

# Newsletter

Ladakh Heart Foundation Hospital & Research Centre

September 2012 to September 2013



## Inauguration of Video Endoscopy & Ultra sound room.

The Video Endoscopy Machine donated by Dalai Lama Trust (Dharamsala) & Ultra Sound were inaugurated by Sh. Gulam Nabi Azad, Honorable Union Minister of Health & Family Welfare, Govt.

of India along with Shri Nawang Rigzin Jora, Honorable Minister for Urban Development & Urban Local Bodies, J&K, Shri Rigzin Spalbar, CEC Leh on 18<sup>th</sup> of September 2013, Around 9:10 AM Jenab Gulam Nabi Azad inaugurated the room and visit inside to check the machines. After that, Jenab Gulam Nabi Azad inaugurated the labour room that is dedicated to Padma Shri Dr. Tsering Landol (Senior Gynecologist) for her selfless work towards the welfare of Ladakhi people. Mr. Azad also interacted with the patients and tried to know more about the hospital and its facilities. After which Mr. Azad interacted with retired doctors.



## Award

We are very proud to inform you that the President & Founder of Ladakh Heart Foundation, Venerable Thupstan Chogyal was awarded with the Bharat Ratna Dr. Bhim Rao Ambedkar Award 2013 on the 122<sup>nd</sup> Dr. Ambedkar jayanti by the Ladakh Buddhist Association Youth Wings for his outstanding humanitarian services in catering to the health needs of the people of Ladakh and for promoting the basic principles of Buddhism.



Ven Chogyal President LHF & TCV Director Mr. Kalsang Phuntsok welcomed all the 16 patients after their successful heart surgery.



The Bharat Ratna Dr. Bhim Rao Ambedkhar Award being presented to Ven. Thubstan Chogyal. When the members of Ladakh Buddhist Association Youth Wing came to meet Ven. Chogyal and told him about the award, But Ven. Chogyal was not in a position to accept it as individual award and insisted to present it to the Ladakh Heart Foundation. But Ladakh Buddhist Association Youth Wing argued that he founded the organization with all effort through his life so that they wanted to give the award to ven Chogyal.

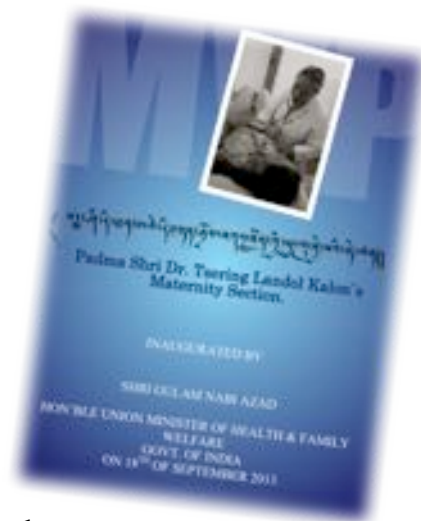
### Dedication of Maternity Section.

Ladakh Heart Foundation Hospital’s maternity section was dedicated and named after Padma Shri Dr. Tsering Landol on 18<sup>th</sup> of September 2013. The function was held early morning around 9:30 AM. The Union Minister of Health & Family Welfare, Government of India. inaugurated the Maternity Section. On 18<sup>th</sup> of September 2013 in the presence of Shri Rigzin Jora,



Honorable minister of Urban Development & Urban Local Bodies, Govt of J&K & Shri Rigzin Spalbar, Chief Executive Councilor, Leh.

The maternity section was dedicated to legendary Gynecologist Padma Shree Dr. Tsering Landol in recognition of her lifetime selfless health service to the Ladakhi people.



### Free Eye & Dental Camp



In the month of July 2013, Ladakh Heart Foundation Hospital and Himalayan Vision Project organized an Eye & Dental camp at LHF. During

that time we

treated around 400 patients in eyes and round 200 in eyes. The doctors presented during the camp distributed free eye drops, sunglasses to the people. They ordered eyeglasses to the people who need extra care. The camp was ended successfully due to the help of volunteers from Lamdon School and others.



On 21<sup>st</sup> & 22<sup>nd</sup> September 2013, Ladakh Heart Foundation Hospital in association with Fortis Memorial Research institute,



Gurgaon organized a Pediatric Heart check – Up Camp and checked 73 patients on 21<sup>st</sup> September and 63 patients on 22<sup>nd</sup> September. During the camp we checked total number of 136 patients. We found many cardiac patients during camp but we found 15 children & one elder from Korzok (Changthang Village) below 28 years and decided to send them to Delhi, 940 kms away from Ladakh for Pediatric Heart Surgery free of cost. On 24<sup>th</sup> of September 2013 at 10:15 AM. The Deputy Commissioner along with the other delegates sees off the patients to Delhi by bus from Leh Main Gate. Being Human – Salman Khan Foundation, sponsored the camp, transportation & surgery cost.

The Total No of 13 Students are from Changthang village (Nyoma, Sumdho, Hanley) approx 300 kms away from Leh City & studying in Tibetan Children Village School, Choglamsar. We also sent a boy



named Rahul 6 yrs of age S/o Sunita R/o Nepal, working as a labour in Leh found diagnosed & send along with the other patients to Delhi. All the 16 patients will be back to leh before 10<sup>th</sup> of October 2013.

The bus carrying patients reached Delhi on 26<sup>th</sup> Sep 2013 at 6:00 AM by crossing several passes from Leh to Manali including the second highest motor able road

in world at Taglang La pass.

We are very thankful to Army Hospital for lending the ECO- Machine during camp.

We are also thankful to the students of Tibetan Youth Hostel; Rohini for voluntary donating their blood to the needed patients during surgery.

The detail of the patients gone to Delhi for Pediatric Heart surgery as: -

S. No	Name	Age	Sex	Residence of
1.	Tenzin Youten	7 Yrs	Male	TR camp-10
2.	Sonam Dorjay	9 Yrs	Male	T.C.V
3.	Kunga Chodon	10 Yrs	Female	T.C.V
4.	Tenzin Yangdol	9 Yrs	Female	T.C.V
5.	Tsering Norboo	12 Yrs	Female	T.C.V
6.	Tsering Palden	16 Yrs	Female	T.C.V
7.	Samphel Wangpo	17 Yrs	Male	T.C.V
8.	Rinchen Dhondup	16 Yrs	Male	T.C.V
9.	Tenzin Nyima	15 Yrs	Female	T.C.V
10.	Stanzin Kaldan	6 Yrs	Male	Leh
11.	Rahul	6 Yrs	Male	Leh / Nepal
12.	Tenzin Nyidon	11 Yrs	Female	T.C.V
13.	Tenzin Chokdup	8 Yrs	Male	T.C.V
14.	Tenzin Nordol	14 Yrs	Female	T.C.V
15.	Pema Deachen	6 Yrs	Female	T.C.V
16.	Tsering Lhamo	28 Yrs	Female	Korzok



President of LHF interacting with the students



Mr. Harmit speaking about the camp



Deputy Commissioner, Leh speaking in front of the local media & appreciated all three organizations for their noble work & making him as apart of this camp. He also assured support from DC office and Ladakh Autonomous Hill Development Council, Leh, in the near future.

All of these children were born in changthang village (Sumdho, Nyoma, Hanley, Korzok & others) about 4300 meter above sea level. These children are nomadic. They travelled 300 Kms from their home by passing the highest motor able road to check up and found diagnosed.

After that they are shortlisted and were ready to travel 940 kms to Delhi for pediatriac Heart Surgery.



The Deputy Commissioner, Army Gen. Hospital Brig. S. Patiyal, Mr. Harmit Singh, Representative of Being Human & Fortis Institute, President of LHF and other well wishers sees off the patients to Delhi for pediatriac Heart Surgery with prayers for success.

This small nomad child does not have a single idea that where he is sending to, but with the help of Ladakh Heart Foundation Hospital he is sending to Delhi, about 940 kms away from Leh for his heart surgery.



Ven. Thupstan Chogyal, President & Founder of LHF speaking about the camp, its organizers and sponsors in front of local media. He specially thanked Bollywood Actor Mr. Salman Khan for sponsoring the camp & surgeries on behalf of all Ladakh people and requested Mr. Salman Khan for his future support to the people of Ladakh, because in the high altitude area like Ladakh many cases of Congenital & Rheumatic Heart Disease are found. We have 103 cases of Congenital and 151 cases of Rheumatic heart diseases from which majority have been operated. We have prevented Rheumatic heart disease but we cannot prevent congenital Heart disease. So, we request Mr. Salman Khan for his conditioning support in near future.

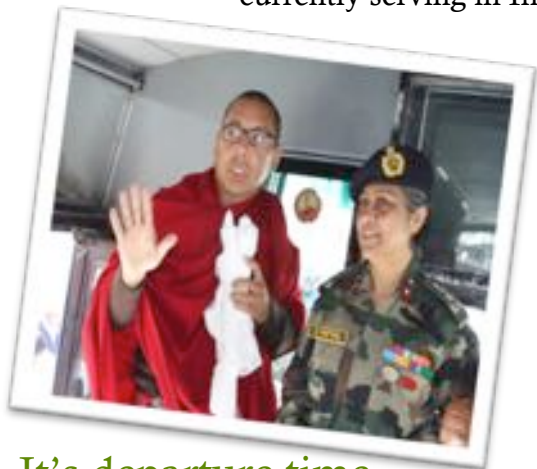


## Checking through Eco-Machine.

Dr. Manvinder Singh Sachdev, doctor from fortis hospital Delhi checking patients through Eco Machine at LHF Hospital on 21<sup>st</sup> September 2013.

## Twin Brothers

Both the twin brothers are heart diagnosed, one had done his surgery with the help of his father and another is also going to do his surgery with the help of his father. His father is an army currently serving in Indian army.



## Ven Chogyal & Brig. S. Patiyal

Ven. Chogyal explaining Army Gen. Hospital Brig. S. Patiyal about the heart camp & patients. She is very happy with the outcome of the camp. Brig. Patiyal has done many eye surgeries for the people of Ladakh

## It's departure time....

All the 16 patients are ready to move forward for their surgery and clicking last & final picture with Brig. S. Patiyal, President of LHF, Ven. Chogyal. & Representative of Fortis hospital and Being Human Mr. Harmit.



## Photo Session

Doctors from fortis Hospital & Staff with Ven. Thupstan Chogyal before starting the camp.



## Parents are the best supporters

A small nomad girl, belongs to changthang village about 250 Kms away from Leh, found diagnose during check-up. With the help of LHF & support from her father she is ready to travel 940 km to get cardiac surgery.



## FREE HEART CAMP

Ladakh Heart Foundation Collaborated with the Cardio Renal Society of America, TWIN EPIDEMIC & SASAT organized a heart camp providing free consultation service by a renowned Cardiologist, Dr. K. Vijay MD,MS,FACC, FACP,FNLA, to the people of Ladakh that is from 5<sup>th</sup> of August to 9<sup>th</sup> of August 2013 for five days at Ladakh Heart



Foundation Hospital. During the five days camp we treated around 800 patients. During the camp we divided the days to respected segments as one day for Monks & Nuns, one day for Women Alliance, one day for Tibetan, and one day for the Young stars of Ladakh.

The Camp Was ended successfully on the evening of 9<sup>th</sup> of august 2013



## Your Support Our Success.

We are very thankful to Didwania (Ratanlal) Charitable Trust, Mumbai for their monthly supporting towards the hospital.

We are also thankful to Inder Jeet Sahota & Ms. Carina Chatlani for donating us to purchase of electric heating system for hospital to keep the patients warm during winter season.



We are also thankful to Associazione Maitri Onlus Italy, Ven. Neungin Sounim and Sik Mun Cheng Singapore, Singaporean friends for their contribution & continuous support.

We are also thankful to Associazione Purple Middle Way Onlus Italy for their supporting for Children Park.

We are also thankful to Manuela Michelozzi Torino Italia, for donating an ambulance to the Hospital.



## The Success of L.H.F.

On the Yearly bases, the patients in the Ladakh Heart Foundation are increasing tremendously. During the last one-year we treated around 3900 patients out of which 3740 are female.



Through the support of Ladakhi people, sponsors & friends, the hospital has become successful and has been able to treat numerous patients in and around Ladakh.

*During the heart Camp at Ladakh Heart Foundation.*

## PATIENT TREATED DURING THE YEAR 2012- 2013

S.No	Month	No. of Male	No. of Female	No. of Child	Total
1	September 2012	10	282	09	301
2	October 2012	05	240	03	248
3	November 2012	09	366	05	380
4	December 2012	34	189	04	227
5	January 2013	22	316	04	344
6	February 2013	08	305	01	314
7	March 2013	31	402	02	435
8	April 2013	07	434	06	447
9	May 2013	11	315	11	337
10	June 2013	05	221	03	229
11	July 2013	03	306	02	311
12	August 2013	04	364	02	370

## Total number of patients tested in the lab

1<sup>st</sup> September 2012 to 31<sup>st</sup> August 2013)



### Laboratory

The laboratory of Ladakh Heart Foundation offers many services such as Hepatitis B Screening, Blood Grouping, Urine analysis, Hemoglobin Level, Glucose level and Serum Blirubin etc.

### Hepatitis B screening from 01/09/12 to 31/08/13

S.No	Month	No of Patients	Month	Negative	Positive
1.	September 2012	25			
2.	October 2012	30			
3.	November 2012	50			
4.	December 2012	21			
5.	January 2013	33			
6.	February 2013	44			
7.	March 2013	69			
8.	April 2013	72			
9.	May 2013	92			
10.	June 2013	97			
11.	July 2013	96	1/9/12 to 28/2/13	34	4
12.	August 2013	52	1/3/13 to 31/8/13	47	1

Patients during their treatment at Fortis hospital, Delhi



Patients after their successful surgery



Ven. Chogyal President LHF, visited the patients at Fortis hospital.





## Child Delivering

We are very lucky to inform that Ladakh Heart foundation has already started delivering babies under the guidance of Dr. Landol (Gynecologist) from past few months. In this hospital total no of 18 children have been born until 31<sup>st</sup> August 2013 out of which 7 are Male & 11 are female. We did both normal and cesarean for the patients where 7 babies were born by cesarean and 11 were born on natural basis.

S. No	Baby Regd No.	Gender	Normal Birth	Cesarean Birth	Resident of
1.	LHF-01F	Female	✓	–	Chulung Sheynam Leh
2.	LHF-02F	Female	–	✓	Skara Leh
3.	LHF-03F	Female	✓	–	Tak, Lobding Leh
4.	LHF-04M	Male	✓	–	Hemis Shukpachan
5.	LHF-05F	Female	✓	–	Matho
6.	LHF-06F	Female	✓	–	Thiksay
7.	LHF-07M	Male	✓	–	Thiksay
8.	LHF-08M	Male	–	✓	Kairy
9.	LHF-09M	Male	✓	–	Changspa
10.	LHF-10F	Female	✓	–	Palam
11.	LHF-11M	Male	–	✓	Shey
12.	LHF-12M	Male	–	✓	Shey
13.	LHF-13F	Female	✓	–	Shey Yokma
14.	LHF-14F	Female	✓	–	Durbuk
15.	LHF-15F	Female	–	✓	Skara Yokma
16.	LHF-16F	Female	–	✓	Saboo (Ayu)
17.	LHF-17M	Male	✓	–	Changspa
18.	LHF-18 F	Female	–	✓	Housing Colony

We are very thankful to the Health Department, Leh, Chief Medical Officer and members for providing us with the necessary vaccine (Polio & Hep.B Vaccine) that's need during the birth of a child.

## **Birth Certificate**

Firstly we would like to thank the Administrators and Municipal Committee Leh, for their kind hearted approach towards Hospital in issuing birth certificates.

With the help of Municipal Committee Leh, It's not a difficult to get a birth certificate from Ladakh Heart Foundation hospital; this hospital is also coming under the Notified Area.

## Yours Suggestion, Our Duty

Ladakh Heart Foundation Hospital has collected suggestions from the patients to improve the facilities, cleanness, and many others things, so that we can improve the failures in near future. We are very thankful to the patients for their kind suggestion towards the hospital. Many patients have written that the hospital is clean, doctor are regular and have a supportive nurse. This is good news for us. But we also got some suggestion stated the following points.

1. That this hospital needs a canteen inside the campus.  
(Answer: - We are in search of a good canteen holder to set up a canteen inside campus according to the rules, regulation & norms of the hospital; we will try to provide you all the canteen facilities as soon as possible.)
2. That hospital needs more staff members & nurse.  
(Answer: - Yes, you all are right that there needs more staff & nurse, but till now the hospital is not that rush of patients, and the staff already we have are enough to handle the hospital. We will provide more staff & nurse on the basis of the patients.)

## Construction of Staff Quarter

Ladakh heart foundation hospital & research centre has stated construction of staff quarter in the hospital campus with the helps of supporters & friends from Singapore, Malasia, Thaiwan, Indion Asia. We are constructing three staff quarter with the set of six rooms. (Two bed rooms, two bathrooms, one kitchen, one living room and a balcony) All the three staff rooms are on its way. We tried our best to complete the construction and finishing this year but unfortunately only one month left and we cannot do that. We are doing our best to complete it as soon as possible.

The purposes of constructing of these quarters are to provide fast treatment to the patients by avoiding time of transportation taken by doctors.

We are also constructing a patient attendants room next to hospital, which include two rooms & one kitchen, so that the attendant can reach their patients anytime.



## CHILDREN PARK

We are going to construct a children park inside the hospital campus very soon with the help of Associazione Purple Middle Way Onlus Italy and supporters.











## Thank You.

We are very thankful to all the donors for their kind contribution. We will make sure that with hard work & contribution our and your efforts will never go in vain. Thank you for your kind thoughts, support and warm wishes for the success of this organization.

Thank You



Would you like to extend your helping hand towards us?

You are most welcome!!

### OUR ADDRESS

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