# Tibetan Health




JAN-JUN 2026

TIBETAN HEALTH.ORG

# About us

The Department of Health (DOHe) of the Central Tibetan Administration manages and finances 45 health centers across India and Nepal including, Ngoenga School for differently abled Tibetan children, along with numerous health programs, projects, and initiatives. The Department aims to provide holistic health services that are community-responsive and self-sustaining to improve the health and well-being of all Tibetans in exile, especially the most vulnerable groups, it focuses on ensuring access to quality, affordable, equitable, and integrated health care services.

The Department is officially registered as the Tibetan Voluntary Health Association (TVHA). Tibetan Health is the official newsletter of the DOHe. It is published biannually and strives to keep DOH'e partners, donors and stakeholders informed about the Department's health initiatives. The newsletter provides an overview of health programs, projects, activities and needs of the Department. Most importantly, it highlights success stories and outstanding contributions of all the DOHe's field health staff including hospital administrators, doctors, nurses and community health workers and other dedicated staff.
This newsletter is dedicated to all our field health staff, whose unwavering commitment and dedication make them the backbone of the unique and successful Tibetan health care system in exile.

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## THE DEPARTMENT CONDUCTS ITS FIRST EVER EMC WORKSHOP AT DHARAMSALA.




On 10 January 2026, under the FAA (Fixed Amount Award), the Every Mother & Child (EMC) program funded by the United States Government, conducted its first-ever comprehensive workshop at Hotel Tibet, Dharamsala, the workshop was attended by 37 participants, including expectant parents and parents of children under two years of age. The workshop was aimed to address knowledge gaps in maternal and child health and promote the overall well-being of mothers and children. Sessions were led by resource persons including Dr. Sonam Topgyal and Dr. Dechen from Delek Hospital, Mr. Kalsang Wangdue from Manjushree Educational Services, and Nurse Tsering Yangchen from the Department of Health and Nurse Tashi from T.S.O Dharamsala. Similar workshops will be conducted in other Tibetan settlements in the coming months.

## EMC WORKSHOP HOSTED AT TPHC BIR

On 17 January 2026, the Department's Every Mother and Child Care program conducted a workshop at Bir Tibetan Settlement, The workshop had ten participants including parents, reflecting meaningful family engagement despite lower-than-expected turnout due to winter season. The session brought together specialists across fields. Dr. Yonten Tsomo addressed antenatal care, Dr. Tenzin Tsomo a gynecologist-obstetrician from Jogindar Nagar Civil Hospital, covered newborn care and early detection of neurodivergent children; child educator Kalsang Wangdue introduced early reading strategies; and departmental nurse Tsering Yangchen provided guidance on postnatal care. Post-session assessments showed measurable improvements in participants' knowledge, and the workshop successfully achieved its objectives.



## THE DEPARTMENT WELCOMED A GROUP OF MEDICAL STUDENTS FROM AUSTRALIA

A group of young medical students from Australia visited the department of health on 19 January 2026. The students were introduced to the Department's programs and functions in disease prevention and health promotion among Tibetan communities in exile across India and Nepal. The secretary provided an overview, followed by brief presentation from respective section heads of the Department.

## ON SITE HEALTH INFORMATION TRAINING CONCLUDED SUCCESSFULLY

The Department of Health's Health Information System (HIS) Desk conducted a training and monitoring visit to eight clinics in Northeast India from January 27 - 11 February 2026. The purpose of the visit was to strengthen the nurses' proficiency and consistency in using desktop systems and Android devices for data entry and reporting. The nurses received hands-on training and challenges that had been difficult to address online were resolved through practical, in-person assistance. As a result, the clinic nurses' confidence, data quality, and system usage were strengthened.






## FREE EYE CAMPS REACH 388 ACROSS NORTH INDIA

From August 2025 to January 2026, the Department of Health, Central Tibetan Administration, held free eye camps in eight Tibetan communities in North India, providing comprehensive eye exams to 388 individuals. 33 patients underwent minor eye procedures, 158 received essential medications, and 201 individuals received free prescription glasses. With generous funding from The Tibet Fund, Tibetan health centers collaborated with private eye hospitals and ophthalmologists in carrying out the initiative.

## A BRIEF COMPLETION REPORT

Between February and March 2026, several infrastructure upgrades and procurements were completed at Tibetan health facilities and Ngoenga school with support from key donors. Dekyiling TPHC completed its drainage system with funding from Yeshi Norbu Appello per il Tibet Onlus, while Ladakh TPHC installed aluminum doors and a heat pillar with support from Tibet Relief Fund (UK). At Miao TPHC, renovation of a vehicle garage and construction of a biomedical waste disposal pit helped strengthen emergency response and improve waste management. Ngoenga Special School, also supported by Tibet Relief Fund (UK), procured essential equipment and supplies to improve student well-being and strengthen institutional capacity. The Department express sincere gratitude to all donors for their generous support in strengthening a healthier and more resilient Tibetan community in exile.



## SUCCESSFUL COMPLETION OF KEY SCHOOL IMPROVEMENTS

The Department extends its heartfelt thanks to its donor The Tibet Fund for generously supporting key improvements at Ngoenga school and is pleased to share their successful completion, carried out between November 2025 and January 2026. The installation of new mesh fencing will protect solar systems and help reduce maintenance costs, while the repaired solar water heater has restored a reliable supply of hot water for hostel students, improving comfort and hygiene, especially during the winter months. The upgraded CCTV system now provides full campus coverage, further enhancing safety and security for everyone at the school.

## RENOVATION OF GANGKYI BASKETBALL GROUND

With support from the The Tibet Fund, the Department of Health, completed the renovation of the Gangkyi basketball ground on 27 February 2026. The renovation included improvements to the seating area, stage roof, and restroom facilities, enhancing safety, comfort and overall usability for both players and spectators. The project also adressed leakage issues and improved hygiene, creating a better environment for the community. As a result, more youth and residents are encouraged to participate in sports and recreational activities, promoting healthier and more active lifestyles.



## KNOWING CANCER TO BEAT CANCER

On World Cancer Day 2026, Tibetan communities in India held cancer awareness and screening drives focusing on both women-specific and common cancers. Health professionals led discussions on cancer causes, prevention, and early detection, along with free screenings and interactive activities. The initiatives saw strong participation and helped improve awareness of cancer prevention and early detection with the community.



## TVHA HOLDS ANNUAL GENERAL BODY MEETING 2026

The Tibetan Voluntary Health Association (TVHA) held its 2026 Annual General Body Meeting at the Department of Health, CTA, chaired by Sikyong Penpa Tsering with broad member participation from members, including those attending virtually. The meeting reviewed and unanimously approved key agenda items, including previous meeting minutes, annual and financial reports, budgets, auditor appointment, and circulated resolutions. The meeting reaffirmed TVHA's commitment to transparency, accountability, and strengthening public health services.

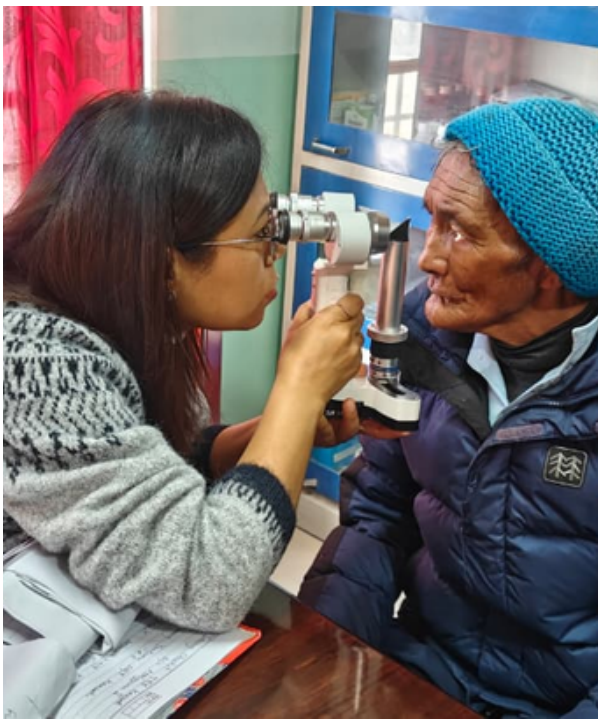


## 26TH FOUNDING DAY CELEBRATION

Ngoenga School for Tibetan Children with Special Needs celebrated its 26th anniversary on 8 March 2026.The program opened with a keynote address by the School Director, Ms. Tashi Kunzom who highlighted the school's history, which began in the year 2000 through the vision and support of His Holiness the 14th Dalai Lama. She expressed her heartfelt gratitude to the Department and its sponsors for their continued support in enabling the school to pursue its mission. The celebration continued with fun activities and performances by the children, making the occasion a joyful and memorable one.

## FREE EYE CAMP IN LEH, LADAKH

Under the department's eye camp campaign, free eye camps have been organized since August 2025. Between 13 and 18 March 2026, the Health Department, CTA reached a total of 150 individuals through eye examinations, free spectacles, and sight-restoring procedures. A total of 24 patients underwent sight-restoring procedures, while 67 others received spectacles. The Department is grateful to its donor, The Tibet Fund and the committed TPHC Ladakh team for making this vital initiative a success.



## FREE HEALTH CHECK UP FOR ELDERS

DTR Hospital Mundgod organized a month-long master health check-up starting February 10 for residents aged 65 and above, benefiting 595 elders. The initiative included comprehensive screenings—covering blood, stool, and urine tests—with home visits for those with limited mobility. It enabled early detection and management of conditions such as H. pylori infection and anemia, reinforcing the importance of regular health check-ups for elderly care.

## WORLD HEALTH DAY 2026-TOGETHER FOR HEALTH

7 April 2026 marked World Health Day, which highlighted the interconnectedness of health and underscored how the health of the planet is inextricably linked to the well being of all living beings. It also emphasizes how scientific advances continue to save millions of lives worldwide. The Tibetan settlements across India also joined the global initiative to celebrate health. Tibetan settlement offices, non-governmental organizations (NGOs), doctors, and nurses came together to promote health awareness through various activities. These included hand hygiene demonstration, marathon races, basketball, racquet and football tournaments, yoga sessions, free health screening, environmental cleanup drive, and creative writing competitions. People of all ages came together to celebrate and promote health. This initiative was funded by the U.S. Department of State's Bureau of South and Central Asian Affairs (USDOS, SCA)



## PSYCHOSOCIAL REHABILITATION PROGRAM

Psychosocial rehabilitation programmes were conducted across Mundgod, Bylakuppe, Hunsur, and Kollegal to support the mental and emotional wellbeing of patients and their families. Activities ranged from interactive games, outings, art sessions, and cultural activities to a spiritual talk on mental health, engaging participants across different locations. The programmes concluded successfully with refreshments, and participants feed backs. The department extends its thanks to the U.S. Department of State's Bureau of South and Central Asian Affairs (USDOS-SCA) for its continued support.





## THE DEPARTMENT HOSTED A DELEGATION FROM GAT (GERMAN AID TO TIBETANS)

The Department of Health, CTA, was honored to welcome a distinguished delegation from German Aid to Tibetans (GAT) to Dharamshala on 15 April 2026. The Health Secretary met with Mrs. Heide Meyer (former President of GAT), Dr. Franziska Schlarmann, and Mrs. Anna Wiencek to review successful projects and discuss the future needs of our settlement health facilities. We are deeply grateful for GAT's unwavering, long-standing support for the health and well-being of the Tibetan community in exile.

## TMS CAMPAIGN & AWARENESS DRIVE CONCLUDED SUCCESSFULLY

The TMS Section of the Department of Health successfully concluded the Tibetan Medicare System Campaign and awareness drive across the Southern Tibetan settlement from 4 to 31 March 2026. Mr. Sonam Dhondup, the current head of the TMS section, led the campaign and awareness drive, which included visits to each Tibetan settlement. The primary goal of the initiative was to raise awareness of the program's aims and objectives and highlight its benefits. The campaign also encouraged community members to enroll in the program and take steps to protect their health through TMS.



## THE DEPARTMENT CONDUCTS ITS EMC WORKSHOP IN NORTH EAST

The EMC workshop across the North East settlements successfully concluded on 27th April 2026. The workshops were held at Miao, Tezu & Tenzingang settlement under the FAA (Fixed Amount Award) from 21st April onwards. A total of 86 participants attended the workshop which featured sessions led by several resource persons, settlement doctor and department program officer. Sessions on prenatal and postnatal care, newborn care, early reading in children, advantages of free play and screen management were some key topics. The workshop was successfully carried out with the generous funding support from the U.S. Department of State's Bureau of South and Central Asian Affairs (USDOS, SCA).



## THE DEPARTMENT HOSTED ITS FIRST EVER AI WORKSHOP

In this age of technological expansion, where artificial intelligence is becoming an increasingly important part of daily life, the department hosted an AI workshop for its employees to familiarize them with its evolution and broad range of applications. The one-and-a-half hour hands-on sessions were led by Mr. Jampa Ngodup, a Digital Trainer certified in Data Science, Machine Learning, and Google Generative AI under the the Tibetan Career Centre (TCC) Yes+ initiative (Dept of Home, CTA). The workshop began on 28 April and continued through 2 May 2026.

## PRE-SERVICE TRAINING CONCLUDED SUCCESSFULLY

The pre-service training held at TPHC Dekyiling, Dehradun from 13 to 30 April 2026 was aimed to equip newly recruited nurses from multiple regions with essential clinical knowledge, practical skills, and orientation to healthcare systems and TVHA guidelines. The program emphasized clinical competency, infection control, emergency response (including CPR), communication, ethics, and data management using DHIS2, along with training in key health programs such as RMNCHA, TB, Hepatitis, Mental Health, Immunization, and Elder Care. Participants gained hands-on experience through outreach visits, demonstrations, and data entry practice, guided by experienced professionals using interactive methods. Pre and post-assessments showed improved confidence, decision-making, and readiness for independent responsibilities, ultimately strengthening nurses' capacity to deliver quality, compassionate, and evidence-based healthcare, particularly in remote areas.






## HEALTH OFFICIALS REVIEW TIBETAN SETTLEMENTS IN CENTRAL INDIA

Central India –10 May 2026 Joint Secretary Mr. Namgyal Gendun, Head of the South and Central Zone of the Health Department, and OSM Program Coordinator Mr. Tsering, concluded a review of health projects in Tibetan settlements across Central India (Mainpat, Bhandara, and Orissa) from 28 April to 9 May 2026. Their visit focused on assessing ongoing and completed health initiatives. Mr. Tsering conducted quality assurance assessments in the health centers, while Joint Secretary Mr. Namgyal monitored projects and discussed future plans. They met with local officials, health staff, and community leaders to understand needs and reviewed staff workload and program data management. Mr. Tsering continued monitoring at the Ladakh Tibetan Primary Health Centre through May 13.

## CTA-SUMMER BASKETBALL TOURNAMENT

Dharamshala, 12 May 2026: The CTA Summer Inter-Departmental Basketball Tournament concluded successfully today. The tournament, which began on 20 April, featured 10 men's teams and two women's teams this season. Held biannually, it is hosted by the Department with the key objective of promoting physical and mental well-being while fostering team spirit among participants. Kashag Secretary Mr. Tsegyal Chukya Dranyi attended the basketball tournament as the chief guest, urging CTA staff to serve with greater dedication following an audience with His Holiness the Dalai Lama, while highlighting the event's focus on health, unity, and youth participation. In the finals, CTA United won the women's title, while the Department of Finance took the men's championship. The event concluded with a prize ceremony where trophies were awarded, referees honored, and Mr. Tenzin Kunsang of the Department of Finance received the Best Player award.



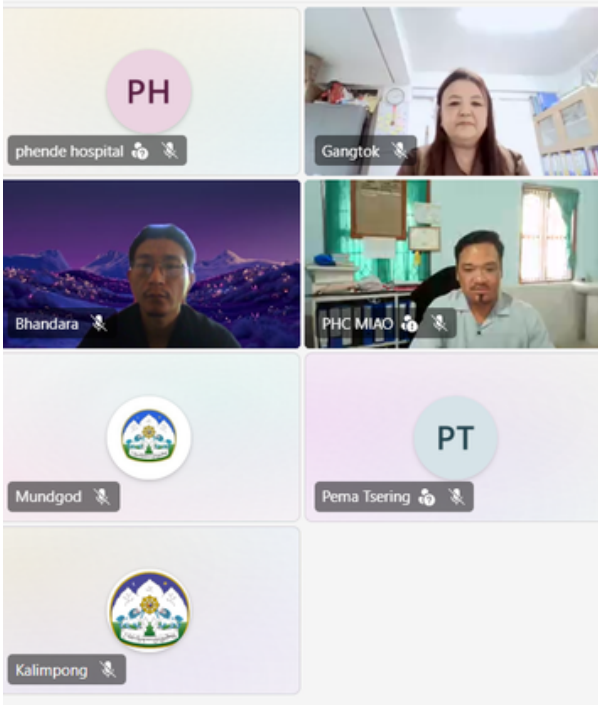



## MR. JORDI MÁS VISITS THE DEPARTMENT OF HEALTH

Dharamsala, 11 May 2026: Mr. Jordi Más, a long-time member of Casa del Tibet, Barcelona, visited the Department of Health through the House of Tibet Barcelona. He met with the Health Secretary Mr. Jampa Phuntsok and concerned staff of the department. An accomplished engineer and entrepreneur, he has built a successful career across the automotive, textile, and furnishing sectors, while also developing strong expertise in groundwater exploration. Now semi-retired, he continues to share his experience through consulting.

## REVIEW MEET ON TMS ENROLMENT 2026

A virtual meeting organized by the TMS section to discuss Key learnings & Challenges faced in TMS Enrolment 2026 was conducted on the morning of 13 May, with 61 field staff participating. The session focused on sharing field experiences, identifying enrolment challenges, and discussing key learnings to improve future implementation. Participants actively engaged in discussions and proposed practical solutions. The meeting concluded with clear action points for strengthening future TMS enrolment process.







## ACT NOW: TIBETAN SETTLEMENTS MOBILIZE AGAINST SILENT HYPERTENSION CRISIS

On 17 May, Tibetan settlements across India marked World Hypertension Day with widespread awareness activities led by the Health Department. Through hospitals and health centers, communities participated in screenings, marathons, games, BP monitoring sessions, and talks highlighting the risks of hypertension, a condition affecting 1 in 3 adults globally. Supported by the TESC program, the initiative saw strong participation across age groups, promoting healthier lifestyles and regular blood pressure monitoring. The community is urged to take action—stay active, eat healthy, check blood pressure regularly, and seek timely medical advice to prevent hypertension and its complications.



## EMC WORKSHOPS AT CENTRAL TIBETAN SETTLEMENTS

EMC workshops were successfully conducted from 13–20 May 2026 across Bhandara, Mainpat, and Odisha Tibetan Settlements, with support from the U.S. Department of State (USDOS-SCA). A total of 76 participants attended, with sessions focused on maternal and child health, including antenatal and postnatal care, newborn care, and child development topics such as early learning and safety. Nutritional supplements were distributed to beneficiary mothers, encouraging strong participation. Feedback surveys were also collected to help enhance future EMC program implementation. The workshops concluded with active engagement and positive outcomes across all locations.

## EVERY MOTHER AND CHILD HEALTH CARE WORKSHOP FOR NURSES




The EMC Health Care Workshop for nurses was successfully held from 26–28 May 2026 at ATWS, with 34 MCH nurses from 32 Tibetan settlements participating. The workshop focused on strengthening evidence-based maternal and child healthcare skills. Sessions covered antenatal and postnatal care, newborn care, and child development, along with specialized training in autism awareness, inclusive childcare, and effective communication and behaviour management. Participants also received guidance from Health officials on EMC program implementation, data management, and field challenges from Department of Health officials. Pre- and post- training assessments were conducted to evaluate learning outcomes. The workshop concluded with blessings from His Holiness the Dalai Lama and closing remarks by Joint Secretary Ms. Pema Youdon, marking a successful completion with support from USDOS-SCA.

## HPV VACCINATION DRIVE FOR ADOLESCENT GIRLS CONTINUES

The RMNCHA programme's annual HPV vaccination drive for 7th-grade girls is currently underway, administering a WHO-recommended single-dose vaccine effective against HPV types 16 and 18—responsible for nearly 70% of cervical cancer cases. Implemented by settlement nurses in coordination with schools and with parental consent, the campaign has reached 118 girls so far, aiming to reach 200 by year-end. In addition to vaccination, awareness sessions are held for students and parents on vaccine benefits, care guidelines, and the optional second dose. The initiative targets adolescent girls aged 9–14 and is supported by funding from the U.S. Government(USDOS-SCA)through the TESC program.





## HEALTH DEPARTMENT WELCOMES KALON PEMA TSO

The Department of Health formally welcomed its newly elected Health Kalon, Ms. Pema Tso, with a traditional ceremony led by Health Secretary Mr. Jampa Phuntsok, joined by department staff and representatives of autonomous bodies. The program included a butter lamp offering and ceremonial greetings. During the first official meeting, the Secretary presented an overview of departmental operations. Addressing the gathering, Kalon Pema Tso emphasized strengthened teamwork to advance community health, with a focus on vulnerable groups. She concluded by appreciating the dedication of staff across all levels, while the Health Secretary extended best wishes for her successful tenure.




## PARENTS ATTENDED DEKYILING EMC WORKSHOP

The EMC (Every mother and Child) workshop at Dehradun Tibetan Settlements concluded successfully at the Dekyiling Tibetan Settlement on 8 June 2026, with a total of 41 participants. Key speakers invited for the workshop sessions on Maternal and child health care included Mr. Jamyang Gyaltsen (Manjushri educational services), Dr Tenzin Phagdol a Newborn child health specialist, and TPHC Dekyiling Doctor Mr. Tsering Sonam (MBBS). The workshop was conducted with generous funding support from the U.S. Department of State's Bureau of South and Central Asian Affairs (USDOS-SCA).

## HEALTH KALON ON HER MAIDEN OFFICIAL VISIT REVIEWS HEALTH FACILITIES

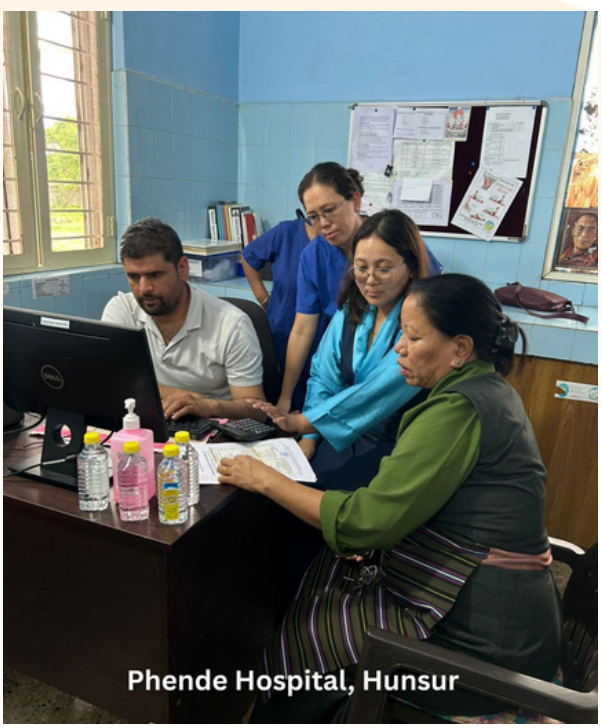
On 10 June 2026, Health Kalon Pema Tso, accompanied by Health Secretary Jampa Phuntsok, conducted her first official visit to Lhagelri Patient Recovery Centre and Delek Hospital which are located in Dharamshala. She reviewed the facilities and engaged with respective staff, patients and healthcare professionals of the facilities.





## GHOTON BASKETBALL TOURNAMENT 2026

On 19 June 2026, Kalon Pema Tso, Health Kalon of the Central Tibetan Administration, attended the finale of the GHOTON Basketball Tournament 2026, organized by SFT India, as the Chief Guest. She congratulated the finalist teams, commended the enthusiastic participation, and emphasized that participation itself is a valuable achievement that builds experience, confidence, and future success. She also wished all participants a successful and memorable tournament. The event witnessed strong community support, including representatives from various Tibetan NGOs. The Department of Health commends all those involved for making the tournament a meaningful and memorable event that promoted active and healthy lifestyles.




## DIGITIZING HEALTHCARE SYSTEM

From 3–12 June 2026, OpenMRS was successfully deployed at Sera Mey Hospital, transforming manual record-keeping into a digital health record system that improves patient management, clinical workflows, and reporting. During the same period, a monitoring visit to four southern hospitals using OpenMRS assessed system utilization, strengthened staff capacity, gathered user feedback, and addressed technical and operational challenges. The initiative was supported by the U.S. Department of State's Bureau of South and Central Asian Affairs (USDOS/SCA).

## TELEPSYCHIATRY SOFTWARE TRAINING CONCLUDED SUCCESSFULLY

From 15–16 June 2026, a Telepsychiatry Software Training was successfully conducted in Bylakuppe, bringing together telepsychiatry nurses from four southern healthcare facilities. The program introduced a new telepsychiatry software integrated into the existing DoHe Telemedicine system. Participants received hands-on training, deepened their understanding of system features and workflows, and were better equipped to deliver effective telepsychiatry services across their respective centers. This initiative was supported through the generous funding of the U.S. Department of State's Bureau of South and Central Asian Affairs (USDOS/SCA).





## DEPARTMENT OF HEALTH WELCOMED US EMBASSY DELEGATION

On 22 June 2026, the Department welcomed Mr. Mike Cramer, Political Officer, and Ms. Radharani Thakuria, Project Management Specialist, from the U.S. Embassy, New Delhi. Health Kalon Ms. Pema Tso extended a warm welcome to the delegation. The meeting, attended by the Health Kalon, Secretary, and senior officials of the Department, focused on the progress of TESC Program, funded by the U.S. Department of State, as well as future strategic health priorities and challenges. The Department of Health extends its sincere gratitude to the U.S. Department of State for its continued partnership and generous support in advancing healthcare services for the Tibetan refugee community.

## HEALTH KALON GRACED THE CLOSING CEREMONY OF INTER-TCV BASKETBALL TOURNAMENT

28 June 2026: Health Kalon Pema Tso attended the closing ceremony of the Inter-TCV Basketball Tournament as the Chief Guest, marking her first official school visit since assuming office. In her address, she highlighted the importance of sports in promoting physical and mental well-being, teamwork, and discipline, while encouraging students to strive for excellence. She also emphasized the responsibility of preserving the Tibetan language and culture, urging students to develop strong character and leadership as the future of the Central Tibetan Administration. She concluded by wishing the participants success and offering prayers for the long life of His Holiness the Dalai Lama, the resolution of the Tibet issue, and reunion with Tibetans in Tibet.





## 32ND TVHA GOVERNING BODY MEETING REVIEWS KEY ADMINISTRATIVE AND DEVELOPMENT MATTERS

30 June 2026: The 32nd Governing Body Meeting of the Tibetan Voluntary Health Association (TVHA) was held under the chairmanship of Health Kalon Pema Tso. In her remarks, Kalon Pema Tso reflected on her first four weeks in office, highlighting her visits to Delek Hospital and the Lhagelri Patient Recovery Centre, and shared plans to visit branch hospitals, Primary Health Centres, and Ngoenga School in the coming months. The meeting reviewed resolutions approved between February and June 2026, discussed ongoing human resource challenges, particularly the turnover of contractual medical staff —and considered engagement of a Chartered Accountant and Tax Consultant to strengthen financial and taxation management. Members were also briefed on the progress of the Ngoenga Project and preparations for the 8th Health Review Meeting scheduled in August 2026. The meeting concluded with appreciation for members' active participation and continued support.

# PICTURE GALLERY



Health Kalon Pema Tso's first day at Office



HPV Vaccination,TPHC Dekyiling

# PICTURE GALLERY


Drawing competition , Tenzingang clinic



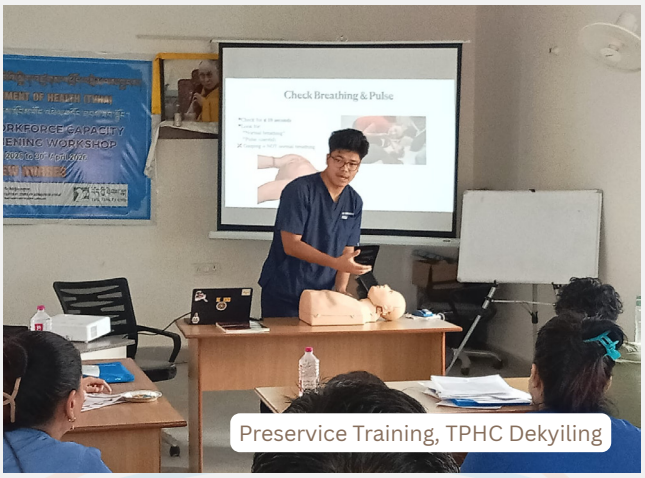
World Health day. TPHC Ladakh



Cleaning Drive, PHC Delhi



Elder care, DTR Mundgod



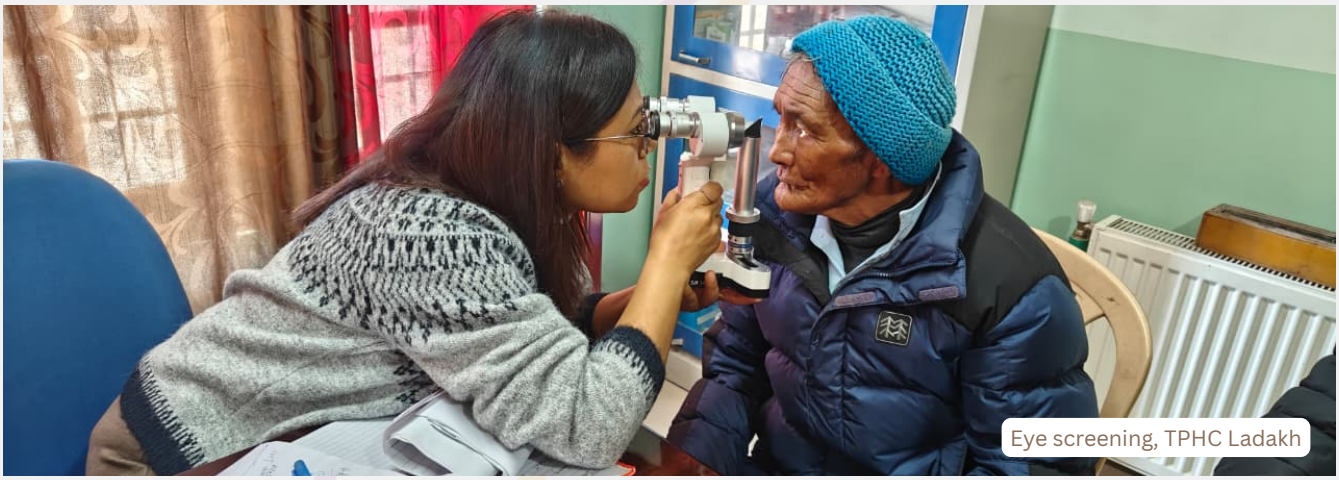
Preservice Training, TPHC Dekyiling

# PICTURE GALLERY



BP Screening, Tsopema clinic


HIS Training, TPHC Miao


Eye screening, TPHC Ladakh

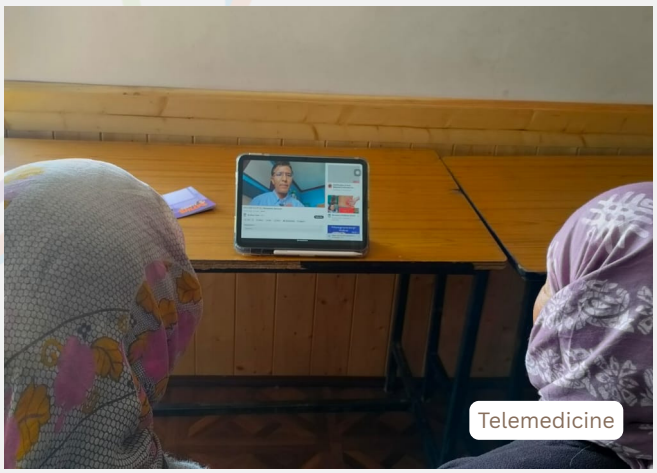


World Hypertension day

# PICTURE GALLERY



CTA summer basketball tournament


Telemedicine


US Embassy Delegation, Health department


EMC awareness, Mainpat


Supervision & Monitoring visit, Bandhara

# VOLUNTEER SECTION

Ms. Tenzin Dekyong holds a graduate degree in Physician Associate Studies. Beyond direct patient care, she has a keen interest in public health and community-based healthcare initiatives, particularly within the Tibetan community. She is currently serving as a volunteer with the Department through the TibetCorps Volunteer Program. As part of her three-month placement, she has been tasked with preparing a nutritional evaluation report of monastic communal kitchen menus in alignment with the Kashag Resolution. This role has provided her with valuable hands-on experience in nutritional assessment, research, documentation, and formal report writing, while further deepening her understanding of institutional health programs and systems. Tenzin has found the experience both meaningful and professionally rewarding. She remains committed to continued learning and contributing effectively throughout the remainder of her volunteer service.




CONSUMER SHOP – I

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