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A HEALTH WELFARE TRUST UNDER SORIG / TIBETAN MEDICAL SYSTEM

**LHA-RJE SORIG FOUNDATION, SUMOOR, NUBRA LEH LADAKH**

Ref. No. LSF/SM/26

Dated: 04/04/26

**Project Proposal for one week free Sowa Rigpa medical camp, organized by Lharje Sorig Foundation (LSF) Sumoor Nubra, financially assisted by Stichting Hulp aan Nubra, the Netherlands, in collaboration with National Institute of Sowa Rigpa, Govt. of India, Leh UT Ladakh in the Siachen belt of the Nubra valley.**

### **Brief introduction of the Area**

The Siachen Belt situated along the Siachen river of Nubra valley lies in the North-West of Nubra. The region is located at a distance of 175km from Leh and 60 km from Lharje Sorig health centre having a population of all together around 4000+. This area consists of 15 villages and hamlets and the villages located on the left side of the river are considered to be the more backward and undeveloped.

The name of the village of upper Siachen Belt are Gonboo, Dongsu, Nungsted, Khemi, Aranu Gokma, Yokma, Ayee, Kubet, WARshi, Hanachey, Changlung, Sasoma, Taksha, Hargam, Phukpochey and Panamik.

Lharje Sorig foundation in collaboration with National Institute of Sowa Ripga, Leh for the seventh time is planning to cover 15 areas of Siachen Belt in total namely **Dongyung, Tongsted, Henachay, Khimi, Aranu Gokma, Aranu Yokma, Ayee, Kubet, Taksha, Hargam, Phukpochey, Panamik Gokma and Panamik Yokma**. The reason of conducting such camps repeatedly in one certain area is that it is believed by the scholars and practioners that a constant observation in a particular region leads to a more accurate identification of the nature of illness and other problems by the continuous examination on the same patient. The chronic diseases are needed to be observed very patiently which cannot be done over just one or two checkups which is why the Lharje Sorig has organized the camps at particular areas multiple times.

### **Visiting and camping program of medical camp**

1 <sup>st</sup> day	Leh to Nubra
2 <sup>nd</sup> day	Dongyung, Tongsted, Henachay and Khimi.
3 <sup>rd</sup> day	Arana Gokma, Aranu Yokma,
4 <sup>th</sup> day	Ayee and Kubet
5 <sup>th</sup> day	Taksha, Hargam and Phukpochey
6 <sup>th</sup> day	Panamik Gokma and Panamik Yokma
7 <sup>th</sup> day	Back to Leh

### **Description of the camp**

Nature of Camp	Sowa Rigpa Free Medical Camp
Duration of the camp	One Week
Tentative Date of the Camp	In the Month of June-July 2026
No. of Villages and hamlet to be covered	15
No. of expected patients	650-700
Total No. of People from National Institute of Sowa Rigpa, Govt. of India Leh	6
No. of Amchi Physician (Lharje Sorrig Foundation)	1
Driver	1
Total No of people	8

## **Budget of the camp**

Cost of fuel for the vehicle = Rs 20,000/-

Cost of accommodation and food = Rs 84,000/- (For 8 people for 7 days =1500 per head per day)

Cost of Driver = Rs 10500/- ( 1500 per day)

**Total Expenditure = Rs 1,14,500/-**

**(One Lakh Fourteen Thousand Fiver Hundred only)**

Note:- The cost of all the medicines and the transportation of the staffs of National Institute of Sowa Rigpa will be brone by National Institute of Sowa Ripga, Leh.

The cost of food and accommodation of all the attending staffs will be brone by Lharje Sorig Foudation.

Chairman

Lharje Sorig Foundation

