before the match began, Sikyong, Lobsang Sangye had a handshake with the players.

Women's final was played between DIIR team and Finance Team. DIIR team took the lead in the beginning but the Finance team did come back in the second quarter. Throughout the match the lead changed several times. The emotions ran high across the audience and particularly the staff of participating departments. The match was as competitive as it could get. Ultimately the DIIR team came out as the winning team.

Men's final was played between DIIR Team A and Dept. of Security team. The DIIR team took the lead from the beginning of the match and maintained the lead till the end. It was less competitive as contrary to the hopes of the viewers. The DIIR men team came out as the winning team.

All the losing teams will wait for the summer tournament and hopefully will be able to go further in the next tournament.

***Thousands of devotees gathered for teachings in Mundgod receives free***

## ***medical service***

Mundgod: Under the guidance of the Department of Health, the Doeguling Tibetan Resettlement Hospital Association organized free medical camp at Mundgod Tibetan settlement for the thousands of devotees gathered to attend the teachings of His Holiness the Dalai Lama.

Eleven nurses from eight Tibetan Settlements and medical staff of Mundgod Tibetan Settlement led the weeklong medical camp from 14 to 21 December 2019.

With the initiative of Health cube, providing twenty health cube devices for a free screening, also trained the nurses on how to use these devices. The device was launched in a small ceremony in the presence of Chief Guest Deprung Loseling Khen Rinpoche Geshe Lobsang Samten and the Southern regional Settlement Officers.

## ***CURE Team visits DoHe, CTA***

Dharamshala : CURE (Center for Urban and Rural Excellence), Delhi based consultant organization visited Department of Health, CTA on 12th



December 2019. They presented their findings and report on WASH (Water, Sanitation and Hygiene) after visiting six Tibetan Settlements namely Kumrao, Odisha, Miao, Tezu, Hunsur and Kollegal as a part of pilot project. Department of Health with consultation to CURE intends to implement a comprehensive WASH guideline for Tibetan Settlements.

Also to assist CTA's investment in the sectors and to review current WASH efforts by CTA with the objective of preparing and implementing comprehensive plan to build water resilience settlements and strengthen technical capacity of CTA, in particular, Department of Health.



# Training News

## **Workshop for Teachers & Adolescent Peer Group Leaders kicked-off**

Dharamshala: When asked why education is important, one student stated “to make our future bright and our community proud”. This was just one of the voices of the numerous young student leaders who attended the *Workshop for Adolescent Peer Group Leaders* in Dharamshala.



The workshop was from the 20th– 23rd of August 2019 and was organized by the Department of Health (DoHe), Central Tibetan Administration (CTA). The participants of this workshop consisted of 62 student leaders from 31 different branches of the Tibetan Children’s Village (TCV), Central School for Tibetans (CST), Sambhota Tibetan Schools (STS), and Tibetan Homes Foundation (THF) from communities all across India such as Mungod, Dheradun, Dharamshala, and many more. Meanwhile, the *Substance Abuse Review Cum Meeting Workshop* was provided to the teachers who had come along with the students. Each teacher from the 31 different schools attended the substance abuse review meeting cum workshop for the four days at Hotel Tibet, McleodGanj.

The four-day workshop kicked off on 20th August in the presence of Palden Dhondup (Health Secretary), Jampa Phuntsok (Additional Secretary), Tsering Youdon (Joint Secretary), and Tenzin Kunsang (Deputy Secretary). In the inaugural speech by the Health Secretary, Palden Dhondup mentioned the importance of educating the youngsters about health issues particularly the psychological and biological issues during the adolescent period. He remarked on the importance to guide the teenagers and to teach

about the adolescent health to the youngsters.

About the parents’ role in guiding the children during the adolescent period, Secretary said “Parenting skills during the stage of adolescence bears significance too. Teenagers at this age tend to be curious about a lot of things and sometimes due to negligence strays on the wrong path. This is when parenting skills are required to teach and guide them to the right path.”

He further advised the teachers and the students to engage and talk with the students going through hard times rather than excluding them.

He requested the participants to actively engage and participate in the workshop and to put forward questions and doubts rather than staying quiet and timid. He said, “Students who are here, will be representing your respective schools, so it is necessary to be the voice of your school.”

Lastly, Tsering Youdon, Joint Secretary of the Department delivered the vote of thanks.

The facilitators of the *Workshop for Adolescent Peer Group Leaders* are Ms. Rekha Chauhan and Ms. Akshita Sharma from the organization *Expression India* in New Delhi. The first day of the workshop had the students discussing the topics of the challenges of adolescence and



necessary life skills e.g. empathy, interpersonal skills, and problem solving. The two facilitators used interactive and group-based activities to get the students to be actively thinking about these themes.

The workshop continued for the following days. These 62 peer leaders will gain the knowledge and skills needed on how to better themselves, their school, and their community for a brighter future.



## **Closing Ceremony: Teachers & Peer Group Leaders Workshop**

Dharamshala: The 4-day workshop for *Adolescent Peer Group Leaders* and *Substance Abuse Review Cum Meeting* came to close on 26th August as the 62 students and their teachers were joined by Department of Health (DoHe), Central Tibetan Administration (CTA), Palden Dhondup (Secretary), Jampa Phuntsok (Additional Secretary), and Tsering Youdon (Joint Secretary) at the closing event.

Health Secretary Mr. Palden Dhondup addressed the students' feedback regarding speaking Tibetan, mobile addiction and inviting additional students to the future workshops. Additionally, he stressed the importance of "practice what you preach", and to follow the lessons and rules that you teach to others.



In the closing ceremony, all the adults and teachers were reminded not to lose hope and to continue reaching out to their students when they are in need of support outside of school academics.

To the students, as they were actively listening, lastly reminded that "student leaders should not be like the moral police, they should be a friend who can listen to others and help" and to "help out, seek out, reach out".

As the workshop came to an end, the DoHe acknowledged and expressed thanks to Expression India, the workshop leaders, guest speakers, and DoHe organizers Ngawang Tenzin and Tenzin Sonam with special assistance from Lurig Gyatso.

## **Sikyong Lobsang Sangay inaugurates annual TMS workshop**

Dharamshala: The Department of Health, CTA convened a "Workshop on Awareness and Enrollment Planning of Tibetan Medicare System" on 16th September at the Administrative Training & Welfare Society (ATWS).



The Tibetan Medicare System is a holistic health plan that aims to improve public health and well-being of the Tibetan community in-exile.

This three-day workshop is being attended by 44 participants from 33 different settlements; they are hospital executives and Tibetan Medicare System (TMS) field dealing staff.

The workshop will focus on how to increase community awareness and membership enrollment of the TMS for the upcoming 2020-2021 year.

The special guests of the opening function included Sikyong Lobsang Sangay, Health Kalon Choekyong Wangchuk, Health Secretary Palden



Dhondup, Additional Secretary Jampa Phuntsok, and Joint Secretary Tsering Youdon.

The opening ceremony kicked off with Sangje Dhondup (TMS Information Technology)

welcoming the special guests and all the participants of the TMS workshop followed by introduction of Nyima Gyaltzen, the Head Officer of TMS.



Nyima Gyaltzen introduced TMS as a system that needs to be able to function in the long-run and be able to cover all the Tibetans. He also mentioned how there is always a room for improvement, especially with membership, and that we must all work hard to keep TMS going.

The ceremony continued with health Kalon Choekyong Wangchuk stressing the importance of an individual's role in the Tibetan community's health as "lamton" and using one's strengths to improve the healthcare system. He further remarked that the participants should set realistic goals and work towards those goals in order to strengthen TMS and most importantly, lessen the burden of the Tibetan people.

Next, Sikyong Lobsang Sangay congratulated the Health department and participants at the increased overall enrollment in TMS this year (27,496 total enrollment) and felt especially thankful to the medical officers and health staff of the Tibetan settlements who have been significant to the success.

He explained the progress of TMS since it was first discussed in the Tibetan parliament in 2007 and how it came about to its present status.

"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 Kashag formally launched the Tibetan Medicare System in 2012 to provide holistic healthcare coverage for the public based on a sustainable finance source," he said.

As a part of the opening ceremony, Sikyong Lobsang Sangay and Health Kalon Choekyong Wangchuk awarded nine settlements with a certificate and reward for surpassing their TMS membership goal for the year. Kollegal, Mundgod, Dekyiling, Dharamshala, Ladakh, Tenzingang, Miao, Paonta, and Dalhousie and Bylakuppe Tibetan settlements were recognized for their efforts.

Health Secretary Palden Dhondup concluded the function with closing remarks and thank you address.

The "Workshop on Awareness and Enrollment Planning of Tibetan Medicare System" will conclude on 18 September 2019 and was funded by USAID and The Tibet Fund.

### ***Department of Health organizes first national level HIV counseling training for staff nurses in Delhi***

Delhi: Department of Health, Tibetan Voluntary Health Association (TVHA) in collaboration with Central TB Division, eGovernment of India organized two days training on HIV /AIDS, syphilis, PPTCT and TB HIV services for the TVHA staff nurses/ANM at Majnu-ka-Tilla, New Delhi on 19th and 20th September 2019.

There were a total of 20 staff nurses and ANM from Health units participating in this training. The training was project of Tata Institute of Social Science (TISS), and Delhi State AIDS Control Society (Delhi SACS).

Tuberculosis continues to be one of the major public health problems among Tibetan community in India. One of the common co morbidities of tuberculosis is HIV/AIDS and people living with HIV have a higher risk of acquiring TB infection. HIV test is provided free of cost at TVHA health facilities for early detection of cases and early treatment to control the viral load which helps people living with HIV to lead a normal and healthy life. All the TB patients are screened for HIV at our health facilities.

Therefore, the main objectives of the training are to build the capacity of our TVHA nurses on TB HIV services and strengthen their capability on pre and post HIV test counseling at our facilities, as well as for an effective communication with people living with HIV/AIDS. The resource people and facilitators for the training include Mr. Abhishek Patel, Mr. Gaurav Shrivastav from





Saksham Prerak project of TISS, Ms. Ritu Sharma, Ms. Hemma and a lab technician from Delhi SACS and Mr. Rajiv Sindhu, Mr. Mubarak Ansari, Mr. Sanjay Swain and Dr. Lalit from NACO. We also had a community representative from Om Prakash Network Program, Delhi to share his life experiences and to throw light on the perception about people living with HIV/AIDS.

The training covered topics including Basics of HIV/AIDS including Syphilis, TB and other co-infections, PPTCT interventions, HIV/AIDS Prevention Act 2018, Pre and Post Test communication TB-HIV collaborative activities. The training also covered training for the nurses on HIV and Syphilis screening tests (WBFPT), post exposure prophylaxis and Universal Safety Precautions. This training was provided at the National level involving pioneer stakeholders on HIV/AIDS such as National AIDS Control Organization. With this training, we anticipate our staff nurses to be competent and confident to support the people living with HIV/AIDS and address the social stigma associated with the disease.

The training will also guide our nurses on the HIV prevention act under Government of India to avail the provision services under GOI. In addition, beyond just providing awareness on HIV/AIDS, our nurses will be able to conduct pre and post Test communications effectively and provide basic services on HIV/AIDS to achieve the goal of Zero new HIV infection, zero vertical transmission from mother to child, zero death related to HIV/AIDS, and zero discrimination and stigma against people living with HIV/AIDS.

### ***Zumba for the Entire Community!***

Dharamshala: How many calories can you burn in an hour? Well 80+ people found out today! 7th October was the first day of the free two-day

intense Zumba class hosted by Upside Down Fitness & Dance Studio, located in Dharamshala, in collaboration with the Department of Health, CTA held at the Gangkyi basketball court.

Zumba is a fitness program that combines international music and dance moves. As an aerobic exercise, Zumba alternates between fast and slow rhythms and includes resistance training. Aerobic exercise reduces health risks, keeps excess pounds at bay, strengthens your heart and boosts your mood. If you enjoy Zumba, you're also more likely to do it regularly — and experience its benefits as an aerobic exercise. (Mayo Clinic)

Lead by Tenzin Migmar's (Upside Down instructor) high energy and ecstatic music, the crowd couldn't help but join in on the fitness. There were over 80 people participating in the event. From school children to working adults,



everybody had smiles on, feet moving, and their hearts pumping until the sun went down!

### ***Settlement Officers and DoHe Executives joins for the workshop on the CCOCC program***

Dharamshala: The Orientation Workshop on the Comprehensive Community Outreach & Coordinated Care (CCOCC) Program to the Settlement Officers and Department of Health (DoHe) Executive Secretaries was conducted from October 8-9th at the Central Tibetan Administration (CTA).

The workshop was in attendance by 45 settlement officers and seven executives from the DoHe primary health centers.



The opening function convened with Health Secretary, Palden Dhondup. In his key remarks, he stated that the Department of Health has two main approaches to health within settlements: prevention and treatment. Prevention in relation to awareness programs, gym facilities, and yoga sessions, and treatment in relation to the health facilities and health care workers. He restated that the Department of Health is working hard to strengthen these areas of health within the settlements.



Lastly, Health Secretary, Palden Dhondup stressed the fact that settlement officers, as leaders, play a vital role in promoting health and wellness in their respective communities. "Settlement officers do not just represent the Department of Home, they represent every department of the Central Tibetan Administration" stated the Health Secretary.

Following, Dr. Lobsang Tsering, DoHe consultant, gave a presentation on the current status of Tuberculosis (TB), hepatitis B, and Health Information System (HIS) in our Tibetan community. He stated that between 2012-2018, cases of TB has decreased, however, that does not mean that we should stop paying attention to the disease as it can still spread.

Based on a study done by the DoHe, CTA and John Hopkins University, in Bylakuppe, there is an 8% prevalence rate, which is considered high according to the World Health Organization.

On the other hand he emphasized the main and best prevention method for hepatitis B are the three doses of the hepatitis vaccine for children.

The Orientation Workshop on the CCOCC Program to the Settlement Officers and DoHe

Executive Secretaries continued till October 9.

The CCOCC workshop was hosted by the Department of Health, CTA and funded by USAID.



### ***First Initiation of Tibetan Mental Healthcare Plan at Goa***

Goa: The first Tibetan Mental Health Care Plan initiated with the training of nurses on mental health prevalence survey by mental health desk of the department of health, CTA in collaboration with Sangath from 25<sup>th</sup> to 29<sup>th</sup> November 2019. A five-day training was participated by 24 nurses from different Tibetan settlements in India. They were trained in community data collection, ethics, and data management. The current survey is a part of the mental healthcare plan developed earlier. It will lay the groundwork for an intersectional approach towards mental health care.

Sangath is a world-renowned non-governmental, non-profitable organization based in Goa



working on mental health promotion across the lifespan through evidence-based innovative interventions and community engagement.

Following the training, the mental health survey will be collected by the trained staff in respective

settlements in India. The workshop was funded by PRM, US.

### ***Workshop on prevalence study and treatment of Hep B & C and refresher training on household listing survey and field visit began***

Clementtown: Department of Health (DoHe), Central Tibetan Administration (CTA), on 30<sup>th</sup> December, began a workshop being given by resource person Dr. Lobsang Tsering for 27 people comprising one doctor, Executive Secretaries and concerned staff from different Tibetan Settlements across India on prevalence study and treatment of Hepatitis B & C in the Tibetan Community for three days funded by PRM and three days for Comprehensive Community Outreach and Coordinated Care (CCOCC) refresher training on household listing survey and field visit funded by USAID. The workshop concluded on 4<sup>th</sup> January 2020.

## **WASH News**



### ***Submersible Pump at camp no 5, Odisha:***

In camp no. 5, a new bore well has been drilled solving the problem of water shortage and frequent repairing of the previous equipment which was no longer functional. This increased the water supply by benefitting a total of 110 household. The beneficiaries are very much satisfied with the project and want to convey hearty thanks to the donor for the financial support.

### ***Construction of community toilets in Kollegal:***

Unavailability of the community toilets in Kollegal was a major problem during the long

prayer sessions especially for women. So, a new community toilet was constructed, consisting both western and Indian style. This made the life



of the community people much easier. With the funding from PRM, now a total of 1597 people can avail the sanitation facility. Out of which 844 are Males and 753 are Females.

### ***Pipeline replacement at Mundgod Hospital***

With an objective to improve the water supply, the replacement of pipeline at Mundgod Hospital



was completed on 3rd March 2019. This funding from PRM benefitted a total of 9847 staffs and patients out of which 6976 are male and 2871 are female.

### ***Toilet Renovation at C.S.T School in Bylakuppe:***

With the renovation of toilet, a total of 177 students can avail the sanitation facility. Out of 177, 94 are girls and 83 are boys. The girls can now have a convenient toilet facility and they don't have to miss the classes during their menstrual period. This project was funded by PRM, US.

### ***Drainage at Kamrao settlement***



Unavailability of the drainage system in the settlement was a huge problem. Now with the proper drainage laid with the funding from PRM solved the above problems. A total of 129 population benefitted from the Drainage project in which 78 are male and 51 are female.

**Construction of Individual toilets at**



**Kollegal**

The 8 Individual toilets at Kollegal settlement was constructed which was funded by US, PRM. The beneficiary are very much satisfied with the provision of the funding and they are very thankful to the donor for their support. Out of 8 household benefitted from the project 8 are female and 7 are male.



**Overhead tank project at Miao clinic**

An overhead tank of 10ft height and capacity of 1500 liter was constructed at Miao clinic with the funding from PRM. With the construction of this tank, the staffs and patients now had an easy access to the water. People benefitted from this project is 1091 (541 are male and 550 are female).

**Renovation Bandara School toilets**

The staff and students of the Gathangaon now have a better toilets facilities with the latest

renovation project. The project benefitted a total of 45 students (27 boys, 19 girls). The students and staffs can now make the best use of the



sanitation facility with all thanks to our Donor. **Renovation of Mussoorie School toilets:**

A set of four toilets, two washrooms and a water storage were installed under this project funded by PRM. A separate toilets and washrooms for boys and girls were installed. It benefitted a total of 60 students out of which 35 boys and 25 girls can access the sanitation facility for 24 hours and



also built a more hygiene environment for the students.

**Check dams at Mainpat**

In the finding of 2017-18 water survey carried out in the 8 settlements, the most critical one were Hunsur and Mainpat settlement. With an objective to improve the ground water table and conserve the water sustainability, 3 check dams were constructed under the funding from PRM.

**Community toilets at Kagyu Monastery Bylakuppe.**

A total of 3 toilets were constructed, 2 Indian toilets and 1 western with attached wash basin in each toilets and clothes washing area was provided. Each toilets are provided with ventilation system for the air flow. Now the





11,738,400. Total of 12 WASH activities and 75 Trainings and awareness events were conducted in Tibetan community and schools.

Appreciations and expressions of gratitude from the local beneficiaries are pouring in to PRM, US for funding the projects that will considerably solve the problems of water and sanitation hygiene in the days to come.

### **Replacement of E Village bore well of Kollegal**

Through this funding, the villagers re-bore and increased the depth of their existing bore-well. Apart from that villagers also replaced all the old PVC pipes and the distance from their village to pump house is 800 meters which proof that they put a pipe of 800 meters. It benefitted a total of 32 household including 210 people. (130 = female, 70 = male)

### **Submersible pump of T -Village Kollegal**

A bore well depth of 380 feet was drilled. Through this project, 32 household can avail the services. 189 people can have a water supply for 24 hours. (111 = female, 78 =male). The people are very grateful to donor their s

### **Construction of staff quarter at Miao Clinic**

WiththesupportfromPRM,US.Astaffquarterwas constructed at Miao clinic. It has total of 4 rooms attached with kitchen and bathroom. It solved the shortage of staff quarter and also improve services of staff by providing the staff quarters.



women and the general public can avail this facility. This project was funded by PRM, US.  
**Construction of Lobersing school toilets, Odisha:**

Through the funding of PRM, US. Total of 6 toilets constructed. Out of which three are for boys and three for girls. Under this project, 64 students can access the toilets without any problems. With the provision of this toilets, it improve the



surrounding environment.

### **Wash Projects in Leh Sonamling Settlement and Jangthang area.**

Following activities such as repairing of 23 hand pump and submersible pump, construction of 19 traditional toilets plus repairing of 10 traditional toilets, construction of 3 Solar composite toilets in Jangthang Hanley, Agling camp no 8 and T.C.V Agling School, construction of 3 solar bathroom in Jangthang kashug, Nyoma and T.C.V Hanley School, 2 Hand wash station cum drinking water station installed in T.C.V Menlha School and Govt. middle school at Nyoma, 60 wash committee was formed within community, 8 wash committee in school plus 7 training and workshop are conducted on awareness related to hygiene and sanitation were completed in Fiscal Year (FY) 2018-19. All the aforementioned WASH activities were carried out under the funding of PRM, US with an overall budget of Rs

## Department and TVHA Staff Update

### Department of Health Staff Update from July to December 2019

#### *New Appointment:*

S.No	Name	Designation	Place	Dated	Remarks
1	Tenzin Dolkar	CCOCC Nurse	Dept. of Health	1-July-19	
2	Tsering Yangdol	Contract	Dept. of Health	16-Sept.-19	
3	Tenzin Samten	Section Officer	Dept. of Health	1-Oct-19	
4	Ngawang Woesser	Senior Clerk	Dept. of Health	11-Oct-19	

#### *Resignation:*

S.No	Name	Designation	Place	Dated	Remarks
1	Kapsang	Off. Superintendent	Dept. of Health	16-Aug-19	
2	Tashi Dekyi	Off. Assistance	Dept. of Health	14-Oct-19	
3	Rinchen Namgyal	Accountant	Dept. of Health	01-Dec-19	

### TVHA Staff update from July to December 2019

#### *New Appointment:*

S.No	Name	Designation	Place	Dated	Remarks
1	Tenzin Rabgya	Peon/Sweeper	Deckyiling PHC	01-July-19	
2	Sithar Tsering	Staff Nurse	Menlha Hospital, Odisha	01-July-19	
3	Bishwajeet Sarnar	Pharmacist	Bandara PHC	08-July-19	
4	Sangyal Dolma	Staff Nurse	Satuan PHC	15-July-19	
5	Tsering Metok	Peon/Sweeper	Ladakh PHC	28-Aug.-19	
6	Kunga Chonzin	Staff Nurse	Sonada PHC	07-Sept-19	
7	Tenzin Tashi	Pharmacist	DTR Hospital	16-Sept-19	
8	Tenzin Donsal	Staff Nurse	DTR Hospital	16-Sept-19	
9	Tenzin Yangzom	Secretary	DTR Hospital	07-Oct.-19	
10	Ngodup Wangdu	Exe. Secretary	Bir PHC	07-Oct.-19	
11	Tenzin Dolma	Lab. Technician	Ladakh PHC	10-Oct.-19	
12	Sonam Choedon	Staff Nurse	Delhi PHC	01-Nov-19	
13	Lhakpa Tsewang	Exe. Secretary	Tenzingang PHC	01-Dec-19	
14	Tenzin Namdak	Staff Nurse	Deckyiling PHC	02-Dec-19	
15	Kunchok Lhamo	Physiotherapist	Tso Jhe Hospital	02-Dec-19	
16	Tsering Lhamo	Staff Nurse	Mainpat PHC	16-Dec-19	
17	Wangthen Lhamo	Staff Nurse	Miao PHC	20-Dec-19	

**Transferred:**

S.No	Name	Designation	Place	To	Date
1	Tenzin Phuntsok	Exe. Secreatry	Bir Hospital	Bandara PHC	14-Oct.-19

**Retirement Extended:**

S.No	Name	Designation	From	To	
1	Pema Labrang	Ngoenga Director	11-Dec.-19	10-Dec.-20	
2	Passang Tsamchoe	CHW	30-Sept.-19	28-Sept.-20	
3	Sonam Dolma	CHW	1-Jan.-20	31-Dec.-20	

**Resignation:**

S.No	Name	Designation	Place	Dated	Remarks
1	Tenzin Tashi	Lab. Technician	Mainpat PHC	01-July-19	
2	Tenzin Yangdol	Staff Nurse	DTR Hospital	10-July-19	
3	Kelsang Choedon	Staff Nurse	Dekyiling PHC	31-July-19	
4	Choenyi Paldon	Staff Nurse	Miao PHC	31-July-19	
5	Pema Lhazom	Staff Nurse	Miao PHC	16-Aug-19	
6	Rigzin Dorjee	CHW	Sonada PHC	25-Aug-19	
7	Kyipa	Staff Nurse	Delhi PHC	11-Sept-19	
8	Sonam Dolma	Biller	DTR Hospital	16-Sept-19	
9	Jamyang Tashi	Driver	Deckyiling PHC	03-Oct-19	
10	Damdul	Gate Keeper	Ngoenga School	03-Oct-19	
11	Dr. Ngawang Tsetan	Medical Officer	Bandara PHC	15-Oct-19	
12	Tenzin Woser	Staff Nurse	Mainpat PHC	24-Oct-19	
13	Tashi	Lab. Technician	Bir PHC	04-Nov-19	
14	Kalsang Yangdol	CHW	Ladakh PHC	02-Dec-19	
15	Tenzin Sungrap	Accountant	Deckyiling PHC	09-Dec-19	



## **Ngoenga School for Tibetan Children with Special Needs**

### ***New Appointments:***

S.No	Name	Designation	Place	Dated	Remarks
1	Tsering Dorjee	Home Father	Ngoenga School	01-Sept-19	
2	Phurbu Tsering	Gate Keeper	Ngoenga School	01-Nov-19	
3	Tenzin Tsedup	Spcl. Educator	Ngoenga School	11-Nov-19	

### ***Transferred:***

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

### ***Resignation:***

S.No	Name	Designation	Place	Dated	Remarks
1	Tenzin Tsewang	Special Educator	Ngoenga School	07-July-19	
2	Ngawang Wooser	Head Mistress	Ngoenga School	16-July-19	
3	Sonam Choezom	Asst. Cook	Ngoenga School	03-Aug-19	
4	Damdul	Gate Keeper	Ngoenga School	03-Oct-19	

## **Volunteer Information Corner**

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

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

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

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

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

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

You are required to send your CV and a reference letter from your present university. You are also required to send a monthly fee of US \$50 by cheque or via Western Union in the name of any 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 coordinator at least two months in advance. However, the monthly fee is non-refundable.

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

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

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

# HOW YOU CAN HELP

MOST IMPORTANT PROJECTS IN 2019-2020

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

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

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

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

1. Support Ngoenga Home School for Special Needs Children
2. Construction of TPHC Staff Quarters in Tibetan Mainpat Settlement - 46.28 Lacs
3. Installation of Solar Water Heater in Monastery at Tibetan Kamrao Settlement- 63,000
4. Diet and nutrition 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  
Email: [health@tibet.net](mailto:health@tibet.net)  
[www.tibetanhealth.org](http://www.tibetanhealth.org)  
[www.tibet.net/health](http://www.tibet.net/health)





## Health Department Starts Tibetan Medicare System Enrollment and Awareness

Department of Health, Central Tibetan Administration, invites general public to enroll themselves in Tibetan Medicare System (TMS), which starts from **1st January and ends on 31st March 2020.**

### Status of Tibetan Medicare System for year 2019-20

- Total number of enrolled member: **27496**
- Total number of beneficiaries from 1st Apr 2019 to 4th Jan 2020 is: **1837**
- Total amount of reimbursement made Rs: **17346642**
- Tibetan living in 36 Settlements and other areas in India are eligible to be covered under TMS.

Coverage period for this year starts from **1st-April 2020 and ends on 31st-March 2021.**

**For registration:** Contact your Settlement office or local Tibetan Health Centre.

Please visit **[www.tibetanhealth.org](http://www.tibetanhealth.org)** for detail information.

*Department of Health, Central Tibetan Administration*

