



# TIBETAN HEALTH

OCTOBER 2012-MARCH 2013



Health Kalon, Dr. Tsering Wangchuk met with Dr. Kiyohiro Maruki (President), Dr. Tsewang Nishikura and other members of Saitama Medical University in Tokyo along with Mr. Lhakpa Tshoko, Representative and his staff during his first official visit to Japan in March

Department of Health

Tibetan Voluntary Health Association, CTA



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## Networking South Asian International Fundraisers

Health Kalon Dr. Tsering Wangchuk attended the South Asian International Fundraising Workshop (SARFW) in Delhi from 28 to 30 November 2012. The event provided an opportunity to learn from and network with leading fundraisers and representatives of funding agencies and foundations.

## Health Kalon Inaugurates Website of Ngoenga School



Commemorating the International Day of Persons with Disabilities on 3 December 2012 at the Ngoenga School for Tibetan Children with Special Needs, the Health Kalon inaugurated the first official website of the school ([www.ngoengaschool.org](http://www.ngoengaschool.org)). A whole host of local Tibetan dignitaries attended the ceremony in which the Health Kalon also presented a new motor wheelchair to Tenzin Khedup, a student of Ngoenga school. The wheel chair was sponsored by Aide Enfance Tibetaine, France, through French physiotherapist Nathalie Dalmayiac who has been volunteering at Ngoenga school.

## Reviewing Health Needs in Remote Settlements

The Health Kalon visited from 15 to 28 February 2013 three remote Tibetan settlements, viz. Tuting, Tezu and Miao. The visit mainly focused on reviewing and assessing the current status of public health in these remote settlements located in the north-eastern region of India. During this visit, the Kalon witnessed first-hand the impact of Department's various health programs for the wellbeing of scattered Tibetan communities living in and around Tuting, which includes Gelling,



Norbuling, Bona, Kopu, Podung Basti, Behari Basti, Lali Basti, A.L.C line and P.I.Line.

During this visit, Kalon Dr. Tsering-Wangchuk also checked 70 patients of various illnesses, gave public talks in all three settlements, and visited schools and Mentsee-Khang clinics. He met with the members of the local Tibetan health committee and discussed ongoing health programs and policies, especially the TMS scheme. He also visited both Indian government and private hospitals located near the settlements and assessed their benefit to the Tibetan people. He visited the homes of destitute families and enquired about their current condition and problems. Mrs. Kalsang Chodoen, staff nurse in Miao settlement, promoted women's health awareness among the local Tibetan women at Tuting during his visit.

## HIV/AIDS Counsellors' Training

In association with the Christian Medical College, Vellore, Tamil Nadu, and with support from Norwegian Church Aid, the Health Department organized HIV/AIDS counseling training from 22 to 26 October 2012. The training was attended by 15 participants, which included staff members of hospitals/health centers run by the Department, as well as those from the Mentsee-Khang



and NGOs. The main aim of this training was to upgrade their knowledge on counseling techniques in dealing with HIV/AIDS patients. Some of the topics covered in this training were pre and post-test counseling, values and attitudes of a counselor, stages and process of counseling, methods of dealing with psychological problems of HIV/AIDS patients, nutrition, etc. The training resource persons were Mr. Dilip Mathai, Dr. Latiff Rajesh Johnson, Mr. J. Jacob, Mr. R. Govindan and Mr. Peace Clarence J. from Christian Medical College, Vellore.

### Substance Abuse Workshop-cum-Review Meeting



The Health Department organized a substance abuse review meeting and workshop from 7 to 9 November 2012 at Tibetan Day School, Majnu-Ka-Tilla, Delhi with financial support from Norwegian Church Aid. The main aim of this meeting was to discuss and share reports on the measures undertaken by the schools to prevent substance abuse among their students. The 38 participants of this workshop came from 17 schools, which included rectors, nurses, counselors and students of the schools, as well as some staff members of the Department. The resource persons were Mrs. Trinley Palmo, MPH, Department of Health, CTA; Dr. Pallav Bonerjee, Consultant Clinical Psychologist, VIMHANS; and Dr. Gagandeep Kaur, Clinical Psychologist, UPS. Topics covered were introduction to addiction, management and recovery process, concept of co-morbidity, public health approach to the prevention of substance abuse at the school level.

### World AIDS Day

World AIDS Day 1 December 2012 was observed in all Tibetan settlements to raise awareness about



the disease. Since most of the people were not in the settlement due to winter business, the talks were conducted with participation of school children. In some places, school themselves observed the day by giving talks, distributing badges and organising dramas, drawing and essay competitions on the theme “Getting to Zero, zero new infection, zero discrimination, zero AIDS related death”. During the World AIDS Day function held at Dekyiling settlement, Health Kalon Dr. Tsering Wangchuk and Ms. Sofia, director of SOIR-IM, Rajpur jointly inaugurated the new film on HIV/AIDS “Breaking the Silence- towards Zero HIV community”.

In Dharamshala, the Department’s Public Health Program Head Mrs. Trinley Palmo, dealing staff Mr. Tenzin Jinpa, HIS staff Tenzin Sonam and Volunteer Nurse Ms. Tenzin Yangchen visited Sherab Gatsel Lobling School and Central Tibetan University, Sarah. Introduction on importance of the day and transmission of HIV, signs and symptoms and HIV testing and quiz on basics of HIV/AIDS were covered during the talk.

### HIV/AIDS Film” Breaking the Silence”

A documentary film on HIV/AIDS titled “Breaking the Silence towards zero HIV Community” was made in collaboration with Creative Yak



Films, New Tibetan Colony, Majnu-ka-Tilla, Delhi. The film was successfully completed and released by Health Secretary Sonam Choephel Shosur at the Kashag Hall in Dharamsala on World AIDS Day through a press conference in the presence of staff members of Health Department and Creative Yak Film. This film was an effort by the Health Department to sensitize and educate people on how we can protect ourselves from HIV/AIDS. This film was made with financial support from SOIR-IM, Sweden.

### HIV/AIDS Awareness Month

The Department carried out HIV/AIDS awareness campaign throughout the month of December 2012. Since the target group selected was young people who are away from settlements for sweater-selling, the awareness talks were therefore conducted at major Tibetan sweater-selling cities mentioned below through hospitals/health centers. During this campaign talk on basic of HIV/AIDS, new film was screen, HIV prevention message badges and pamphlets were distributed to the public.

S.No	Hospitals/ Health Centers	Tibetan Sweater Selling Place
1	DTR Hospital, Mundgod	Pune
2	DVT Hospital, Kollegal	Rameshwaram and Ooty
3	Phende Hospital, Hunsur	Hyderabad
4	Menlha Hospital, Odisha	Guntur, Vijaywada, Vishakapatnam, Behrampur
5	Miao Health center	Dimapur
6	Norgyeling Health Centre, Bhandara	Nagpur
7	TPHCC, Mainpat	Jabalpur

### Health Department Holds Workshop on HIV/AIDS in Mysore

The Department organized a three-day HIV/AIDS workshop cum support group meeting under a theme titled “Access to Services-HIV/AIDS: An overview”, at Mysore in southern India from 12



to 14 March 2013.

The workshop was conducted in collaboration with Asha Kiran Hospital, a charitable hospital in Mysore providing specialised HIV/AIDS care and services. A total of about 15 participants, including 9 HIV/AIDS patient and 6 staff members from health centers of Department in southern Tibetan settlements. The resource persons included medical officers and psychologists from Asha Kiran Hospital. It was facilitated by Mr. Tenzin Jinpa, HIV/AIDS coordinator of the Department.

This workshop aimed to promote collective discussion among the HIV patients about their experiences and problems. Additionally, specialised counseling and clinical guidance were provided for better management of their conditions.

### Emergency Can Occur Anytime, Enroll in Tibetan Medicare System

Many Tibetans have experienced the benefits of the Tibetan Medicare System (TMS) which was launched on 1 April 2012. To start a second phase of enrollment, following important points were circulated:

1. Join in awareness campaigns of the TMS organized by the office of the Settlement officer or Hospitals.
2. Enrollment period is from 1 February to 31 March every year and register in concerned Settlement or Hospital office.
3. The one year period will be from 1 April to 31 March.
4. Settlement or hospital offices will explain the benefits and hospitals listed.

To get quality health care services, get enrolled in TMS at the respective Settlement or hospital office.

## Awareness Campaign in Mundgod



TMS Communication Officer of the Department, Mr. Nyima Gyaltsen and Mr. Lhakpa Tsering, executive Secretary of Kollegal hospital, carried out TMS awareness campaign on the sidelines of the “LAMRIM” teaching by His Holiness the Dalai Lama at Mungod from 28 November to 12 December 2012. The teaching was attended by over 20,000 people, including Tibetan monks and laity, as well as foreigners. With support from the executive secretary and staff members of Mundgod hospital, more than 6,000 copies of TMS brochures and 5,000 leaflets were distributed to the public. Similarly, information stall was installed to answer the public queries on TMS.

## TMS Workshop-cum-Review Meeting

An experience sharing workshop from 21 to 23 January 2013 was organized by the Department and the Micro Insurance Academy (MIA) to review the implementation of TMS. It was attended by Health Kalon Dr. Tsering Wangchuk, Additional Secretary Mr. Tsegyal Dranyi (who is also the program manager), Under Secretary and TMS Communication Officer Nyima Gyaltsen and nine executive secretaries of the hospitals. Founding Chairman Dr. David M. Dror, Deputy CEO Pankaj Goel, Denny John (Deputy



Director Project Implementation), Priya Panda (Project Manager from MIA) attended the workshop. With brief introduction of the workshop by Health Kalon and Founding Chairman, MIA power point presentations were made by the executive secretaries and the program managers of the Department. During the workshop, several issues relating policy guidelines of the TMS were also discussed in detail.

## Amendment of TMS guidelines



Following the experience sharing workshop in January 2013, the main issues related with TMS were discussed with MIA staff. This in turn was followed by separate discussions with the executive secretaries of the hospitals and within the Department in order to confirm the proposed draft amendment in the TMS for the approval of the Kashag.

## Malteser International Evaluates Tibetan Medicare System



Mrs. Nicole Moran, representative from Malteser International, a funding agency of the TMS, visited Dharamsala on 6 July to evaluate the ongoing implementation of the medical scheme. She met with the health Kalon, secretary and other staff members of the Department. After reviewing the daily works and the accounts of the TMS project,

she visited various Tibetan hospitals, monasteries and settlements in both north and south India, viz. Bir, Kollegal, Hunsur and Bylakuppe. As of March 2013, as many as 9,770 people were enrolled in the medical scheme. Out of them, over 355 people received medical benefits worth nearly 7.7 million rupees.

### Thousands Avail Mobile Health Education in Doon Valley

The Department organised a mobile health education program at Tibetan settlements in the north Indian states of Uttarakhand and Himachal Pradesh from 26 February to 2 March 2013. Funded by SOIR, IM, the program, covered 11 Tibetan settlements, 4 monasteries and 6 schools.

The Mobile Health Education was led by Mrs. Trinley Palmo, head of the Department's public health division, Tenzin Kapsang, health education coordinator, and Dr. Lodoe Phuntsok, medical officer of Dekyiling Health Center. They were accompanied by three nurses, Tenzin Dickyi, Tenzin Yangkyi, and Tenzin Yangchen (who is a Tibet Corps volunteer).

The mobile health program received enthusiastic support and participation of over 4,000 people, which also included a significant number of school children. The program aimed to create awareness about some of the major health problems in the Tibetan community, like TB, Hep B, cancer, hypertension and diabetes. The program also aimed to promote healthy life style and the importance of preventive measures and timely diagnosis. It also disseminated information related with HIV/AIDS and substance abuse, particularly among the youth. The program included public talks and discussions about both preventive and curative aspects of various health problems and issues.

This mobile health education tour was



quite successful in achieving its basic objective of encouraging people to have greater community mobilization and dialogue about health issues, promoting thereby the outreach of public health initiatives at the grassroots level.

### Training on Clinical Management of MDR-TB



Medical officers Dr. Tenzin Norsang, DTR Hospital Mundgod and Dr. Lodoe Phuntsok, Tibetan Primary Health care Center, Dekyiling attended Clinical Management of MDR-TB training at Lala Roop Singh, Institute of TB and Respiratory Disease in New Delhi from 5 to 9 November 2012. The training was funded by the Union South-East Asia Office.

### TB Dealing Staff Visits Tibetan Settlements in South India

The Department's TB dealing staff, Mr. Migmar Tashi toured Tibetan settlements in south India from 18 January to 7 February 2013 to oversee the implementation of the program. During his visit, he examined the availability of diagnostic facilities, patient record documentation, implementation of DOT, drug supply and storage, in-patient facility, infection control, TB & HIV/AIDS collaborative activities, collaboration with TB program of the host country, etc. He also met with the regional Indian District TB Officer of re-



spective settlements and thanked them for their support and urged their continued cooperation for the future particularly in the DOTS and Programmatic Management of Drug Resistant Tuberculosis.

### TB Database Refresher Training



In order to review the TB Health Information System introduced in 2012, a two-day refresher training on the management of TB database was held in Dharamsala. Beginning 4 March, the training was attended by 17 health staff from various hospitals and health centers located across India. Dr. Lobsang Tsering, advisor of the Department's Health Information System, was the main resource person of the training, which also discussed TB data recording and reporting, TB epidemiology, communication and DOT.

### Basketball Tournament on World TB Day

With support from Stop TB, Italy, the Department marked the World TB Day on 24 March by organizing a series of basketball tournaments and TB quiz competition in schools located in and around Dharamsala. The Department, in collaboration with the Delek Hospital, also organized a basketball tournament at Gangchen Kyishong, the hub of the Central Tibetan Administration. Dr. Tsetan Dorjee Sadhutsang, Chief Medical Officer



of Delek Hospital, spoke on the significance of TB day during the final basketball match held at Gangchen Kyishong. Whereas, Health Kalon Dr. Tsering Wangchuk visited Tibetan settlements in Bir and Chauntra on 24 March 2013 and created awareness about TB among the general public and school children. In addition to generating this World TB Day's theme of "Stop TB in my life time", these events aimed to generate greater awareness about Tuberculosis, particularly MDR TB, among the Tibetan youth.

### Health Kalon Meets head of Indian Govt. Central TB Division



Health Kalon Dr. Tsering Wangchuk, along with the TB dealing staff Mr. Migmar Tashi, met Deputy and Additional Deputy Director General of Central TB Division of Govt. of India in New Delhi. They discussed on collaborating in integrating the Tibetan TB programs with the TB program of the Indian govt. They also discussed utilization of resources such as drugs, training of health personnel, various grant schemes available and ways to apply them under the TB program at the sub-district level.

### The MBBS Student Sign Revised Bond

MBBS student Mr. Tenzin Wangdak, Dr. Rajendra Prasad Government Medical Collage, Tanda,



Dharamsala signed the revised MBBS bond on 12 March 2013. The Bond is an agreement signed between Tibetan Voluntary Health Association (TVHA), Tibetan Children's Educational and Welfare Fund (TCEWF) and select students, who



in exchange for the MBBS seat or scholarship, agree to provide 3 years service in Tibetan settlements under the direction of the Department after the completion of their MBBS degree.

### Monitoring and Evaluation Training in Jaipur



Department staff Mrs. Trinley Palmo attended the monitoring and evaluation training from 21 to 25 January 2013 at the Indian Institute of Health Management Research (IIHMR) in Jaipur. Prof. Alok Sharma and Sodhi from (IIHMR) were the main resource persons of the training in which 20 public health coordinators from the Govt. of India, mainly from Bihar, also participated. The main objective of this training was to impart skills and tools to effectively monitor and evaluate health programs at the local level. Our participant expenses were funded by the Africa Trimila-Associazione Italia Tibet, Italy through Dr. Claudia Cardelli.

### Clinical Training in Taiwan



Dr. Tashi Dorjee and Nurse Ranjung Dolma attended a three-month Taiwan International Healthcare Training from October to December 2012. In addition to clinical expertise in dermatology, obstetrics and pediatrics, Dr. Dorjee-gained practical knowledge about many different skin conditions from a well experienced skin specialist. He also received training in surgical pro-

cedures like laparoscopy and robotic surgery. He spent a lot of time in operation theaters observing different types of surgery like caesarian sections and total hysterectomies. A part of his training also focused on newborn care and general Pediatrics during which he witnessed many interesting health complications related to children. He also had the opportunity to learn from many well known pediatricians regarding effective management of pediatric complications.

Whereas, during the course of this training, Nurse Rangjung Dolma learned about modern medical equipment related with different fields, particularly those that are yet to be introduced in the Tibetan community. She also learned about the merits of the early treatment of cancer, keeping TB patient in isolation with proper hygienic treatment, systematic waste classification of syringe and laboratory wastes, etc. The Africa Tremilla-Associazione Italia Tibet, Italy funded the expenses incurred on their travel within India.

### International Tropical Course Training in Vellore

Dr. Tenzin Norsang from DTR, Hospital attended a two-week long Short course Tropical Medicine Training in Vellore, beginning 28 January 2013. The training held in the Infectious Disease Department of Christain Medical College and hospital was attended by 28 participants from all over the world.

The training featured lectures from various speakers and faculty members on a wide range of topics, including diseases of bacterial, viral, fungal and parasitic origin regions. It also included sessions in diagnosis of tropical diseases.

The training also arranged a hospital and



community site visits along with a tour to the local Revised National Tuberculosis Control Program and Leprosy center. Expenses for attending this training was funded by the Africa Tremila-Associazione Italia Tibet, Italy.

### Safe Delivery Practise Training at Behrampur Christian Hospital



The staff nurses and community health workers from following health centers attended this workshop.

### 25th Oct. to 25th Nov. 2012

Hospitals/health centers	Name of Participants (Nurses/CHW)
Khera	Tenzin Dekyi
Bandara	Tsamchoe Dolma
Mainpat	Dawa Choedon
Bir	Karma Dolma
Miao	Passang Dolma

### 26th Nov. to 26th Dec. 2012

Hospitals/health centers	Name of Participants (Nurses/CHW)
Bandara	Tenzin Dekyi
Ladakh	Rinzing Wangmo
Ladakh	Kalsang
Ladakh	Yangdon
Miao	Dawa Dolma

### 25th Feb. to 25th March 2013

Hospitals/health centers	Name of Participants (Nurses/CHW)
Dekyiling	Dawa Tsamchoe
Odisha	Pema Choezin

Bir	Tenzin Jangchup
Hunsur	Thinley Wangmo

### 15th April to 15th May 2013

Hospitals/health centers	Name of Participants (Nurses/CHW)
Bylakuppe (Tso Jhe)	Tenzin Choedon
Bylakuppe (Tso Jhe)	Tenzin Palkyi
Delhi	Tashi Youdon
Dekyiling	Rinzing Wangmo

### Health Education Events Held in Various Settlements

#### World TB Day



This year's TB day, observed on 24 March, witnessed many interesting community wide initiatives of shared responsibility and collaborative participation in various Tibetan settlements to reduce the spread of TB.

In addition to the awareness activities in Dharamsala, all the Department health centers in different Tibetan settlements organised numerous activities to mark TB day with the cooperation of settlement officers, doctors from local Tibetan Traditional branch clinics and the school teachers. These activities were facilitated by the health staffs of respective health centers.



The TB related events at the settlements included distribution of TB brochures, demonstration of TB posters, discussions and health talks on TB to the local public, school based quiz and sport's competition. Many of the health centers also invited TB medical specialists from nearby Indian Government hospitals and district TB officers to talk about their expertise regarding TB prevention and control to the public.

### World Sight Day

**DVT Hospital, Kollegal:** On 11 October 2012, DVT organized World Sight Day with the theme of 'Working together to eliminate avoidable blindness'. The day focused on bringing attention on blindness and vision impairment of the elderly people, along with preventable eye disease and nutrition need for a healthy eye, chart, pamphlets and flipchart were used for better understanding. The talk was attended by 30 residents of the local elderly people's home.

**PHC Ladakh:** World Sight Day conducted in Ladakh on 18 October 2012 mainly focused on eye problems common in the elderly settlers. 160 people attended the talk given by the community health workers, Mrs. Kalsang Yangdol and Mrs. Yungdung Palkyi.

### Raising Awareness on Typhoid in Bir

The Primary Health Center in Bir, conducted a health talk on Typhoid Fever and its prevention to the local Tibetan community on 8 October 2012. Executive Secretary Mr. Sonam Gonpo Hara spoke about general information about Typhoid, including its causes, symptoms and prevention. The talk was attended by 61 settlers.



### World Hand Washing Day

**Paonta Health Clinic:** The World Hand Washing Day was originally created for children and schools, but it can be celebrated by anyone promoting hand washing with soap on 15 October 2012. Around 69 school children from the Sambhota Tibetan School and Nursery attended the event in which the local community health worker recommended hand washing with soap as a key to protecting public health. The day successfully ended with demonstration and distribution of free towel and soap to every participant and also to the foster parents and cook of the school.

**Bir Primary Health Center:** Tibetan Primary Health Center organized a talk on Hand Washing Day and Child Mental Health Day on 31 October 2012. 30 people attended the talk including 14 children from Sambhota Tibetan School, Bir. It covered general information about mental health and discussions on the importance of hand washing to prevent illness and the spread of germs. The talk was given by Stephanie Cramp (volunteer), a Paediatric Nurse from UK, and Tenzin Pelmo, community health worker.

**Puruwala Health Clinic:** The health center organized a talk at Puruwala on 15 October 2012, with participation by some 69 school children. Local community health worker recommended hand washing with soap as a key to protecting public health.

**Miao Primary Health Center:** Tibetan Primary Health Center organized a talk on Hand Washing Day and Hand Hygiene to the school children of CST Miao on 22 October 2012. Around 300



students participated in the health talk. Resource persons are Nurse Maria and Kalsang Choedon for senior student and community health workers Lhawang and Kalsang Dickey for junior students.

**Ladakh Primary Health Center:** The health cen-



ter observed the World Hand Washing Day on 24 October 2012 at TCV School. Staff Nurse Mrs. Sidol Wangmo provided health talk on the importance of hand washing and prevention of many diseases through washing hand with soap, in addition to distributing leaflets to further improve their knowledge and understanding. The talk was attended by 512 junior students.

**Gangtok Health Clinic:** The health center hosted a health talk about Global World Hand Washing Day on 15 October 2012 at the Thumi Sambhota Tibetan School, Gangtok. It is the most effective and inexpensive way to prevent diarrheal and acute respiratory infections, which kill millions of children in the world. Community Health



Worker Dichen Tsomo and School Nurse Tenzin Kundol were the resource persons. 160 students attended the talk.

## Hypertension Education Campaign in Mundgod

DTR Hospital organized a three-day Blood Pressure campaigns in their settlement and provided free BP check to over 527 settlement people. People actively participated in the promotion of control and prevention of high blood pressure. It was carried out by hospital staff nurses Tsewang Sangmo and Dickey Tsamchoe from 15 to 17 October 2012.

## Pneumonia Awareness Campaign

**Pondoh Health Clinic:** World Pneumonia Day program was held in Pondoh Tashiling settlement on 12 November 2012. World Pneumonia Day aims to raise awareness about pneumonia and to promote its prevention. The community health worker gave talk on the prevention and control of pneumonia. The day was attended by 11 settlers.

**Rewalsar Health Clinic:** The health center organized a talk at Tso Pema in collaboration with the settlement office. The local community health worker raised awareness about pneumonia, which is the world's leading killer of children under the age of five.

## World Diabetes Day

**DVT hospital:** Kollegal DVT Hospital observed World Diabetes Day on 14 November 2012 with "Diabetes Education and Prevention" as the main theme. The occasion was aimed to raise awareness of diabetes, its prevention, complications and the care for the affected people. They mainly gave information on its causes, type, management, medication and the prevention of the disease. Moreover, they also explained the prevention and



control of diabetes according to the Traditional Tibetan Medicine. Out of 277 participants, 204 were screened. They distributed also pamphlets to the participants and resource persons answered queries of the participants.

**PHC Miao:** Choepheling Primary Health Center organized a three-day program, beginning 14 November on World Diabetes Day. Health Talk was aimed to sensitize the local population about the diabetes and its serious complication. This health education program was organized campwise to optimize people's involvement in the program and a small group was selected in order to promote better understanding on diabetes, encourage discussion and to provide individual counseling. Health talk covered topics like introduction of diabetes, its prevention, lifestyle modification and diet were given by Community Health Worker Mr. Tsultrim Dorjee, Volunteer Nurse Ms. Maria, and Tibetan Traditional Medicine Dr. Tsering respectively. Talks were very informative as per the feedbacks received from participants.

**PHC Bandara:** The Primary Health Center organized a health talk to create awareness in the community about diabetes on 13 November 2012. 52 settlers attended the health talk.

**PHC Mainpat:** The Diabetes Day activity was organized to increase awareness and encourage health improvement, promote the information about diabetes, and provide education for people with diabetes and their healthcare source. 146 settlers attended this event.

**PHC Dekyiling:** The health talk was conducted in Drikung Nunnery in Dekyiling settlement on 18 November 2012 and 56 nuns participated in it. Community Health Worker Norbu Dolma gave important guidelines to protect and prevent this deadly disease.

Additionally, a health talk was organized by Dekyiling health center on November 21, 2012. Community Health Worker Dawa Tsamchoe gave a talk to the settlement people on "Strengthening prevention, screening, diagnosis, treatment and control of viral hepatitis and its related diseases". It was attended by 42 settlers and

raised significant awareness about Hep-B among local people.

### Talk on Gastric and Healthy Lifestyle

**PHC Bir:** From 2 to 4 January 2012, three consecutive health talks were arranged at two locations in Bir settlement. Volunteer Ariella Smith and Eugeria Xiao, a Medical student from Australia provided talks on causes, symptoms and treatment of Gastric ulcer and its prevention based on healthy lifestyle and eating habits. The talk was attended by more than 120 people including 100 students.

### World Cancer Day

**Lakhanwala Health Clinic:** World Cancer Day was organized on 4 February 2013 to raise awareness about Cancer and to encourage its prevention, detection, and treatment. In addition, they distributed leaflets on "Women and Cancer" published by the Department. 30 settlers present during this event.

**PHC Bir:** On 1 March 2013, volunteer nurse Mrs. Sandra from Australia and Community health worker Tenzin Palmo gave a health talk on "How to reduce the risk factors that are linked to cause of Cancer". The community took great interest in listening to the talk. The talk was attended by 32 settlement people.



**PHC Miao:** On 4 February 2013, Nurse Mrs. Kelsang Choedon and Community health worker Mrs. Kelsang Dickyi marked the Cancer and Breast Cancer Day with a health education talk. Their main purpose was to promote public awareness about cancer and clarify misconceptions about the disease. 172 women attended the talk.

Water and Sanitation Projects, Construction, Renovation Projects Implemented from October 2012 to January 2013.



Public toilet renovation was completed in Bir Tibetan Settlement on 17 February 2013.



Thangtong Lughar water project completion of alleviated the drinking water scarcity.



New ambulance for Tezu Primary Health Centre.



New TATA Winger Ambulance for Dekyiling Hospital.

Department staff update from 1 October 2012 to 31 March 2013

Transferred:

Name	Designation	From	To	Date
Tenzin Yangzom	Office superintendent	Dept.of Health	Dept. of Religion	28.01.2013

New appointment:

Name	Designation	Date	Remarks
Trinley Palmo	Deputy Secretary	01.10.2012	Contract
Tenzin Dolma	IT Officer	01.01.2013	Contract

TVHA Staff:- New Appointment:

Name	Designation	Place	Date of Appointment
Tenzin Thapkay	Driver	PHC Bandara	01.02.2013
Tenzin Kunphel	Pharmacist	DVT Hospital	15.03.2013

Early Retirement:

Name	Designation	Place	Date
Karma Drugyal	Driver	PHC, Bandara	30.12.2012

### Resignation:

Name	Designation	Place	Date of Resignation	Remarks
Sanjiv A Patil	Pharmacist	DVT Hospital, Kollegal	06.10.2012	
Choeying Tsomo	Registered Nurse	Tezu	04.11.2012	
Jigme	CHW	15 Mile	07.12.2012	
Tenzin Woesser	Registered Nurse	Tso Jhe Hospital, Bylakuppe	12.01.2013	
Dilip	Sweeper	Delhi	31.01.2013	Contract
Tenzin Yonten	CHW	Puruwala	15.02.2013	Contract
Pema Dolma	Watchman	Bir Dophen School	31.03.2013	Contract

### Transferred:

Name	Designation	From	To	Date of Transferred
Migmar Tashi	Executive Secretary	PHC Deyiling	Department of Health	17.10.2012
Tenzin Topden	CHW	Kamrao	Ngoenga School	01.11.2012
Rinzin Choesang	CHW	Lakhanwala	Poanta Sahib	12.11.2012
Pema Tsering	CHW	Poanta Sahib	Lakhanwala	15.11.2012
Tenzin Norphel	CHW	Menlha Hospital, Odisha	Kamrao	26.11.2012
Migmar Tsering	Executive Secretary	Tso Jhe Hospital, Bylakuppe	DVT Hospital, Kollegal	26.02.2013
Pemba Labrang	Executive Secretary	DTR Hospital, Mundgod	Phende Hospital, Hunsur	26.02.2013
Lhakpa Tsering	Executive Secretary	DVT Hospital, Kollegal	Tso Jhe Hospital, Bylakuppe	05.03.2013
Ngawang Thupten	Executive Secretary	Phende Hospital, Hunsur	DTR Hospital, Mundgod	05.03.2013

### Ngoenga School:- Resignation

Name	Designation	Date of Resignation
Tenzin Yangzom	Foster Mother	10.10.2012
Sonam Tashi	Cook	01.11.2012

### Volunteer's through Tibet Corps:

Name	Designation	Place	Duration	Date
Tenzin Yangchen	Staff Nurse	Department of Health	6 Month	15.12.2012-14.06.2013
Tenzin Jigme	Physiotherapist	Tso Jhe Khangsar Hospital, Bylakuppe	6 Month	15.01.2013-14.07.2013
Sangey Choezom	Staff Nurse	Tso Jhe Khangsar Hospital, Bylakuppe	6 Month	01.02.2013-31.07.2013
Tsering Dhondup	Staff Nurse	Menlha Hospital, Odisha	5 Month	01.04.2013-31.08.2013

## Other Volunteer

Name	Designation	Place	Duration	Date
Ms. Maria Strzemieczna (Poland)	Staff Nurse	Primary Health Center, Miao	3 Month	17.10.2012- 17.01.2013
Ms. Nathalie Dalmyrac (France)	Physiotherapist	Ngoenga School	1 Month	12.11.2012- 15.12.2012

## List of Donor from 1 October 2012 to 31 March 2013.

TVHA , Department of Health expresses our deep appreciation and thanks to all the Donors and Volunteers. Moreover, we would like to request your continued support to achieve our goals.

S.No	Donor	Country	Amount (Rs)	Purpose
1	Capital Area Tibetan Association	USA	2,662,898	General Fund
2	Shenphen Tibet Aid	Norway	84,000	Dispensary Recurring Expenses
3	SOIR-IM	Sweden	24,000	Emergency Relief Fund
			67,824.44	Water and Sanitation
			127382.92	HIV/AIDS movie expenses
			47,792.64	Health Education
4	Association free Tibetan Childhood	France	9,999	Sponsorship fund of Ngoenga School
5	American Himalayan Foundation	USA	520,494	Nutrition for Ngoenga School children
6	Tibet Fund	USA	74613	Sponsorship money of Ngoenga School
7	PRM via SARD & Tibet Fund	USA	1,709,099	Dispensary Recurring Expenses
			1,030,000	US TB Control
			550,000	Handicapped & Disabled
			850,000	MCH
			300,000	Essential Drugs
			1,111,284	Water and Sanitation
			1,000,000	Emergency Relief Fund
			100,000	Torture Survivor medical Exp.
			190,020	HIV/AIDS
			24,987	Health Education
209,477	Health Information System			
8	BMZ & Malteser International via MIA	Germany	200,000	Tibetan Medicare System Project
9	Tashi and Kate Dhondup	USA	4,985	HIV/AIDS Control
10	Trans Himalaya Aid Society	Canada	192,410.48	Water Purification system for Ngoenga School
11	Shenphen Tibet Aid	Norway	697,158	Maternity unit and generator at Miao Primary Health Center



12	Vimala Association	Italy	930,721	Recurring cost for Maternity & TB ward at Tso Jhe Hospital
13	Yeshi Norbu Association, Italy	Italy	76,120	Sponsorship money of Ngoenga School
14	Shenphen Tibet Aid	Norway	282,725	Health project at Sonada
15	Ida Van Gulik	Belgium	44,000	Sponsorship money of Ngoenga School
16	AFRICA TREMILA	Italy	284,870	Training Fund
17	Lobsang Jigme, Bhuman Rinpoche	Taiwan	271,276	Water Tank Project at Chauntra
18	Office of Tibet, New York	New York	1,718,992	General Fund
19	International Health Care Training Centre	Taiwan	93,191	Staffs training
20	Tashi and Kate Dhondup	USA	5,085	HIV/AIDS Program
21	PRM via SARD & Tibet Fund	USA	1,735,868	Dispensary & Recurring Exp.
			755,056	Mother & Child Health
			119,032	Training
			810,487	US TB Control
			161,667	Handicapped & Disables
			108,260	Essential Drugs
			886,679	Water and Sanitation
			50,000	Torture Survivor
			1,000,000	Emergency Relief Fund
22	AET Via CTRC	France	300,024	Recurring Expenses of Ngoenga School
23	Tibet Fund	USA	208,911	Sponsorship Fund of Ngoenga School
24	NCA VIA SARD	Norway	947,798	HIV/AIDS/Substance Abuse
			601,023	Malaria control Program
25	BMZ & Malteser International via MIA	Germany	912,389	Tibetan Medicare System Project
26	Lhakpa Sigrist	Swiss	30,000	Sponsorship money of Ngoenga School
27	TFG Austalia	Australia	26,497	Torture Survior Program
28	Shenpen Tibet Aid	Norway	63,462	Dispensary Recurring Expenses
			98,538	Emergency Relief Fund
			282,025	Emergency Relief Fund
29	USAID via USA Embassy, New Delhi	USA	705,162	Torture Survior & Mental Health Program
			756,240	Torture Survior & Mental Health Program
30	NCA VIA SARD	Norway	100,001	HIV/AIDS & Substance Abuse
<b>Grand Total</b>			<b>26,154,523.48</b>	

## HOW YOU CAN HELP TIBETAN HEALTH DEPARTMENT

Central Tibetan Administration's Department of Health or Tibetan Voluntary Health Association works to improve the health of Tibetan refugees in India, Nepal and Bhutan.

List of Health Programs and Projects run by Department of Health or Tibetan Voluntary Health Association that need your support.

1. Health Information System
2. Water and Sanitation Program
3. Health Education Program
4. Tibetan Medicare System
5. Mother and Child Health Program
6. Ngoenga School for Tibetan Children with Special Needs
7. Special diets for MDR TB Patients
8. Resident Doctors and other Medical Staff Quarters Construction Project in Miao, Tuting, Kollegal, Mundgod, Hunsur and Ladakh
9. MDR TB medicine Fund
10. Hepatitis B awareness, Testing, Vaccination and Treatment Project
11. Health and Medical Training
12. General Fund
13. Corpus Fund -
14. HIV/AIDS Prevention and Care Program
15. Substance Abuse Prevention and Rehabilitation Program
16. Oral Health and Hygiene Program
17. Eye health program in remote settlements including Cataract screening and Surgery
18. Medicare and Welfare of Tibetan Torture victims
19. Mental Health Program
20. Care of Tibetan People with Disability
21. Cervical Cancer Awareness, Screening and Vaccination project
22. Emergency need of Ambulance for Health centers in Miao, Bhandara, Tuting and Orissa
23. Medical Equipments and Physiotherapy equipments
24. Hospital or Clinic Renovation Project in Tuting, Ladakh Changthang, and Mundgod
25. Medical Staff Salary
26. Emergency Medical Fund for people below poverty line in India, Nepal and Bhutan
27. Malaria Prevention and Control Program
28. Children Sponsorship Fund

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

**Bank  
Detail**

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

SWIFT CODE - UCBAINBB001  
or - UCBAINBB002  
PAN - AAATT1509K  
TAN - PTLT10935B  
IFSC - UCBA0002059  
[www.tibet.net/health](http://www.tibet.net/health)  
[health@tibet.net](mailto:health@tibet.net)



Health Kalon with the members of Save Tibet Association, Osaka, Japan



New motor wheelchair for Ngoenga School student, sponsored by AET, France



With Chairperson and members of Seifu & Seifu Nankai Junior & Senior High School, Osaka, Japan



Inspecting the existing toilet facilities in the remote Tuting settlement



New Haematology Analyzer at DTR, Mundgod



HIV Awareness Talk for Tibetan sweater seller in Nagpur.



HIV/AIDS Day at Bir



HIV Test Campaign at Tezu



Health Kalon with Tibetan settlement people in Tuting



Health Kalon speaking about TB to the people of Tibetan settlement in Bir and Chauntra.



TMS Awareness campaign in Tibetan settlement at Kollegal



Immunization program in the remote Jangthang nomadic area, Ladakh



Tibetan health center in Tuting



Health Kalon visiting poor people's home in Tuting



Student performing a play on World Drug Abuse Day in Ladakh



Tibetan nurse attending clinical training in Taiwan