

BIANNUAL NEWSLETTER



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TIBETAN HEALTH

A nurse performs a follow-up visit to a new mother in one of Tibetan settlements, India.

www.tibetanhealth.org

About Us

The Department of Health (DoHe) of the Central Tibetan Administration manages and finances 45 health centers in India and Nepal, including Ngoenga School for Tibetan children with special needs, along with numerous health programs, projects, and initiatives. The Department aims to provide holistic community responsive and self-sustaining health service to improve the health of all Tibetans in exile, with a special focus on the most vulnerable groups, this is achieved by ensuring access to quality, affordable, equitable, and integrated health care services. The Department is officially registered as the Tibetan Voluntary Health Association. Tibetan Health is the official biannual newsletter of the DoHe. It strives to keep the Department's partners, donors, and stakeholders informed about its health initiatives. The newsletter provides an overview of the Department's health programs, projects, activities and needs. Most significantly, it highlights success stories and outstanding contributions of DoHe field health staff including hospital administrators, doctors, nurses, community health workers, and others.

This newsletter is dedicated to the field health staff, whose unwavering commitment and dedication make them the backbone of the unique and successful Tibetan healthcare system in exile.

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Ghoton Health Camp concluded successfully



The three-day health camp organised by the Department of health in celebration of His Holiness the Dalai Lama's 90th birthday concluded successfully on 9th July. The health camp offered integrated health services from sorig and allopathy practitioners catering to unique individual needs. The camp also provided health counselling along with tests and take-home messages on booklets, pamphlets, and bookmarks. The camp served around 600 individuals, amongst whom more than a dozen received follow-up tests and consultations. The Department extends its sincere gratitude to the doctors from TMAI (Dr. Tsering Choezom & colleague) and Delek Hospital (Dr. Jigme Kelsang, Dr. Tenzin Dechen and Dr. Tenzin Kelsang).

International Day Against Substance Abuse

As 26th June coincided with the international day against substance abuse, Tibetan health centers under the Department across Indian states observed the day to raise awareness about the growing challenges and their effects on individuals and communities at large. A total of 2365 (1299 Male and 1066 female) individuals,

Especially students, were engaged through diverse initiatives such as drawing competitions, quiz, essay writing, volleyball, basket-

ball, cricket match, marathon and other creative activities. Resource persons within the health team, such as doctors and nurses, along with Law enforcement personnel, and survivors, highlighted harmful effects of substance abuse on physical and mental health. Legal provisions related to procurement, distribution and consumption of illicit drugs were also presented. Survivors shared their personal journey and challenges in overcoming addiction. Additionally Indian government mobile applications that allow discreet reporting of illicit drug use introduced to help address these challenges. In some Tibetan settlements, the observance extended beyond 26th June and concluded successfully. The program was funded by the Bureau of Population Refugees and Migration (PRM) U.S Department of State.

Health Facility Quality Assurance audit



Ms. Ngawang Tenzin, Deputy Secretary of the Department of Health, conducted a quality assurance audit for health facilities in the southern settlement of Bylakuppe, Hunsur, Kollegal, and Mundgod from May 31st to 11th June 2025. The audit was conducted as per the Tibetan Voluntary Health Association's (TVHA) Optimal Service Modules. The initiative was funded by the Bureau of Population, Refugees, and Migration (PRM), which aims to enhance the quality of patient care and ensure optimal utilization of resources across the health facilities.

World Hepatitis Day

On 28th July 2025, Tibetan health facilities in South and Central India observed World Hepatitis Day by organizing posters displayed and health awareness events in their respective settlements. Some facilities conducted educational talks at their hospitals, while others held awareness sessions at monasteries and old age homes. All of which saw strong participation. These sessions were led by medical professionals from the respective health facilities. In Hunsur, the session was led by Dr. Satish Rao, a liver specialist at Narayana Hospital Mysore. The awareness drive focus on hepatitis symptoms, modes of transmission, prevention strategies, and the importance of vaccination.



The Department's Hepatitis B program promotes early detection, testing, and treatment, at-birth vaccination, and the provision of Hepatitis B immunoglobulin to newborns born to mothers with Hepatitis B, among other activities. However, continued collaborative efforts from stakeholders remain crucial to mitigating the disease burden and eventually attain a hepatitis b-free community.

Initiative Oberland Germany, discusses ongoing and future project.

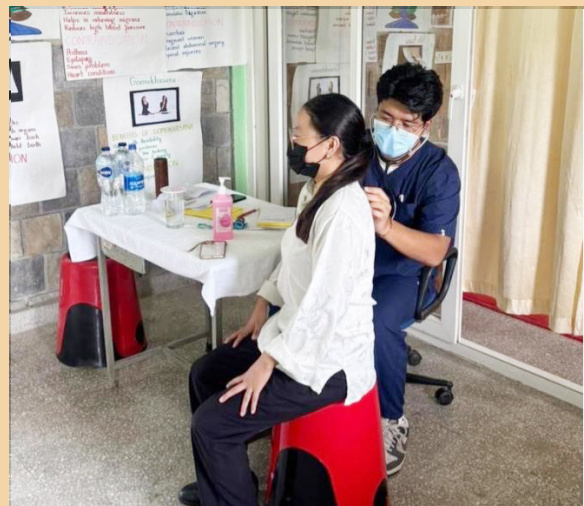
Representatives from Initiative Oberland Germany, including President Angelika and Alexander, and Field Director Ven. Nyima Dorjee, met with Tibetan health officials to discuss ongoing and future projects supporting the Mundgod Tibetan settlement, with a

particular focus on DTR Hospital. Health Secretary Mr. Jampa Phuntsok welcomed the delegation and expressed gratitude for their long-standing support.



Together We Can! End TB

The Department has consistently supported community-based TB prevention and reduction programs and initiatives over the years, including the provision of critical TB services like screening, diagnostic supplies, treatment, and nutritional assistance for TB patients.



Following the detection of a TB case in a student from ITI Selaqui, Tibetan primary Health care centre (TPHC), Dekyiling promptly initiated contact tracing, identifying three additional cases. This led to a mass screening of all staff and students from 12-14 August 2025. Conducted by the TPHC's executive secretary along with the medical team in coordination with the school administra-

tion. The screening concluded with awareness session on TB transmission, prevention, early diagnosis, treatment and stigma, followed by diagnostic tests such as chest X-rays, CT-TB and Gene Xpert test. Of the 94 individuals were screened, four additional TB cases including one extrapulmonary case were identified, along with 36 individuals diagnosed with Cy-TB who will be closely monitored. This timely intervention, funded under TESC program through the Tibet Fund, successfully prevented a potential outbreak at the school and underscores the importance of coordinated efforts in achieving the government of India's goal of ending tuberculosis.

TVHA Held its 30th Governing Body Meeting

The Tibetan Voluntary Health Association (TVHA) convened its 30th Governing Body Meeting on 5th September 2025, at the Chairman's chamber, Department of Health, CTA, Gangchen Kyishong, Dharamsala.

All members of the Governing Body were in attendance. The meeting addressed the confirmation of 11 key agendas, including the Action Taken Report from the previous meeting, which had received approval through resolution by circulation and was now reconfirmed during the meeting, with emphasis on using proper wording as per the TVHA bylaws.



A key concern raised was distribution of the workforce across field health centers, prompting calls for a comprehensive work-

force assessment to ensure efficient deployment of medical personnel across settlements.

The meeting discussed the critical issue of Hepatitis B in the community. Emphasizing the need for regular health check-up programs to enable timely diagnosis and prevent progression of liver cancer. Department of Health has proposed comprehensive Hepatitis B check-up programs for upcoming financial year.

The meeting reaffirmed TVHA's commitment to strengthening healthcare initiatives in accordance with TVHA bylaws.

Active Case Finding in Mundgod Settlement

Under the Department's Tuberculosis Elimination Program, TB Active Case Finding (ACF) campaign was successfully implemented in Mundgod Settlement between 10 August to 9 September 2025. Led by TB In-charge Nurse Tenzin Lhazay, and her team, the campaign reached monasteries, schools, nunneries and camps, screening 3,343 community members. Of those screened, 889 individuals underwent further diagnostic evaluation, resulting in the early detection of two TB cases who were immediately admitted for treatment. The initiative is funded under the TESC program, contributed significantly to preventing further transmission and advancing TB elimination efforts.



Every Mother & Child program (EMC) Capacity Building Workshop

The Department conducted a Three-day capacity -building workshop on antenatal, post-natal, infant & under-five care under the FAA program, which is funded by the US State Department. The workshop was held successfully from 15th to 17th September 2025 with 10 participants who have studied nursing profession and are serving in various capacities at the Department as well as a few from TSO Dharamsala. The workshop was led by several professionals and experts from Department of Education. Delek Hospital and Manjushri Education service.



Department of Health Welcomes the Aide A L'enfance Tibétaine (AET) Delegation



On September 19th, a six-member delegation from Aide A L'enfance Tibétaine (AET) France, led by President Karma Thinlay and Vice President Ngawang Dolkar, visited the Health Department, CTA Dharamsala. The meeting, held at the Department's conference hall, focused on the challenges and future needs of the Ngoenga School for Tibetan Children with Special Needs, which has long received sponsorship support from AET

France. The Health Secretary Mr. Jampa Phuntsok welcomed the delegation with traditional scarves and thanked them for their continued support for the welfare of the children at Ngoenga School.

Renovation of Overhead Water Tank in Bhandara Completed Successfully

The renovation of three overhead water tanks, sponsored by PRM USA, has been successfully completed to address the current water supply and hygiene challenges in the area.

The water tanks serving approximately 280 households in Camp 2, had sustained significant damage, resulting in extensive leakage, water wastage, and recurring shortage for residents. The renovation project aimed to restoring the tanks' long-term durability and operational efficiency through comprehensive cleaning, structural rehabilitation, and protective repainting.

The renovated tanks will now provide safe, hygienic water to the community, ensuring proper water distribution and reduced wastage.



Invest in Her Health: HPV Vaccine Drive.

In September, HPV vaccination drive for Class VII girl students was conducted across Tibetan schools in the North Zone. This initiative seeks to ensure early protection of adolescent girls from cervical cancer and associated risks of HPV infection. The vaccination

drive was carried out in the following schools:

- STS Herbertpur, Dholanji, and Shimla
- Mewon Petoen School, Dharamshala
- TCV Schools of Dharamshala, Gopalpur, Selakui, Chauntra, and Suja
- THF Schools of Mussoorie, Rajpur, Gohri Mafi, and Dekyiling
- Ngoenga School for Children with Special Needs, Dehradun

Under the Tibetan, Economic, Social and Cultural resilience (TESC) program, through the Tibet Fund, 142 eligible students were successfully vaccinated against HPV.



Health Secretary of CTA extended a Courtesy Meet to the New Chief Medical Officer of Kangra District.

On September 26th, Mr. Jampa Phuntsok, Secretary of the Department of Health, Central Tibetan Administration, accompanied by Mrs. Pema Youdon, Joint Secretary of the Department, paid a courtesy call to Dr. Vivek Karol, the newly appointed Chief Medical Officer of Kangra District, at his office near Zonal Hospital, Dharamshala.



The meeting was held to extend courtesy greetings and explore potential avenues for

future collaboration. Both sides shared perspectives on strengthening cooperation and initiating joint health programs aimed at enhancing the welfare of the local and Tibetan communities in the district.

Health Information System (HIS) Training Concluded Successfully



The Department of Health's HIS Desk has concluded its training and monitoring visits at PHC Delhi, Ladakh, and Sumdho, which took place from September 19th to 24th. The visits focused on enhancing community data systems, assessing current practices, understanding training needs, identifying gaps and providing training on data entry and other related processes as required. The program is funded by the United States Government under the TESC Program.

The Department of Health Welcomes the Vice President of Tibeterschule Rapperswil Jona, and his family



On October 1st 2025, the Vice president of Tibeterschule Rapperswil Jona, Mr. Shilo Tabsang, and his family were cordially received at our office by the Department's additional secretary, Mrs. Dekyi Dolkar. Since 2015, Tibeterschule's generous corpus fund has enabled Tibetan refugees in remote settlements to access vital medical treatment each year. The Health Department, CTA, deeply appreciates and remains ever grateful for their continued commitment to the well-being of our Tibetan community in India.

New Roof Installation at Mainpat Tibetan Primary Health Center

The new roof installation at the Mainpat Tibetan Primary Health Center has been completed successfully. We thank the generous support from the German Aid for Tibetans, the old, rusted roof has been replaced with new tin sheet ensuring better shelter for patients, especially during monsoon.



Health Secretary of CTA, attended TCV Chauntra's 19th Inter-House Athletic Meet

The Health Secretary, Mr. Jampa Phuntsok attended the 19th Inter-House Athletics Meet of the school as the chief guest on 10th October. The year's theme was dedicated as a loving tribute to the 90th Birth Anniversary of His Holiness the Great 14th Dalai Lama, marking it as the Year of Compassion. The Secretary was warmly received by the School Principal, the General Secretary of TCV Head Office, and the Settlement Officer of Bir Chauntra, BTS, and Dege. Following the trophy distribution, Mr. Jampa Phuntsok ad-

ressed the students, praising their active involvement and the spirit of sportsmanship, which made the event a huge success. He acknowledged his delight watching the organized sporting event.

He stressed the importance of good conduct towards teachers and staff, healthy habits, and avoiding bad company and substance abuse. He encouraged students to live meaningful lives, uphold their Tibetan identity with pride. And be mindful of social media use, noting how AI driven algorithms can promote addiction and time wastage. His visit tour concluded with the tour of the school campus and facilities.



Health Secretary Visits Hunsur to Oversee New Ngoenga Hostel Project

On Sept 29th, 2025, the CTA Health Secretary visited Hunsur Tibetan settlement to review the upcoming construction of the Hostel a new facility dedicated to supporting specially abled individuals. The visit was accompanied by the South and Central Region Section Head, held a meeting with the project committee to discuss the construction plans. This was followed by a project site visit in the afternoon and a series of meetings regarding the project. On 30th Sept 2025, the team visited sites related to the WASH (Water, Sanitation, and Hygiene) initiative in Hunsur and later held a review meeting to assess progress and finalized a resolution on the project construction.



On Oct 1st, 2025: The officials visited the Tibetan Primary Health Care Centre (TPHC) in Hunsur, where they met with health committee members to discuss healthcare improvements in the region. The team also toured the Old Age Home to assess living conditions and care facilities before proceeding to Karuna to collect feedback on ongoing initiatives. The visit's objectives were to ascertain the Ngoenga Project's successful initiation and the Department's commitment towards improving the area's support and health services.

Preventive Health Checkup for Elders

On the Ghoton Year of Compassion, and in celebration of His Holiness the Dalai Lama's 90th birthday, the Department of Health organized free preventive health checkups for elderly individuals at TVHA Health Centers where lab technicians and services are available, such as TPHC Dekyiling & Miao, Hunsur and kollegal hospital.



With funding from the United States Government under the TESC program, comprehensive geriatric health camps were conducted, benefiting 721 elders (298 males and 423 females) aged of 65 years above. Services provided are physical and mental assessment, routine laboratory investigations, ECGs, and clinical consultations. The Screening identified common morbidities such as hypertension, arthritis, gastritis and urinary tract infections, along with three newly diagnosed cases of Hepatitis B.

In addition to improving health outcomes, the program enhanced social engagement and mental well-being among participants. The camps concluded with individualized take-home guidance emphasizing regular physical activity and a balanced diet. Beneficiaries expressed sincere appreciation for the initiative implemented by their local health facilities.

Goton Health Camp at Manang Tibetan Settlement, Nepal

The Manang Tibetan Settlement Office organized a two-day health camp, "Goton Health Camp," on October 11th and 12th in Manang. Doctors from Men-Tsee-Khang Pokhara, Nepal were invited to conduct medical checkups, with all travel expenses covered by the Settlement Office. A total of 28 beneficiaries, including Tibetan and Nepalese, received medical consultations during the camp.



A Medical Team from Central TB Division Paid a Courtesy Visit to the Health Department, CTA



On October 14th, under the Kangra Chief Medical Officer's initiative, a team of doctors from the Central TB Division, Ministry of Health and Family Welfare, Government of India, and a delegation of five members paid a courtesy visit to the Health Department (TVHA) of the Central Tibetan Administration, Dharamsala followed by a visit to the Tibet Museum, the Tibetan Parliament-in-Exile, and Delek Hospital.

This meaningful engagement is anticipated to strengthen mutual relations and enhance future collaboration in the healthcare sector, particularly in tuberculosis (TB) prevention and care. It reflects a shared commitment to improving health outcomes and saving lives within the Tibetan community.

Ngoenga School Welcomed Mrs. Rowena Field, Tibet Relief Fund, London

On October 24th 2025, Mrs. Rowena Field, Trustee and Secretary of the Tibet Relief Fund, London, and her daughter Freya visited Ngoenga School for Tibetan Children with Special Needs. They were welcomed with a traditional scarf ceremony and met with the School Director to review ongoing support and discuss future collaboration.



Mrs. Field and Freya interacted warmly with the three sponsored children Tenzin Lhakpa, Tsering Tenzin, and Sonam T. Wangmo, before touring the school, observing classes and therapy sessions, and meeting staff and students. The visit was warm and meaningful, further strengthening the partnership between Ngoenga School and the Tibet Relief Fund, and reaffirming their shared commitment towards the welfare of Tibetan children with special needs.

Health Facility Quality Assurance Program Monitoring Visit Concludes

From 13th to 24th October, 2025, OSM Program Coordinator Mr. Tsering from the Department of Health visited Tibetan Primary Health Care Centers in Miao, Tezu, Delhi, and Dekyiling settlement as part of the ongoing Health Facility Quality Assurance Program.

The visit aimed to ensure that community health centers continue to deliver quality and accessible healthcare services. During the visit, he reviewed the centres' infrastructure,

governance, service delivery, and staffing, and observed complete health-related projects. He met with the respective settlement officers and hospital administrators to discuss current challenges and emerging needs.

A short training session was also conducted for health staff, focusing on strengthening relationship between health workers and patients to promote effective communication and patient-centered care.



Health Secretary's Official visit to Hunsur, Tibetan settlement concluded successfully

Mr. Jampa Phuntsok, Health Secretary, and Ms. Tenzin Chondhen, South-Central dealing staff, paid an official visit to Hunsur Tibetan Settlement from November 25th – 27th, 2025.

The primary objective of this visit was to conduct the contractor selection process for the upcoming construction of Ngoenga Integration Home for Elders with Disabilities. In the presence of the settlement officer, architects, and members of the Settlement Project Committee, the evaluation and finalization process was carried out at the Settlement Office. Following the selection, detailed discussions were held with the contractor to ensure clarity on the implementation strategy, technical requirements, timelines, resource allocation, and overall alignment of the proposed approach with the project's objectives,

During the site visit, architects provided a comprehensive presentation of the project layout, including site dimensions, detailed drawings, zoning considerations, The site conditions, design requirements, and con-

struction responsibilities were clearly explained to the contractor to ensure smooth execution of the project.



And monitoring visits to several current projects within the settlement marked the conclusion of the visit.

WORLD AIDS DAY

Tibetan settlements across India marked World AIDS Day on December 1st with HIV/AIDS awareness programs focusing on prevention, stigma reduction, healthy living, and the importance of early treatment and adherence.

To mark the day, settlement health care providers initiated numerous activities such as, gorshey (Tibetan circle dance), awareness talks, free HIV tests and condom distribution. In some areas, community took part in the host government's initiatives, such as marathon. It highlights the global HIV/AIDS threat and reinforce prevention and awareness of HIV/AIDS as well as dispel myths and stigma around it.



Installation of 12 solar streetlights and 9 CCTV cameras at Phende Hospital



Phende Hospital, Hunsur has completed the installation of 12 solar streetlights and 9 CCTV cameras with the generous financial support of Yeshi Norbu – Appello per il Tibet, Italy. This initiative enhances safety, sustainability, and security within the hospital.

Painting and renovation work at Phende Hospital



Painting and renovation work at Phende Hospital, Hunsur was completed with the kind assistance of German Aid to Tibetans (GAT), contributing to an improved and more welcoming healthcare environment.

Renovation of Lingsang Clinic



The renovation work at Lingsang Clinic, Manduwala Lingsang Tibetan Settlement, Dehradun, was completed in November 2025 with the generous support of German Aid to Tibetans (GAT), significantly improving the clinic's healthcare environment.

Underground water tank renovation at Khera camp Herbertpur



The underground water tank at Khera Camp, Herbertpur, was recently renovated with the support of German Aid to Tibetans (GAT), contributing to the provision of clean and quality drinking water.

31st Governing Body Meeting – December 24, 2025

The 31st Governing Body Meeting of Tibetan Voluntary Health Association (TVHA) was held on 24th December 2025. The meeting was chaired by Vice Chairman Mr. Jigme

Namgyal, Education Secretary. The Governing Body reviewed the minutes of previous session and approved resolution related to staff appointment, promotions and regularization, and resignation received between April to December 2025. The meeting also approved changes to authorized signatories under FCRA. It was further decided to conduct the AGM of TVHA in 2026 through an online platform.



Japan based Opthamologist visit to discuss on AI-based Eye Screening Project



The Health Secretary met with two senior ophthalmologists from Japan, Dr. Ryo Asaoka and Dr. Mitsu, along with the Chief Administrator of Delek Hospital, Dr. Tsudue la, to discuss potential collaboration on an AI-based Eye Screening Project. The meeting was attended by senior officials from the Health Department. At the conclusion, Health Secretary Jampa la presented a gift as a token of appreciation to the visiting doctors.

