



Tibetan Health

Jan - June 2020

**STAY
ALERT** 

**CONTROL
THE VIRUS**

 **SAVE
LIVES**

Department of Health, CTA

www.tibetanhealth.org

About Us

The Department of Health, CTA, manages and finances 48 health centers in India and Nepal including Ngoenga School for Tibetan refugee children with special needs apart from different health programs, projects, and activities.

Tibetan Health is the official Newsletter of the Central Tibetan Administration's Department of Health registered as (Tibetan Voluntary Health Association).

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

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

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Administrative News

Health Kalon attends 5th Global Vision for Young Tibetans Conference in Gangtok



Gangtok: Health Kalon addressed the opening ceremony of Global Vision for Young Tibetans Conference as a special guest held on 23rd January 2020 at the Namgyal Institute of Tibetology in Gangtok.

The conference was organized by the ENVISION trust and continued till the 25th of January 2020. The theme of this year was 'Mindful Tibetan with a Global Vision'. There were 58 participants from different parts of India, Nepal, and largely from the Northeast states of India.

The opening function was graced by Shri. Kunga Nyima Lebcha, Ministry of Human Resource Development, Law, Legislative & Parliamentary Affairs and Land, Revenue and Disaster Management of Sikkim Government as the Chief Guest. Tashi Densapa, Director of Namgyal Institute of Tibetology, Tsechogling Rinpoche, Director of Dept. of Personnel, Sikkim govt., Khen Rinpoche, Sera branch Monastery, Tibetan Settlement Officer and president of Tibetan Local Assembly, Gangtok, representatives of Local Tibetan Organisations were there at the gathering.

ENVISION Director, Ms. Youdon Aukatsang also a member of TPiE, introduced her organization and gave a briefing on the objectives and contents of the conference.

Health Kalon Choekyong Wangchuk, in his address, stressed on taking responsibilities with emphasis on broad and far-sighted vision as part of an initiative to become a leader.

"When one starts acting in a broader sense, then personal objectives automatically fall into place," he said. He also mentioned the importance of "think globally and act locally" attitude. He lauded the organizers for making this conference possible in the northeast region that too in the reputed venue of the Namgyal Institute of Tibetology in Gangtok.

The Chief Guest, Kunga Nyima Lebcha expressed his admiration for the consistent effort of Tibetans in preserving the unique Tibetan culture and identity. He hopes the participants will make the best use of the resources available and trigger many positive things through this conference.

In the first plenary session, Health Kalon gave a presentation on "The Importance of Youth Leadership" by relating examples of personal experiences. Since the participants are young Tibetans, he gave a brief introduction to the democratic organizational structure of CTA and also informed them about the middle way approach policy. He also encouraged them to serve the Tibetan



community through CTA civil service as well as short term service through Tibet Corp. After his discourse, a Q & A session was conducted where various issues of concern were raised.

Empowering the Vision Project (ENVISION) was set up in December 2007 as a trust to strengthen the Tibetan community through youth empowerment.

In the afternoon, he was taken on tour to the premise of Tibet House.

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Health Kalon concludes official visit to Gangtok

Gangtok: Health Kalon Mr. Choekyong Wangchuk, accompanied by Health education cum media officer of Department of Health Mr. Tenzin Samten, concluded the official events in and around Gangtok with a courtesy call on Vice-Chancellor of Sikkim Manipal University (SMU) Lt. Gen. (retd) Dr. M.D. Venkatesh on Friday.

Health Kalon was warmly received by VC along with the superintendent of Sikkim Manipal Hospital and registrar of SMU. During the meeting, the VC assured all the possible support to the Tibetan students in getting admission as well as special consideration in the fees.

Earlier on Thursday, Kalon addressed a public meeting at Gangtok Tibetan Settlement Office Hall, where office bearers of all the local Tibetan organizations and the general Tibetan public of Gangtok attended.

Health Kalon, in his speech, extended the greetings of Kashag and presented on the major initiatives achieved by the respective departments in the last four years. He also dwelled in length on the Middle Way Approach of CTA and its achievements.

He informed the gathering that the year 2020 will be observed as a year of gratitude to His Holiness the Dalai Lama.

During the two-day visit, Health Kalon visited Gangtok MenTseeKhang Clinic and paid an inspection to Sambhota School premises. He also paid obeisance to

Guru Temple, Rumtek Monastery, Karma Shri Nalanda Institute, Gonjang Monastery, Kagon Tsechogling, Zurmang Shedup Choekhorling, and Sera Jhe DroPhenLing.

Health Kalon visits Tibetans in Lachen, Lachung in North Sikkim

Pagong: To get firsthand information on the situation of Tibetans living in Lachen, Lachung region in North Sikkim, and to extend good wishes from the 15th Kashag of Central Tibetan Administration, Health Kalon Choekyong Wangchuk took a tour of the region located around 130 km beyond Gangtok.

After having traveled for almost six hours, Kalon Choekyong Wangchuk accompanied by Secretary of Gangtok Tibetan Settlement Office, Mr. Karma Namgyal and Health Education cum media officer, Mr. Tenzin Samten reached Tsateng, Lachen.

The delegates were received by local Tibetan leaders.

During the meeting, Health Kalon informed the local Tibetans about welfare, educational and health initiatives being carried out by the CTA and accordingly encouraged them to take part in the programs.

He further spoke about CTA's efforts in providing housing support in the existing Tibetan settlements for the needy Tibetans living in remote, scattered places. The need for preservation of Tibetan culture, language, and identity were also strongly emphasized in his talk.

After the meeting, Kalon was taken on a visit to the local Tibetan community temple and community hall.

Similar interactions were held in Mushithang, Lachung, Chungthang, and Pagong, thereby reaching



out to nearly sixty families in above mentioned five different places. During these meetings, most of the residents in the region requested for the speedy process of their resettlement program.

Health Kalon concludes official visit to Sikkim and North Bengal



Salugara: Health Kalon Choekyong Wangchuk concluded his official programs in Sikkim and North Bengal with a visit to the Salugara branch of Tibetan Medicine and Astro Institute (TMAI) and Chakpori Tibetan medicinal Center on 29 January 2020.

At both the institutes, Kalon was taken for a tour of the compounds where traditional medicines are manufactured. Kalon had a brief interaction with staff, students, and administrators. To the students, he urged them to contribute their expertise to the welfare of people. Later he visited Evam Monastery.

On 27th January, Kalon left for Kunphenling Tibetan Settlement Ravangla where he was received by the Settlement Officer, president of the local Tibetan assembly, and representative of local governmental and non-governmental organizations.

Health Kalon also had an interaction with the public, during which he spoke in detail on socio-economic, cultural, and health programs implemented by the Central Tibetan Administration. He asked them to visit the official websites of CTA departments to get the latest updates on scholarship opportunities and all the ongoing projects and programs of CTA.



The next day, Kalon left for Sonada and visited the settlement office as well as the co-operative society office. He then visited a proposed WASH project for the boys' hostel followed by interaction with the

local Tibetan people.



Health Kalon attends 50th anniversary of Kham Kathok settlement

Satuan: Kalon Choekyong Wangchuk, Health Department today attended the golden jubilee celebrations of the establishment of Kham Khatok settlement as a special guest on 3rd March 2020. The program began with the chief guest, Speaker Pema Jugney of Tibetan Parliament lighting the butter lamp, followed by the recitation of Indian and Tibetan national anthems. Then, the Speaker observed a moment of silence in honor of the Tibetan martyrs inside and outside Tibet. Thereafter, the Settlement Officer gave his welcome address and gave a brief history of the settlement.

Special guest Kalon Choekyong Wangchuk addressing the gathering said, "The occasion of completing 50 years since the establishment of the settlement is a joyous moment. We must not forget to appreciate the hard work of the previous generations undertaken in these fifty years and urge the present generation to continue striving". He emphasized the importance of following His Holiness the Dalai Lama's teachings and advice in his speech.

Next, special guest Shri Raj Krishan Pruthi (IAS) Deputy Commissioner, Nahan addressed the audience and the event concluded with cultural dance performances.



Health Programs

Department of Health organizes a free medical camp for over 30,000 devotees in Bodh Gaya



Bodh Gaya: The Department of Health, CTA organized a free medical camp for the benefit of over 30,000 devotees spanning 67 countries attending the His Holiness the Dalai Lama's teachings in Bodh Gaya. The devotees were able to avail the free medical services at the camp situated right next to Kalachakra ground from 2nd to 6th January 2020 during the teaching. The medical service includes access to a free consultation with a doctor, inpatient, outpatient, dressing, and medicines. To reinforce this medical camp, nine health workers from five different settlements along with three staff of the department of health were in service.

The free medical camp organized by DoHe was completed successfully on 7th January 2019 with a total of 2443 patients registered during the six days teachings from His Holiness the Dalai Lama.

There were in total 2443 inpatient, 105 dressing, 138 outpatients, and also 10 cases of emergencies were looked after by the medical camp.

The most common cases of diagnosis were common cold and cough, skin problem/allergy, Stomach ache/Diarrhea, headache, Fever, Upper Respiratory Infection (URI), Urinary Tract Infection (UTI), Itching and Gastric.

The medical camp was supported by His Holiness the Dalai Lama Charitable Trust.

Department of health begins free Hep 'B' screening and treatment

Dharamshala: The Department of Health, CTA began the study of Hepatitis 'B' prevalence in the Tibetan community with the provision of free screening and treatment of Hep 'B' and 'C' for Tibetans located in Dharamshala from 13 January.

The aim and objective of this provision are to identify early diagnosis and treatment of Hep 'B' among the Tibetan community. About 850 people from various institutions and NGOs based in Dharamshala such as Sarah College, Library of Tibetan Work and Archive, Mentseekhang, Delek Hospital, Sambhota Head Office, Administrative Training and Welfare Society, Sherab Gyatseling, Tibet Times, TCCR, TCHRD, Tibet Express and Tibetan Handicraft Centre took part in the screening. Currently, the screening is taking place among CTA staff which includes all the seven departments and the Tibetan Parliament members. The screening took place subsequently in other places. This prevalence study is made possible by PRM.



Adolescent Health

1. Under the adolescent health program, around 6400 students and teachers in 31 schools in India received adolescent health education awareness on topics ranging from challenges of puberty, Life skill, Protection of children from the offenses of sexual assault (POCSO), etc. The awareness activities are carried out by Nodal teachers, counselors, and peer educators who received training on adolescent health-related topics. This program was funded by USAID.

2. Under the same program, menstrual vending machines and pads have been provided in 10 schools in northern India. They are Upper TCV, Lower TCV, Petoen School, TCV Gopalpur, TCV Chauntra, TCV Suja, STS Chauntra, THF Mussrie, THF Rajpur, STS Paonta.

3. In 13 schools those were STS Mundgod and its branch school, STS (Bylakuppe, CVP, Kollegal, Chauntara, Paonta, Miao, Odisha) and TCV (Bylakuppe, Suja, Chauntara, Ladakh) schools Anemia Screening was carried out to 1837 for girls students. Based on the test results Iron/Folic acid micro nutrients were provided to 527 students.

4. HPV vaccination program. Under this project, 100 girls in southern India received free HPV vaccination.

ACHALA Project



Achala project is an initiative to promote physical and mental wellness among women in Tibetan settlements through community engagement and entertainment that includes Zumba dance, Yoga sessions, and health talks during Gala gatherings and games, etc. The pilot was launched in Miao, Delhi, Bir, Dekyilling, and Dharamsala. Among all the activities, Zumba and dance were most successful where a large number of women participated. This program was funded by USAID.

Training News

Hospital staff receives training in Biomedical Waste Management

Dharamshala: The Department of Health, CTA with



funding from USAID launched this training session for

effective management of biomedical waste in DoHe branch hospitals and health centers. In phase one, six hospitals were selected for giving their doctors and staffs proper training in the effective management of biomedical waste.

A Total of 32 hospital staffs participated in this training session which was led by the local medical officers. The hospital staffs were familiarized with biomedical waste management (BMW) guidelines, BMW committee, categories of biomedical waste bins, biomedical waste management rules (BMW Act) 2018, important precautions, soak pits, and its importance, chemical waste treatment, handling blood spills and transportation of biomedical wastes. Training manuals on BMW developed by the health department were distributed to the participants during the training.

DoHe, Optimal Service Module(OSM) Program Coordinator Mr. Tsering attended the first training session at Bir Tibetan Primary Health Center on 24th December 2019. As part of the training, hospitals have also procured waste bins and colored bags with the support of USAID under the TSRR Project. The program concluded with a grand lunch and word of thanks to the resource persons by the executive secretary of the hospital facility. This training program was funded by the USAID.

Department of Health reinforces health facilities through administrative training



New Delhi: The Department of Health, CTA organized a five-day training on hospital administration cum review meeting at the Indian Institute of Public Administration (IIPA), based in New Delhi from 20th to 24th January 2020. This five-day training was attended by 12 hospital administrators and Executive secretaries from 12 different hospitals. CTA Health Kalon Choekyong Wangchuk attended the opening ceremony as the chief guest and inaugurated the hospital administration training. Director of IIPA, Shri S. N. Tripathi, IIPA Associate Professor Dr. Roma Mitra Debnath, IIPA Assistant Professor Dr. Pawan K Taneja, DoHe Deputy Secretary Tenzin Kunsang and DoHe,

OSM Program Coordinator Mr. Tsering also attended the event.



Health Kalon in his inaugural address said, “Through such training, DoHe, CTA hospital administrators should strengthen their expertise to make health facilities more efficient and self-reliant that can ensure access to quality health care for the general population. High out of pocket expenditure on medical costs, the growing expectations for quality health care, underutilization of hospital resources, the weak financial status of health facilities, and changing health-seeking behavior are some of the key challenges before our health facilities. Therefore, hospital administrators should focus on ensuring efficient and effective management of the hospital to reverse the trend”. Kalon also highlighted the various public health programs of the Health Department such as Comprehensive Community Outreach and Coordinated Care (CCOCC), Hepatitis B prevention program, TB program, TMS, and Integration of Sorig and Allopathic healthcare.

At the outset, DoHe, OSM Program Coordinator Mr. Tsering briefed the participants on the training’s aims and objectives. He said that the training was aimed at learning modern management techniques in hospital functioning. This hospital administration training will be led by various experts in the field of hospital management, public health, and health systems.



The interactive training provided Tibetan health facility administrators with the latest skills and tools

for efficient and effective management of their hospitals that will help improve hospital services for the settlement population. Topics covered include the categories of charitable and nonprofit institutions, hospital-related legal provisions, patient safety regulations, waste management regulation, Medio-legal case management, leadership and team management, public health program management, human resource, and inventory management, resource mobilization, and self-sustainability.

Deputy Secretary, Tenzin Kunsang delivered the vote of thanks. The training was funded by USAID and organized by the Department of health CTA in collaboration with IIPA-Delhi.

COVID-19 Updates

Following the COVID-19 outbreak in China, the Department of Health, CTA proactively issued guidelines on preventive measures and carried out awareness work beginning on 24th January 2020, across the Tibetan settlements in India and Nepal. When WHO declared the disease as a pandemic on 11th March 2020, the department initiated the formation of a COVID-19 Task Force on 19th March 2020 chaired by health Kalon Choekyong Wangchuk with Dr Tsetan Dorji Sadutshang and Dr Tsewang Tamdin as its advisory members. To mitigate the potentially catastrophic impact of the disease particularly in Tibetan refugee settlements, subcommittees in the department headed by the health secretary were formed to carry out various COVID-19 related tasks. This section highlights the tasks carried out by the subcommittees in coordination with respective settlement offices and branch health facilities.

Active screening and surveillance committee



The committee monitored the health status of Tibetans living in India and Nepal in the initial months by coordinating and collecting data of those under quarantine to ensure early case detection. Dedicated

health workers track their health status daily and also identify those who may be contagious. With

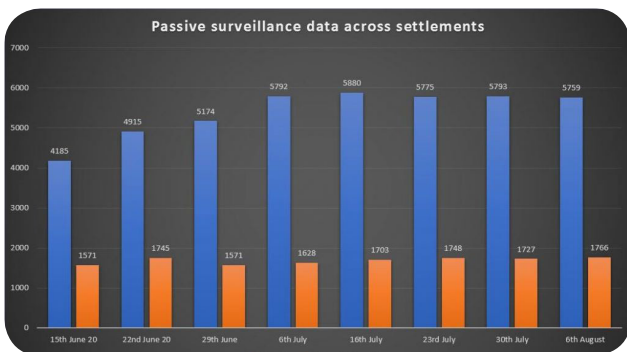


the quarantine rule imposed by the Govt. of India, as many as 1151 people were under quarantine in the first week of April 2020. All the people under quarantine were under surveillance and almost all are observed to be healthy and few with general sickness were consulted by respective health workers.

Since 13 April 2020, active screening for COVID-19 related symptoms has been carried out in 32 settlements in India and 4 settlements in Nepal. The data of the screenings are compiled weekly.

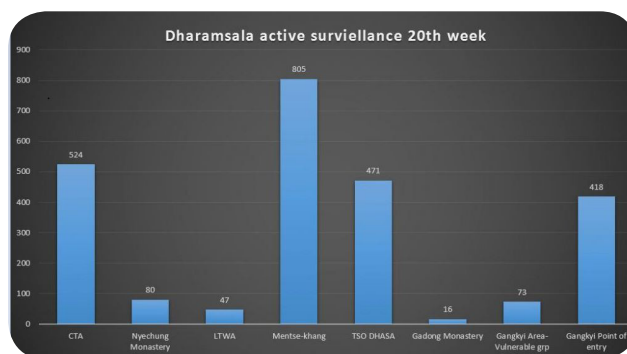
Amidst the growing COVID-19 burden and increased mobility across the Indian states, the frontline health workers of CTA who have been proactively screening door to door for Influenza like symptoms since April 2020 across the Tibetan community in India and Nepal were guided to do passive surveillance beginning 9th June 2020.

Through this surveillance, the department aims to protect the most vulnerable populace, who are at higher risk and also is a risk mitigated approach to the community at large of the percolating threat of COVID-19. The graph shows figures of the passive screening carried out in June in Tibetan Refugee Settlements in India and Nepal.



Surveillance committee in Dharamsala

The committee coordinates routine screening for COVID-19 related symptoms in almost entire Dharamsala community which includes CTA Secretariat Area, CTA's staff and family members, the staff of the Library of Tibetan Works and Archives (LTWA), and Tibetans residing around Gangkyi, Nechung Monastery, TSO Dharamsala, Gadong Monastery, Sambhota office/School, Gangkyi point of entry and Tibetan Medicine and Astro-Institute (TMAI) to mitigate the risk of COVID-19. Nearly 2500



individuals are being monitored every week in the above-mentioned vicinity.

Mental health committee

The pandemic affects not only physical health but the mental wellbeing of individuals, communities, and states. However, the COVID-19 pandemic is unique because of the nature of its infection. To break the chain of its infection, countries have introduced nation-wide or state-wise lockdown. All of these brought an abrupt change into peoples' lives making them adapt to a new way of living indoors- working from home, taking online classes, spend time with their families, and etc.

1. Helpline

In any community, a pandemic puts a threat not just to an individual's physical health but one's mental health as well. People are more likely to experience stress, fear, and anxiety during the pandemic. The DoHe mental health desk in the first week of April 2020, initiated a first-ever helpline service in its community in exile to cater to any emotional or psychological help needed by Tibetan refugees in India during this pandemic and lockdown.

This program has a total of 8 volunteer school counselors and 2 advisors, Dr. Kunga Norzom and Geshe Thabkhe Lodroe. The counselors are regularly



trained in collaboration with the Himalayan COVID-19 task force (HC19TF) and Tibetan mental health. So far, we had a total of 8 training sessions on various topics like basic counseling skills, understanding and managing stress, disruptive behaviors in Children, substance use disorders, risk assessments, etc. Apart from that regular team meetings, case study discussions were also carried out. The trainers are Dr. Kunga Norzom, Geshe Thabkhe, Dr. Phintso Paden, Dr. Sophia Banu, Lodroe, Tenzin Dolsel, and Dechen Tsering from HC19TF. This is still an ongoing program and the callers were constantly followed up and are referred to professionals in the respective settlements if need be.

2. Follow up of vulnerable population:

DoHe considers the mental wellbeing of the vulnerable population specified below one of its top priorities. During this lockdown and COVID-19 period, we have followed up with a total of 190 mental health beneficiaries, 33 destitute, 136 elderly, 96 antenatal mothers, 34 postnatal mothers, 4 people with substance use problems, and 17 people with pre-existing medical conditions like HIV, hypertension, diabetes, etc. in 21 different settlements in India. This is done by our mental health nurses and mother and child (MCH) nurses in all settlements in India through telephonic or in-person meetings. They were being followed for any specific medication, vaccinations, and other medical assistance needed during the current period of lockdown. In addition to this, their wellbeing and general status are updated. In the case of psychological support, the counseling helpline facility was recommended.

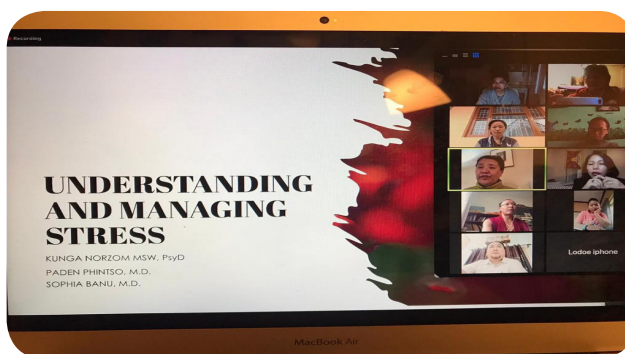
3. Follow up of people under home or institutional quarantine center:

With the relaxation of the lockdown rule in India, it was anticipated that many people will travel back and forth and that there would be an increasing number of people in home and institutional quarantine and the gradual spread of infection in our settlements. Realizing the new and restricted environment with a

huge stigma attached around quarantined individuals and people suffering from COVID-19, we initiated this program with the help of our helpline counselors to provide guidance and emotional support to them through tele-counseling service. From May 2020 to August 2020, we have followed up with a total of 7850 people in home or institutional quarantine and 90 people who suffered from COVID-19 in 30 different Tibetan settlements in India. Majority of the people were doing well but some of the major concerns expressed by some people were fear and anxiety due to COVID-19, and boredom and feeling suffocated and other administrative concerns that were dealt accordingly. In addition to health anxiety, stigma towards them and their family members was one of the major reasons for their distress. This is an ongoing program and those who expressed some concerns are regularly followed up. Most of them expressed gratitude and appreciated for calling and checking up on them and reported being cared and listened to. This program plays a crucial role not just in providing immediate psychological intervention/care but will help them from developing severe post-traumatic stress disorders after the COVID-19 period.

4. Helpline for frontline workers:

The frontline workers during this crisis in Tibetan settlements are the nurses, doctors, health center staff, settlement officers and their staff. Since March 2020 to this day, all of them have been constantly working in stressful and emergencies. Therefore, they are at a risk for experiencing distress and burnout. To cater to such needs, we initiated helpline service solely for the frontline workers in 34 different Tibetan settlements. The network between the settlement



officers and our helpline counselors was created.

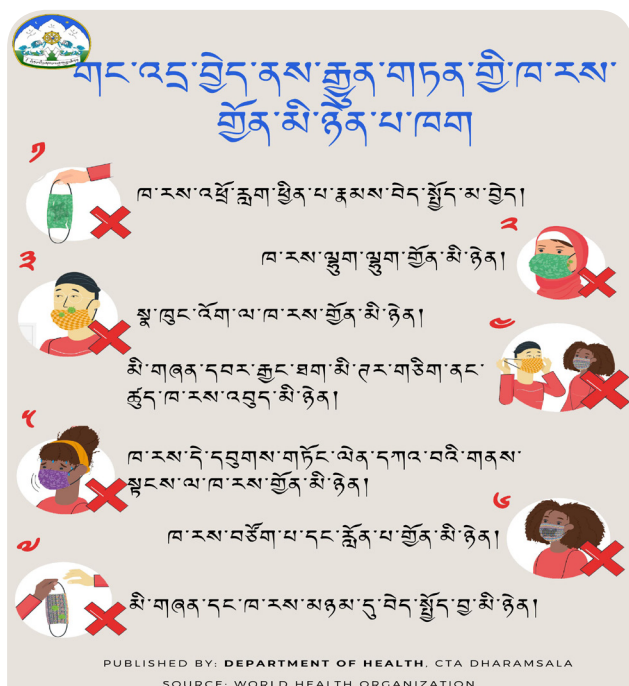
Media and awareness committee

The early awareness activities in January 2020 were initiated and coordinated by the health education section of the department. Later, with the situation becoming more severe in India, carrying

out awareness was taken over by the Media and Awareness Committee. The committee created awareness materials on COVID-19 and translated the same in Tibetan. It was then distributed to the Tibetan Settlements across India through branch health



facilities. With the implementation of lockdown all over India, helpline numbers of Tibetan and GOI nodal officers were made available on Tibetanhealth.org and Tibet.net. With the need of dissemination of correct information among the general public, many posters and informational videos were created and updated in official social media handles. Similarly, a new section including relevant documents in Tibetan, relevant guidelines and circulars, translated posters



in Tibetan dedicated for COVID-19 has been created in DoHe, website. The committee has also organized talks on health and how to manage stress related to COVID_19 by Dzongsar Jamyang Khyentse Rinpoche, Dr Tsewang Tamdin, Geshe Lhakdor (LTWA) and Dr Tsetan Dorji Sadutshang. Videos on yoga training, dance and cooking tips have also been created and posted on official social media handles.

Logistic, quarantine centers monitoring and coordination committee



The committee, pushed for Tibetan Settlement Officers in India during the lock down to visit the respective local COVID-19 nodal officers of the Indian Govt. to have a proper channel to deal in case an emergency occurs. In early April, the committee also coordinated to have all the 37 settlements in arranging emergency vehicles- 16 settlements with DoHe ambulances, 7 rentals and the rest have settlement office vehicles with necessary protection. It also coordinated the necessary procurements



needed in setting up the quarantine centers and issued directives periodically as per the changes issued by the Govt. of India to maintain them. The settlement level COVID-19 Task-Force has been able to set up quarantine centers in 35 settlements with a capacity of 1718 beds by the end of June. All the Tibetans under quarantine at the quarantine centers were provided three meals per day free of cost during

their stay. The committee was also successfully able to coordinate the distribution of one mask per person in each of the Tibetan Settlements in India but in some cases masks were stitched by the community people and distributed. Coordination of sanitization of all local settlement offices, old age homes, handicraft centers, health facilities were also periodically carried out. It was funded by United States Department of States Bureau of population, refugee and migration.

Human resource committee



As per the call made by the CTA for human resource, many volunteers came forward to serve the community in these time of health crisis. As of 2nd July 2020, 66 medical staff and 16 drivers volunteered their service and a decent incentives have been provided to them. In addition to the one nurse available at small settlements and also where volunteers were not available, 22 contract nurses has been hired.

Immunity booster distribution committee

The committee undertakes the distribution of Tibetan medicines prescribed by senior Sorig doctors headed by Dr. Tsewang Tamdin of Tibetan Medical and Astro-Science Institute (TMAI), solely, for boosting the



immunity. These medicines are being provided to Tibetans under quarantine (1386) in India and Nepal,

Tibetans above the age of 65 (9476), volunteer & health workers (697), vulnerable population with comorbidities (1201) and Tibetans (2293) in abroad. The expenses of immunity booster medicine packages are being jointly borne by Men-Tsee-Khang (TMAI) and the Department of Health, CTA that is, 1/3rd and 2/3rd of the expenses, respectively.

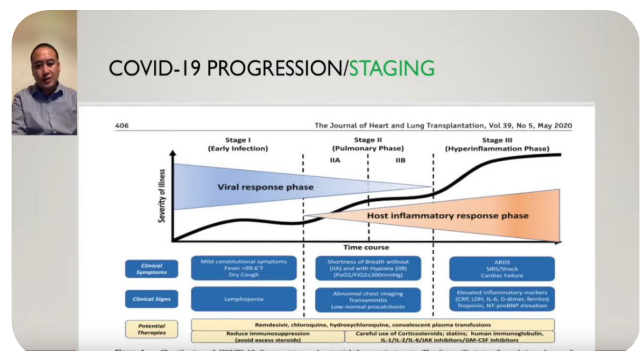
Procurement committee

In an effort to tackle the COVID-19 pandemic, preventing the spread of infection to our health care workers and patients is critical in supporting



the battle against coronavirus. The procurement committee allocates the budget and coordinates procurement of personal protective equipment (PPE) for COVID-19 response in the Tibetan settlements and the CTA headquarters. The committee coordinated the purchase of sufficient purchase of infrared thermometers, PPE kits, surgical masks, N95 masks, gloves, hand sanitizers, disinfectants, gowns, face shields, bleaching powder, sodium hypochlorite, sprayer pumps in all the settlements and CTA headquarters.

Online training of healthcare worker on COVID-10



The committee by referring WHO, CDCs and other prominent health organizations coordinated the release of three training video modules which



includes training by Dr Kelsang Choedon, Dr Thupten G. Changbar and Dr. Nyatsatsang on the official Youtube channel of Department of Health to enhance the knowledge of healthcare workers at the respective settlements on COVID-19 & its prevention. It was also aimed to train our healthcare worker (doctors, nurses & CHWs) on management of suspect or confirmed COVID-19 cases. It also updates doctors on latest development on COVID-19 related antiviral drugs, testing and clinical management. Almost all the nurses at settlements have completed the training.

Water and Sanitation, Hygiene (WASH) News

Recharge pits

The source of water in many of the Tibetan Refugee Settlements in India is the underground water. Over the years groundwater table has consistently dipped in some of the arid Tibetan Refugee Settlements and often its recovery does not occur naturally. So the construction of water recharge pits have become a critical task to access a basic necessity- water. Hence many recharge pits with varied dimensions were constructed in many of the Tibetan Refugee



Settlements to raise its ground water table. Such projects were approved under the funding of **Gift of the United States Govt.** the financial year 2018-2020.

New recharge pits at Hunsur Rabgyaling Tibetan Refugee Settlement

A total of 14 recharge pits were constructed near



the submersible pump to enhance the underground water. Each recharge pits were made with a standard of four-layered techniques. Stone sizes of 40 mm were put on the bottom as the base then layered with 20mm stones and again with M Sand and finally covered with 40mm stone for better filtration. A total of around 2806 people are being benefited by this project.

New recharge pits at Mundgod Doeguling Tibetan Refugee Settlement



In Doeguling, we were able to construct 25 recharge pits with two different sizes across the nine camps of the settlement. Since it is one of the most arid Tibetan settlements in India. These pits benefitted a total of 3305 people.

New recharge pits at Norgyeling Tibetan Refugee Settlement, Bhandara

In Bhandara two recharge pits were constructed. One at Camp 1 and the other at Camp 2. The project began in March and completed in June 2020. In Bandara, a total number of beneficiaries are 1033 people.

Toilet renovation at C.S.T Gurupura School, Hunsur:

The washroom of male staff has been renovated



with three urinals, one western commode with one wash basin attached. Similarly, for the female staff washroom, except the urinals the same as the former was installed. The flooring and wall of the washrooms were changed with plastering of new tiles. Apart from it, all the old ventilation windows and the electricity wiring inside the toilet has been changed. The rusty water taps were also replaced with new ones. With the renovation of toilet, all the 21 staff of the school are now being benefitted by the new sanitation facility. The staff can now use a hygiene toilet facility. This project was funded by Gift of the United States Govt.

New community toilets at Miao Choephelling Refugee Tibetan Settlement



The unavailability of sanitation facilities at the community hall in the settlement was a real difficulty especially when events are being held there. The privacy and safety especially of women was a concerning issue. With the construction of two sets of toilet facilities at all the five camps, some of the challenges have been eased. Now entire population of these five camps are being benefitted from the newly constructed Toilets. This project was funded by Gift of the United States Govt.

Construction of household toilets at Hunsur Rabgyaling Tibetan Refugee Settlement

A total of four household toilets were constructed in Hunsur Tibetan Refugee Settlement. The construction

work began on 9th Dec 2019 and completed on 10th Feb 2020. The dimensions of each toilet is 7 ft x 8 ft.



Every household were provided with 500 L of plastic water tank, washbasin and water Tap facilities. Out of four, one beneficiary was provided with a western commode facility and rest were the Indian commodes as per their needs. Under this project, members of nine families are being benefitted. This project was funded by the Gift of the United States Govt.

Construction of toilets at Chandragiri School, Odisha



A set of four toilets, two washrooms and a water storage were installed in Central School for Tibetans, Chandragiri, Odisha. A separate toilets and washrooms for boys and girls were installed with varied sizes. It now benefits a total strength of 106 students out of which 65 boys and 41 girls can access the sanitation facility. It also contributes to a more hygiene environment for the students. This project was funded by the Gift of the United States Govt.

Construction of community toilets at Camp no 3, Mundgod

In Mundgod, a total of 3 Indian toilet for ladies and 2 urinals, 2 Indian toilets for gents were constructed near 3rd Camp's community hall. This sanitation facility will be beneficial for the community especially during hosting of events. It was constructed with collaborative contribution from community people and partial funding of PRM, US.



Renovation of Sewerage of Pre-Primary School, Mundgod

The toilets of Pre-Primary school camp no. 2 Mundgod has been renovated with the funding from Gift of the United States Govt. With this project are 33 kids who attends the school will be benefitted .

Community toilets at Mainpat:

Two toilets were constructed to each camps from camp one to six except second camp. The distance between toilets constructed at the respective camps from community hall is within 50 meters. This minimum distance contributes in keeping the safety of women. The health department has instructed the settlements to construct toilets with locker system, a western commode and an Indian commode as the former will be more convenient for elderly people.



Construction of toilet at playground, Hunsur

With the collaborative funding from Hunsur community people and partial funding from PRM,



US. A total of six Indian toilets and three urinals with attached washbasin were constructed. A plastic water tank of 200 l was also set up under this project. This toilet facility will be really beneficial for the youngsters in particular who are frequent users of the playground and others in general.

Construction of overhead tank at Ngoenga School



In Ngoenga School for Tibetan Children with special needs, a 30ft high overhead water tank with a capacity of holding 32,000 thousand litres was constructed. The pipeline installation from watertank to the water taps of household were also carried out. The construction of recharge pits and the connection of rainwater harvested till recharge pits were also constructed. A total of 85 people of staffs and students will be benefitting from this project. A small inauguration ceremony on the occasion of 85th birthday celebration of His Holiness the Dalai Lama was also held. During the inauguration, the Director of Ngoenga spoke the need of the water tank, its total cost and expressed gratefulness for the generous donation by the PRM(US).

Construction of Drainage at Tsering Dhonden, Dekyiling



Prior to the construction of proper drainage, waterlogging was a real obstacle for the community people of Tsering Dhonden particularly during the rainy season. The work include excavation of ground for levelling, filling of excavated earth in trenches, sides of foundation etc. With this there was no drain

logging and overflow of water. It benefitted a total of 661 beneficiary out of which 341 are Males and 320 are Females. This project was approved with the financial support from the Gift of the United States Govt (PRM, US).

Installation of Water filter at Primary School, Odisha

Clean drinking water is a must for every being and the installation of water filter at primary school made sure that the students while at school gets it. We believe it will also reduce the sick leaves of students in the class and increase the attendance. This water filter will benefit a total of 53 students out of which 23 are girls and 30 are boys. This water filter was a Gift of the United States Govt. (PRM, US).

Installation of water filter at Phende Hospital, Hunsur



A new water filter capacity of 100l was installed at Phende Hospital, Hunsur. Now the staffs and patients can have a very accessible clean drinking water at the hospital. This water filter was a Gift of the United States Govt. (PRM, US).

Sewerage repair at Phende Hospital, Hunsur

The repair work of sewerage Phende Hunsur, Hospital started on 15th Jan 2020 and completed on 25th Feb 2020. The repair work involved the replacement of Sewerage pipeline and changing its course at another location. This water filter was also a Gift of the United States Govt. (PRM, US).

Construction of solar composi toilet Tank at Camp no 2, Ladakh

Amidst the COVID-19 pandemic, the department of health despite having the huge responsibility of protecting and curbing the spread of COVID-19 among the Tibetan community the department continues to carry on with the ongoing essential projects adhering

to COVID-19 risk mitigation measures in place.

One such project to highlight is the WASH program which along with LNP team has resumed our effort to implement WASH activities at Ladakh and Jangthang regions as per the GOI Ministry of home circular on 5th May 2020 “continuation of works in construction projects, within the limits of municipal corporations and municipalities”.

The Leh Nutrition Project (LNP), is a non-profit organization, specialized in drinking water and sanitation projects having expertise and experience in building an infrastructure for the cold deserted region of Ladakh. In view of that Health Department keep contracts with them to carry out WASH activities under the banner name of “Enhanced wellbeing of Tibetan communities and children through WASH intervention in Ladakh” in Leh and Jangthang region. The feasibility and location for the setting are being assessed and headed by Chief Representative Officer (CRO) with the consultation from Camp and Jangthang leaders. The final overall projects are being overseen and monitored by WASH Section, Department of Health, CTA.

Till date, 90% of WASH infrastructural works such as Submersible hand pumps, Community Solar



Composite Toilets, Solar Bathroom in Jangthang areas and drinking water cum hand wash station in various schools & villages has been installed. Along with that a WASH committee has been set up successfully in each camp and schools in Ladakh Settlement.

Mr Tsetan Wangchuk, CRO of Ladakh Sonamling Settlement expressed his gratitude on behalf of Sonamling settlers to the Department of Health, CTA for funding essential WASH projects.

He said “Ladakh Sonamling settlement being one of the most arid, remote and harsh-weather settlement, the residents has been facing water scarcity issues, poor sanitation for decades .But with the health

department's initiatives over years has resulted in successfully solving almost 80% of drinking water problems as well as 70% of sanitation problems in the areas. We also contemplate in promoting health education amongst commoners and students and have been able to bring great behavioural change in the form of good sanitation practices, the importance of hand hygiene and clean drinking water amid the pandemic".

Shifting of Gangchen kyishong pipeline connection

CTA headquarters (Gangchen kyishong) at Dharamsala's main water pipeline is connected from Nadhi via Lhagyari to Gangkyi. But since a construction is planning near Lhagyari, we were informed to shift our pipeline connection by the landowner. Therefore, the shifting of pipeline is must. The department started the project on 11th June and completed on 17th June 2020. The department hired five labors for the work and purchased a new G.I pipeline a more durable and long lasting compared to old PVC pipeline. With this funding a total of 380 staffs are being benefitted. This shifting of pipeline was also funded by Gift of the United States Govt. (PRM, US).

Renovation of storeroom for Gangkyi pipeline

Renovation of store room involved plastering



and making shelves in the store room and laying basement to store room. With this store room, we are now able to keep all the tools related to maintain the pipeline and also the chances of the tools getting misplaced and stolen has lessened. This renovation of storeroom was also funded by Gift of the United States Govt. (PRM, US)

Installation of pipeline at Miao Staff Quarter

Earlier, staff quarters at Miao does not have a direct pipeline connection from main pipeline. Hence all the staff have to fetch water daily from a source

which is 150m away. Also there is no overhead tank nearby. Moreover there is no specific time when the water is released and often leads to situation where they have to spend their day without water at all. Hence each staff quarter were given a direct pipeline connection from the main pipeline. With the provision of this project, the burden of fetching water almost daily has been solved. This was funded by Gift of the United States Govt. (PRM, US)

Construction of community toilets at Tuting Tibetan Settlement

Community toilets are especially useful when a programs or prayers are being held in the community hall. Hence in all the nine camps Lali, Nyukong, Gyelling, Kopi, Peking, Paying Dam, PI Line, Bishing and Nyering are constructed with two sets of toilets. The construction of 18 toilets started on 20th Feb and completed on 31st March 2020. This project was made possible with partial funding from PRM,US and the rest are collaborative contribution by the community people of Tuting.

Ngoenga News

Vimala Association Director, Mimmi and Debbi visits Ngoenga School



Dehradun: On the morning of 13th February 2020, Director of Vimala Association Mrs. Mimmi la and Debbi la visited Ngoenga School to meet the special needs children and to inspect the ongoing projects. The Ngoenga staff and children greeted and welcomed them with traditional Tibetan scarfs. After the reception, the special children of Ngoenga performed a Tibetan cultural dance and both the visitors thoroughly enjoyed the performance. Thereafter, a meeting was held in the Director's office with Ngoenga School Committee members regarding the ongoing projects at the School. After the meeting, they were shown the classrooms and hostel, staff quarter and rest of the school compound to inspect the projects of Vimala Association.

At noon, lunch was arranged in Lhasa Restaurant along with TPHC Dekyiling Executive Secretary Mrs. Lobsang Tsomo. Post lunch, they visited TPHC Dekyiling Hospital.

Farewell program of Tenzin Sherab, a success story



Dehradun: 4th March 2020 was the last day of Ngoenga student Tenzin Sherab. Director, Pema Labrang all the children and staff of Ngoenga school gathered in the school hall in the afternoon for a farewell program. She has been transferred to TCV Chauntra School. She is one of the success stories of the School. She was first admitted in school when she was just 6 years old. Throughout the years, despite her disabilities and Diplegic Cerebral Palsy conditions, she always wanted to study and now she is able to successfully continue her education. Such results prove to be very encouraging for the staff and we believe this could also serve as very motivating example to the other children.

Celebration of 20th Foundation Day of Ngoenga School

Dehradun: On Sunday 8th March 2020, Ngoenga School celebrated the 20th foundation day. This was a special day when the entire family of Ngoenga School, all the staff, and children has a chance to reflect not only on the beginnings of the Ngoenga

School, but also on the significant development it has achieved since the Ngoenga School's inception.

All the children and staff gathered in the morning at school auditorium for celebrating this day. The function started with Tibetan and Indian national Anthem. Then followed by Ngoenga Director Mr. Pema Labrang la and Head Master Nyima la addressing the gathering about the day.

Then the proceeded with children singing the Ngoenga. Then the program continued with wonderful performances of group dance and songs. On this special occasion all the children and staff enjoyed the Tibetan butter Tea and Traditional Tibetan sweet rice (desy).

After the tea break, all the "special children and staff gathered to enjoy the indoor fun and entertaining games like musical chair, marble in spoon race and under curtain student exchange etc. With all the fun activities, finally the day concluded with a thank you note by Tashi Kunzom la.

School Director Mr. Pema Labrang and Head Master Mr. Nyima addressed the gathering and presented a scarf and gift on behalf of Ngoenga School. Also all the staff wished best wishes with scarfs and gifts.



Special Report on the Mental Health Online Survey conducted by D.o.H.e

Introduction

The COVID-19 outbreak has shaken the entire world and continues to be a burden to the healthcare system in all countries. Pandemics in general and the COVID-19 pandemic in particular raises apprehensions, not just for the physical health of the population but the mental health issues are also a rising concern. The uncertainties around the coronavirus increases the likelihood for people to experience mental distress. Some of the common symptoms of mental distress include disturbance with sleeping patterns, having racing thoughts, feeling of sadness and helplessness, difficulty in concentrating and relaxing, frustration, irritability, or anger, loss of interest in pleasurable activities, and increased use of alcohol and other drugs. Such mental health concerns extends beyond the duration of a particular pandemic. For many people, this pandemic could have a chronic effect and could lead to development of trauma.

Aim

The main aim of the online survey was to assess the mental health challenges for the Tibetan people during the COVID-19 pandemic and the viability of the various coping means used to address them.

Procedure

The survey was designed in Survey Monkey and was published on DOH's social media pages. The survey took about 10 minutes to complete and the participation was completely voluntary.

Measures

Harvard Symptoms Checklist (HSCL-25; Mollica et. al, 1987) is a measure designed to assess the symptoms of distress. The measure consists of twenty-five items. Ten of these items relates to symptoms of anxiety and 15 items to symptoms of depression. The response scale is a four-point scale ranging from “not at all”, “a little”, and “quite a bit” to “extremely”.

Coping means

Various coping means were measured like acceptance, religious or spiritual coping means, social support, and problem solving, gaining perspective, humor, denial, substance use, self-blame, and giving up. Participants were asked: “During the current period of COVID-19 pandemic and lockdown, I have been... (Select all that applies)” and have the option to choose one or more coping means they have been exercising.

Socio-demography

In this section, data on people's age, gender, place of birth, residence, marital status, education, occupation, number of family living with them during lockdown was collected. .

Participants

A total of 668 participants participated, with 377 females and 282 males. The average age was between 25 to 34 years old (N= 295; 45%) with the majority born in India (N=469; 71%) and currently residing in Dharamsala (N=150; 23%). Majority of the participants have completed graduation (N=280; 42%), have never married (N= 298; 45%) and are employed full time (N=362; 55%). During the lockdown, 45% of the participants were living with 3-5 people in their house, 15% alone, 23% with 1-2 people, 13% with 6-9 people and 4% with more than 10 people including themselves.

Results:

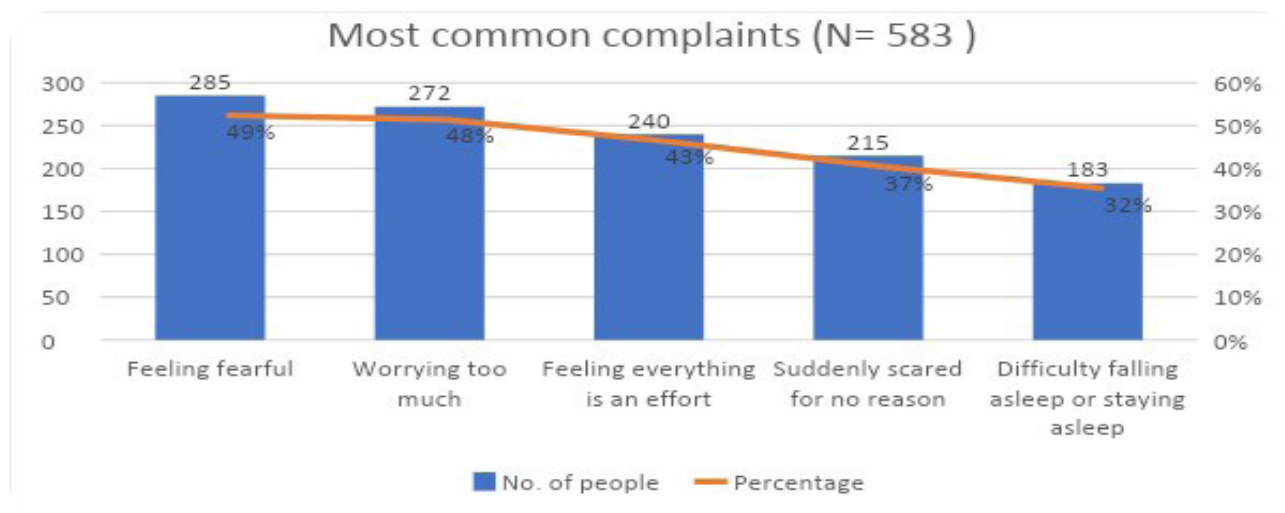


Figure 1: The five most common complaints reported during lockdown, based on number of people and the percentage comparison of complaints among them

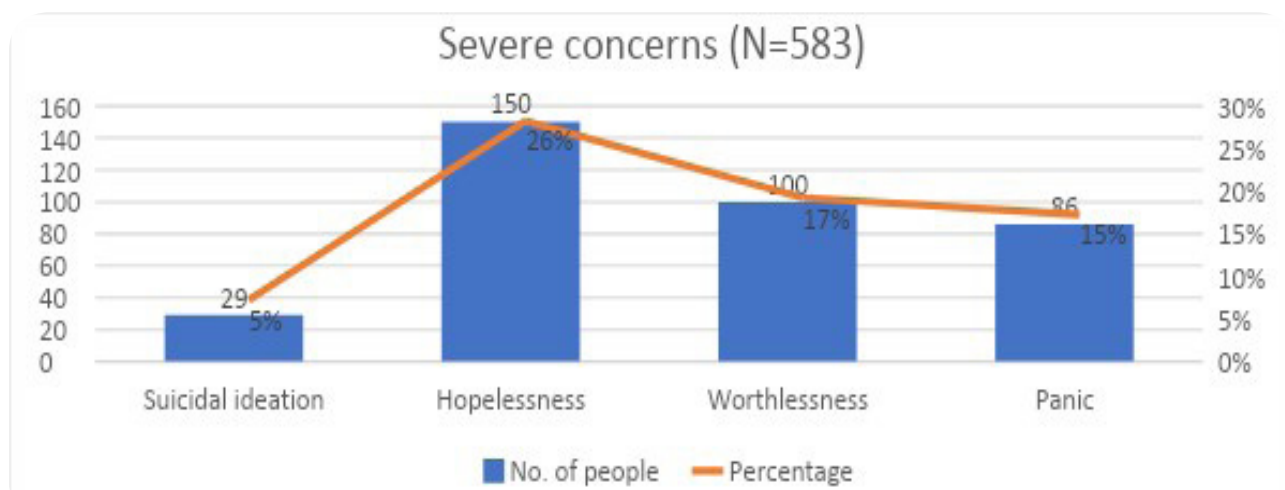


Figure 2: The total number and percentage of people who experienced severe symptoms of distress during the lockdown

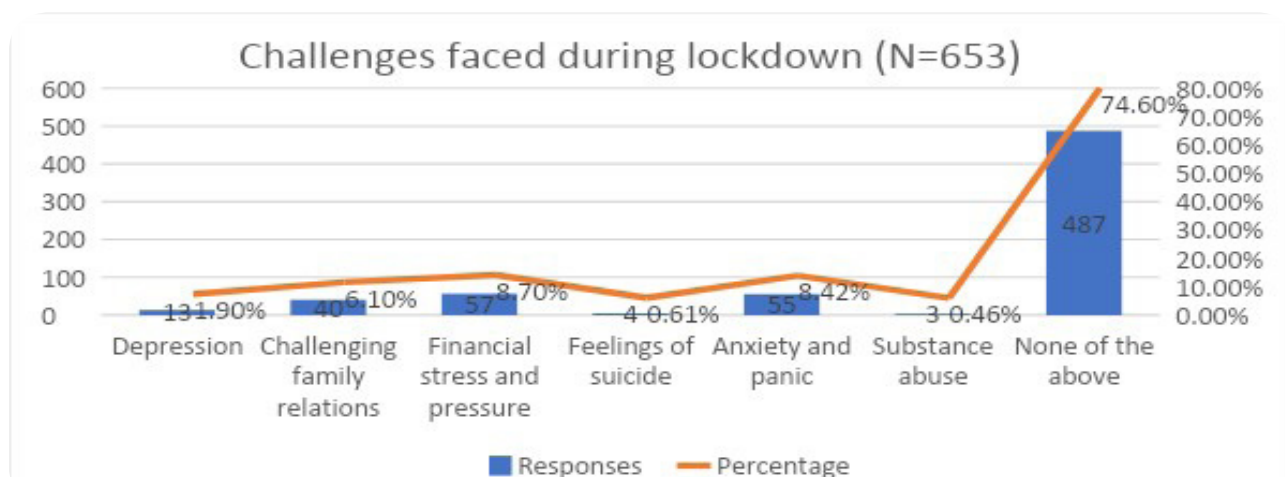


Figure 3: The percentage and total number of people who had experienced different challenges during lockdown

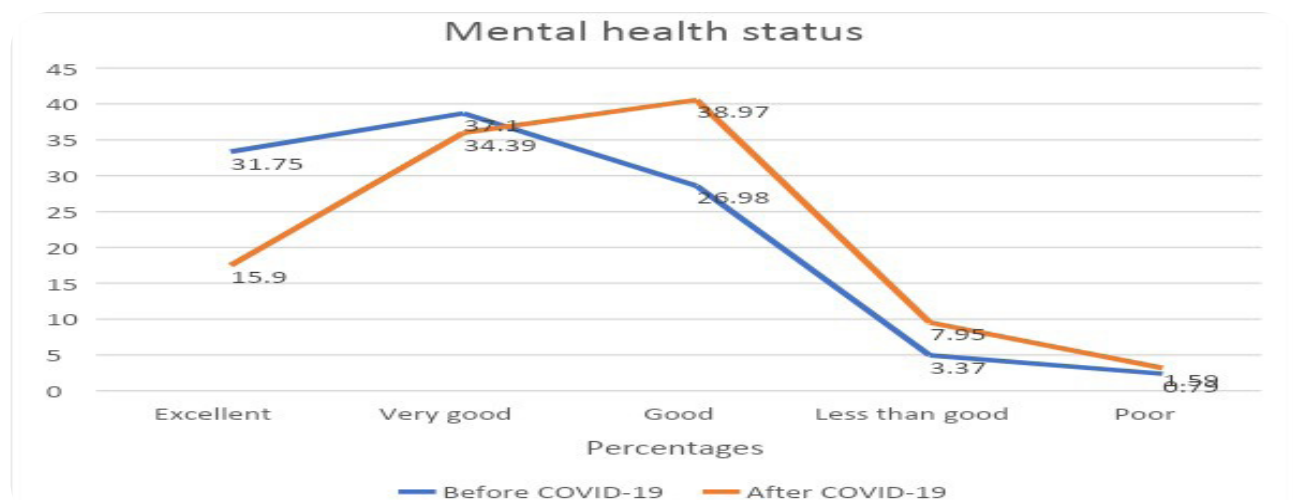


Figure 4: The difference in mental wellbeing between the pre and -COVID-19 time periods

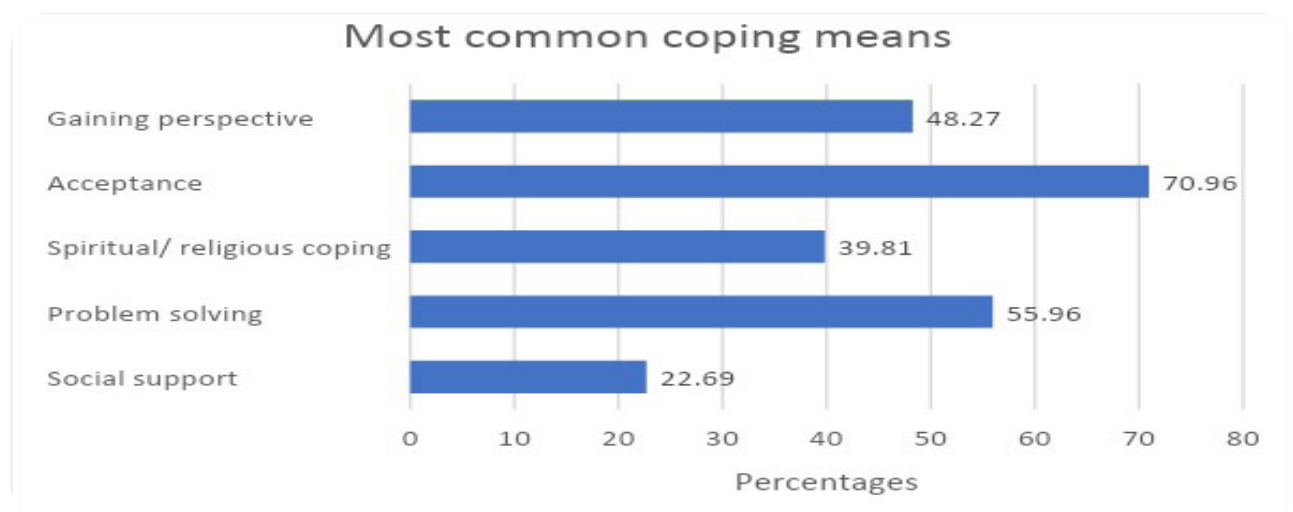


Figure 5: The most common coping means used by Tibetans during the lockdown

Discussion:

In the current population, the mean score on HSCL-25 was 1.04 which was lower than the cut off score of 1.75. Hence, it could be said that during this COVID-19 pandemic, the majority of the Tibetan people did not experience high mental distress, especially high levels of anxiety and depression. However, this finding does not rule out the possibility of Tibetan people suffering from mental distress during this period. The five most common symptoms, as represented in Figure 1, of stress found from this survey were feelings of fearfulness, worrying too much, feeling everything was a cause for great effort on one's part, sudden bouts of unexplained fear, and difficulty falling asleep or staying asleep. In addition, a minority of the participants had experienced severe symptoms of distress like suicidal ideation (N=29; 5%), hopelessness (N=150; 26%); worthlessness (N=100; 17%); and spells of terror or panic (N=86; 15%) (Fig. 2).

There could be multiple reasons leading to the experience of mental distress among the population. Anxiety and worrying due to the multiple uncertainties attached around COVID-19 could be one of the reasons. However, in addition to this, financial burden and challenging family relations could also be a source of distress (Fig. 3).

Gender difference analysis on HSCL found that females experienced more anxiety than males. But this difference was not visible on the issue of depression. The anxiety in females could be due to the greater number of challenging family relations reported by females in the current survey. Similar to this, those under the age group of 18 to 34 reported greater anxiety and depression than those above 34 years. This could be because it was found that those under the age group of 25-34 year had experienced the greatest number of situations related to financial stress and pressure, anxiety and panic, and challenging family relations. A significant difference was found between levels of anxiety reported by people and their score on HSCL, where those who were extremely and moderately worried about COVID-19 have higher means on both anxiety and depression scores of HSCL than those who were not at all worried.

From figure 4, it is observed that there is a small reduction in people's mental wellbeing between the pre and COVID-19 period. The rate of people who described their mental wellbeing as "excellent" has dropped by approximately 50 percent. However, the rate of people who reported their mental health as "good" has increased and so did those who reported it as being "poor".

During the COVID-19 pandemic and lockdown, the majority of the Tibetan people did not experience severe mental distress as measured by HSCL. One of the reasons for this could be the positive coping means that the majority of the participants have exercised. It was found that most of the people accepted the pandemic and the lockdown and have tried to actively cope with the situation using problem solving means, developing broader perspectives and using spiritual and religious coping means (Fig. 5), etc. However to conclude that no Tibetan experienced any mental distress during the lockdown and the pandemic would be an overstatement.

Implications:

From this survey it was found that females, young adults and elderly, those who are never married, who live alone, and who are retired and not working currently are at greater risk for developing mental health problems. This has huge implications for the Department of Health in terms of understanding and accordingly planning mental health intervention for these vulnerable groups. A significant relationship between anxiety and mental distress has been found in this survey. This has strong implications for individuals, families, communities and the Central Tibetan Administration in terms of supporting members of their community who were more affected by the COVID-19 and who are vulnerable to developing mental health issue to the same. Based on the results from this survey, the Department of Health, has initiated various awareness and intervention programs to meet the mental healthcare needs of this community during this period. Such programs include creating short videos on dealing with mental health problems in general and specifically for different age groups, helpline services to the COVID-19 survivors and people under quarantine, monitoring of the DOH mental health beneficiaries and other vulnerable populations (elderly, pregnant mothers, people with existing medical conditions, etc.).

Limitations:

The major limitations of this survey is that this survey being conducted online and in English, which limits the number of people that can be reached. The majority of the participants are fully employed, are between the age group of 18-34 and have completed graduate schools. Hence, older Tibetan people who are not literate in English and those who have no access to internet services cannot participate. This implies that the current findings may not be fully representative of the mental health status and problems experienced by older Tibetans living in different settlements in India.

Department and TVHA Staff Update

Department of Health Staff Update from Jan to June 2020

New Appointment:

S.No	Name	Designation	Place	Joined On
1	Tenzin Tashi	Accountant	Department of Health, CTA	9-Jan-20
2	Kelsang Chodon	Section Officer	Department of Health, CTA	13-Jan-20
3	Tenzin Dolma	Under Secretary	Department of Health, CTA	20-Jan-20

Transferred:

S.No	Name	Designation	Place	To	Date
1	Chime Namgyal	Under Secretary	Security Dept.	Health Dept.	03-Jun-19

Resignation:

S.No	Name	Designation	Place	Dated
1	Chime Namgyal	Under Secretary	Dept. of Health	10-April-2020

TVHA Staff update from Jan to June 2020

New Appointment:

S.No	Name	Designation	Place	Dated
1	Tenzin Woesser	Accountant	Dekyiling Hospital	13-Jan-2020
2	Ngawang Chonzom	Staff Nurse	Tenzingang PHC	25-March-2020
3	Tenzin Dolkar	Staff Nurse	DTR Hospital	1-April-2020
4	Dorjee Paljor	Cook	Dekyiling PHC	30-April-2020

Retirement Extended:

S.No	Name	Designation	From	To
1	Pema Tsetan	Driver	1-April.-20	31-Sept.-20
2	Passang Tsamchoe	CHW	30-Sept.-19	28-Sept.-20
3	Sonam Dolma	CHW	1-Jan.-20	31-Dec.-20

Resignation:

S.No	Name	Designation	Place	Dated
1	Sonam Dolma	Dental Therapist	Ladakh TPHC	7-Jan-2020
2	Namgyal Lhayang	Pharmacist	TsoJhe Hospital	11-Jan-2020
3	Yangchen Lhamo Lama	Staff Nurse	Tashi Palkhel PHC	22-Jan-2020
4	Phurbu Dolma	Staff Nurse	Tenzingang PHC	31-Jan-2020
5	Tenzin Pelmo	CHW	Bir PHC	21-Feb-2020
6	Penpa Dolma	Staff Nurse	DTR Hospital	3-March-2020
7	Kunchok Lhamo	Physiotherapist	Tso Jhe Hospital	31-March-2020
8	Dr Tenzin Tsundue	Medical Officer	Miao PHC	17-May-2020
9	Ngodup Wangdue	Exe. Secretary	Bir PHC	19-June-2020

Ngoenga School for Tibetan Children with Special Needs**New Appointments:**

S.No	Name	Designation	Place	Dated
1	Namgyal Dolma	Foster Mother	Ngoenga School	15-Jan-2020
2	Kunga Gyaltsen	Physio Asistant	Ngoenga School	18-Feb-2020
3	Nyima	Head Master	Ngoenga School	22-March-2020
4	Lhakpa Tsering	Gate Keeper	Ngoenga School	10-June-2020

Transferred:

S.No	Name	Designation	Place	To	Date
1	Kalden Norbu	Director	Ngoenga School	TSJC, CTA	03-Jun-19

Resignation:

S.No	Name	Designation	Place	Dated
1	Tenzin Tsedup	Special Educator	Ngoenga School	01-Jan-2020
2	Phurbu Tsering	Gate Keeper	Ngoenga School	04-Jan-2020
3	Sonam Gyaltsen	Secretary Cum Cashier	Ngoenga School	03-Feb-2020
4	Lobsang Phuntsok	Teacher	Ngoenga School	29-May2020

Volunteer Information Corner

Ways to Give, Volunteer Opportunities

The department runs 7 hospitals and 5 primary health centers and 36 clinics spread across India and Nepal and 1 Special School, the first ever CTA run school for Tibetan Children with special needs for India, Nepal, Bhutan and Tibet. More information : (www.ngoengaschool.org).

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

Information for the Medical Students and Interns

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

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

You are required to send your CV and a reference letter from your present university. You are also required to send a monthly fee of US \$50 by cheque or via Western Union in the name of any CTA DOH's hospital. The cheque, or wire, should be in Indian Rupees as our bank here does not accept foreign currency cheques in small amounts. Cancellation of your visit should be notified to the hospital's executive coordinator at least two months in advance. However, the monthly fee is non-refundable.

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

Do you want more information?

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

HOW YOU CAN HELP

MOST IMPORTANT PROJECTS IN 2019-2020

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

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

HOW YOU CAN HELP MOST IMPORTANT PROJECTS IN 2019-2020

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 for Special Needs Children
2. Construction of TPHC Staff Quarters in Tibetan Mainpat Settlement - 46.28 Lacs
3. Installation of Solar Water Heater in Monastery at Tibetan Kamrao Settlement- 63,000
4. Diet and nutrition 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
A/c Number-11510100000519
UCO Bank, CTS
Gangchen Kyishong
Dharamsala-176215
Distt. Kangra (H.P), INDIA

SWIFT CODE-UCBAINBB238
PAN-AAATT1509K
TAN-PTLT10935B
IFSC-UCBA0002059
Email: health@tibet.net
www.tibetanhealth.org
www.tibet.net/health



Health Department Starts Tibetan Medicare System Enrollment and Awareness

Department of Health, Central Tibetan Administration, invites general public to enroll themselves in Tibetan Medicare System (TMS), which starts from **1st January and ends on 31st March 2020.**

Status of Tibetan Medicare System for year 2019-20

- Total number of enrolled member: **27496**
- Total number of beneficiaries from 1st Apr 2019 to 31st March 2020 is: **2445**
- Total amount of reimbursement made Rs: **24084314**
- Tibetan living in 36 Settlements and other areas in India are eligible to be covered under TMS.

Coverage period for this year starts from **1st-April 2020 and ends on 31st-March 2021.**

For registration: Contact your Settlement office or local Tibetan Health Centre.

Please visit **www.tibetanhealth.org** for detail information.