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A HEALTH WELFARE TRUST UNDER SORIG / TIBETAN MEDICAL SYSTEM

LHA-RJE SORIG FOUNDATION, SUMOOR, NUBRA LEH LADAKH

Ref. No :
Dated : 12/6/18

Project Report for free Amchi medical camp for two days, organized by Lharje Sorig Foundation (LSF), Summor Nubra financially supported by Stichting Hulp aan Nubra, the Netherlands, in Khardong village in Nubra region of Ladakh..

BRIEF INTRODUCTION

For the very first time, a free Amchi medical was organized at Khardong village by Lharje Sorig Foundation (LSF), Summor Nubra financially supported by Stichting Hulp aan Nubra, the Netherlands. This region is situated at a distance of 65km from Leh, which is the first village which we came across while moving towards Nubra after trespassing the Khardongla pass. Khardong village is divided in three regions namely Rasermo, Pharka and main khardong village, which is Buddhist dominated place having a total population of around 1000.

Since the village is quite close by the khardongla pass and is situated at high altitude, the place is mostly breezy during summer but the temperature goes down to extreme level during winter time. And because of this reason hardly few vegetables are being cultivated and they mostly sow wheat and barley as per the convenient method. The village also holds importance and is known for rich heritage of medicinal plants which grows at high altitude along the valley. During summer time, many Amchi gaze through this valley to collect these valuable herbs.

The village is known to be semi nomad among the nubra region and the occupations such as shepherd (mostly rearing of Yalk) still exist in the region along with the farming which is their main form of livelihood.

Although the basic Government medical facilities is available in the region but because of lack of proper administration, its significance is almost negligible. The importance of Amchi Medical System is known to people from the very beginning and it is also the preferred medical system since there are no side effects to the sowa rigpa medicine as it is made organically.

Total of 27 free medical camps has been organized till date by Lharje Soring Foundation, financially assisted by Stichting Hulp aan Nubra, the Netherlands, spanning across the remote areas of Nubra and Korzok region of Changthang valley. And we will continue to organize such camps in future also.

PHYSICAL AND FINANACIAL REPORT

Total of around 203 patients were treated among the three region of the Khardong village namely Rasermo, Pharka and the main khardong village. Of the total patients, 80% were women considering the household work they do and the hardship they faced. Most of them were above the age of 50.

DATE	VENUE	NO. OF PATIENTS
1/06/2018	Sumoor to Khardong	
2/06/2018	Khardong village	96
3/06/2018	Pharka/ Rasermo	107
4/06/2018	Back to Leh	

Total patient treated = 203

1. Name of the camp: Sorig Medical camp
2. Duration of the camp: two days
3. One amchi and one assistant.
4. One cook, one helper and one driver.
5. Photographer
6. Two executive members from Stichting Hulp aan Nubra.

FEEDBACK

On behalf of Lharje Sorig Foundation, we extend our heartfelt gratitude to the two executive members of Stichting Hulp aan Nubra who were present during the medical camp. The people of Khardong village were really grateful for this medical camp as this is for the first time a free Amchi medical was organized in the village. This initiation was really appreciated by the elderly people who at the most were the ones suffering from mainly arthritis and also because of poor economic conditions they were not able to bear the expense of travelling as well as medicines.

Over all the medical camp was very successful and the two executive members of Stichting Hulp aan Nubra, Mr. Ton and Mrs Marialla Klooster were extremely content and satisfied with seeing such program live.

In future, with the request from the people we are planning to organize such medical camps frequently so that the poor and needy people can take the benefit of such program.

There are more than 300 days of sunny day in Ladakh with a real clear sky. We know how important the sun is and its significance but there is also some negative effect if we don't protect ourselves from the direct sunlight and its harmful radiation.

As there are more sunny days in ladakh region with cold harsh climatic conditions which can cause some serious effect not only on skin but also our eyes because of ultraviolet radiation. Some of the sun effect cause Cataract that can blur vision, almost 20% of cases are caused of extended UV exposure.

The people of Khardong village, which is situated at a high altitude, near Khardongla, suffer a great deal of problems because of harsh, windy and dry climatic conditions which prevail throughout the year. So knowing the importance of Sunglasses to protect their eyes in day to day life, Sunglasses were distributed among the patients during the medical camp. Total of around 280 sunglasses were distributed all around Nubra region including the Khardong region.

Also Bandages and Plaster were distributed free at the medical centers at Sumoor, Panamik and few other places in Nubra.

Budget Statement of the Amchi Medical Camp for two days in khardong village of Nubra region –Ladakh are as under:

1. Cost of Medicines	Rs, 1,07,000/
2. STAFF: one Amchi and Assistant Amchi (1500/day)	Rs. 9000/
One cook/ one Helper/ one driver	Rs. 4500/
3. Diesel for one vehicles	Rs. 2500/
4. Food / Accommodation (7 people)	Rs. 7000/
5. Stationary	Rs. 1500/

TOTAL EXPENDITURE:

Rs. 1,31,500/



Dr. RIGZIN TONDUP

Chairmain

Lharje Sorig Foundation

Sumoor, Nubra.