



# TIBETAN HEALTH

## July to December 2016

### About Us

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

The health department manages and finances 50 health centers in India and Nepal including Ngoenga School for Tibetan refugee children with special needs ([www.ngoengaschool.org](http://www.ngoengaschool.org)) apart from different health programs, projects, and activities.

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

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

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### USAID Awards letter of Appreciation to Tibetan Medicare System, Department of Health, CTA.



On 8th August 2016, USAID awarded a Certificate of Appreciation to the Tibetan Medicare System (TMS) team of the Department of Health, CTA, for its effective and efficient management of funds and implementation of TMS Projects. The Certificate was presented by Mr. Jonathan Addleton, Mission Director of USAID to India, at a ceremony held at Nyatri Hall, Gangchen Kyishong, Dharamsala. Mr. Addleton said that the certificate is recognition of the quality health service being provided by the health department, and reaffirmed USAID's deep commitment to helping the Tibetan community improve their education and economic well-being, as well as their health status.

At the event, Health Kalon Mr. Choekyong Wangchuk delivered a brief introduction to the Department of Health and its various projects. He emphasised the importance of preventive healthcare initiatives to enhance the overall Tibetan public health.

In his address, Sikyong Dr. Lobsang Sangay thanked the USAID for their continued assistance and affirmed that the certificate of appreciation would further inspire the staff to work harder. This is the first such token of appreciation that the Central Tibetan Administration has received from a foreign organization. Moreover, said the Sikyong, to receive the Certificate of Appreciation from a person of the stature of Ambassador Jonathan Addleton means so much to the CTA as a whole and particularly to the health department.

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### **ADMINISTRATION NEWS:**

#### **Health Kalon Attends Medical Camp cum Festival at Nagrota Bhawan, Kangra**

A group of Department of Health senior staff attended the Multispecialty Medical Camp cum Children's Festival at Gandhi Ground, Nagrota Bhawan, Kangra, on 27th July 2016. The delegation was led by Health Kalon Mr. Choekyong Wangchuk along with Mr. Dawa Phunkyi, Tibetan Parliament-in-Exile Member and Director, Tibetan Delek Hospital.

This annual event combining the medical camp with the children's festival coincides with the birthday celebration of Shri G. S. Bali, who is Food, Civil Supplies and Consumer Affairs Minister in the Government of Himachal Pradesh. Thousands of people from in and around Nagrota gathered at the event, where not only medical examinations in different disciplines were conducted but also equipment like eye glasses, hearing-aids and walking sticks were distributed.

Eminent figures present at the formal function included Shri Suraj Singh Pathania, MPP and Power Minister in the Himachal Government; Shri G. S.

Bali himself; the Chief Parliamentary Secretary; and MD Himachal Road Transport and MLAs. Our Health Kalon was honoured as the Chief Guest and was given warm felicitations by Shri G. S. Bali.

In the public address, the honourable Health Kalon on behalf of Sikyong Dr. Lobsang Sangay extended hearty wishes to Shri G. S. Bali on his birthday, and lauded his services to the needy people in the region in providing such medical help. He further expressed appreciation of Shri G. S. Bali's support and relationship with the Tibetan people living in this region.

At the end, Shri G. S. Bali presented a memento to all the guests and gave a valedictory address.

#### **Health Kalon and Deputy Speaker Meet Minister of State for AYUSH**

Health Kalon Mr Choekyong Wangchuk, along with a delegation from the Tibetan Parliament-in-Exile (TPiE) led by Deputy Speaker Acharya Yeshi Phuntsok, met Shri Shripad Yesso Naik, the Minister of State for Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), on 22nd November 2016.



Health Kalon appealed the Ministry of AYUSH to develop efforts towards preservation and promotion of Sowa-Rigpa, the Tibetan Medical System. He briefly introduced the Central Council of Tibetan Medicine (CCTM), and delegation members, who included members of Tibetan parliament, Lopoen Thupten Gyaltzen and Mr. Kunchok Yarphel, Ms. Tenzin Choedon, Joint Secretary of Tibetan Parliament-in-Exile (TPiE) and Dr. Tsering Tsamchoe, General Secretary of Central Council of Tibetan Medicine (CCTM). The Tibetan Parliament delegation also apprised the Minister and Indian leaders on the wave of Tibetan self-immolation protests since 2009 and the deteriorating political situation inside Tibet.

The Minister expressed his strong support for the Tibetan cause and vowed to fulfil the appeal.

#### **HEALTH PROGRAMS:**

##### **Oral Health Program**



From 1st–21st July 2016, Mr. Rinchen, the Dental Therapist from Miao Health Center carried out free dental education and screening

as well as emergency treatment for children in the Tibetan settlements Miao, Tezu and Tenzingang in Arunachal Pradesh. This program, funded by



PRM benefitted more than 600 children in these remote regions.

| Detail                 | Miao | Tezu | Tenzingang | Total |
|------------------------|------|------|------------|-------|
| Total student screened | 315  | 94   | 212        | 621   |
| Extraction             | 18   | 13   | 59         | 65    |
| Filling                | 249  | 15   | 34         | 323   |
| Scaling                | 2    | 8    | 14         | 24    |
| OH Score               | 56   | 38   | 86         | 180   |

##### **Department of Health Marks World Hepatitis Day with Public Awareness Talk and Free Test Camp**

##### **World Hepatitis Day – Know hepatitis – Act now**

On World Hepatitis Day, 28th July 2016, the world Health Organisation (WHO) calls on policy makers, health workers and public to “Know hepatitis – Act now”.

An awareness talk was organized by Department of Health, in collaboration with Kunphen centre at Norbulinka, to observe World Hepatitis Day, on the previous day, 27th July 2016. The talk was given by Dr. Rigzin Sangmo, Head of Research and Development Department of Tibetan Medical and Astro Institute (TMAI), and Dr. Tenzin Desel from Delek Hospital, Dharamsala. The audience was informed about the mode of transmission of disease, preventive measures to be adopted and the treatment modalities that are available.

On 28th July, awareness talks were held for the public of McLeod Ganj, given by Dr. Rigzin Sangmo from TMAI and Dr. Sonam Topgyal from Delek Hospital.





Dr. Sonam Topgyal presented key facts on the Hepatitis-B virus infection, common transmission of the virus and geographical concentration of Hepatitis-B. He strongly called for coordinated efforts to curb the rising incidence of hepatitis in the Tibetan community. Dr. Rinchen Sangmo gave an in-depth presentation on the causes, symptoms, diagnosis and prevention of Hepatitis-B.

The talks were followed by free Hepatitis-B tests,



done by Mr. Tenzin Dhangsong, a laboratory technician at Delek Hospital. The test camp was attended by 211 people of all ages.

World Hepatitis Day was also observed in all the Tibetan settlements and schools in India through awareness talks, skits, quizzes and drawing competitions.

#### **Substance Abuse Awareness Campaign Targets Tibetan Schools in Himachal Pradesh**

The Department of Health (DoH), with funding from the U.S. Bureau of Population, Refugees and Migration (PRM), in support of global hu-



manitarian activities, and in collaboration with the Zedhey Khangsar Drug Rehabilitation Centre, organized a substance abuse campaign and visited five schools in Himachal Pradesh.

The program was delivered at TCV Suja, TCV Chauntra, STS Chauntra, TCV Gopalpur and TCV Lower Dharamsala from 18th–20th August 2016. Starting with an introduction to drugs and their effects, the danger of addiction, and possible treatment regimes, former drug addicts then



shared their personal experiences and stories with the students. Each session ended with an interactive discussion, so students could ask questions and clear their confusion about drug abuse, addiction and treatment.

In the end, both the DoH and the schools were pleased with the success of the campaign in reaching the students and providing information.

#### **Mobile Health Campaign in Shimla and Dholanji Tibetan Settlements**

A two-day Mobile Health awareness campaign was conducted at Monasteries and Schools in



Shimla and Dholanji Tibetan settlements from 5th–6th October 2016. It was led by Mr. Kapsang, Health Education Coordinator for the Department of Health, and Ms. Karma Pema Dolma, former Dharamsala TMS Nurse.

The awareness campaign focused mainly on Hypertension, Tuberculosis, Hepatitis-B, Diabetes, General Health and Hygiene, as proposed by stakeholders. Various pamphlets, posters and CDS on a range of health issues were distributed



to the general public, a free eye screening camp was held at Tibetan settlements in and around Himachal Pradesh from August to December 2016. The medical teams were made up of doctors from nearby ophthalmic hospitals, who were invited to different places like Tashijong, Bir, Mandi, Manali, and Kullu area. Many patients turned up for a check-up at the screening camps and there was a smooth flow of work.

The settlers benefited greatly from the camp – par-



to the participants. About 238 settlers and students from Shimla and 352 settlers and students from Dholanji received health education through this program.

Through the Mobile Health Program, which is funded by the Swedish Organization for Individual Relief (SOIR-IM), the Department of Health aims to improve the overall health of Tibetan people in exile/diaspora.

#### **Free Eye Screening Program at various Tibetan Settlement in North India**

In order to provide a quality eye check-up service



ticularly the older people. A total of 458 patients received preliminary vision tests at no charge. Of these, 321 were given prescriptions for spectacles, and many were diagnosed: around 48 for cataract surgery, 10 for Pterygium, 4 for Autograft and 3 for Dacryocystorhinostomy (DCR). Eye drops were also distributed as per prescription. The program was funded by The Eye Surgery Fund and Tibet Funds, USA.

#### **TB Coordinator attended RNTCP National Review Meeting at Hyderabad**

TB Coordinator, Mr. Migmar Tashi, represented Department of Health (TVHA) in the Revised



National Tuberculosis Control Program (RNTCP) National Review meeting held at Hyderabad from 22nd-24th August, 2016. TVHA is a sub-recipient of the Global Fund NFM grant in partnership with Central TB Division (CTD), Ministry of Health & Family Welfare, Govt. of India. The RNTCP National Review Meeting was organized by the Central TB Division (CTD) & WHO-India to review performances of the states and highlight new developments in the RNTCP, Govt. of India.

The meeting was attended by State TB Officers, WHO- RNTCP Consultants and Partners including The Union, Bill & Melinda Gates Foundation, CDC, TISS, PATH, FIND-INDIA, World Vision, Clinton Foundation, etc. Besides attending the meeting, the TB coordinator met the State TB Officers and WHO- RNTCP consultants in Global Fund NFM grant to discuss on the implementation of the Global Fund NFM grant in the Tibetan settlements.

#### **Doon Valley and Sirmour Region: Networking and Orientation Workshop on Global Fund TB Project**

A networking and orientation workshop for the



field staff of Doon Valley and the Sirmour region of Himachal Pradesh took place from 28th October–3rd November 2016. Dr. Lobsang Tsing, Head of Public Health Division visited Doon valley to discuss and plan with all DoH's health staff from the region. The workshop activities were conducted under auspices of the Global Fund (GF) project to control TB and delegates met the State TB Officer, Government of Uttrakhand.

Under the GF project, DoH will be implementing a TB awareness program and TB screening of the residents of schools and monasteries. During the earlier visit in July 2016, we had briefed the school and the monastery authorities on the activities to be conducted under the GF project and sought their support and participation.

#### **Miao and Tezu Settlements: Networking and Orientation on Global Fund TB Project**

The visit to the north east was a very fruitful one as Dr. Lobsang Tsing, Head of Public Health Division was able to meet the District TB Officers (DTO) of Arunachal Pradesh for Miao and Tezu region from 8th–17th November 2016. The DTO at Changlang was aware of the Global Fund (GF) project and agreed to extend all help in implementing it. If needed, she agreed to send a staff member from the district to do sputum microscopy during the program implementation at household level. Dr. Lobsang also visited the local Indian government hospital at Miao and met the STS, who had agreed to extend their support to the GF project. We will be referring all our TB suspects to the local hospital for diagnosis and treatment initiation. DOTS (Directly Observed Treatment, Short Course) support will be given



by our health staff members.

They will also impart on-the-job training to the health staff on activities related to Active Case Finding (TB Screening) in schools and monasteries in the two settlements, on how to conduct Contact Tracing and also follow-up of the people who had completed TB Treatment.

Dr. Lobsang also discussed the GF quarterly report and the need for a TB suspect register and documentation of Contact Tracing activities. He was also able to install the EPI-INFO\_7 software for TB data entry and reporting at the two settlements.



Under the GF project, we have budget to provide an X-ray machine and a microscope to the health facility. The building is under construction, the structure will have a X-ray room, a laboratory room and a physiotherapy room. The financial support to the building was provided by German Aid to Tibetans, Germany.

#### **Networking with TB Program Officials of Central India**

Mr. Migmar Tashi, TB coordinator of the Department, visited Odisha Phuntsokling Tibetan Settlement and Mainpat Phendeling Tibetan Settlement, Chhattisgarh from 30th October-13th November 2016 as a part of the Global Fund NFM – RNTCP TB project.

Apart from visiting the two settlements, he appraised the health staff about the TB project. He met the State RNTCP officials; the State TB Officer (STO), District TB Officer (DTO), Chief District Medical Officer (CDMO) & Chief Medical

& Health Officer (CMHO). He discussed about the implementation of Global Fund NFM Grant in the Tibetan settlements. The state RNTCP officials assured all possible support in the implementation of the Global Fund NFM grant and prevention and control of TB at the settlements. TB coordinator was accompanied by the Executive Secretary and Medical Officer-Cum-Executive Secretary of Menlha hospital and Tibetan Primary Health Centre Mainpat, Chhattisgarh respectively.

#### **Oral health care and Rehabilitation care program for Ngoenga staff**



Department of Health, in collaboration with Taiwan health CO-OP organization, organized a training on oral healthcare and rehabilitation care for Ngoenga staff from 24th-28th November 2016. A 6 delegations from Taiwan consisting of 2 dentists, 1 occupational therapist, 1 nurse and 2 co-workers visited Ngoenga School.

The program was aimed to improve the oral health care of Ngoenga children and the skills of Ngonega staffs. They delivered importance of occupational therapy for children with special





needs and how to perform daily activity related to the children. They also educated basic technique of lifting children, sitting to standing and maintaining proper posture on wheelchair.

All students received a free oral health checkup and were provided valuable information on maintaining good oral health. The students were also advised on brushing and flossing technique of teeth to reduce the morbidity of oral disease.

The program is in accordance with the memorandum signed between Ngoenga school and the Taiwan teams for the duration of three years (2016-18).

#### **TRAINING NEWS:**

#### **Delivery Training**

The Department of Health (DoH) provides delivery training to the Nurses listed in the table below.



low, who came from various Department health centers to attend the one-month training at St. Mary's Hospital at Kote from July–December 2016. Through this training, the nurses have the opportunity to refresh their knowledge about pregnancy care and get practical learning experience in safe delivery procedures and care. This equips them to apply greater skill and knowledge in preventing maternal and neonatal morbidities and mortalities in their respective settlements.

This Program is funded by USAID.

| S.N | Name           | Duration              | Place             |
|-----|----------------|-----------------------|-------------------|
| 1   | Tenzin Choedon | 10.7.16-<br>10.8.16   | Mundgod           |
| 2   | Tsering Youdon |                       | Odisha            |
| 3   | Tashi Youdon   |                       | Hunsur            |
| 4   | Kunsang Dolma  | 27/8/16-<br>25/9/16   | Sumdho,<br>Ladakh |
| 5   | Tenzin Nordon  | 28/9/16-<br>27/10/16  | Kollegal          |
| 6   | Tenzin Choedon | 28/9/16-<br>12/10/16  | Bylakuppe         |
| 7   | Tashi Palkey   | 13/10/16-<br>27/10/16 | Bylakuppe         |
| 8   | Tsering Yankey | 17/11/16-<br>16/12/16 | Ladakh            |
| 9   | Pema Lhanzom   |                       | Miao              |

#### **Nunnery Health Education Program**

Under the Nunnery Health Education Program, 173 nuns in Mundgod, Karnataka, and 200 nuns from two different nunneries in Uttarkhand area received health education on reproductive cancers, Health and Hygiene, Menstruation. After the health education session, those needing further consultations and tests were seen by the visiting Gynecologist.





This program is funded by the U.S. Bureau of Population, Refugees and Migration (PRM). It was started in 2013, and has grown since then into an organized health education program in nunneries in Himachal Pradesh, Uttarakhand and South India.

### Cervical Cancer Prevention Program



This year, under the cervical cancer prevention program, we are giving free HPV vaccination with support from the U.S. Bureau (PRM), for girls aged 11–19 years, in Tibetan settlements located in Central India. In Odisha, we have already started the program with 34 girls who received their first and second dose of the vaccine free of charge. This program is also being carried out in Mainpat settlement where, at the moment, 7 young girls are registered.

### Comprehensive Rural Health Program Outreach Workshop at Jamkhed

A team of 19 staff nurses and community health workers from various hospitals and clinics located in Tibetan settlements in India attended a 10-day workshop on community outreach programs in Jamkhed from 11th–20th July 2016.



The main objective of the workshop was to improve the knowledge and skills of existing staff in methods of collecting medical data from the community, as well as in delivering maternal and child care services and health education to the community people through outreach methods.

During the 10-day workshop, the participants learned the history and principles of the Jamkhed Rural Health Model, and how to do community mapping, write up problem trees, conduct rapid and participatory rural health appraisal, as well as principles of Nutrition, and aspects of maternal and child health care, especially with reference to the RMNCHA model, and the Adolescent Health Program. The participants were also taken on observational field visits to a few of the many villages where the Jamkhed Model has had a positive impact on the lives of people in the communities. The village health workers and mobile health teams also demonstrated safe obstetric delivery skills and how to manage childhood diseases at home. They also demonstrated health care principles through role play, music, and puppet shows, in order to deliver health and social messages through a participatory approach.

The program is funded by USAID.

### Five-day Training in Planning and Managing Social and Behavioral Change Communication Intervention

A number of health workers were privileged to attend a five-day training in Planning and Managing Social and Behavioral Change Communication Intervention (SBCC) in the Health Sector, including the Executive Manager of Bir Hospital,



a Doctor from TMAI, a Registered Nurse from Delhi, and the Project Head and Health Education coordinator from the Department of Health (DoH). It was started on 18th July and successfully concluded on 22nd July at the Indian Institute of Health Management Research University, Jaipur.

The training intensively covered some important topics including Mental Models and Health, Strategic Communication and Frameworks, Adapting to Social Media and Behaviour Change, Positioning and Changing of BCC messages, Public Health Advocacy and Media Advocacy, Communication Participation, Using Photo Voice and Presenting the BCC Plan. This training is basically for the training of trainers.

Among the resource persons who imparted their knowledge and experiences in the field of SBCC were IIHMR professors, including Dr. Singdha Pareek, Dr. Prem Singh, Professor Anoop Khanna, Dr. Seema Mehta, Professor Neetu Purohit, Dr. S. D. Gupta, Chairman, and Dr. Vimal Sharma, Professor of IHD, Chester University.

The five-day course ended with a presentation



by participants on how SBCC can be applied in implementing a project, which was followed by valuable speeches by Ms. Neetu Purohit, Associate Professor and Program Coordinator, and by Dr. P. R. Sadoni, Dean, IIHMR. Dr. Sadoni said that the participants should implement what they have learned during the workshop and apply the techniques in their daily work. He also explained how the SBCC can turn an undesirable situation into a desirable situation through finding gaps, identifying interventions, and by paying attention to monitoring and evaluation.

Dr. Sadoni awarded Certificates to all the participants. Finally, Project Head, Ms. Tenzin Kun-sang, offered scarves to the hosts, and thanked Dr. Sadoni and Ms. Purohit for the program and their hospitality.

The Department of Health was enabled to send these staff to IIHMR, Jaipur, under the financial support of USAID through the Tibet Fund, and this five-day course was the first delivery of this SBCC training for DoH health staff.

### **Workshop for Health Department Accountants**

The DoH organized a nine-day workshop on ‘Accounting, Tallying, Income Tax, FCRA and Budgeting’ from 21st–31st August 2016 at the Tibetan Reception Centre, Dharamsala. A total of 16 accountants from 11 DoH-affiliated hospitals and health centers have participated in this workshop, which is funded by USAID through the Tibet Fund, to develop the accounting capacity of the DoH’s branch clinics.

The workshop’s inaugural ceremony was attend-



ed by Chief Guest Health Kalon Mr. Choekyong Wangchuk, Secretary Mr. Tsegayal Dranyi, Additional Secretary Mrs. Yeshi Wangmo and Joint Secretary Mr. Jampa Phuntsok, along with staff of the health department.

In his inaugural speech, Kalon Choekyong Wangchuk spoke to the participants about the important roles of an accountant and the need for developing efficiency in that role.

Mr. Tenzin Sheden, Deputy Secretary of the Office of the Auditor General, CTA, is the workshop's main resource, along with other guest speakers from various CTA departments.

### Rural Health Outreach Workshop at Jamkhed

Following the first Comprehensive Rural Health outreach workshop organised in Jamkhed by Department of Health (DoH) in July, a second workshop was held from 28th–30th August 2016, attended by the Health Kalon Mr. Choekyong Wangchuk accompanied by the Health Secretary, the Joint Secretary and the Public Health Coordinator, and hospital executive secretaries from seven hospitals.

During their stay, they were introduced to community outreach and social mapping, data collection, monitoring and evaluation of rural health programs, and behavioral change communication, among other topics. They were also taken on field-visits to the villages to get exposure to rural health project implementation and community outreach techniques.

The Comprehensive Rural Health Project at Jam-



khed is an entity which has become renowned for its provision of health services to rural communities, and has received many national and international awards in recognition of its excellent health coverage to remote and vulnerable sectors in communities in Maharashtra.

This workshop is organized by DoH in consultation with the project experts and is funded by USAID.

### Third and Final Community Outreach Workshop for DoH Nurses/CHW



A community outreach workshop was organized at Comprehensive Rural Health Project (CRHP) in Jamkhed with a total of 60 nurses and health workers, Executive Secretaries, Administrators in three intakes that visited CRHP from July to September 2016.

This workshop aimed to provide better knowledge on how the Comprehensive Rural Health Project and its team members work to provide better services to the community through community participation; delegation of responsibility; integration of promotive, preventive and curative services; and a multi-sectorial approach which would address the basic causes of ill health.

The Workshop comprised theory classes including the Jamkhed rural health model, community mapping and data collection, participatory rural health appraisal, approaches to mobile health education, nutrition, the RMNCHA component. The theoretical component was complemented by field visits to several villages where the Jamkhed model has made a positive impact on the lives of people in the community. This program



is funded by USAID. The DoH plans to initiate and adopt a comprehensive community outreach approach in delivering health services for Tibetan communities in India and Nepal.

### **Health Department Holds Mental Health Workshop to Tibetan Health Workers**

The Department of Health (DoH) organized a Mental Health Workshop at Tibetan Reception Center from 14th–19th November 2016. During the six-day workshop, 25 Tibetan health workers from Tibetan health centers across India took part and discussed mental health from both the western allopathic as well as traditional Tibetan medical perspectives.

Dr. Sukhjeet Singh, Head of Tanda Psychiatric Department, taught the participants about Bipolar disorder and Schizophrenia while Dr. Tenzin Tsuendue from Tibetan Delek Hospital spoke on Epilepsy and Ms. Pema Norkyi (MSc Clinical Psychologist) spoke on depression.

Geshe Tenpa Tashi, Tserampa Tenzin Nyendak, Menrampa Ngawang Jinpa and Dr. Sonam Dolker Oshoe from Body, Mind and Life Department of



Tibetan Medical & Astrological Institute (TMAI) addressed mental health from the traditional Tibetan medical perspectives. The participants were also introduced to yoga by Dr. Chog Tenzin Monlam from the Library of Tibetan Works and Archives (LTWA).

The workshop was in continuation of the previous mental health workshops organized at VI-MHANS and NIMHANS, with the stated objective of improving the mental health status of the Tibetan refugee population in exile by strengthening the skills and knowledge of health service providers. Unlike the previous mental health workshops, this workshop included approaches from Buddhist philosophy and traditional Tibetan Medicine to achieve a more holistic outcome.

The concluding session of the workshop was conducted by Health Kalon Mr. Choekyong Wangchuk. In his address, he emphasized the role of health workers in the prevention of diseases and the promotion of health. He called upon the health staff to implement the knowledge and skills gained through such workshops in their delivery of better health services to the community. He further noted that their profession is indeed



a noble profession and appealed to them to continue doing their best.

### Midyear Review Workshop



On 15th September 2016, the Tibetan Medicare System (TMS) held a workshop for around 16 participants from different settlements and the workshop is aimed to have a ground assessment, to have the feedbacks and to monitoring the enrolment exercise in an important activity not only for the current phase but also for the future planning and to review the TMS enrolment activity. We had pleasant and successful workshop at the end.

### TMS Awareness and Enrolment Planning 2017–18

The Department of Health, CTA has organized a three-day training-cum-workshop on Tibetan Medicare System Awareness and Enrolment Planning 2017–18 at the Tibetan Reception Centre from 21st–23rd November 2016.

A total of 41 members including Tibetan settlement health officers and Tibetan Medicare System (TMS) dealing staff from 37 Tibetan settlements



are taking part in the three-day training-cum-workshop.

Chief Guest of the inaugural ceremony, officiating Sikyong, Kalon Ngodup Tsering, Department of Education welcomed the increased enrolment in the Tibetan Medicare System from thousands to 20,000 this year, as a remarkable achievement in the effectiveness of the Medicare plan.

In his remarks, the Education Kalon said, “One of the most remarkable aspects of the Tibetan Medicare System is that it’s essentially a non-profit, community based health plan designed to serve the healthcare needs of the entire Tibetan exile community in India.”

He encouraged the health officers and dealing



staff to implement a range of social and environmental interventions in settings such as schools, clinics and workplaces, in order to promote health awareness in the respective communities and to enable the people to increase control over their health.

Addressing over 40 Tibetan health officers and TMS dealing staff, Health Kalon Choekyong Wangchuk said, “The following three days are the most crucial period to discuss and review the current TMS progress and most importantly, to finalise revamped guidelines for TMS enrolment planning for 2017–18. The new guidelines and policies will set the impetus for improved awareness and enrolment in the Tibetan Medicare System in coming years and subsequently, create a more self-reliant TMS.”



The Health Kalon urged health officers and TMS dealing staff to promptly implement the policy and guideline reforms in their respective communities without fail.

The inaugural ceremony was marked by presentation of Tibetan Medicare System Outreach Awards to those Tibetan settlements with the highest percentage of enrolment in TMS. The objective of the TMS Outreach Award initiative is to encourage more Tibetans to enrol in the Tibetan Medicare System (TMS).

The agenda for the training-cum-workshop include: Communication Strategy for TMS, TMS-Management of Information System (MIS), Achievements and Analysis of the TMS, Enrolment Target Setting among many others. The resource persons are Dr Aloke Gupa, Health Insurance Expert, Mr Vikas Dagur and Ms Chandni Malik, Communication Consultant TTF.

### **Documentation Workshop**

18 Staff of our department was given two days



training on documentation from 7th-8th December, 2016 at Lhakpa Tsering Memorial hall, Dharamsala. The training was given by Dr. Mohal Lal Panda, an independent consultant from Delhi.

The training was primarily focused on improvement in documentation system for easy access and systematic recording of the documents. He focused on how each document needs to be properly categorized, reported and stored. The training was very interactive organizing group work and presentation for more practical learning. He also highlighted importance of transparency in office work which could enable staff to understand work progress, helps in planning to avoid challenges in project timeframe and overlapped activities.

The program was funded by SOIR-IM, Sweden.

### **The 10th International Short Course in Clinical Tropical Medicine, CMC Vellore**

The 10th International Course on Tropical Medi-





cine was held from November 21st–3rd December 2016 at Christian Medical College in Vellore, Tamil Nadu. Dr. Jigme Kalsang from Dhondeling Van Thiel Charitable Hospital (Kollegal) and Dr. Tashi Namgyal from Tso Jhe Khangsar Hospital (Bylakuppe) attended the training. Altogether 23 participants from seven different countries attended the course. Of the 23 participants, five each came from Canada and Norway, one from Spain, one from Portugal, one from Australia, one from Singapore and nine from different states of India. They felt privileged to attend this combined clinical, laboratory- and lecture-based course by well known professionals.

The training covered a range of topics and important issues which affect the daily practical interventions of doctors and health workers alike, including diseases such as malaria, tuberculosis, dengue; common dermatologic conditions; and types of infections including bacterial, parasitic and fungal. The course was very intensive and proved highly useful for the participants.

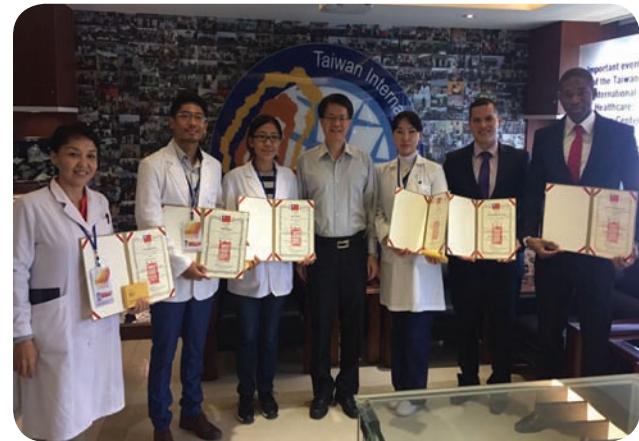
The lecture session was carried out in the morning followed by laboratory classes and bedside case-discussions in the afternoon. Trainees also visited nearby villages, local hospital, the DOTS center and the leprosy clinic. They had an extensive case discussion on leprosy and its clinical presentation, as well as its diagnosis and management. Complication management of leprosy was also discussed. Participants took a theory and practical exam on the last day.

It was no doubt a great learning experience for all the participants, as shown in the resulting highly

significant improvement in knowledge and skills gained.

The workshop expenses was funded by SOIR-IM, Sweden.

### Clinical Training for Doctors at Taipei International Healthcare and Training Centre (TIHTC)



Clinical Training for Doctors at Taipei International Healthcare and Training Centre (TIHTC)  
Dr. Jigme Kalsang from Dhondeling Van Thiel Charitable hospital, Kollegal and Dr. Tashi Namgyal from Tso Jhe hospital, Bylakuppe, attended a ten-day Clinical Training from 12th–31st December 2016 at Taiwan International Healthcare Training Center.

They attended various departments from surgery, internal medicine, gynecology, gastroenterology, emergency department within this short span of time.

The training was attended by six participants: three each from Mongolia and Panama. A farewell gathering was held at the end of our third





week where a PowerPoint presentation was held and we could share our cultures and experiences and anything that was learnt.

The hospitality and the surroundings, with new learning at a new environment, accelerated our learning within the short period and also encouraged us mentally to work diligently. Such trainings are constructive for mental stimulation, and likely to bear results which ultimately carry over to the communities for whom we work. Hence, all are served exponentially.

#### **NEWS FROM THE FIELD HEALTH CENTERS:**

##### **Phende hospital, Hunsur**

A gynecology health camp was organized on 17th July at Rabgyeling Tibetan Settlement. The staff were from St. Mary's Community Health Center in H. D. Kote, Mysore and included two female doctors and five nurses (including two Tibetan nurses from Mundgod and Odisha), who were undergoing practical training in delivery at St. Mary's Hospital. At the camp, 33 women had their checkup done and 22 Pap smear cases were



conducted towards cervical cancer investigation. This camp was financed by the Bureau of Population, Refugees and Migration (PRM), USAID, through the Department of Health (Tibetan Voluntary Health Association).

World Hepatitis Day was conducted at Rabgyel-



ing Tibetan settlement on 28th July 2016. Executive Secretary, Mr. Pemba Labrang, presided over the day and introduced the event. Settlement Officer, Mr. Gelek Jungney, was also present as a guest. Dr. Lobsang Dhargye, from TMAI, educated the audience on topics such as prevention of diseases, testing, treatment processes, a balanced diet and mental attitude. For better grasp of the information being provided, short video clips and a PowerPoint presentation were shown on hepatitis prevention. About 255 local public and students attended the event. Tibet Relief Fund (UK) funded the event.

World Rabies Day and Heart Day was organized at Rabgyeling Tibetan Settlement, Hunsur. Executive Secretary, Mr. Pemba Labrang, and staff nurse, Tashi Youdon, were the resource persons



of the event. Chairman of Health Committee, Mr. Dorjee Rinzin, was the Chief Guest of the day. Health talks on prevention of heart problems and of rabies were given through a PowerPoint presentation. Our Chief Guest highlighted the importance of preventive measures for any health-related problems and urged all individuals to take active participation in health awareness activities. The program, which was attended by 182 settlers, was funded by USAID through the Department of Health.

Global hand washing day was celebrated on 15th



October at Central School for Tibetan, Hunsur. The program started with a welcome speech by Mr. Rabjam, a school teacher. Mr. Pemba Labrang presented the introductory speech of the day, Executive Secretary of Phende Hospital. Staff nurse, Ms. Tsering Wangmo, presented on the topic "how to make hand wash a habit". Children enjoyed video clips of hand washing and also participated in the drawing competition and written test. Prizes were awarded to the top five participants. The event was successfully concluded with the distribution of hand washing soap from the Local Parents Association. 106 students



attended the day.

A free eye screening camp was held at Phende



Hospital on 9th December 2016 in collaboration with Dr. Agarwal's eye hospital in Mysore. They have agreed to provide 50% discount for surgical interventions and eyeglasses for patients doing follow-ups at their hospital.

Mass awareness of the Tibetan Medicare System (TMS) was initiated on the auspicious day of 10th December at Hunsur Tibetan settlement. Mr. Migyur Dorjee, Member of Tibetan Parliament in exile, highlighted the importance of TMS for the



benefit of poor and needy people. He was also impressed and appreciated Phende Hospital for the awareness activities conducted to achieve the target goal. He awarded an appreciation certificate with a cash award. He also encouraged everyone to do the enrolment within the stipulated time frame.

World Aids Day was observed at CST Gurupura on 1st December with the aim of promoting awareness of issues related to HIV and AIDS.



The day was introduced by the Executive Secretary. A TeachAIDS animation video was shown to the students for visual understanding. Norwegian Church Aid (NCA) and Germany funded the program through Department of Health (DoH).

Phende hospital also conducted health education and TMS awareness program on 14th December jointly with TMAI by visiting village campwise.



Dr. Ms. Tsundue Dolma highlighted the nature of high blood pressure and its preventive measures. Mr. P. Labrang, Executive Secretary and Ms. Tenzin Choden, TMS dealing staff raise awareness of TMS health policy and enrolment process followed by additional key notes about hypertension.

#### DTR Hospital, Mundgod

World Physical Therapy Day was organized at Tibetan Settlement, Mundgod on 10th September 2016. The Executive Secretary introduced the day and gave information on availability of equipment at the settlement hospital. The Settlement Officer talked about the importance of daily physical exercise to keep oneself healthy and en-

couraged all to make use of the facilities at the hospital. Moreover, he strongly recommended the public to attend health related programs at the hospital. Through a PowerPoint presentation, physiotherapist Ms. Kunga Namdol explained the uses of physical therapy and its benefits, particularly to promote the ability to move, reduce pain, restore function, and prevent disability. About 220 settlers attended the day.

Global Hand Washing Day was celebrated at CST School, Mundgod on 15th October with an aim of raising awareness of the importance of hand washing and how to wash your hands with soap to avoid diseases. Staff nurse Dhondup Tsomo and Tsering Choezom introduced the day and educated students through a banner and poster. 101 primary class students attended the day.

#### Tibetan Primary Health Center, Bir



A free three-day Camp at the Primary Health Center (TPHC) at Bir was held for 3 days in collaboration with Holistic Touch Organization on 11th July 2016. Physiotherapist Dr. Yashver Singh's team and the health center's physiotherapist, Dr. Phuntsok Leksang, provided the service to the settlement people.



TPHC Bir organized World Breast Feeding Week on 4th August 2016. Parents, especially women, were requested to attend this health education session on breast-feeding. Community health worker, Tenzin Nangsel, gave a talk on the importance of breast-feeding and its advantages for both the mother and the child. The differences between mother's milk and powder milk were also mentioned.

World Hepatitis Day was observed at Bir Tibetan



settlement, Chauntra Nangchen, Chauntra Sambhota School, Nyingma monastery, Sherabling monastery and Sakya Driru monastery. Dr. Tenzin Norsang from TPHC Bir, Dr. Dechen and Dr. Chonden from Tibetan Medical and Astrological Institute, and nurse Choedon and volunteer Christine were the resource persons for the program.

Community Mental Health Presentation was organized at TPHC Bir on 10th August 2016. Volunteer RN Mrs. Kristine Clark from Florida, USA presented on community health to medical staff of TPHC and shared her experience of working with a psychiatric patient.



A free Cardiac Screening Camp, held at TPHC Bir in association with cardiologist Dr. Adarsh Bhargav, was organized as a part of its community outreach program. This was an attempt to spread awareness about preventing cardiac problems that exist in our Tibetan community. About 25 settlers were screened. TPHC extends its heartfelt gratitude to Dr. Adarsh and his team for providing service to the Tibetan people. Scientific evidence indicates seven risk factors that can significantly increase the risk of heart disease: smoking, cholesterol imbalance, blood pressure imbalance, diabetes, lack of exercise, diet habits and stress.

World Physical Therapy Day was organized by TPHC Bir on 21st September to raise awareness about physiotherapy. Dr. Phuntsok Leksang covered various issues, such as being overweight and cardiovascular fitness, followed by a discussion on daily activities and exercise. Video clips of sitting and standing exercises were shown to the people. Every week, two group sessions of exercise for half an hour to an hour were organized. This was especially designed for older people of both Bir and Chauntra Tibetan Settlements, and the same discussion was highlighted at Chauntra Tibetan Settlement. About 30 settlers attended the event, of which most were elderly people.

World Heart Day and World Rabies Day were organized on 29th September to create awareness of rabies and heart conditions. Rabies disease was introduced via a PowerPoint presentation and covered the signs, symptoms, etiology and the treatment. Hypertension, which is the most

prevalent disease in the area, was also presented. The importance of the heart as an organ was also mentioned along with factors affecting its health, and ways to improve the heart's fitness. The talk was successfully concluded with blood pressure checkups. The public was encouraged to check their blood pressure recording at regular intervals.

### **Menlha Hospital, Odisha**

Menlha hospital conducted a three-day program for World Heart Day and World Rabies Day on 29th September. The hospital Executive Secretary, Staff Nurse and a veterinary doctor were invited to raise awareness during the day. Anti-rabies vaccination was given to about 240 dogs. Through banners and posters, they informed the public regarding the importance of the day for people's health.

### **Tso Jhe Khangsar Hospital, Bylakuppe**



World Hand Washing Day was organized at Tso Jhe Hospital to promote awareness of the importance of hand washing by staff nurse, Passang. A demonstration of step-by-step hand washing was given to the kindergarten children of Kailash-pura. Children actively participated with the staff nurse. Free hand wash soap and handkerchiefs were distributed to the children.

Substance Abuse Mobile Awareness was conducted at various schools such as SOS, TCV, CST CVP and CST Bylakuppe from 18th–22nd November 2016. Tso Jhe hospital invited youth who have recovered from drug addiction. They shared their experiences and drawbacks to the school



children of taking drugs and alcohol. It was intended to be educational and to promote better awareness among young children. It was very effective and helpful to our young generation. The hospital expressed appreciation and thanked the members who shared their experience with our students.

World Diabetes Day was organized by Tso Jhe Khangsar Hospital, Bylakuppe at Old People Home on 14th November 2016. The staff nurse



promoted health awareness of the day and free sugar testing was available to the participants. The program was funded by USAID through the DoH.





Free Hepatitis B Screening tests were organized at Tso Jhe Khangsar in collaboration with a team from Colombia Asia Hospital, Mysore on 22nd November 2016. The team included a hepatology specialist doctor and assistants in the laboratory. An awareness talk was given followed by a question-and-answer session.

To emphasise the importance of awareness in advance of cervical cancer, Staff Nurse Palkyi gave



an awareness talk on cervical cancer as well as UTI and women's hygiene, to the Tibetan Children's Village (TCV) house parents on 9th December 2016.

In collaboration with Vets Beyond Borders, World Rabies Day was organized to control the dog population and vaccinate against rabies to make Bylakuppe a rabies free area. A total of 140 dogs were vaccinated.

Tso Jhe hospital organised a World Aids Day program at CST School, Bylakuppe. The Staff Nurse raised awareness of HIV/AIDS to the students.



An essay writing competition was offered to students from classes nine and ten, and winners were awarded prizes. The awareness campaign includes distribution of a pamphlet, a condom and a red ribbon to members of the public.

### **TPHC Mainpat**

The Tibetan Primary Health Care Center (TPHC) organized World Rabies Day and World Heart Day at Mainpat Tibetan Settlement on 28th September 2016. The awareness program included a health talk by staff nurses on rabies and heart diseases, discussing mainly its causes, signs, symptoms, prevention, and treatment. The program successfully concluded with administration of free anti-rabies vaccination to 200 dogs. Related pamphlets were distributed and banners were displayed for greater exposure. 171 settlers attended the talk.

The TPHC organized a health talk on Global Hand Washing Day to all seven camps, STS school, and monasteries to create an awareness of the importance of hand washing and its advantages. The Community Health Worker demonstrated an 8-step process of proper hand washing. 204 participants including settlers, monks, and students attended the talk.

### **Fosco Maraini Hospital, Ladakh**

Ladakh hospital organized a World Rabies Day in collaboration with MenTseeKhang. Through a PowerPoint presentation, health worker, Yungdrung Palkyi, created awareness on ra-



bies symptoms, diagnosis and treatment. Menseekhang, Dr. Trinley Dorjee also educated people on rabies virus. About 60 settlers attended.

Ladakh hospital has conducted an essay writ-



ing competition to the primary students of TCV School and TCV branch school, Agling, on the topic of hand washing. Staff nurse and community health worker raised awareness about hand



washing to the respective schools. 18 students were awarded with a prize for the best essay writing. 478 students attended the competition.

### TPHC Miao

On 17th October, TPHC Miao at Sambhota Tibetan School, Miao, organized a Global Hand Washing Day. About 210 students and teachers participated in the program. Executive Secretary, Mr. Tenzin Lhawang, introduced the day and spoke on personal hygiene. Staff nurse, Passang Dolma, talked about benefits of hand washing. Students actively participated in a hand washing demonstration. An essay competition was also conducted and a prize was awarded to the winner. The event was successfully concluded with the distribution of soap to all participants.

World Heart Day and World Rabies Day were observed at Miao Choepheling Tibetan Settlement. Chief guest, Dr. Captain Prathusha, and three Vikas Domduma, talked about prevention of rabies and how to control hypertension. Staff Nurse, Ms. Choenyi Paldon, gave a health talk on rabies causes, signs and symptoms, prevention and treatment. Heart disease causes and risk factors were also discussed. 240 settlers attended the day.

### Poanta Clinic

At Poanta Tibetan Settlement, World Heart Day on 28th and World Rabies Day on 29th September 2016 were organized. Community health worker, Pema Tsering, introduced the day. Dr. Tenzin Lhanzey, TMAI gave a health talk on



heart disease, diet and blood pressure. Chief Guest, Dr. Rajeev Khurana, Senior Veterinary In Charge, educated people about the rabies virus. The event was successfully concluded with a

football competition to entertain the participants and the guest.

World Hand Washing Day was celebrated at Sambhota Tibetan School, Poanta to promote



awareness of hand washing and its importance. Head master, Mr. Jampa Palden, and community health worker, Mr. Pema Tsering, gave a talk on benefits of hand washing with soap and how it can prevent many diseases. Soap and towels were distributed to 60 students and liquid hand wash was distributed to the local health clinic and offices.

### Dekyiling Hospital

Dekyiling hospital observed World Rabies Day and Heart Day on 28th–29th September at Dekyiling Tibetan Settlement. A PowerPoint presentation was given on the general awareness of preventive measures for rabies and heart disease. 124 settlers attended the day. This program was financed by USAID through the Department of Health.



To break the vicious cycle of TB, a regular and comprehensive screening process is very essential. To follow up last year's TB screening, this year's screening was carried out in Paonta Sambhota School. The program was conducted over three days with a team including a doctor, a laboratory technician, and nurses from Deky-



iling hospital. A maximum number of staff and students were screened.

On 15th October 2016, World Hand Washing Day was observed at Dekyiling Sambhota School to create awareness of the importance of hand washing to the students. The Hospital Administrator and Staff Nurses were the resource persons. A drawing competition was also organized for senior students.

### TPHC Delhi

World Hepatitis Day was jointly organized by TPHC Delhi and Men-Tsee-Khang to create awareness of Hepatitis B infection. Prevention, diagnosis and treatment were discussed with both the settlement people of Majnu Ka Tilla and Budhivihar.



TPHC Delhi organized their first immunization camp at Samyeling Tibetan Health Center with a team including Staff Nurses Tenzin Paldon, Kyipa Gya, Tenzin Lha, Lhadon Narmoo and Madhu from Indian government hospital. We thank the



tal Health Worker delivered the health talk. They created awareness about symptoms, prevention and treatment. Also, they were informed on how it spreads and ways to control the viral disease. Health Worker, Mr. Nitin, also contributed on



Indian government for providing vaccines and promised to visit every month at TPHC Delhi.

The Settlement Office, in collaboration with the health center, organized a Swach Bharat Abhiyan program on 2nd October. They invited the head of local associations and Ms. Suman Gupta, Chandni Chowk Area MLA Candidate of BJP as a Chief Guest. She explained the importance of the program and advised residents to keep and maintain their surroundings clean. The day was successfully concluded with cleaning Samyeling Tibetan settlement with the participation of settlers and guests as well.

On 8th October, Tibetan Primary Health Center organized a health awareness talk on dengue at Temple Ground, Majnu Ka Tilla. A TMAI Doctor, Staff Nurse and an Indian government hospi-



tal Health Worker delivered the health talk. They created awareness about symptoms, prevention and treatment. Also, they were informed on how it spreads and ways to control the viral disease. About 78 settlers attended the talk.

On 25th October, the health center organized World Hand Washing Day at TCV day school, Majnu Ka Tilla. Staff nurse, Tenzin Lhonden, gave a health talk on the importance of hand



washing and on how washing one's hands with soap can prevent many diseases. Demonstration and a hand-washing picture were also shown to the students. 120 students attended the day.

### **K.S Clinic, TenzinGang**

On 29th September, Tenzingang Clinic organized a health talk on World Heart Day to spread awareness about heart health. The program started with



an introduction, explaining about heart disease, its functions and symptoms. Exercise, laughter, oral hygiene and proper diet are key to keeping one's heart healthy. The audience was also informed to keep blood pressure and blood sugar within a normal range and to get a health checkup once a year. A question-and-answer session ended the talk, with active participation from the participants. About 80 settlers attended the day.

World Rabies Day was conducted both at the settlement and the school on 28th September 2016. Staff nurse, Tenzin Paldon, raised awareness of rabies, its causes and prevention. School children put on a drama and incorporated topics such as: Dos and Don'ts when bitten by animals; anti-ra-



bies vaccine; the tetanus toxoid (T.T.) injection; and on preventing children from playing with animals. 188 students and 80 settlers attended the day.

### **Ravangla Clinic**

Global Hand Washing Day was observed at Sambhota Tibetan School, Ravangla on 19th October 2016. Staff Nurse, Dechen Tsomo, and the



Men-Tsee-Khang doctor promoted awareness and understanding about the importance of hand washing with soap as an easy, effective and an affordable way to prevent disease and save lives. About 77 students attended the day.

### **Manali Clinic**

Global Hand Washing Day was observed at STS school, Manali on 15th October. Community health worker, Mr. Nyima Tsiring, encouraged children to wash their hands and explained how to wash hands through charts. The class teacher along with children washed their hands. Dettol soap and handkerchiefs were distributed to the 58 participants (students and teachers) who attended the day.

World Rabies Day was celebrated at Dhobi Tibetan settlement to create awareness of rabies disease, symptoms and vaccination schedule. Dr. Chaitanya Thakur, veterinary officer, and in charge of the veterinary hospital was the resource person. About 25 settlers attended the day and free anti-rabies vaccination was given to dogs. On 29th September, World Heart Day was held in TCV Pathlikul School with the attendance of 54

students and teachers. Community health worker, Nyima Tsering, gave a health talk on heart disease, mainly focusing on its prevention and control. A question-and-answer session was also done with the active participation from those present.

### **Herbertpur Clinic**

Global Hand Washing Day was celebrated at Herbertpur Tibetan Settlement on 18th October. Acting settlement officer, Mr. Tsering Gyurmey, commenced the day with an introduction and staff nurse, Tseten Peltso, promoted hand washing for better health and hygiene. About 100 settlers attended the health talk.

World Rabies Day and World Heart Day were observed at Herbertpur Tibetan Settlement on 29th September 2016. Staff Nurse, Tseten Peltso, raised awareness of health issues related to the day. 150 settlers attended the event.

### **Satuan Clinic**

In collaboration with the settlement office, Satuan clinic organized a World Hand Washing Day on 17th October to raise health awareness about the benefits of hand washing with soap on the year theme “Raise a hand for Hygiene”. Good hand washing techniques, when, and how to wash your hands with soap were shown to the public.

World Heart Day and World Rabies Day were conducted in collaboration with the settlement office at Kham Kathok Tibetan Settlement. The Settlement Officer and Staff Nurse introduced the day and promoted awareness of health day related issues.

### **Puruwala Clinic**

World Rabies Day and World Heart Day were conducted on 28th–29th September at Puruwala settlement. Staff Nurse, Lhamo Tsering, gave a health talk to 60 school children regarding the rabies disease. On the next day, she educated the public on issues related to heart disease and hypertension. 30 settlers attended the day.

### **Water and Sanitation Project**

New community hall public toilet constructed at Rabgayling Tibetan settlement, Hunsur. The project is funded by PRM



Aids and appliances were provided to old needy people of Ladakh, funded by MOST, Czech Republic



TPHC Delhi nurses educating young children on oral hygiene and its importance.



World Diabetes Day and World Handwashing Day was organized at DVT Hospital, Kollegal



World Aids Day was commemorated at various Tibetan Schools i.e; CST Mussoorie, CST Mainpat, CST Bylakuppe, CST Kollegal, STS Ravangla and STS Petoen by conducting health talk, Merathon race, drawing competition, shown video and playing act to raise awareness.



## TVHA staff update from July to December 2016

### *New Appointment:*

| S.No | Name             | Designation      | Place                   | Dated    | Remarks  |
|------|------------------|------------------|-------------------------|----------|----------|
| 1    | Tenzin Nordon    | Staff Nurse      | DVT Hospital, Kollegal  | 11.07.16 | Contract |
| 2    | Ngawang Paldon   | Staff Nurse      | Sataun Clinic           | 16.07.16 |          |
| 3    | Tenzin Youdon    | Staff Nurse      | TPHC Dekyiling          | 18.07.16 |          |
| 4    | Tenzin Choedon   | Registered Nurse | Menkha Hospital, Odisha | 22.07.16 |          |
| 5    | Tseten Paltso    | Staff Nurse      | Lakhanwala/Khera Clinic | 10.08.16 |          |
| 6    | Tsering Yangchen | Staff Nurse      | TPHC Ladakh, Jhangthang | 16.08.16 | Contract |
| 7    | Mindup Sangmo    | Accountant       | PHC Miao                | 01.09.16 |          |
| 8    | Tashi Dolkar     | CHW              | Lingtsang Clinic        | 03.10.16 | Contract |

### *Resignation:*

| S.No | Name               | Designation         | Place                   | Dated    | Remarks |
|------|--------------------|---------------------|-------------------------|----------|---------|
| 1    | Rinchen Wangdak    | Accountant          | PHC Miao                | 31.05.16 |         |
| 2    | Tenzin Choekyi     | Registered Nurse    | Lakhanwala/Khera        | 04.07.16 |         |
| 3    | Tenzin Namdel      | Registered Nurse    | Menlha Hospital, Odisha | 21.07.16 |         |
| 4    | Dolkar Palmo       | B.Sc Nurse          | PHC Miao                | 21.07.16 |         |
| 5    | Thupten Paljor     | Accountant          | Mainpat PHC             | 29.07.16 |         |
| 6    | Nyima Bhuti        | Physiotherapist     | DVT hospital, Kollegal  | 31.07.16 |         |
| 7    | Tenzin Pema        | Pharmacist          | Dekyiling Hospital      | 19.08.16 |         |
| 8    | Dr. Tenzin Tsewang | Medical Officer     | Menlha Hospital, Odisha | 25.08.16 |         |
| 9    | Phurbu Dolma       | Sweeper/Peon/Cook   | Phende Hospital, Hunsur | 29.08.16 |         |
| 10   | Tsering            | Executive Secretary | PHC Bir                 | 11.09.16 |         |
| 11   | Tsering Yangkyi    | Registered Nurse    | Dekyiling Hospital      | 18.10.16 |         |
| 12   | Sonam Yangzom      | B.Sc Nurse          | Kamrao Clinic           | 01.10.16 |         |
| 13   | Tenzin Paldon      | Registered Nurse    | Tenzingang Clinic       | 01.12.16 |         |

### *Transferred:*

| S.No | Name          | Designa-tion | From                 | To                       | Dated    |
|------|---------------|--------------|----------------------|--------------------------|----------|
| 1    | Mandel Sangmo | Peon         | TPHC Mainpat         | Phende Hospital, Hun-sur | 01.09.16 |
| 2    | Tenzin Tsepel | Accountant   | Department of Health | DTR Hospital, Mund-god   | 19.09.16 |

|   |               |            |                       |             |          |
|---|---------------|------------|-----------------------|-------------|----------|
| 3 | Namgyal Dolma | Accountant | DTR Hospital, Mundgod | PHC Mainpat | 26.09.16 |
|---|---------------|------------|-----------------------|-------------|----------|

*Retirement Extension:*

| S.No | Name             | Designation         | Place                       | Dated    | Remarks  |
|------|------------------|---------------------|-----------------------------|----------|----------|
| 1    | Passang Tsamchoe | CHW                 | Tso Jhe Hospital, Bylakuppe | 01.10.16 | 30.09.17 |
| 2    | Pemba Labrang    | Executive Secreatry | Phende Hospital, Hunsur     | 11.12.16 | 10.12.17 |

**Department staff update from July to December 2016**

*New Appointment:*

| S.No | Name            | Designation   | Place                | Dated    | Remarks  |
|------|-----------------|---------------|----------------------|----------|----------|
| 1    | Sonam Dolma     | Senior Clerk  | Department of Health | 02.07.16 |          |
| 2    | Rinchen Namgyal | SO Accountant | Department of Health | 01.11.16 | Contract |

**Ngoenga School**

*New Appointment:*

| S.No | Name           | Designation         | Place          | Dated    | Remarks |
|------|----------------|---------------------|----------------|----------|---------|
| 1    | Jigme Yangchen | Foster Parent       | Ngoenga School | 01.07.16 |         |
| 2    | Lobsang Norbu  | Foster Parent       | Ngoenga School | 01.07.16 |         |
| 3    | Tenzin Topden  | CHW/Physio Asst.    | Ngoenga School | 01.07.16 |         |
| 4    | Dadul          | Gatekeeper/Gardener | Ngoenga School | 01.10.16 |         |

*Resignation:*

| S.No | Name           | Designation     | Place          | Dated    | Remarks |
|------|----------------|-----------------|----------------|----------|---------|
| 1    | Tsamchoe Dolma | Teacher         | Ngoenga School | 01.11.16 |         |
| 2    | Tenzin Yangkyi | Physiotherapist | Ngoenga School | 24.11.16 |         |
| 3    | Palden Dhondup | Night Watchman  | Ngoenga School | 11.12.16 |         |

*Terminated:*

| S.No | Name            | Designation         | Place          | Dated    | Remarks  |
|------|-----------------|---------------------|----------------|----------|----------|
| 1    | Passang Tsering | Gatekeeper/Gardener | Ngoenga School | 16.08.16 | Contract |

## **Volunteer Information Corner**

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

The department runs seven hospitals, four primary health centers and 36 clinics, spread across India and Nepal, and one Special School, the first ever Central Tibetan Administration-run school for Tibetan children with special needs for India, Nepal, Bhutan and Tibet. More information: ([www.ngoengaschool.org](http://www.ngoengaschool.org)).

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

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

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

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

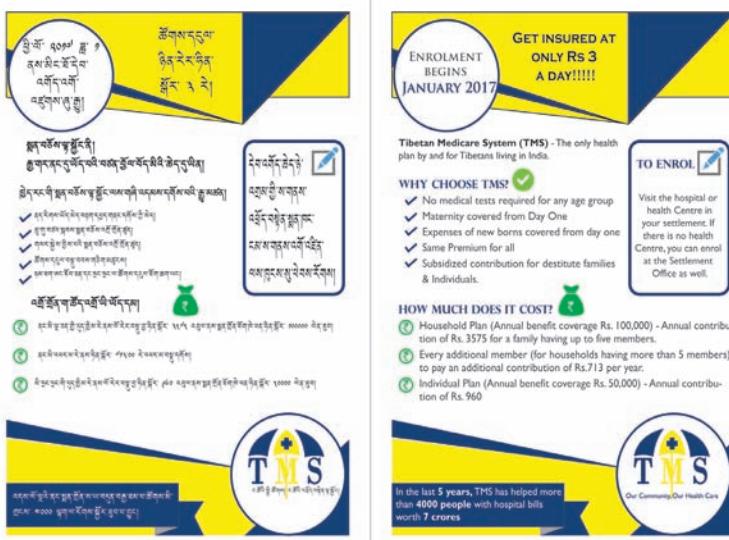
You are required to send your CV and a reference letter from the University where you are currently registered. You are also required to send a monthly fee of US \$50 by cheque or via Western Union in the name of any of the hospitals in the Department of Health (DoH) of the Central Tibetan Administration (CTA). The cheque, or wire, should be in Indian Rupees as our bank here does not accept foreign currency cheques in small amounts. Cancellation of your visit should be notified to the hospital's elective co-ordinator at least two months in advance. However, the monthly fee is non-refundable.

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

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

If you are genuinely interested in working at CTA DoH hospitals as a medical student, you can send an e-mail: [health@tibet.net](mailto:health@tibet.net) and we will send you additional information.

## Tibetan Medicare System Invites New Enrollment for Medical Insurance



is shared by the many fortunate who remain healthy.

Most of us, at some point in our lives, will need to seek expensive healthcare services e.g. hospitalization or surgery. With the present day stress, sedentary life-styles and pollution, an increasing number of people are being diagnosed with heart ailment, cancer and other critical illness that are expensive to treat. A few days of hospitalization, major surgery or chemotherapy can cost lakhs of rupees.



The Tibetan Medicare System (TMS) of the Department of Health, Central Tibetan Administration, invites the public to enroll in its healthcare insurance program. TMS will start accepting new enrollments from 1 January to 31 March 2017.

### THE CONCEPT OF HEALTH INSURANCE.

Health Insurance works by spreading the risk of healthcare expenses over a number of people so that the financial burden of unfortunate few who need healthcare

In India, many of us pay directly to the doctor, the chemist and the laboratory for day to day ailments, since treatment of these are generally low-cost. However, the cost of hospitalization is expensive and most of us find it unaffordable.

Health Insurance protects us against unexpected financial loss. It empowers us to access and afford needed healthcare services. Let us see an example: Tenzin has fallen ill and requires hospitalisation, which will cost Rs. 50,000. There are two different ways to cover this cost:

1. Collect, or pool, a small amount of money from each person in the community to cover the cost of Tenzin's hospitalization, or
2. Make Tenzin cover the cost on his own – which could potentially push him into poverty – and set the precedent that everyone must pay their own healthcare



costs, regardless of how high it might be.

The first option is an example of how health insurance works. Each person in the community makes a small contribution and eventually the community shares the burden of the large expense incurred for the hospitalization of one.

### **What is Tibetan Medicare System?**

Tibetan Medicare System is a holistic Secondary and Tertiary Health Care Program meant for all Tibetan refugees under the direct cover of Tibetan Voluntary Health Association (TVHA), registered under the Societies Act 1860. TMS is a nonprofit and charitable Health Plan that aims to improve public health and well-being of the Tibetan community in-exile. The Department of Health launched TMS on 1st April 2012. It is running on its fifth year now and sixth year will be started from 1st April 2017.

### **Status of Tibetan Medicare System for year 2016-17**

- Total number of member: 24049
- Total number of beneficiaries from 1st April to 07 November 16 (In 8 months) – 996
- Total amount of reimbursement Rs: 10,803,812/-
- Number of settlements and other Organizations in India where TMS Service has started – 37

**Period of Cover for year 2017 starts from 1st April 2017 to 31st March 2018.**

# HOW YOU CAN HELP

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

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

## **HOW YOU CAN HELP MOST IMPORTANT PROJECTS IN 2017-2018**

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

1. Support Ngoenga Home School
2. Kollegal Hospital Staff Quarter Renovation Project
3. Support for Hepatitis B Awareness, Training, Testing, Vaccination and Treatment
4. Mobile Health Clinic for Tibetan refugee nomads at Ladakh Jangthang
5. Extensive renovation of DTR hospital of Tibetan settlement at Mundgod
5. Resident Doctors' Quarters Construction for Miao Primary Health center
6. Dental Chair and equipments for Hospitals and Health centers at Hunsur, Mainpat and Poanta
7. Free Eye surgery camps
8. Ambulance for Hospitals and Health centers at Kollegal, Ravangla and Mundgod.
9. Water pipeline replacement (Camp no 4) at Odisha Tibetan Settlement
10. Diet support for HIV Patient

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

## **Bank Detail**

|                             |  |
|-----------------------------|--|
| A/c Holder - TVHA           | SWIFT CODE - UCBAINBB238   |
| A/c Number - 11510100000519 | PAN - AAATT1509K   |
| UCO Bank, CTS               | TAN - PTLT10935B   |
| Gangchen Kyishong           | IFSC - UCBA0002059   |
| Dharamsala-176215           | <a href="http://www.tibetanhealth.org">www.tibetanhealth.org</a> |
| Distt. Kangra (H.P), INDIA  | <a href="http://www.tibet.net/health">www.tibet.net/health</a>   |
|                             | Email: <a href="mailto:health@tibet.net">health@tibet.net</a>    |