

Zanskar Health Association

Year report 2018



1. Introduction

After our first medical and technical teaching session and the launching of the project beginning of 2018 we are happy to present you the main points of our association year from March 2018 to March 2019.

2. Composition of the board

We decided during the general assembly 2018 to slightly readjust/rename the board member functions.

- president: Yeshi Dorjay Hertzog
- treasurer and administrator: Eric Germain Bonne
- secretary: Rebecca Hertzog
- responsible of the medical program: Eloïse Magnenat
- responsible of the technical program: Amalie Frandsen
- communication: Jessica Otero, Vincent Deruaz
- count revisor: Jean-Luc Magnenat

3. Activities

3.1. VISILAB Sunglasses

During this year there has not been a sunglass distribution but there are several hundreds of pairs ready to be distributed in summer 2019.

3.2. Zanskar Rescue Team

News of the Technical Team

An international team composed of Steve Long (mountain guide from the UK) and Manfred Meusburger (mountain rescuer) and his team of the Bergrettung Lech in Austria travelled to Tungri in august to reassess and refresh the skills of the Zanskar Rescue Team. Overall, they were positively surprised by the knowledge that remained since the teaching of winter time. They built up new skills in more advanced terrain, rope technique, training with the stretcher and went on the glacier for ice training. It was also nice to see that they already involved younger men of the village to increase the manpower of the rescue team. It was challenging to organize the teaching during the harvest time, reason why the team from Ralakung could not join the teaching.



Nevertheless, the teaching team remains highly motivated to continue the collaboration with the ZRT with the objective of peer training in terms that the first trained team will start to train junior teams and involve further young persons from the village.

We are also glad to know that the lads organize regular routine training for the teams

on a monthly basis and plan to teach the newly learned skills to their colleagues from the Ralakung team during winter time.

Our rescue teams had first rescue interventions, one of them for a Nepali seasonal worker who was critically ill and transported to the hospital in Padum. He finally was shifted from Padum to a bigger hospital. There has also been an ill elderly person rescued for which they got also a certificate of appreciation from the Block Medical Officer of the Zaskar Valley. During winter times the Ralakung team had to manage a



delivery patient with complications. Due to heavy snow fall and the great distance, the rescue by sled was difficult. They organized a helicopter lift for the young patient. Despite this, the team was highly active making footpaths between the villages during the heavy snow fall with the snow shoes to maintain communication and access between the houses and villages.

News of the medical team



We are impressed to see how active the medical center has been: The Amchi saw 755 patients from March to December 2018, but with the medicine gathered with the help of the ZRT, he has enough for the year to come. The nurses had to take breaks due to personal reasons (as both of them became pregnant), and weren't able to work 100% as planned, but should be

returning to work soon. A third nurse will also be returning to Zanskar and is eager to join the team, allowing the three of them to work part time as they all have young children to take care of as well.



They provided us with detailed documentation on the types of patients and diseases seen, as well as the treatment they gave, which will allow us to plan the next teaching according to their needs. They are also eager to learn and have already provided us with a list of topics they would like to know more about, so we'll have to get busy for the next teaching session!

On working days, the nurses see 5 – 10 patients and the medical aid center is operating 6 days a week (except during the pregnancy leaves).

It looks as the medical center will be busier still in 2019: the amchi has found an apprentice, a young man from Ralakung who is motivated in learning the craft. It is great to have an experienced Amchi who is motivated to pass his knowledge on to the next generation - as traditional Tibetan medicine is an art risking to die out

otherwise in Zanskar, as it can only be learned with an Amchi, or in Dharamsala (at great costs).

It has been also an additional added value to collect amchi medical plants in the local mountains and buy additional 500kg of Tibetan medicines for the coming long winter months.

3.3. Waste management & Recycling point



A rubbish recycling building was built in Tungri village in 2016 and is still operating. The local women association is organizing cleaning days and waste management sensibilization among the community.

3.4. Ice Stupa

For the first time our technical team could build an Ice Stupa in the village of Yulsum.

These “ice stupa” are built in winter by channeling water through pipes and spraying it on a clean surface, which allows the formation of huge frozen pyramids. Our ice stupa was approx. 20m high by the end of winter. During spring and early summertime, these ice masses



gradually melt and provide water for the fields and crops. Water shortage is an increasing problem in Zanskar, classified as high altitude semi-desert. The launching of the project was a big effort in rude winter conditions but was highly appreciated by the villagers of Yulsum.

3.5. Lady Cups

We could purchase menstruation cups that are produced in good and hygienic quality in India and resell them for a low price to the women of the village. This innovative device for menstruation management is highly appreciated among the female community.

4. Financial accounts 2018

Please note that the annual financial accounts are for the calendar year from 1st of January to 31st of December 2018.

4.1. Profit and loss statement

Expenditures		Income	
Eating and catering costs	35	Private donations	18'531
Travel costs	7778	Institutional donations	10'859
Transport costs	819	Sales	25
Energy	160		
Office costs/maintenance	310		
Medical equipment	1046		
Mountaineering and rescue equipment	6146		
Donations to local partner-association	16'085		
Advertising	273		
Financial costs (fees)	511		
Total	33'166	Total	29415
		Net profit/loss	- 3'751

4.2. Balance Sheet

Assets		Liabilities	
Bank current accounts	10105	Expenses paid by association members	162
Cash	99	Retained earnings	13'790
Total	10204	Total	13952

4.3 Fundraising

In 2018, the association received CHF 29'390 of donations, of which:

- CHF 18'531 came from private donators;
- CHF 10'859 came from institutional sponsors and foundations: Rotary Club Laufen, Frauengemeinschaft Urserntal, Hausarztpraxis Andermatt, Bergrettung Lech, Brisenhaus SAC

4.4 Expenditures

Expenditures are accounted for on a cash basis, i.e. they are invoiced as bills arise.

Investments in assets, mainly medical monitoring tools, communication or rescue devices, have been charged to the profit and loss account and have not been capitalized, as we consider that the residual value is nil for assets located in India. Buildings located in India are leased for free by the medical authorities and not owned by the Association. There are no further assets located in Switzerland.

4.5 Approval of the 2018 accounts – Audit report 2018

The profit and loss account for the year 2018 indicates expenditures of CHF 33'166 exceeding income of CHF 29415, leading to net loss of - 3'751.

The General Assembly has approved the annual accounts and agreed to allocate the net loss of CHF 3'751 to the retained earnings.

5. Special Thanks

We are especially thankful to our teaching partners, Mr Steve Long and Mr Manfred Meusburger and the Bergrettung Lech. In addition to their professional skills which are highly appreciated by the local community, they also donated rescue equipment and financial support.

We thank our local partners of the ZRT Association for their voluntary work. Thanks to their effortless work, the projects runs smoothly and efficiently.

We highly appreciate the continued support of the Hausarztpraxis Andermatt who sponsors our nurse Stanzin Naskit and also of the SAC Brisenhaus that collects regular donations for the project.

We are also very thankful to all the private persons who donate regularly, the generous institutional sponsors (Rotary Club Laufen and Frauengemeinschaft Urserntal) and all the involved persons in the organization of the project. Without this ongoing support the project could not run.

6. Outlook 2019

We are looking forward for a 3rd technical teaching session during summer 2019 in Leh, again in the lead of Mr Steve Long and Manfred Meusburger.

There will be the 2nd medical teaching session in autumn 2019, with the addition of a pediatrician in the team!

After the successful building of the 1st ice stupa in Zanskar, we plan an ice stupa building for the next winter season, probably in the village of Stongday.

We further aim to promote a proper documentation of the patient evaluations, rescue interventions and local meetings. Self-sustainability is still a long-term objective, but not easy to implement regarding the local financial situation. We are very happy to see that our partners in the local association started a campaign of community health awareness that shows that the project is highly appreciated by the local community as well as by the local authorities, which is a good sign for us to further develop and support the project.

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