

Report on free Amchi Medical camp organized by Lharje Sorig Foundation, Sumoor Nubra, financially supported by Stichting Hulp aan Nubra, the Netherlands in Turtuk village of Nubra region of Ladakh in the month of August,2014.

Brief history about Turtuk

Turtuk is a sub region, situated at the south west shore of Nubra which comprises of 4 villages, Turtuk, Takshi, Thang and Chulunglka to name a few. The place is located at a distance of 245 kilometers from Leh in the north of Ladakh near India-Pakistan border. Having a population of 6000, the whole area was a part of Pakistan before its partition in 1971, after which the place became a part of India. Being only 4-5 kilometers away from the Pakistan border, the entire population of the area is dominated by Muslims. Almost 100% population is attached to agriculture for their livelihood and is the main source of income. Although, the basic Government medical facilities is available in the region but before their liberation from Pakistan, the health caring practices was entirely dependent on traditional practitioners which is famously known as **Hakims** among the Muslim community. The Hakim system which is similar to **Sowa Rigpa** in many ways is still alive and especially the elder communities of the area are more familiar and preferred this system over the Allopathic medicine. Knowing the need of the local people and importance of the Sowa Rigpa , the two days free camp to this area was organized by Lharje Sorig Foundation along with Stichting Hulp an Nubra.

Physical and Financial Report

The two days free Amchi medical camp financially assisted by Stichting Hulp aan Nubra, the Netherlands proved a boon for the people of this area particularly for the ailing and the suffering people. Most of the patients were dealing with the problem of chronic disease, the main reason for which is particularly the lack of proper diet, high altitude and because of cold weather conditions. Also women are more prone to health problems as compared to men since majority of the household stuff is being done by women. Although the Turtuk region comprised of 4 different villages, only the Turtuk area was covered during the short period of time. As the numbers of patients visited were more than our expectation, we were short of some medicines but on the whole the camp was successful.

During the camp, two executive members of the Stichting Hulp aan Nubra, Mr. and Mrs. Ton Klooster and one member, Mrs. Wyne were also present. It was really a satisfactory moment for them to witness such work live. They also distributed many toys, balloons and pens among the children in the school campus.

Total strength of visiting medical team:

- | | |
|----------------------|---|
| 1. Physician/ Amchi | 1 |
| 2. Assistant | 1 |
| 3. Helper | 1 |
| 4. Driver | 1 |
| 5. Cook | 1 |
| 6. Executive members | 3 |

Of Stichting Hulp aan Nubra

| Date | Village | Number of patients treated |
|-----------|---------|----------------------------|
| 2-08-2014 | Turtuk | 99 |
| 3-08-2014 | Turtuk | 104 |

Total patients attended and treated: **203**

Feedback from the local People

Being this the first Amchi free medical camp in the region, it was a satisfying moment as the people really appreciated this initiation and to hear that such work is welcome in the future. The camp was a healing touch not only to the suffering people of the area but also to the sentiments of the people. They extended their gratitude to the Stichting Hulp aan Nubra and the Lharje Sorig Foundation for organizing the camp and demanded that such medical camps should be regularly organized specially in the remote areas where people face many challenges to survive each and every single day.

As usual, before the medical camp, the heads of the village called Sarpanch were already informed about the schedule of the camp so that they can tell the people about the timings. But to our much disbelief many people were unaware about the medical camp itself. The reason for this may be because of lack of communication among the villagers but in the end many people attended the medical camp and the Sarpanches and the people yet again requested for organizing such medical camps in the near future.