



Newsletter

September 2010 to August 2011

Operation Theatre



Sh. Hassan Khan, Member of Parliament from Ladakh Govt of India has been very kind to approved the scheme under (MPLAD) member of parliament Local area development scheme 2011-2012 of Rs.3.00 lacs for purchase of Theatre equipments for Labor room. We have already purchased Theatre equipments like O.T light-3, O.T. Table - 1, Oxygen Cylinder A type, 10, and B type 31 etc. The operation theatre room has already set up and heating system in the Labor room also been set up this year.

Environmental condition & Eco Friendly Energy



Solar Energy is quite high and comparable to south Mediterranean values

We express our hearty thanks to the project director LREDA LAHDC for 5KV solar power set up for our hospital.

Boring of water pump: We express our thanks to Ladakh Autonomous Hill Development Council, Department of Public Health Engineering Leh for boring of water pump we wish to get more greenery in future.





Ultrasound

We have set up an ultrasound clinic in August this year. Dr P.T. Angchok has been very kind to join our hospital as a volunteer. In this connection we have already applied to the Chief Medical Officer Leh for registration of ultrasound clinic.



Construction work

Flooring work in operation theatre with heating system has completed this year. The theatre and labour room is ready to function. We are expecting more than 50% to 60% delivery per month and basic surgery 25% 30% per month. The cost of normal delivery will be Rs 3,000 & sessarian approximately Rs 7,000 and for Appendix Rs 10,000 -15,000.

Nutrition & mental Health

Two CD has been launched by Ladakh Heart Foundation namely Nutriton & Mental Health for the benefit of Ladaki people because of mental problem & also lack of nutrition in Ladakh. It is free of cost. In the coming future we are planning to launch more health related DVD's.





Jullay Ladakh & Ladakh Heart Foundation Relief effort to victims in Sumdo, Photoksar, Hanupata Askuta

Passive solar House , Water mill, road & bridge was restored which was damaged by last years flood. Now they are very happy to back in normal life as usual the footpath pony brige was there before, which connects to village fotoksar, sumdho, trans singela area villages lingshed, skumpata, gongma, yulchung, neraks and machu fotoksar for tansportation facilities of domestic requirements carrying on ponies and on back of people. And this is a short cut pony trek via Askuta gorge, especially the people use this short route during winter season. This sumdho pony trek bridge was damaged and washed away by the cloudburst flood in year 2010, and now it has been restored with the help of financial contribution by Jullay Ladakh & Ladakh Heart foundation and it is

Road to village

This footpath pony trek leads to rural villages fotoksar, sumdho and trans singela area villages, which helps the people for transportation facilities, this trek especially benefits for fotoksar people during winter and summer both, for trans single people, this trails benefit during summer, because of single pass (5000 mtr) remains closed due to snow bounds in winter season.



Rock cutting to reach the village

The damaged footpath trek to fotoksar village was restored by the villagers on account of labour payment and now it is completely restored. The patients from these area faces many hardships to bring the serious patients for treatment to city hospital Leh.



Transportation to reach the village

The transportation to these villages is difficult to reach due to no proper trek and no motorable road. It takes about 3 to 4 days to reach the villages.

The people use to carry the domestic requirements on the ponies from the main



Sumdo, last year flood effected houses

In year 2010 the cloudburst flood completely washed away the family residential house. The private agency Julay Ladakh was rehabilitated new passive solar house for the victims. This picture shows the house is



Life of the village people

This is Fotoksar village, which is situated at 1300 feet altitude and it is about 173 km distance from Leh city, there are 45 family houses, which has one middle school & about 40 children. Two primary schools and sub-medical center in the village, but there is lack of medical facilities to provide treatment to patients. They have to bring down to Leh hospital for treatment,.

**Patients treated during the year as under:
(Sept. 2010 to August 2011)**



S.No.	Months	Male	Female	No. of Children	Total No. of Patients.
1.	Sept.2010	11	231	10	242
2.	Oct.2010	07	227	05	234
3.	Nov.2010	05	281	08	286
4.	Dec.2010	02	237	00	239
5.	Jan.2011	05	209	05	214
6.	Feb.2011	05	151	02	156
7.	March 2011	12	200	8	212
8.	April 2011	05	171	7	176
9.	May 2011	04	107	0	111
10.	June 2011	00	104	0	104
11.	July 2011	02	179	3	181
12.	August 2011	02	236	3	238



Get in touch with nature

We have planted 450 trees ,Oxygen is an important component of the Eco system and human environment. One ton of forest can produce 750 gm of oxygen. In Ladakh, we have limited forest area so it is the social responsibility of every individuals to conserve, protect and educate the general public about benefits and importance of the eco system. Through programs like lake cleaning & afforestation a precious natural source can be maintained for future generations.

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



Thanks to all donars for kind contribution :

Ven Sik Mun Cheng

Ven Neung In Sounim S. Korea

Ms Kuan Yuen Kit and family & all friends who donate to the LHF

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

Mr Giulio Borroni and his family and Ms Gi Gi & Lella

Shamdasani Foundation in the of sai baba of shirdi

Please if you like to see more photo go to Ladakh Heart Foundation facebook .

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 President & Founder

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