



TIBETAN HEALTH

July - December 2018

About Us

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

The health department manages and finances 48 health centers in India and Nepal including Ngoenga School for Tibetan refugee children with special needs (www.ngoengaschool.org) apart from different health programs, projects, and activities.

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

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

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Health Department Invites New Enrollment for Tibetan Medicare System 2019 (17th January 2019)

Health Department Starts Tibetan Medicare System Enrollment and Awareness.

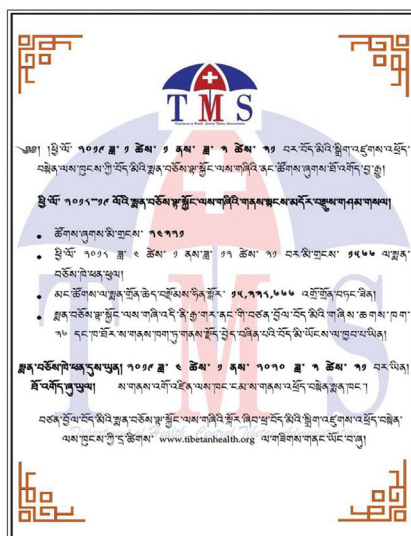
Department of Health, Central Tibetan Administration, invites general public to enroll themselves in Tibetan Medicare System (TMS), which starts from 1st January and ends on 31st March 2019.

Status of Tibetan Medicare System for year 2018-19

- Total number of enrolled member: 24321
- Total number of beneficiaries from 1st Apr 2018 to 31st Dec ember 2018 is 1566
- Total amount of reimbursement made Rs: 15,338,666.00
- Tibetan living in 36 Settlements and other areas in India are eligible to be covered under TMS.

The coverage period for this year starts from 1st-April 2019 and ends on 31st-March 2020.

For registration: Contact your Settlement Office or local Tibetan Health Centre. Please visit www.tibetanhealth.org for detail information.



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ADMINISTRATIVE NEWS

Health Kalon visited Saitama Medical University International Medical Centre in Japan

The Kalon for the Department of Health of the Central Tibetan Administration, Choekyong Wangchuk, who was on a week-long visit to Japan from 2nd-8th July, on Wednesday visited Saitama Medical University International Medical Centre. The hospital is specialized in the treatment of diseases such as ‘cancer’, ‘heart disease’, and ‘life-saving emergency including stroke’.



Health Kalon Choekyong Wangchuk was welcomed by Mr. Maruki, the Chairman, and senior officials of Saitama Medical University International Medical Centre. The Health Kalon was accompanied by Mr. Lungtok, the representative of His Holiness the Dalai Lama and Dr. Nishikura Tsewang, a senior Tibetan doctor based in Japan. Kalon Choekyong Wangchuk had a meeting with the director and senior officials of Saitama Medical University International Medical Centre. Speaking at the meeting, Mr. Maruki expressed his happiness to receive the Health Kalon as the Saitama Medical University shared over 50 years of relationship with the Tibetan people. Since

1965, it has recruited and provided education to 20 Tibetans who became doctors and nurses and serving at the medical centres in Japan.

Mr. Maruki said Saitama Medical University feels greatly honored that His Holiness the Dalai Lama has visited thrice since the university was established. He expressed hope that observing the university’s highly advanced medical equipment and technology would help the Tibetan community in improving the health care facilities. Kalon Choekyong Wangchuk was taken on a guided tour of the different sections and facilities of the hospital.

In his address, Health Kalon expressed his gratitude to Saitama Medical University on behalf Sikyong Dr. Lobsang Sangay and the Central Tibetan Administration for its long standing support in terms of providing education in medical fields to Tibetan doctors and nurses.

He said Tibetans who have received education, training and experiences in medical fields in Japan like Dr. Nishikura Tsewang, who have been making a significant contribution to the society, is a matter of pride for the Tibetan community. Given Saitama Medical University’s special relationship with Tibet, the news of his visit here will rekindle memory about this relationship among



the Tibetan community.

The Health Kalon said tuberculosis and hepatitis have been the major health problems faced by the Tibetan community in exile, adding that the health department is taking measures and advice from medical professionals to tackle these problems.

He said Tibetan doctors and nurses are working in 7 hospitals and 36 clinics in around 46 settlements in India and Nepal. But due to lack of facilities for them to get further studies after graduation in exile, many opt to leave their profession in the settlements or go abroad for further studies after completing their 3 years contract with the Central Tibetan Administration.

He further stated, the CTA is making every effort to have these Tibetan medical professionals to continue to serve the Tibetan community in exile. Therefore, it would be very helpful if Tibetan doctors and nurses get the opportunity to study in Saitama Medical University and then return with greater expertise to serve the Tibetan settlements in India and Nepal.

Health Kalon on the following day visited the Japanese Parliament House and met executive members of the All Party Japanese Parliamentary Support Group for Tibet.

On July 6, he attended a prayer service organized by the Liaison Office of His Holiness the Dalai Lama to release 1 lakh fish into river for the long life of His Holiness.

On 7 July, he graced the 83rd birthday of His Holiness the Dalai Lama in Tokyo. On the same day, he gave a public talk to the Tibetan community and Japanese.

The visit of Health Kalon was organized by the Liaison Office of His Holiness the Dalai Lama for Japan and East Asia.



Health Kalon Met Members of Japanese Parliament

Health Kalon Choekyong Wangchuk met with the executive members of the All Party Japanese Parliamentary Support Group for Tibet at the Parliament Hall in Tokyo, Japan on Thursday. The Health Kalon was accompanied by Mr. Lungtok, Representative of His Holiness the Dalai Lama for Japan and East Asia.

Health Kalon was warmly received by Mr. Watanabe Shu, House of Representative and Mr. Nagao Takashi, House of Representative, on his arrival at the Parliament Hall.

He held an hour-long interaction with the executive members of the All Party Japanese Parliamentary Support Group for Tibet comprising of Chairman Mr. Shimomura Hakubun, House of Representative and Chairman, Mr. Watanabe Shu, House of Representative and Vice-Chairman, Mrs. Yamatani Eriko, House of Councillor and Vice-Chairperson, Mr. Baba Nobuyuki, House of Representative and General Secretary and Mr. Nagao Takashi, House of Representative and Secretary.

The Health Kalon said his visit to Japan was a part of the Central Tibetan Administration's to express gratitude to the people and government of the host country for their long-standing support to the Tibetan people.

He spoke about the Chinese government's suppression of the Tibetan people's right to use the language and religious freedom, and lack of basic health facilities in remote areas in Tibet. He also spoke about the measures being undertaken by the Health Department of the Central Tibetan Administration to improve the health of Tibetan

refugees living in India and Nepal.

Speaking at the meeting, Mr. Shimomura Hakubun, Chairman of the All Party Japanese Parliamentary Support Group for Tibet, said his visit to Dharamsala and meeting with His Holiness the Dalai Lama led to the founding of the Tibet Support Group in the Japanese Parliament, which is now the world's largest parliamentary support group for Tibet with 90 members. All Party Parliamentary Tibet Support Group has 49 Japanese Parliamentarians representing the ruling Liberal Democratic Party, 8 MPs from Nippon Ishin no Kai, 7 MPs from Party of Hope, 1 Independent MP, 1 MP from Democratic Party of Japan and 1 MP from Party for Japanese Kokoro ('Japan's heart').

Mr. Shimomura said there is growing interest among the Japanese Parliamentarians in the issue of Tibet. He expressed optimism that the number of Japanese Parliamentarians supporting the Tibetan people will increase.

He said the issue of Tibet is not only concerned with Tibetans but rather it is also an issue for the Japanese people. He also expressed concern over the Chinese government's pressure and how media is reluctant to publish information on the issue of Tibet. Despite the pressure, Mr. Shimomura said the Japanese people will not waiver from upholding their moral duty to support the cause of truth and justice.

The members of the Japanese Parliament expressed their interest in hearing about the social security and health issues facing the Tibetan community, and their willingness to extend their support.

Health Kalon Inaugurated Mentseekhang's Publication Department in Chauntra

Health Kalon Choekyong Wangchuk inaugurated Publication Department of Tibetan Medical and Astrological Institute (TMAI) in Chauntra on 23rd July 2018.

The event saw the presence of chief guest Health Kalon Choekyong Wangchuk and guest of honour Jampa Phuntsok, Joint Secretary of Health Department and other guests including Director of Tibetan Medical and Astrological Institute Tashi Tsering Phuri, Tibetan settlement officers



of Dege, Bir Tibetan Society (BTS), Chauntra, Speaker of Local Tibetan Assemblies, Principals and representatives of monasteries.

In his inaugural speech, Health Kalon Choekyong Wangchuk stressed on the importance of Tibetan Medical and Astrological Institute and said that among all the health centers under the aegis of Health Department in exile, TMAI has become one of the most vital institutes.

While addressing the gathering, Health Kalon said, "the prevalence of high rates of Hepatitis B in the exile Tibetan community has become a major recurring health issue at present."

He also laid emphasis on finding a strategic method to help fight the challenges caused by such diseases. Meanwhile, he urged that health education should be provided to the adolescents in order to bring awareness among them.

He applauded the efforts of TMAI in their pursuit of bringing health awareness through a series of publications. He further emphasised using the Tibetan language while educating the public and hoped for more of such initiatives in the future.

Following the event, Health Kalon along with the guests visited the medical farm and manufacturing factory of TMAI.

Later in the day, Kalon and Director of TMAI



were invited to Kunphen Rehabilitation Centre to officially open the work centre for the patients of Prevention of Drugs and Substances Abuse. The work center is facilitated by TMAI in order to make the patients become self-reliant. Director Dawa Tsering apprised Kalon about Kunphen Rehabilitation Centre.

Health Kalon Attended State Level Independence Day Function at Indora

Himachal Pradesh celebrated India's 72nd Independence day at Indora, district Kangra. The Functions were celebrated at three levels namely, State, District and Sub-Division levels to mark the occasion. The event began with Unfurling of National Flag accompanied by impressive march-past by contingents of Police, Home Guards, NCC, ITBP. Following which cultural programs were exhibited to the audience.



Health Kalon Choekyong Wangchuk as a guest was present at the function among other dignitaries and exchanged greetings with CM Jai Ram Thakur. Dharamshala Tibetan Settlement officer Dawa Rinchen was also present at the event. Chief Minister Jai Ram Thakur hoisted the National Flag and addressed the gathering.

Health Kalon opened National Seminar on Smart City Management

Kalon Choekyong Wangchuk, Department of Health, CTA inaugurated the National Seminar on Smart City Management on 22 September. The seminar organized by Western Himalayan Society for Awareness and Upliftment (WHSAU) was held from 22nd-23rd September at RS Sarover Portico, Palampur (H.P). The objectives of the seminar were to discuss and



deliberate on the Smart City program under Government of India related to Dharamshala. In his opening remarks at the ceremony, Kalon spoke about the significance of developing Infrastructure and promotion of clean environment. He also expressed CTA's support and contribution towards the project of Smart City. Kalon also emphasized the four principal commitments of His Holiness the Dalai Lama, particularly the revival of the ancient Indian tradition in modern India.

Tibetan Allopathic Physician's Network held its 6th Meeting

The 6th meeting of Tibetan Allopathic Physicians' Network (TAPN) was organized at Gajang Medical Society hall in Mundgod on 21st November 2018. The meeting was held after a gap of 11 years as the last meeting was held in 2007. This time along with 15 allopathic doctors from various Tibetan health facilities, Kalon and Joint Secretary of health department CTA and administrator of Delek Hospital attended the meeting. Health Kalon, in his remark, urged the Tibetan



allopathic physicians around the world to make contribution in strengthening health status of the Tibetans in exile as well as inside Tibet. He also spoke about the ongoing various programs of Health Department.

Dr. Tseten Dorji Sadutsang, while introducing TAPN and objective of the meeting, he read out the message given by His Holiness in 1996 when the first TAPN meeting was held. Dr. Tseten also aspired that a bigger meeting of TAPN will be convened in a year or two. Gajang Medical Society Director Ven. Geshe Tenzin Namgyal extended words of appreciation and offered shawl to each participation as a mementos followed by words of thanks by Delek Hospital Administrator Chithu Dawa Phunki.

The meeting successfully concluded with a promise to promote network and coordination amongst the Tibetan Allopathic Physician around the world.

Health Kalon concluded official tour of Mundgod, Bylakuppe and Hunsur

In Mangalore, besides paying courtesy call to the Vice chancellor and the Principal of NITTE University and the Vice Chairman along with the Director and the Principal of Shree Devi Institute, Health Kalon Mr. Choekyong Wangchuk along with Jont Secretary Mr. Jampa Phuntsok, Department of Health, CTA from 22nd-23rd November interacted with Tibetan students mainly pursuing medical courses. First interaction was held at NITTE (a Deemed to be University) auditorium where around 100 Tibetan students including students from Manipal took part and the second meeting of around 80 Tibetan students studying



in colleges like MV Shetty and Zulekha etc. was organized at Shree Devi Institute.

In both the gathering, Kalon highlighted the health status of Tibetans in exile and Central Tibetan Administration's efforts and health services. He also advised students to do their study well and after completion they must give their service to the Tibetan community. Students at both the places expressed their pleasure over such exercises and students from Manipal, Udupi requested similar gathering in their University in future.

On 23 evening, Health Kalon was received at Lugsum office by the Tibetan officials, representative of monasteries and NGOs based in Bylakuppe. Next day, a meeting of Local Health Committee was held at Tso Jhe Hospital. Matter pertaining to the activities of Tso Jhe Hospital and local health issues were discussed. In-charge of Sera Jey, Sera Mey and Namdroling hospitals were also present in the meeting.

After the meeting, Health Kalon took a round of Tso Jhe hospital followed by Delar playground and Open Gym, Cauvery water filter projects and DoH project of new hand pump at the Settlement Palace (Phodrang). He inaugurated the Open



Gym of the Lugsam settlement and in the evening held meeting with the Tso Jhe hospital staffs. He also visited the Bylakuppe Old Age Home, where Department of Health project of overhead water tank was accomplished recently.

On 25th, the Kalon made a visit to Tso Jhe Hospital TB ward where with the help of Vimala Association, new tin shed was being built on the existing structure.

Next day, Health Kalon visited Hunsur Tibetan settlement and had a meeting with Local Tibetan Health Committee, followed by an interaction with all the medical and non-medical staffs of the hospital and visited TMAI branch clinic. Thereafter, he visited those spots where projects of installing open gym and building urinals for players are proposed. He also took a stock of water conservation sites in the locality.

On 27 November, Health Kalon met Mr. Jawaid Akhtar (IAS), Principal Secretary, Department of Health and Family Welfare, Government of Karnataka, and apprised him of requisition made earlier for the state government's support to the DoH health facilities in Tibetan settlements in Karnataka State.

Health Kalon attended National workshop on Sowa-rigpa in Delhi

On 12 December 2018, a two Day workshop held on Preservation and Promotion of Sowa-Rigpa organized by National Research Institute for Sowa-rigpa Leh in collaboration with Himalaya Buddhist Cultural Association, Delhi concluded with Valedictory Session attended by Shri. Choekyong Wangchuk, Health Kalon, Department of Health, CTA; as Chief Guest along with other dignitaries included Shri. Franklin L. Khobung, Director



and Shri.D.C.Katoch, Advisor (Ayurveda), both representing Ministry of AYUSH, Govt. of India; Shri.Tashi Denspa, Director, Namgyal Institute of Tibetology, Sikkim; Shri.Maling Gambu, National Secretary, Himalaya Buddhist Cultural Association, Arunachal Pradesh.

The session began with presentation of traditional scarves by Dr. Padma Gurmet, Officer in-charge of National Research Institute for Sowa-rigpa, Leh and welcomed address by Ven.Lama Chosphele Zotpa, National President Himalaya Buddhist Cultural Association.

Shri.Maling Gambu, in his address, recalled upon the effort of streamlining Sowa-rigpa learning that was initiated long time back since 2002 when Ven.Lama Chosphele Zotpa was Vice Chairman of National Commission of Schedule Caste and Schedule Tribe, Govt. of India. He highlighted that Sowa-rigpa tradition of learning being supported by Government of India could lead to more opportunities of Jobs for youth in the Himalayan belt ensuring more sustainability of Sowa-rigpa knowledge.

Dr. D.C.Katoch stated that the inclusion of Sowa-rigpa in AYUSH Ministry reaffirms the enhancement of its learning rather being seen as administratively shrunk. He, further commended upon the 12 point draft resolution of 2 Day event which may be helpful in designing the road map for the strengthening of this knowledge. He re-emphasized upon the availability of compiling a composite list of medicinal plants/herbs that are immensely significant for greater in-depth of its learning and realization.

Shri. Choekyong Wangchuk began his address by expressing greeting and gratitude for inviting at this scholaristic approach of learning the differ-

ent perspectives of Sowa-rigpa learning. He remarked that Sowa-rigpa learning doesn't imply only to be a medium of finding livelihood sources but denotes that this tradition of learning needs to be understood in terms of serving larger mankind purifying bad elements and creating positive energy. He referred to the advice of His Holiness the Dalai Lama that contemporary treatment of ailments are generally seen as cure but indeed it is necessary to focus more upon the prevention part which seldom happens.

He also lauded the effort of bringing the draft resolution of this event that may contribute in understanding the issues of upbringing more creativities in the learning of Sowa-rigpa. He even stated that he can't remain ignorant of what is being initiated in sustaining this practice as he always engage in more of such discussions and deliberations particularly with the members of Central Council of Tibetan Medicine.

While thanking AYUSH Ministry for its continuous support in ensuring more effectiveness and enthusiasm in drawing the knowledge of Sowa-rigpa he emphasized the need of in-depth research, constructive interaction amongst all the stakeholders and uniform outcome that may lead to the higher standards of its learning and practice.

Finally, the workshop witnessed the conclusion with the thanks giving note by Dr. Padma Gurmet.

Workshop on Preservation and Promotion of Sowa-Rigpa in India

National Workshop on Preservation and Promotion of SOWA-RIGPA (Studies) in India, orga-



nized by National Research Institute for SOWA-RIGPA, C.C.R.A.S. Ministry of AYUSH, Govt of India, Leh in collaboration of Himalayan Buddhist Cultural Association, Delhi started with presentation of Tibetan scarves (Khatak) by Ven Lama Choesphel Zotpa, President, HBCA and welcome address by Dr. Padma Gurmet, Officer In-charge, National Research Institute for SOWA-RIGPA, Leh.

The event witnessed the presence of Special Guest by Shri. Indresh Kumar, Executive Member of RSS (Rashtriya Syamsevak Sangh). He stated that allopathic medical cure will collapse if the technologies fail because the system of care is solely based upon technologies, Whereas, SOWA-RIGPA practice is based upon human to human relation through pulse reading and herbal treatment. He further emphasized that SOWA-RIGPA healthcare and its in-depth knowledge must sustain to impart the significance of Himalayan Culture and its deep rooted traditional wisdom of mankind.

Dr. D. C. Katoch; Advisor (Ayurveda) Ministry of AYUSH noted that SOWA-RIGPA must elaborate the entire list of medicinal plants/herbs grown in the region of Himalaya.

Not only this, he stated that it is also important to ensure how these medicinal plants/herbs are nurtured into pills and explore the regulatory process. More importantly, he urged that it is extremely critical to have translation of SOWA-RIGPA text in other prominent languages including Hindi and English. With this, documentation of diagnosis cases must also be carried out.

Secretary Ministry of AYUSH Shri Vaidya Rajesh Kotecha also attended the function. Shri Kotecha

being invited as Chief Guest of function highlighted the intervention and deliberation that has been expected from this workshop. He categorically noted that the Ministry has received different voices upon the strengthening of SOWA-RIGPA knowledge but seldom reflects uniformity in the approach. Adequate research is lacking in this area despite there is an existence of National Research Institute for SOWA-RIGPA in Leh. He also informed the participants about the Ministry's proposal to create SOWA-RIGPA cell to accelerate and coordinate issues of SOWA-RIGPA. Health Kalon Sh. Choekyong Wangchuk addressed the valedictory session on 12th December at this event.

During the 2 day workshop on SOWA-RIGPA more than 120 participants including Administrators, Directors, Doctors and students have joined for this workshop, representing different Institutes, and Colleges including Institute of Buddhist Dialectic, Leh; CIHTS, Varanasi; Namgyal Institute of Tibetology; Men-Tsee-Khang, Dharamshala; and Central Council of Tibetan Medicine.

Health Kalon addresses India-Tibet Correlations Meet

Speaker of Himachal Pradesh Assembly, Dr Rajeev Bindal and RSS leader, Shri Indresh Kumar, chief patron of Himalaya Pariwar and Bharat Tibetat Sayog Manch presided over 'India-Tibet Correlations Meet' at Yongling School on 4 December. Kalon Choekyong Wangchuk, Department of Health, CTA also attended the panel talk.

The event was jointly organised by Himalaya Pariwar and Tibetan Settlement Office, Dharamshala.



Settlement Officer, Dawa Rinchen delivered welcome remarks and acknowledged the presence of the Himachal Pradesh Speaker, Kalon Choekyong Wangchuk and the RSS leader.

Kalon Choekyong Wangchuk greeted the Indian leaders in his inaugural remarks.

Kalon raised the current environmental issues faced by Tibetans inside Tibet as a result of the excessive mining and unchecked constructions in Tibetan regions.

"Chinese authorities have been conducting excessive mining, development and dam construction projects in the Tibetan areas. Such unchecked activities are proving extremely hazardous for the local Tibetans in the region. We are witnessing increased occurrences of landslides and rise of temperature on the plateau. Most recently, the Bolu Township in Jomda and Palyul region of eastern Tibet were hit by such induced disasters," Kalon said.

He also highlighted the increasingly extreme repression of Tibetan language, religion and expression under the Chinese government.

"At least 154 Tibetans have self-immolated to protest the Chinese government. Such sacrifices by Tibetans in Tibet evidence that repression in Tibet under the Chinese rule is making lives unlivable," Kalon said, urging the Chinese Government to address the legitimate grievances of people in Tibet.

Elaborating on global support for Tibet, he spoke about the passage of the Reciprocal Access to Tibet Act by the US House of Representatives on 25th September this year and the United States Senate Foreign Relations Committee's unanimous support for the Act.

Speaker of Himachal Pradesh Assembly, Dr Rajeev Bindal and RSS leader, Shri Indresh Kumar, chief patron of Himalaya Pariwar and Bharat Tibetat Sayog Manch also spoke in support of the Tibetan people and voiced their concerns regarding the situations inside Tibet.

Delegation led by Health Kalon Choekyong Wangchuk seeks recognition of Sorig Lhentsok CCTM

On the last day of Health Kalon's two days (12th



to 13th December 2018) visit to Delhi, he explored the avenue of meeting with selected senior politicians and representatives including Sh. Kiren Rijiju, MoS, Ministry of Home Affairs, Govt. of India; Sh. Shanta Kumar, MP, Lok Sabha; Advocate Sulekhatai Kumbhare, Member, Minority Commission, Govt. of India.

During the meeting Health Kalon shared the significance of Sowa-rigpa tradition of learning – how it flourished and was preserved in Tibet till 1950's and then re-established, expanded and practiced since 1961 in Dharamshala, India. He shared the existence of 5 major Institutions and Colleges that impart the learning of Sowa-rigpa tradition that includes Men-Tsee-Khang, Dharamshala; Faculty Tibetan Medicinal studies, CIHTS, Varanasi; Medicinal Study, IBD, Leh Ladakh; Chagpori Tibetan Medicinal Institute, Darjeeling; Faculty of Medicinal studies, NIT, Gangtok, Sikkim.

While briefing upon the existence of CCTM (Central Council of Tibetan Medicine) which is the apex body of all the institutions, he strongly urged the greater recognition of this Council by



giving membership status in Central Council of Indian Medicine of AYUSH Ministry, Govt. of India. He further elaborated on the wider scope of Sowa-rigpa traditional learning and its enriched ingredients that may serve larger mankind in curing from bad elements.

During the meeting, Health Kalon was accompanied by Dr. Lobsang Tenzin, Chairman, CCTM; Dr. Tsering Tsamchoe, Secretary CCTM; Geshe Tsewang Ngamgyal, Head of Bumshi Sorrig Centre, Solan, H.P; Dr. Passang Topchen, Executive Member, CCTM; Sh. Jigme Tsultrim, Additional Secretary, Department of Health and Sh. Tenzin Peljor, Deputy Coordinator ITCO, Delhi. With this, honorable Kalon Sh. Choekyong Wangchuk concluded his two days official visit to Delhi and left at 18:30 hrs from Delhi to Dharamshala, back in CTA headquarters.

HEALTH PROGRAMS

Health Department Organized Talk on World Hepatitis Day 28th July 2018



On World Hepatitis Day, Department of Health (DoHe), CTA mainly focusing on educating the monks and nuns have organized awareness camps at monasteries and public halls in the Tibetan settlements throughout India by the staff of DoHe Health Centres.

In Dharamshala, the message of preventing and treating hepatitis B was given at Shugseb Nunnery and Gyuto Monastery. The talk at Shugseb was organized in collaboration with Settlement office, Dharamshala. Dr Sonam from Delek and Dr Rigzin Sangmo from Men-tsee-khang was invited to aware the monks of Gyuto Monastery. The event at Shugseb was attended by around 50 Nuns and 250 monks attended at Gyuto monastery.



Free Eye Screening & Cataract surgery camp

The Free Eye Screening and Cataract surgery Camp was conducted on 21st August to 2nd October 2018 at Norgyeling Tibetan settlement, Bhandara. Norgyeling Settlement is one of the remotest Tibetan settlements in India and lacks easy access to health care services.

A team of one doctor, one optician and two Para-medical staff from B.J Eye Hospital, Gondia was called for the service with the required equipment. The patients were checked for refractory errors, Blood pressure monitoring, eye pressure assessment, Blood sugar testing and prescription of required treatment or follow up. The camp also created awareness among the people regarding the eye related problem.

13 cataract patients and 5 pterygium patients were identified and 6 patients were suggested for laser treatment. 12 Patients were posted for surgery and 25 patients were recommended for spectacles. The patients were also called for on given dates respectively. It has benefitted a total of 100 aged populations who could undergo a proper eye checkup, probably which they have



not done for years due to inaccessible service. The outcome of the surgery was good and there were no cases of any complication. The patients were very much satisfied with the program and thankful to the donors.

The program was financially supported by Tibet Fund and Eye surgery Fund, USA.

Department of Health in Collaboration with Casa Del Tibet Organized Hearing Camp



CASA DEL Tibet in collaboration with Department of health, CTA and Tibetan settlement office Dharamshala organized hearing camp with audiologists from GAES Solidaria Spain.

The camp was organized with hearing test and provision of hearing aid to the needy ones on 14th September 2018. Also, 260 students and staff at upper TCV attended the camp and on 15th September 2018, around 50 monks of Namgyal monastery and around 30 people at old age home were examined for hearing issues.

On 16th September 2018, the camp was attended by around 50 public and thereafter on the final day the camp was attended by around 40 nuns at Geden Choling.





Health Department held Adolescent Health Talk at Upper TCV

At the request of TCV School Counsellor, the Department of Health organized a health talk for over 150 female students of Upper TCV on Monday 29th October 2018.

The health talk entailed discussion on topics: Puberty, Menstrual Hygiene, and Sexual and Reproductive Health and Sexual Harassment.

The session was led by RMNCHA Coordinator Ngawang Tenzin, Tsewang Yangtso and Kunga Choney, Tibet Corps Volunteer. Students raised multiple questions and doubts about healthcare. The students were mainly from 6th to 8th grade.

Health Department organized free medical camps for local Indian residents

On the occasion of 29th anniversary of the conferment of the Nobel Peace Prize to His Holiness the Dalai Lama and CTA's yearlong "Thank You India campaign", Department of Health organized free medical camp for the local Indian residents of Kollegal, Mundgod, Bylakuppe, Mainpat and



Bir from 10th-11th November 2018.

A two-day free medical camp provided services like consultation to a general physician, dental checkup, eye check with free distribution of optical, vital signs checkup, basic laboratory test and free distribution of prescribed medicines for the local Indian residents of the above mentioned settlement areas to extend our heartfelt gratitude to Indian brothers and sisters. More than 2500 local residents have been benefited from these medical camps.

Two day meeting on Hepatitis B Prevention & Treatment at Mundgod

Hepatitis B, is seen as a chronic challenge for Tibetan Community Health, by Department of Health (DoH), Central Tibetan Administration (CTA), resulting in high cost screening test, treatment, indulging economic burden with ultimate loss of lives and demeaning life quality. In order to check this health problems emerging from a Hepatitis B infected virus, a historic two day meeting on Hepatitis B Prevention & Treatment was organized by Department of Health, CTA in





collaboration with Gaden Jangtse Hospital Society at Mundgod from 19-20 November 2018.

The objective of the meeting was to formulate algorithm & Standard Operating Procedure for Screening, treatment and follow up of Hepatitis B positive patient, brainstorming and experience sharing on treatment challenges/barriers of HBV, discussing strategy plan and future research needs on Hepatitis B and C.

A total of 28 participants attended the meeting, including allopathic Doctors from Delek Hospital, Physicians from seven hospitals of Department of Health, CTA, and Doctors from Tibetan Medical & Astro Institute, Medical officer of Loseling and Gaden Jangtse Monastery at Mundgod. Experts on Hepatitis B Dr Homie Razavi of CDA USA and Dr Laxmi Kant Desai Gastroenterologists, Hepatologist at CMC Vellore were invited for the meeting. Stakeholders including Health Kalon of CTA, Choekyong Wangchuk Settlement Officer & Executive Secretary of DTR Hospital Mundgod and staff from Department of Health, CTA also attended the meeting.

The first day of the meeting started with opening ceremony graced by chief guest of the event Choekyong Wangchuk, Health Kalon and special guest Khen rinpoche of Gaden Jang Tse Monastery. Debrief on the background and introduction of the two day meeting by Dr Lobsang Tsering, Head of Public Health division, CTA and Dr Dhondup Tashi, Medical officer of Gaden Jang Tse Hospital.

This was followed by presentation on Hepatitis B program of DoH and on future research needs by Dr Lobsang Tsering. Dr Homie Razavi presented the current Hepatitis B situation globally and future projections on Hepatitis B in context

to the Tibetan community. The participants were divided in two groups for the second half of the day. The groups of experts drafted a standard operating procedure for screening and treatment of hepatitis B positive patients. On the other hand, the group of general physicians discussed on the checklist for Tibetan community viral hepatitis strategy and action plan, and shared their experiences on challenges and barriers of hepatitis B treatment.

The second day was planned for discussing the draft SOP and the viral hepatitis strategy plan with the participants for suggestions. Dr Tsetan



and Dr Dhondup Tashi presented on hepatitis B treatment and challenges/barriers of the treatment based on their experiences.

With this meeting Department of Health, CTA aspires to achieve a standard operating protocol for Screening and Treating Hepatitis B patients in Tibetan community.

RMNCHA Social Audit and Health awareness program at Mundgod Tibetan Settlement

From 16th-24th December in Mundgod Doeguling Tibetan settlement, RMNCHA and mental



health project coordinator Ms. Ngawang Tenzin has conducted RMNCHA social audit, health education in respective camps and school based awareness program. RMNCHA social audit was done through focus group discussions on reproductive, maternal, newborn, child health and adolescent health. The social audit was carried out as per prescribed methodology. Two volunteers with GNM background were hired to assist with the activity. In depth discussion were carried out with the executive secretary, RMNCHA coordinator and CCOCC staffs (4 Nurses). Public focused group discussion were held in community hall of 4 camps where two-three camp people with community leaders were carried out followed by health education on various life style diseases, reproductive health including sexually transmitted infections.



On school level, both STS in camp 6 and 3 informed that they have formed a POCSO committee for action against child's sexual offence as per the adolescent health guidelines. Adolescent health talks on age appropriate subjects where good touch and bad touch, basic hygiene and nutrition and menstruations for girls group for class 6th-7th. For class 8-10th, topics such as puberty, sexual harassment, dealing with stress, substance abuse and menstrual hygiene was covered. Students in class 11th to 12th were given health talk on adolescent health, dealing with stress and depression, sexually transmitted infections and reproductive health.

Health Department held Free Medical Camp for Devotees in Bodh Gaya

As thousands of pilgrims gathered at Bodh Gaya



to attend the teachings from His Holiness the Dalai Lama, the Department of Health of Central Tibetan Administration set up medical camps in the teaching vicinity to provide free medical services and assistance to the devotees. The Department began its free Medical services from 19 December 2018.

The Medical camp team consisted of two health staff, two doctors, eight nurses and two drivers from different health facilities under the Health Department. The camp provided services such as general physician consultation, inpatient services, dressing of wounds, free distribution of medicines and ambulance service for emergency cases.



On its first day, the Camp served more than 150 patients, and the numbers kept increasing on following days. The free Medical services continued till 4 January 2019.

Successful Completion of Free Health Camp at Bodh Gaya

Department of Health organized a free medical



camp commencing from 19th December 2018 at Bodh Gaya, Bihar. The main purpose of the medical camp was to provide free medical services to the devotees who were gathered to receive blessing and to attend the teachings from His Holiness the Dalai Lama. The Medical Camp continued till 4th January 2019.

Daily average patient rose to 400 to 500 and were checked approx. 4500 patients free of cost. They were also given free medicines as prescribed by doctors. In this medical camp, inpatient services, dressing of wounds, nebulization, BP, Sugar checkup, IV fluid administration, Suturing, free distribution of medicines and ambulance service for emergency cases. So far, 15 emergency services were provided.

In this medical camp, it was found out that most of the patients were suffering from various diseases including upper respiratory infections, diarrhea, injury, asthma, neuropathy and many more. In some cases, patient were referred to further checkup. As a result, there were 3 cases of TB detected patients and put on medication.

Free Medical Camp team comprising of 14 members managed this medical camp successfully. Team included two health staffs, two doctors, eight nurses and two drivers from different health



facilities under the Health Department. The camp has successfully created an impact in the lives of about 4500 patients in Bodh Gaya.

TRAINING NEWS

Health Department Organized Workshop on Adolescent Health



The first day of the 2 day workshop, from 17th-18th July, organized by the Department of Health, Central Tibetan Administration, dealing with building life skills for adolescent development and wellbeing was attended by Chief Guest Health Kalon, Choekyong Wangchuk, Tsegyal Chukya Dranyi, Health Secretary, Yeshi Wangmo, Health Additional Secretary and Jampa Phuntsok, Joint Secretary of the Department of Health. Other participants of the workshop included Rectors, Principal and other dealing staff from 22 different schools, summing up to a total of around 26 participants.

In his inaugural speech, Health Kalon mentioned the issue of disease prevalent in Tibetan adolescent. "The most common disease in our adolescent is Hepatitis B and it is a infectious disease similar to HIV. Even though there are few Tibet-



ans having HIV. We must work towards prevention from the initial stage.”

He mentioned that of 7 billion population 1.2 are adolescent that World Health Organization deals with child birth and HIV in the world.

Health Secretary Tsegyal Chukya gave introductory speech at the inaugural function. The 2 days workshop entailed interactions and brainstorming within Principals, Rectors and other staff.

Refresher Training on Integrated Health Information System



The refresher training on Integrated Health Information System (DHIS2, Open MRS and Epi info) was held for three days at Reception Center, Dharamsala on 10th September 2018. Total 24 health staff from branch hospital and health centers were attended the training. Rashi Banta, Kanav Banta and Suresh from HISP India were the resource persons and Mr. Jampa Phuntsok-Joint secretary; Dr. Lobsang Tsering, Head of Public Health; Ms. Tenzin Dolkar and Ms. Tenzin Tsetan, HIS Coordinator were the representatives of Health Department.

Dr. Lobsang provided basic training on how to aggregate, format and visualize data in the Epi info (Data Management). Whereas training resource persons took classes separately for the new and existing DHIS2 desktop user staffs, as well as DHIS2-tablet user staffs. Trainings on different types of data entry based on the different programs, Registration and Enrollment in the DHIS2 including basic trainings on how to generate outputs in the form of reports and graphs, and basic training on aggregated data example-cash flow.

Through this refresher training, the different problems faced by the DHIS 2 staffs at various



facilities, technical problems with the system in particular. Our consultants promised to look into these issues and solve accordingly. This training was basically meant for refresher training to desktop users only but we had to call some tablet users by observing the need of urgent refresher training to some of old tablet users and emergence of new tablet users. Hence diversity of groups posed an issue in dividing the attention and time of the trainers; however we feel the overall training was helpful to the participants in understanding the application and also to DoH in receiving more data in future.

With this refresher training, the participants were able to build their confidence in using the DHIS2, Open MRS and Epi info more accurately. Therefore, we expect to receive good amount of data from all the health facilities through this refresher training.

Health Department organized Workshop on Accounting, Tally, Income Tax, Budget

The Department of Health, CTA organized a 10-day workshop for accountants of Hospitals and Primary health care centers and clinics of vari-





ous settlements at McLoadGanj. The workshop aimed to update the accountants in revitalizing the accountancy practice in the respective offices to meet the regular changes and challenges in the field of income tax, tally, budgeting system etc. Health Secretary, Tsegyal Dranyi was invited as the chief guest at the inauguration held on Monday. He spoke on the importance of accountability of incomes and expenses, budgeting rules and regulations, transparency of projects activities etc.

Secretary also advised the accountants to adhere to the core rules of the budget allocations and obligations.

Mr. Tenzin Legdup, Expenditure division head of Finance Department, Mr. Namgyal Gendun, Chief Accountant and Ms. Tenzin Palkyi, accountant from DoH were the resource persons for the workshop.

The workshop concluded on 24th October 2018.

Health Kalon inaugurated annual TMS Awareness and Enrollment planning workshop

Kalon Choekyong Wangchuk, Department of Health, CTA today inaugurated a three-day Awareness and Enrollment Workshop on the Ti-



betan Medicare System (TMS), a social health-care program of the Department of Health that seeks to improve public health and well-being of the Tibetan community-in-exile through access to “quality secondary and tertiary healthcare.”

Thirty-three representatives of Tibetan settlements and hospitals including two settlement officers, other Administrators of Tibetan hospitals, nurses and health workers participated in the workshop being held at the Tibetan Administrative and Training Centre.

Addressing the meeting, Kalon said: “As a result of the leadership of previous Kashags and due to the active deliberations in the Tibetan parliament since 2006, the Tibetan Medicare system was launched to cater a sustainable financing source for the Tibetan families and individuals who require secondary and tertiary medical treatment.

Health Kalon hailed the Tibetan Medicare System as one of the most important and successful projects undertaken by the Department in terms of its scope and implementation. From 1st April 2017 to 31st January 2018, a total of 1631 patients have benefited from the Medicare system and the total amount of reimbursement stands at Rs 1, 44, 70,907. TMS covers 37 Settlements across India and including Organizations.

Kalon Choekyong congratulated the recipient settlements of ‘Tibetan Medicare System Outreach Award’. He encouraged the settlement representatives and health workers to conduct a field research before setting a target for the outreach initiatives.

In his remarks, Kalon discussed the challenges with respect to the Tibetan Medicare System.

“Department of Health has been able to achieve success in terms of laying the foundation for the



project. However, we are still tackling with the dearth of awareness in our community particularly with regard to people's awareness of enrollment, eligibility criteria and claiming process." For the project to successfully benefit the community in its full scope, he said the Administration at the central and local level should collaborate in letters and action.

Addressing the recent questions raised in the parliament on prospective gains through the Medicare system, Kalon categorically stated that the medical benefit is heavily dependent on Aids and subsidies. "Moreover it amounts to a significant burden on the Tibetan Administration in terms of human resources," he added.

Secretary Tsegyal Chukya Dranyi spoke extensively on the duties and responsibilities of the TMS dealing officers stationed at various Tibetan settlements.

"The foremost duty is to assist the individual claimants in submitting all the requirements including the bills and documents. As a dealing officer, one must pay utmost attention to these details so that the individuals will receive fair reimbursement," he said.

Secretary discussed in detail the common errors and misinformed practices in conducting the assessment and enrolment of TMS.

TMS Coordinator Mingyur Youdon delivered an introduction and overall achievement of TMS since its inception.

This was followed by a presentation on TMS Scheme, Coverage, Benefit Limits, Exclusions, Technical Terms, Claim Procedures, Reimbursement Process Flow, and Claim Rejections by Officer Dhundup Tashi.

The two resource persons for the programme were Dr Alope Gupta and Dr Vikas Dagur.

The daylong meeting reviewed the overall performance of the programme and discussed the progress of TMS enrolment. The meeting also discussed Communication Strategy for TMS 2019-20, Enrollment Planning-Tentative Plan of Action, Management Information System (MIS), Claim Management and Feedback.

Tibetan Medicare System is a holistic Secondary and Tertiary Health Care Program meant for all Tibetan refugees under the direct cover of Tibetan Voluntary Health Association (TVHA),

registered under the Societies Act 1860. TMS is a nonprofit and charitable Health Plan that aims to improve public health and well-being of the Tibetan community-in-exile. The Department of Health launched TMS on 1st April 2012. It is running on its 7th year now.

Leadership Training on Mental Health at Goa



Mental disorders constitute a huge global burden of disease, which is accompanied by a large treatment gap, particularly in low-and-middle-income countries. In light of key barriers such as mobilization of financial resources, recruitment, retention, and equitable distribution of the workforce challenges, Community-based programs and task-sharing approaches have been found to be effective and feasible options in a range of settings.

From 3rd-14th December 2018, the two-week Leadership in Mental Health (LMH) course was designed in 2008 at Sangath, an NGO based in Goa, to develop leadership capacity in the context of the emerging global mental health movement, by promoting skills to develop and scale-up mental health interventions, and strategies to overcome barriers in resource-constrained settings, with emphasis on low-and-middle-income countries.

This course aims to equip participants with methods to develop and scale-up interventions for mental health in resource constrained settings. It also aims to augment leadership skills needed to scale-up mental health care programs and promote the human rights of people with mental illness.

With 43 participants from various parts of



world, DoHealth Mental Health Coordinator Ms. Ngawang Tenzin and Ms. Tsewang Yangtso took part in the course tutored by acclaimed professionals like Prof. Vikram Patel (Harvard Medical School and Sangath), Dr. Soumitra Pathare (Indian Law Society), Dr. Rahul Shidhaye (Sangath), Prof Richard Velleman (University of Bath and Sangath), Dr. Gauri Divan, and Dr. Abhijit Nankarni.

At the end of course, the participants worked in group on four different mental health care plan. Incorporating the above learning into the plan. A mental health care plan for Tibetan exile population in India one of the mental care plan developed by the group which also the best care plan among the four plan. The DoHe has plans to implement a similar approach in collaboration with Sangath.

SBCC Training for Medical Officers and Program officers

On 17th December 2018, five-day training on Planning and Managing Social and Behavioral Change Communication Intervention (SBCC) was organised in Jaipur, Rajasthan. The training was specifically given to Medical Officers and Program Officers from Health Department considering them as core communication managers who are able to plan and implement result based behavior change intervention in our health sector.

The whole course extensively focus on key aspects of SBCC including:

- Mental Model
- Behavioral Change Theories



- Situation Analysis
- Strategy Formulation and implementation
- Message Development
- Advocacy
- Monitoring and Evaluation

By the end of sessions throughout the training, an hour was slotted for group exercise and discussion to reflect on learnings by designing strategies and framework for the committed program. Thus, the five-day session ended with presentation by participants on how SBCC can be applied in the chosen topics.

The course was taken using different multimedia approach like worksheets, interactive Power Point presentations with videos and fliers and posters to demonstrate the behavior change communication message in real life situation.

On the third day training, the afternoon session was kept for sightseeing Rajasthan palaces and its unique culture and a dinner at Chowki Dhani resort to experience Rajasthan cuisine and its culture to truly experience the new expedition.

The training concluded on 21st December 2018 with the distribution of certificates with closing ceremony speech by their Chairperson.

12th International Short Course in Clinical Tropical Medicine Training

12th International Short Course in Clinical Tropical Medicine Training was organized at CMC Vellore from 19th November to 1st December 2018. The workshop was attended by Dr. Rinzin Chodon from Tso Jhe Hospital, Bylakuppe. She had the opportunity to participate in such a valuable course especially on tropical diseases prev-



alent in various parts of the world and its great learning platform.

They have covered the different tropical diseases like Malaria, Protozoan infections, Hemorrhagic viral infection, Tuberculosis, Neuroptic viruses, Bacterial diseases, Helminth infections, Cestodes and Trematodes, Dengue, Typhoid, HIV/AIDS, Melioidosis, Neurological syndromes, Clinical Vignette, Entomology in tropical disease, snake bites and Leprosy. They also visited leprosy center and RNTCP Center.

Participants include members from India, Norway, Canada and UK. Most of them were specialist on infectious diseases and microbiologist. They also had lab classes during which they taught various technique to diagnose a disease and at afternoon they had a clinical class in which they were given case and discussed about its aetiology, parthenogenesis and treatment.

Dr. Chodon was highly motivated to be part of this session and thankful for the great opportunity to learn, explore and experience the bedside clinics. The workshop was found very effective and also applicable on day-to-day basis at the respective hospitals.

NEWS FROM FIELD HEALTH CENTERS

WORLD HEPATITIS DAY (28TH JULY 2018)

Across the globe the World Hepatitis Day is celebrated on 28th of July 2018 and similarly different Tibetan hospital and Tibetan Primary Health Centre in India also organized program for the Tibetan refugee placed all over India.

DTR Hospital, Mundgod

On 28th July 2018 Mundgod Hospital commemorated World Hepatitis Day for the people of its settlement in the Doeguling Community hall. Around 318 people including 177 male and 141 female gathered for health talk prepared by the staffs of the hospital. Dr. Kalsang Chodon and Nurse Nyima Gyaltzen La delivered a speech on the topic “Hepatitis-B - Prevention and Management” through Power-point presentation and some videos regarding the disease. They gave detail talked about the disease, its type and its source. Also informed them about various preventive measures and management tips. The program was a success with the audience leaving the venue happily showing the sign of understanding.

Tso Jhe Khangsar Hospital, Bylakuppe



On World Hepatitis Day, a health program was organized by the Bylakuppe hospital staffs to the monks of the Sera Jey and Sera Mey Monastery. A total of 545 monks were gathered for that program. The program was especially organized for monks as it has been reported that in the past few year there is increasing number of Hepatitis patient among monks.

A welcome speech by Gaygoe the Head of the academic section following which Introductory speech by the Executive Secretary Mr. Sonam Yougyal of the Tso Jhe Hospital. Dr. Rinzin Choedon gave awareness talk to the audience with Power-Point Presentation which the audience seem to understand well. They also distrib-

uted pamphlet to audience. Question and answer session for limited duration was held after speech during which audience actively participated and ask their queries and acknowledged the respective staffs of the Tso Jhe hospital for organizing such a good program which is beneficial to all the people. Finally, the program was concluded with Thank you speech by the Gaygoe the head of the academic section.

Ravangla Clinic

World Hepatitis Day was organized by the Staffs of Ravangla clinic to the people of the settlement. 85 people gathered for the program including 23 male and 62 female in the Gyalyum Chenmo hall. Mr. Tenzin Lhawang and Dichen Tsomo from the clinic delivered a speech to the audience regarding the disease which is prevalent all over India.

Sonada Clinic

On 28th July 2018 Sonada clinic staffs celebrated Worlds Hepatitis Day by organizing a health talk to the people of its settlement. 185 people participated in the program including students from standard 6th to 10th in the CST school hall. Dr. Pema Wangdi delivered health talk to the audience regarding the disease - Hepatitis.

Lakhanwala/ Khera Clinic

Lakhanwala clinic staff commemorated the World Hepatitis Day on 28th July by organizing health education talk to the public as well as to the monks. First, Mrs. Tsetan Peltso delivered a speech to the people of it community. Around 60 people gathered for the program in the community hall.

After that's, Mrs. Tenzin Kalsang gave health talk in the monastery to the monks during which 38 monks gathered around for the program. The program went successfully.

Tezu Health Center

On 28th July, Tezu Health Centre organized health talk to the people of its community celebrating World Hepatitis Day. A total of 100 peo-

ple gathered of which 60 were male and 40 were female within the age range of 15 years- 80 years old. The program started from 9am in the community hall with Nurse Tsether Dolma giving introductory speech. Then she continued to speak on the day's topic on "Hepatitis Day". The audience were eagerly listening to the speech. The program ended with thank you speech by her.

Primary Health Center, Delhi

Staffs of Delhi Health Centre organized free medical checkup to the people of its community. A total of 73 people gathered in the premises of Health centre including 22 male and 51 female. The staff nurse and community Health Worker of the health Centre performed Hepatitis-B screening to the people.

Mandi Clinic

On World Hepatitis Day Mandi Clinic organized free medical checkup to the people of its locality. The program was held in the Green Book office with 38 participants gathered for Medical check-up. Nurse Tsering Bhuti performed free Hepatitis-B screening to the people. After the medical checkup she gave health talk to the gathered people.

Phende Hospital, Hunsur

Commemorating the World Hepatitis Day Hunsur Phende Hospital organized health talk to the people of its settlement. A crowd of 200 monks were gathered in Dangchoe for the program. Dr. Lobsang Khechok and Pemba Labrang delivered speech on Hepatitis to the audience. Informing them various preventive methods and also management tips.

Mainpat Health Center

World Hepatitis Day was celebrated at Tibetan settlement of Mainpat on 28th July. They started the program at 9am morning with 110 monks gathered during that program at the venue. Mr. Tenzin Woser through Power-point presentation regarding Hepatitis, its mode of transmission and



its signs and symptom. Also they gave various preventive measures and management tips. They also distributed pamphlets to the audience. After the talk small duration for question and answer was held which the participants actively participated. Finally, word of thanks by Mr. Tenzin Woser to the participants for their co-operation ended the program.

Poanta Clinic

Poanta health centre organized health talk to the people of its community celebrating World Hepatitis Day on 28th July. A total of 75 people were gathered in the Cholsum Community hall. Dr. Neena Sablok gave health talk to the gathered people. She in detail explained the disease, its signs and symptom and its various preventive and management measures.

Bhandara Norgyaling Health Center

Celebrating World Hepatitis Day on 28th July the staffs of Norgyaling health centre organized health talk to the people of its settlement. The program was held in Sambhota Tibetan school prayer hall where 50 participants including both students and common people gathered around at the venue. Dr. Nawang Tsetan gave speech regarding the day. He educated the audience via animation videos about the disease, its signs and symptoms and its preventive measures and management. The audience thoroughly enjoyed the program.

Miao Health Center



A program was organized by the Miao health centre staffs commemorating World Hepatitis Day on 28th July 2018. The program started at 8:30am in the community hall. Executive Secretary gave an introductory speech to the audience about the day. Nurse Pema Lhanzom then explained about the disease with the help of small animation videos. She emphasized on importance of organ liver, definition of Hepatitis, Mode of transmission, its signs and symptom and its various precaution. She also emphasized on importance of immunizing the people with Hepatitis vaccine.

After the program ended the staffs went on to paste posters about hepatitis in various camps, school, offices. With this they concluded the day.

Shimla Clinic

Health Centre of Shimla organized small health talk about World Hepatitis Day to the monks of its settlement. Around 150 monks of Jonang monastery gathered for the program. Nurse Lobsang Dolma gave a detailed explanation to the monk about Hepatitis especially Hepatitis-B. She told them various signs and symptoms of hepatitis, also told them preventive and management tips. The program was concluded with Thank You words.

Bonpo Clinic

On 28th and 29th July 2018 World Hepatitis Day was celebrated by the people of Bonpo Tibetan Settlement, Dolanji. First day, the program was organized for local people in settlement hall. The program started at 9:30am with introductory



speech by Officer, Secretary and settler. 30 people gathered in the hall for the program who were in the age range from 13 year to 80 year old. Ms. Sherab Jampa (Sorig bumshi Final year student) and Nurse Lhakpa Bhuti gave health talk to the people explaining about the disease, its mode of transportation, its signs and symptom and various preventive and management measures.

On the next day, they went to Menriling Monastery where they organized the program in monastery library for the gathered 51 monks. After speech they held question and answer session for 20mins during which audience actively participated. Lastly, the program was concluded with Thank You words.

Bir Health Center

On 1st August 2018 Bir Health Centre celebrated World Hepatitis Day by organizing health talk to the monks of two different monastery. First, they went to Palpung Sherabling Shedra where a crowd of 202 monks gathered during the program. Nurse Tenzin Dolma gave a detailed speech about the disease, its signs and symptom and its various preventive and management tips. The program was a success as the monks enjoyed it and also actively participated in question and answer session. Next, they went to Palpung Sherabling Monastery where a larger crowd of 250 monks gathered for the program. It was a successful one as the previous one with active participation by the monk. Finally, they concluded the program with word of thanks.

Ladakh Health Center

On 8th and 9th August 2018 Ladakh Health Centre organized program commemorating World Hepatitis Day. A total of 204 participants gathered in CRO campus for the program. Nurse Mrs. Tenzin Tsephel gave detailed speech regarding the disease hepatitis emphasizing mainly on Hepatitis-B. He explained about the disease, its mode of transmission, its signs and symptom stressing on its various preventive and management measures. The participants were actively listening and enjoyed the program at the same time. Finally, the program was concluded with few words by him.

WORLD RABIES DAY AND WORLD HEART DAY (28TH AND 29TH SEPTEMBER 2018)

Phende Hospital, Hunsur

World Rabies Day and World Heart Day was celebrated at Rabgyaling Tibetan settlement, Hunsur. The hospital organized health talk to its settlement people in the community hall. A total of 166 participants with 86 male and 80 female gathered for the program. Introductory speech by the Executive Secretary Pemba Labrang started the program. Then Medical officer of the hospital Dr. Tenzin Chonyi gave information on prevention and treatment of heart problems. Following that, Dr. Lobsang Khechoe, TMAI Medical officer delivered a traditional systems for the heart disease and rabies infection.

The chief guest of the day Mrs. Kyipa La, the chairman of the local assembly highlighted the importance of preventive measure of any health related problems and stressed individual responsibilities or community to take active participation for any kind of health awareness activities in future.

Finally, with thanks giving words by the hospital administrator successfully concluded the program.

Bir Health Center

On Sunday 29th September 2018, Bir Health

Centre Observed World Rabies Day and World Heart Day in its premises for the Tibetan people of its settlement. At afternoon 2PM around dozen people gathered in the health Centre. Nurse Tenzin Choedon Started the program with the introduction of the day. She then continued her talk and educated the people about Rabies disease, its signs and symptom. She also focused on the importance of First Aid before visiting any health centre.

Following that Mr. Phuntsok Leksang (MPT) talked about World Heart Day. He explained the importance of heart and circulatory system and also explained various disease related to heart. He concluded his talk after explaining how change in person's lifestyle could effect and improve one's disease.

They concluded the day by checking the blood pressure of the gathered people.

Dalhousie Clinic

On 1st October 2018, World Rabies Day and World Heart Day was observed in Dalhousie School prayer Hall. Ms. Tashi Tsomo gave health education to the students. Around 27 students from standard 6 to 12 have gathered in the prayer hall. She gave detailed information regarding the two disease and also taught them various life saving methods if someone is suffering from such diseases.

Shimla Clinic

On 28th September 2018, Shimla Clinic organized health talk on World Rabies Day at Jonang Monastery. Staff nurse Lobsang Dolma talked about the day to the 55 participants gathered at that premises. The reason they chose monks is because the monk care dogs and other animal near the monastery. So they are in high risk if a dog with rabies bites them.

The following day on 29th September, they organized World Heart Day at Dorjeedrak Monastery. A total of 45 monks gathered. Nurse Lobsang Dolma gave education regarding the heart and the importance of healthy lifestyle to avoid any risk that would lead to heart disease.



Poanta Clinic

Poanta Health Center organized health talk to commemorate the World Rabies Day and World Heart Day on 28th September 2018. Dr. Dimple Kaur and Mr. Thupten Lodoe were the two resource person for the day. 74 people of age range



from 18 years to 75 years old gathered in the Cholsum community hall. They gave detailed information to the audience.

Mainpat Health Center

On 28th September 2018, celebrating the World Rabies Day and World Heart Day the staffs of the health centre organized health education talk in the settlement community hall. The program started on morning 9AM. Staff Nurse Tenzin Woser talked about the day. She explained in detail about the Rabies diseases, its sign and symptoms, its treatment, prevention and management. They had a short lunch break and the program continued from 2 PM.

At the afternoon session, she talked about Heart disease, signs and symptom and its prevention. The program was a success as the audience actively participated in the question and answer

which showed how well they understood the information. Finally, the program was concluded with a few words of thanks by her at 5PM.

Miao Health Center

Miao Health Centre organized health talk to the people of its settlement while commemorating World Rabies Day and World Heart Day in the Community Hall. The program began at 8:45 AM with 163 people gathered. Welcome speech by Executive Secretary Mr. Tenzin Lhawang initiated the program followed by introductory speech on the day's program. After which, Guest of Honor Mrs. M. Diachi (Veterinarian, Miao) gave a wonderful talk on Rabies, its signs and symptoms and its treatment. After that, Nurse Ms. Choenyi Paldon gave a Power-point presentation to the audience regarding heart and its various diseases, its signs and symptom and its prevention.

After completion of talk, a short session discussion and any feedback regarding the day's program was held. The program was concluded with a few words by Mr. Lhawang. Finally, free check-up for hypertension and BMI was conducted on the participants

Tenzingang Clinic

On 17th October 2018, World Rabies Day and World Heart Day was celebrated by the people of the Tenzingang. A total of 85 people gathered for the program. Mrs. Phurba Dolma gave a detailed information regarding the two diseases. The program concluded successful as the audience leave with happy face with new knowledge gathered.

Ladakh Health Center

On the two day program commemorating the World Rabies Day and World Heart day on 28th and 29th September 2018 a health talk was organized by the staffs of the Ladakh Health Centre to the people of its settlement in the community hall of camp 12 and camp 4. More than 110 peoples gathered for the program. All the participants were 20 years and above. Staff Nurse Sonam Dekyi and Dekyi Dolma, and Community Health Worker Kalsang Yangdol and Rigzin Wangmo



in detail educated the people regarding the two diseases. In detail they gave educated the people about the signs and symptom of the disease and also various different prevention and management ways. The program was successfully concluded with few words from the nurse.

Herbertpur/Khera Clinic

On 29th October 2018 World Rabies Day and World Heart Day was celebrated by the people of Lakanwala in the community hall. A total of 48 people including 35 male and 13 female gathered for the program who were within the age range of 14 year - 83 year old. Staff nurse Tsetan Peltso, on behalf of its community Health Care Centre, gave a detailed information to the audience. The program was concluded with audience leaving with satisfied face.

On 1st October 2018 commemorating the World Rabies Day and World Heart Day staffs of Khera camp locality organized health talk tin the Monastery. 36 monk participated during the program. Staff nurse Tenzin Kalsang la delivered a detailed information regarding the disease, its signs and symptoms. Also various different prevention methods including healthy diet, exercising frequently etc.

Dekyiling Health Center

On 29th September 2018, World Heart Day was observed at the Dekyiling Potala hall by the people of its settlement. A total of 77 people gathered for the program of which 39 were male and 38 were female. Introductory speech by Executive secretary Mr. Lobsang. Then Nurse Rinzin

gave a Power-point presentation on the working of Heart and its functions following which TMA Dr. Sonam Tsering continued on the topic and explained about different heart diseases and its prevention. Finally, the program was concluded with free hypertension checkup to the participants.

Ravangla Clinic

On 28th September 2018, a program related to World Rabies Day was organized by the Settlement's clinic. During which Veterinary officer Dr. Memka Guray from Govt of Sikkim, Mr. Hissey Dorjee Bhutia and Deo kumar Rai were called upon to enlighten the people regarding the disease. Around 80 people were present in the premises of Primary Health Centre. They delivered a good talk regarding the disease and its prevention to the people. But the speech was in Nepali language so a need of translator occurred. But in overall, the program was successful as the audience left with happily.

Sonada Clinic

Sonada Clinic commemorated World Rabies Day on the 28th September 2018 in its settlement. 80 participants including 34 male and 46 female gathered for the program in the community hall. Community health worker Rinzin Dorjee la delivered educational talk to the gathered people. She in detail explained about the disease, its source and its prevention to the audience.

The following day, on 29th Sept 2018 World Heart Day was observed in the settlement. During this program, 70 participants gathered in the community hall. Community Health Worker Rinzin Dorjee explained about the heart, its function and its various causes for heart disease. She explained about the cholesterol formation due to not exercising and consumption of junk, oily food leads to heart disease. She then stressed on various preventive measures including mainly exercising, and eating less junk food and living a healthy lifestyle. Finally, she concluded the program with words of thanks for the audience who patiently listened to her during the program.

GLOBAL HAND WASHING DAY (15TH OCTOBER 2018)

Being 15th October is treated as GLOBAL HAND WASH DAY, different Health Centres present in different Tibetan settlement all over India organized program and health talks on the importance of washing hand targeting school students as it is very clear that all the students love to play games but don't give importance to washing hand which leads to many diseases.

Phende Hospital, Hunsur

On Global Hand Wash Day, Phende hospital organized a small program in STS Gurupura School hall for the students below 10 standard. The program was funded by USAID via Tibet Fund through TVHA.

An introductory speech by the STS Principal which followed introduction of the day by the Executive Secretary of the Hospital. After which short videos on the proper way of washing hand and also practical demonstration by Nurse Tsering Wangmo and Nurse Rinzin Choedon was followed by the students. The Staff nurse distributed free soaps and fruit juices to the students. Finally, word of thanks by STS teacher Pasang Lhamo concluded the program with joyfulness of all the participants and appreciation.

DTR Hospital, Mundgod

Mundgod Hospital organized two days 'Global Hand Wash Day' program on both 15th and 16th October. On the first day, they went to STS Loseling School and to Sakya School the next day. Nurse Dhondup Tsomo and Nurse Penpa Dolma gave health talk on the importance of washing hands and different disease related to it. They also demonstrated the proper way of washing hand to the students of both the school. In those 2 days who were, a total of 340 students of standard below 8 were gathered.

Miao Health Center

On 15th October, Miao Health Centre organized

a program on awareness of washing hand to promote healthy life to the students and staff of the STS School. A total of 210 students from below 8th standard and 15 staffs actively gathered for the program.

The program started on 9:00 am in school hall with the introduction of the program by the Executive Secretary Mr. Tenzin Lhawang. It was followed by short animation videos showing the proper way of washing hand. Then Nurse Pasang Dolma showed Power-point presentation covering the topic, “Why Hand washing?”, “Hand washing Agents”, “Hand washing :- A powerful antidote to the illness”, “When to wash hand and how to wash hand?” to the gathered students and staff.

Lastly, they organized small game activities and distributed gifts to the winner and complimentary to the other participants which concluded the program with students leaving happily.

Tenzingang Clinic



In accordance to the ‘Global Hand Washing Day’, the clinic organized a small program to the student of Tenzingang School. Approx. 80 students from below 8 standard participated in the program.

Mrs. Phurba Dolma started the program by educating the students the proper way of hand washing both theoretically and practically. After the presentation, she opened question and answer session during which the students actively asked questions. And lastly, exercise session for small duration was performed which the students enjoyed. That resulted to the end of the program.

Dalhousie Clinic

On 15th October being ‘Global Hand Wash Day’ Dalhousie clinic organized a program for the students of Dalhousie School. A total of 22 students from 7th to 12th standard gathered for the program in school hall. Nurse Tashi Tsomo educated the students regarding the importance of washing hands through practical demonstration.

Dekyiling Health Center

Global Hand Wash Day was observed on 15th October at the Sambhota Tibetan School. Around 68 students were present. Health talk by Community Health Worker Tsewang Choedon accompanied by Staff nurse Rinzin began with Power-point presentation to the children while performing practically showing the children the proper way of washing hand. Finally, they distributed soaps and towels to the gathered participants. The program was funded by USAID.

Ravangla Clinic

On 15th October, Staffs of Ravangla clinic organized a small program at the STS school in the school auditorium. Around 75 people including students from below 8th standard and staffs gathered for that program. The program was aimed to target mainly students. Head mistress Tsering Dolma gave introductory speech to the audience which was followed by practical demonstration to the audience by Nurse Dichen tsono.

Bonpo Clinic

On ‘Global hand Wash Day’ the Staff nurse of Bonpo Health Centre organized a small program in the Hostel Hall. Around 300 participants including all the students of STS Dholanji along with the staffs gathered during the program. Nurse Lhakpa Bhuti from the settlement health Centre talked on the day’s theme ‘Clean hand -a recipe for health’. They taught the students about 7 Steps of washing hands and also educated them the importance of washing hand. Finally, they ended the program with free distri-

bution of liquid hand wash to the audience. They distributed 9 liquid hand wash to Bon Children's home, 9 liquid hand wash to Bon Children's Welfare Centre, 9 towards Ratna Menling Nunnery and 44 Savelon soaps to the STS Dholanji School.

Herbertpur/Khera Clinic

On 15th October, in accordance to the 'Global Hand Wash Day' a small program by Ms. Tenzin Kalsang and Ms. Tsetan Peltso was organized in the monastery for the settlement people and monks of Herbertpur and Khera camp. Approximately, 50 people gathered during that program. They educated the audience regarding the importance of keeping their hands clean. Age of the gathered audience was ranging wide from 10 year-70 years old.

Poanta Clinic



Community Health Worker from Poanta clinic organized health talk on Global Hand Wash Day. 56 participants including students and staffs of the Sambhota Primary school gathered in the school hall. Students gathered were of 5th standard and below. The health workers educated the students about the importance of washing hand and gave them practical demonstration. Students enjoyed the program and left the hall with new knowledge.

Mainpat Health Center

On 15th October, Mainpat Health Centre organized a health education talk to the students of Sambhota Tibetan School and Primary School in the school hall. A total of 80 students gathered

for the program. During the program staff Nurse Tenzin Woser gave a Power-point presentation to the students and educated them the importance of washing hand. She practically demonstrated the steps of washing hand and students enjoying followed the steps properly. A short duration for question and answer session was held after the presentation. Finally, the program concluded with a few words by the staff nurse.

Kullu Clinic

A small program on Global Hand Wash Day was organized by the Kullu Clinic. 100 participants including students from Sambhota Manali School and small monks Von-Ngari Monastery. Children of age 8 year to 18 years gathered for the program. Staff Nurse Ms. Dolma Lhamo gave health education to the children regarding the importance of hand washing.

Ladakh Health Center

Global Hand Wash Day was organized by the Ladakh Health Centre on 15th October 2018. Mrs. Yungdung Palkyi, Community Health Worker gave health education to the students of TCV Ladakh. 410 participants mostly students and few staff of the school gathered in the school hall. She talked about importance of washing hand. Also gave practical demonstration to the students.

WORLD DIABETES DAY (14TH NOVEMBER 2018)

On 14th November 2018, in accordance with the World Diabetes Day, Primary Health Centers and Clinics in different parts of India organized health talk and free medical checkup to the peoples of its settlement.

Bir Health Center

Bir TPHC held a health talk to people of Bir and Chauntra settlements. The talk began at 2pm with the introduction of the day by Nurse Tenzin Dolma. She educated the people about the disease, its effect on the person as well to the family and most importantly its prevention. Obesity and

Hypertension are very common in old people and they are also the major risk factor for Diabetes, so they mainly aimed to target adults who are 40 years and above.

After the talk, they held a free checkup for 18 participants which included 4 male and 14 female who were in their 50s to 80s. They checked their blood pressure and weight.

Bonpo Clinic

Bonpo Health Center held a health talk to the people of its settlement including monks and nuns of Yungdrong Bon Monastery. As the resource person Ms. Lhakpa Bhuti talked about the disease and its different types followed by its different preventive methods which included different exercises, diets and healthy habits.

After the talk, they held a free blood sugar test to the 95 participants which included 82 male and 13 female. The participants left the Health Centre with satisfied results which concluded the day.

Poanta Clinic

On World Diabetes Day, Paonta clinic also did their most by organizing a free medical checkup for its community people in Old Age Prayer Hall targeting mainly adults above 35 years. Mr. Pema Tsering (CHW) gave a health talk about the day and its importance as the disease is prevalent all over India. He talked about the effects of the disease and also its different preventive methods.

Free blood sugar test were performed for 25 participants of which 9 were male and 16 were female within the age group of 35-80 years old.



Kamrao Clinic

Kamrao clinic on World Diabetes day held a free medical checkup for its settlement people. On that important day led by Ms. Tsering Dolkar, they performed free Blood Sugar Test for the participants which included 20 male and 14 female who were above 50 year old.

Miao Primary Health Center

Miao Health Center organized a health talk in the community hall for all the people of its settlement. At 9:30am morning the talk began with the welcome address and introduction about the day by the Executive Secretary, Mr. Lhawang. A Powerpoint presentation by Nurse Pema Lhansom on the theme “The Family and Diabetes” which included physiology of the pancreas, mechanism of insulin and also types of diabetes and different methods of prevention. Lastly, thank you speech by the Executive Secretary which followed a free Blood Sugar screening to 188 participants including 88 male and 100 female.

Shimla Clinic

On 14th November in accordance to the World Diabetes Day, Shimla Health Centre organized a free medical checkup for its settlement people at the Old Age home. Led by Nurse Lobsang Dolma, they started the medical checkup specifically Blood sugar test for 35 participants which included 15 male and 20 female who were above 50 year old.

Ladakh Health Center



On 15th November, at the community hall of camp 7 and 8, Mrs. Sidol Wangmo, Staff Nurse and Mrs. Kalsang Yangdol (CHW) from the Ladakh Clinic performed free medical checkup. The checkup was Blood Sugar screening for 160 participants who were ranging from 20-70 year old.

Tezu Dhargyeling Health Center

On 15th November, a day after the World Diabetes Day, free medical checkup was conducted by the community health nurses of Dhargyeling Health Centre at 8:00am in the community hall. They distributed posters and pamphlets to create awareness to the people about the program. Approximately 150 people participated for the blood sugar level checkup and amongst them 15 were found diabetic.

WORLD AIDS DAY (1ST DECEMBER 2018)



Department of Health, with kind funding from USAID, was able to initiate observation of World Aids Day on 1st December, 2018 at our Settlements and Schools to promote awareness on HIV/AIDS. The objective behind observing World Aids Day is to promote awareness on HIV/AIDS through different activities. We have received re-



ports from 22 Settlements and 34 schools who had observe this day. Through different activities, awareness program were carried out. Activity ranging from awareness talk to skit/drama play, quiz competition, street march, drawing and essay competitions, games /sports, free distribution of education material and condoms and through free HIV tests campaign. The sole idea behind conducting awareness programs through different activities are to make the process of



learning an enjoyable and fun. Awareness campaign at the Central and Local Level were conducted in collaboration with other institution and NGO's. This year World Aids day theme is "KNOW YOUR STATUS" and department is providing





free HIV tests facility through our unit's Hospitals. In addition, Department of Health, with the support of kind funding from USAID organized HIV/AIDS awareness program for college going students and youth at Institute For Small Trade Learning, Neelamagala center, Tibetan Youth hostel at Koramangala, and at the Dalai lama Institute for Higher Education, Ramnagar district from 2nd to 4th July, through Health staff from Tsojhe hospital led by Executive Secretary Mr. Sonam Yougyal. The prime objective of the awareness campaign

was to educate and aware Tibetan youth who are more vulnerable to HIV infections through unsafe sex and sharing of syringes for drug injections.

Likewise, to educate them about the kind of prejudice and discrimination faced by HIV patients and how to rise above it.

The campaign also included HIV/AIDS talk via PP presentation by Dr. Rinzin Choedon from Tsojhe Hospital at all three venues, skit play by St. John nursing students, basketball match among girls at Tibetan Youth hostel & individual and group discussions on the topic.

WATER AND SANITATION PROJECTS COMPLETED FROM JULY TO DECEMBER 2018

Construction of Drainage at Kullu Settlement: The Drainage work start on 1st week of March and completed on June. The project was successfully carried out with the funding from the PRM, US. Through this project a total of 150 residents and 42 household are able to get benefit.

Renovation of Sataun settlement toilets: The project was given to Contractor on lumpsum for a period of 4 months. It became possible with the funding from the PRM, US. A total of 172 population can make use of the sanitation facility.



Community toilets at Kollegal: With the construction of this toilets at 11 community. It has not only reduce the open defecation system but also became success in keeping the surrounding area neat and clean. It has benefitted a total of 2161 population. Those people can access the sanitation facility. The project was funded by the PRM, US with a partial funding from the beneficiary.



Construction of U-Village Tank: A Tank capacity 12000 ltr was constructed under the funding support from PRM, US. With this tank it increase the water supply hour and around 150 settlement people can utilized the drinking water.



Construction of Sintex stand at Lugsam staff quarter: A Sintex capacity has been successfully completed in July 2018 with the funding assistance from the PRM, US under the financial year 2017-18. With this, a total three staff quarter benefitted and now they access to sufficient drinking water facility.



Construction of overhead tank at old age, Bylakuppe: The construction of tank made the life of old age people easy. Now they can enjoy the drinking water facility as per their needs. With this, a total of 50 old age benefitted out of which 17 are female and 33 are male. The old age people are very much thankful to the PRM, US for their support and funding.

Department staff update from July to December 2018

New Appointment:

S.No	Name	Designation	Place	Dated	Remarks
1	Tenzin Tseten	Office Secretary	Department of Health	05.12.2018	

Transferred:

S.No	Name	Designation	Place	To	Dated
1	Mingyur Youdon	Deputy Secretary	Department of Health	S.O Gangtok	31/12/2018

Resignation:

S.No	Name	Designation	Place	Dated	Remarks
1	Sonam Topgyal	Deputy Secretary	Department of Health	03/12/2018	
2	Dhondup Tashi	Office Secretary	Department of Health	02/01/2018	

TVHA Staff update from July to December 2018

New Appointment:

S.No	Name	Designation	Place	Dated	Remarks
1	Dr. Tsering Lhamo	Medical Officer	DVT Hospital, Kollegal	11.07.2018	
2	Tashi Samdup	Staff Nurse	Puruwala Clinic	01.08.2018	
3	Pema Yangdol	Pharmacist	Ladakh PHC	10.09.2018	
4	Yarkyi Sangmo	Staff Nurse	PHC Bhandara	03.12.2018	
5	Ngawang Palmo	Staff Nurse	PHC Bir	03.12.2018	
6	Kelsang Choedon	Staff Nurse	Dekyiling Hospital	03.12.2018	

Resignation:

S.No	Name	Designation	Place	Dated	Remarks
1	Tenzin Youdon	Staff Nurse	Dekyiling Hospital	14.07.2018	
2	Dr. Tenzin Tsewang	Dental Doctor	DTR Hospital, Mundgod	10.08.2018	
3	Dr. Jigme Kalsang	Medical Officer	DVT Hospital, Kollegal	17.08.2018	
4	Ajit K Dash	Lab. Technician	Menlha Hospital, Odisha	18.08.2018	
5	Tenzin Tsokey	Pharmacist	Ladakh PHC	13.09.2018	
6	Pema Gyaltzen	Accountant	Bhandara PHC	02.10.2018	
7	Tenzin Pema	Pharmacist	Delhi PHC	26.12.2018	
8	Tsering Yangchen	Staff Nurse	Ladakh phc	31.12.2018	

Transferred:

S.No	Name	Designation	From	To	Dated
1	Sonam Lhamo	Accountant	Phende Hospital, Hunsur	Ngoenga School	07.12.2018

Ngoenga School for Tibetan Children with Special Needs

New Appointment:

S.No	Name	Designation	Place	Dated	Remarks
1	Lobsang Lhamo	Foster Mother	Ngoenga school	16.07.2018	
2	Tenzin Tsewang	Teacher	Ngoenga school	06.08.2018	
3	Sonam Lhamo	Accountant	Ngoenga school	07.12.2018	

Resignation:

S.No	Name	Designation	Place	Dated	Remarks
1	Tsering Sonam	Teacher	Ngoenga school	01.07.2018	
2	Tsering Dolma	Foster Mother	Ngoenga school	16.07.2018	
3	Tsering Choekyi	Foster Mother	Ngoenga school	20.09.2018	
4	Tenzin Tsundue	Accountant	Ngoenga school	11.12.2018	

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).

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 co-ordinator at least two months in advance. However, the monthly fee is non-refundable.

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

Do you want more information?

If you are genuinely interested in working at CTA DOH hospitals as a medical student, you can send an email: health_re@tibet.net and we will send you additional information.

HOW YOU CAN HELP

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

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

HOW YOU CAN HELP MOST IMPORTANT PROJECTS IN 2018-2019

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

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

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

Bank

Detail

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