



OUR

# Newsletter

November 2009 – August 2010



## LOVING MUMS

Our on-going outpatient clinic run by Dr Lhadol ( Gynecologist ) and Dr Diskit ( Medical Officer ) providing ante-natal care consultation to the

### Special Features

1. Cloudburst in Ladakh
2. Relief effort to flood victims
3. Annual Report on total patients review 2009-2010



## FLASH FLOOD DIASTER IN LADAKH

At midnight on 5<sup>th</sup> August 2010, a cloudburst and series of torrential rain ruined the heavenly land of India – Ladakh for the 1<sup>st</sup> time in history.

Only over an hour of rain, the damage was done mainly by 2 streams of water washing down from Saboo towards Leh city and the heavily populated village- Choglumsar.

The loose mud and crumbling rocks devastated whatever in its way – houses, school building, petrol station, bus



An estimated of more than 200 deaths and hundreds were reported missing from the disaster. As officials and local relief team struggle into rescue effort and restoration work, LHF hospital staff and volunteers swarm into action, in providing medical assistance for the injured patients referred from SNM hospital





## RELIEF EFFORT TO FLOOD VICTIMS OF GYA-MIRU

On 21st August 2010, LHF with collaboration of Igoo Constituency counselor, Mr Tsering Paldon, form a team of persons to provide relief materials such as blankets, mattress, cooking stove and utensils etc for families affected by the flash flood victims in Gya-Miru village.

All was made possible by the kind donations from our friends in Singapore. Many thanks to everyone, who have bought smiles upon the faces of the victims.



## LHF President's words

**Ven. Thupstan Chogyal gave his deepest condolences and sympathy to the flood victims.**

**“ ... i am sorry for the families who had lost their love ones, now is not the moment to question or fault-finding on others but rather to pull our strengths together and work hand-in-hand with our neighbors and friends so as to pull through this crisis... to show Compassion and Kindness - is one important teachings of the Buddha.”**

## Our Experience on 5th Aug

### Worst lighting strikes ever ...

All were waken up by the lighting that struck above us at a horrifying speed. Rain started to pour and our lodge which was made of mud-brick started to 'melt'. We succumbed to grab pails and containers

to hold the muddy water but in fear of the stability of the

building, we evacuated

from our lodge and decided to run up to the nearest mountain for safety. Many families had already fled from their homes,

hugging their little ones behind them and dragging along whatever belongings they could grab hold of. A fearful nightmare, out in the rain,



### The unforgettable sight ...

We hop on the vehicle to check out the neighbourhood. The extend of damage done by the flood was beyond our imagination. Many were in a state of shock, seeking shelter on higher grounds such as the shanti stupa and spitok monastery. Many tourists were seen rushing out to the



### The Brave Ones ...

Stenzin Rabgais, a 6yrs old boy was lucky to be pulled out from the crumbling mud. But his mother had sacrificed herself by letting go of his hand when she was at the point of drowning. A painful decision at the most critical moment, but she knew that it's the only chance of survival for his boy. A true act of a Motherly Love



## Annual Report on Patients Data ( Nov 2009 – Aug 2010 )

Month	No. Of General OPD Patients	No of ANC Patients	No of Gygynea Patients	No of Children	Total No. Of Patients
Nov '09	157	160	181	16	498
Dec '09	64	145	180	4	569
Jan '10	133	151	161	11	445
Feb '10	233	151	173	10	557
Mar '10	144	222	348	23	714
Apr '10	183	139	287	15	609
May '10	144	303	263	6	710
June '10	112	200	222	4	534
July '10	186	243	227	7	656
Aug '10	186	243	159	-	588

The total number of patients shown that, there was a tremendous increase as compare to last year, mainly due to the great support by the female population consulting our gynecologist, Dr Lhadol.



The Laboratory is also offering services such as Hemoglobin level, Blood Grouping, Glucose level, Urine Analysis, Hepatitis B Screening and Serum Blirubin etc.

Data on cases of Hepatitis B screening shown as below :

Nov-Dec ' 2009	Total cases – 41	Negative – 40	Positive – 1
Jan ' 2010	Total cases – 20	Negative – 19	Positive – 1
Feb '2010	Total cases – 20	Negative – 17	Positive – 3
Mar '2010	Total cases – 36	Negative – 36	Positive – Nil
Apr '2010	Total cases – 28	Negative – 28	Positive – Nil
May '2010	Total cases – 32	Negative – 30	Positive - 2
June '2010	Total cases – 27	Negative – 27	Positive – Nil
July '2010	Total cases – 34	Negative – 34	Positive - Nil



LHF also funded RP85,000 for 3 operation cost in Bangalore for a boy suffering from Intestinal problem. The funds through LHF was sponsored by Zenseikyo Foundation, Japan.

LHF labour ward is at the completion stage and follow-by the operating theatre which is currently still in the process of active fund-raising efforts.





## Appreciation to Sponsors

Special thanks to :

Director, Janice Walker of ChicoProject Organization for donation of microscope equipment

Dr Seth and Dr Cecila from USA for donation of medical equipment – Hemo Cue/ ACCU check/ Strep Test Kit/ Oximeter/ BP monitor/ Thermo Scanner

All board members of Himalayan Health Fund for all the efforts and support in coming projects

Group of Architects who have volunteered to assist in LHF future plans



**Thanks to all donars for kind contribution :**

**Centro Studi Maitri Buddha Viala, Guglielminettin, 9-Torino-10136**

**Mr Giulio Borroni and his family and Ms Gigi & Lella**

**Ms Kuan Yuen Kit and family & all friends who donate to the flood relief**

**Mrs Glays Thacher and friends / Mr Latif W Harris and wife / Mrs Susan Roberts and friends / Mr Eric & Vivica AND many more friends who have been supporting us from USA**



**Would you like to come and join us ? You are most welcome.**

**Thank you for your kind thoughts, wishes and gifts. May your work go on smoothly and we hope you will visit Ladakh very soon.**

**Lama Chogyal**

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