

Zanskar Health Association

Year Report 2019



1. Introduction

After launching the project in winter 2018 it is very interesting to follow up on how the locally trained Zanskari team is acting as changemakers for their local community and to assess their needs for further development of the project.

We are happy to present you the main points of our association year from March 2019 to March 2020.

2. Composition of the board

There have been no changes since last year on the board member functions.

- president: Yeschi 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

3. Activities

3.1 Sunglasses Project with Visilab

Visilab donated again sunglasses that are highly appreciated by the community in Zanskar.

In September 2019 a team composed of some of our board members and part of the Zanskar Rescue Team could distribute approximately 350 sunglasses in Rantaksha village.

During every sunglass distribution, we also provide a small teaching about eye diseases and their prevention.



3.2 Zanskar Rescue Team

Technical rescue team

We are proud to announce that the 3rd teaching session of our Rescue Team has taken place in June 2019. The guidance was again provided by Mr Steve Long (Mountain Guide) and Manfred Meusburger, with the help of Bergrettung Lech.

This teaching was somehow special in terms of the location, because it happened for the first time in Leh and not in Zanskar, but also regarding the fact that it was embedded in a general UIAA Teaching Session planned for trekking guides from Ladakh.



A big change for our rescue team came as they received, thanks to a generous gift from a Swiss sponsor, a rescue jeep customized as “ambulance” allowing much faster transport for lying patients. The model is particularly robust and has the capacity to drive even in the snow. We are very thankful to the AVICEN society for the generous sponsoring!



Next to rescue interventions, the ambulance has been used to purchase medicine, helped in the building of the ice stupa, enabled the amchi and nurses to do patient home visits and conduct an awareness campaign regarding the emerging COVID-19 pandemic in the spring of 2020.

Our rescue team continues to provide essential transport services for patients especially during winter times.



Here a few examples of rescue interventions:

- The ZRT could transport a woman with placenta retention with the sled to Padum. She has been further airlifted by helicopter to Leh. The baby and mother are fine. The rescue has been challenging, especially if we consider the transport of a new born baby during winter. Based on their recent experiences under heavy snowfalls, the team would like to be able to use a sled that is sliding more smoothly in deep snow and on longer distances. This has been reviewed with our technical experts and the decision has been taken to provide a new sled for those conditions (Akja Sled by Tyromont).
- A man fell from the roof of the house while cleaning the snow, he was transferred to Padum hospital
- An older ill monk from Karsha monastery has been taken to hospital in Padum
- A woman slipped in the snow and injured her knee; she got primary care from the dispensary nurses and was referred to Padum hospital for further care
- Even in the remote village of Raru (Lungnak region), the ZRT could pick up a critically ill patient after a huge effort of clearing their way through the snow
- A delivery patient was taken to Padum hospital
- In March 2020, the ZRT organized an awareness campaign about symptoms and preventive measures about COVID-19.



Medical rescue team

The medical aid center continues to run and is very appreciated by the local community. By the time of August 2019, we could enrol 3 nurses which see between 50 and 250 patients in a month. Also the traditional Tibetan doctor Amchi Tsering Dorjay sees regular patients, with monthly visits varying from 100 to 190.



We could conduct a second medical teaching session in September/October 2019 with an interdisciplinary team of doctors.

They were impressed by the motivation of the team and the knowledge retained from 2018.

Thanks to Carlo, Elisabeth, Sandra, Jean-Luc, Amalie

and Eloïse, all the planned teaching could be provided, covering some pediatrics for the first time on top of general medicine, gynecology and traumatology.

The medical teaching session ended again with 2 days of practical cases around the village. One day they had the visit of the dentist of Padum, who gave a teaching on common dental problems. We are especially thankful for the smooth and friendly collaboration with the governmental health actors.



Challenging points have been to establish a good inventory and order policy for the medications. We are impressed about the motivation of the nurses, and by their spontaneous proposal to provide village awareness talks about preventive health issues.

3.3 Recycling center in Tungri



The waste recycling center built in 2016 is still in function. We renewed the information about waste management and the women continue with the monthly village cleaning days. Part of the waste (metal, glass) is sold to the truck drivers on their way back to Kashmir who resell it there.

3.4 Menstruation cups

During the year, the nurses could sell several menstruation cups that are an ecological, safe and hygienic solution for the menstruation time. The cups are stored and sold for a low price in the medical aid centre.

3.5 Ice Stupa in Stongday



The ZRT in collaboration with the volunteers from Stongday village could build an ice stupa to solve the problem of water shortage in Stongday village. They have been working on several days on this innovative solution (conception by Engineer Sonam Wangchuk).

3.6 Activities in Austria

Our Austrian friends and very active members of the association, Elisabeth Marth, Joseph Gusenbauer and Manfred Meusburger could organize several presentations on Zanskar, the project and the respective technical and medical teaching sessions. Through those beautiful presentations, they could raise a considerable amount of donations which enables our local teams to continue with their very appreciated work and services.

3.7 Activities in Switzerland

On the Swiss side, our board and association members Jean Luc Magnenat, Sandra Stucky and Amalie Frandsen could also organize several presentations, as example on the Berg Buch Brig festival that has been a great success and also enabled us to collect generous donations.

4. Financial accounts 2019

Please note that the annual financial accounts are for the calendar year from 1st of January to 31st of December 2019.

4.1 Profit and loss statement

Expenditures		Income	
Eating and catering costs	894	Private donations	8808
Travel costs	416	Institutional donations	22'711
Transport costs	230		
Mountaineering and rescue equipment	209		
Donations to local partner-association	21'920		
Financial costs (fees)	216		
Taxes	200		
Total	24'085	Total	31'519
		Net profit	7434

4.2 Balance Sheet

Assets		Liabilities	
Cash	197	Retained earnings	10'042
Bank current accounts	17'278		
Total	17'475	Total	10'042

4.3 Fundraising

In 2019, the association received CHF **31'519** of donations, of which:

- CHF 8808 come from private donators;
- CHF 22'711 come from institutional sponsors and foundations: Bergrettung Lech, Hausarztpraxis Andermatt, Brisenhaus SAC, Association Treasure, AVICEN SA

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 2019 accounts – Audit report 2019

The profit and loss account for the year 2018 indicates income of CHF 31'519 exceeding expenditures of CHF 24'085, leading to net profit of CHF 7434.

The General Assembly has approved the annual accounts and agreed to allocate the net profit of CHF 7434 to the retained earnings.

5. Special Thanks to

- Manfred Meusburger and his team of the Bergrettung Lech (Austria): we thank a lot for partnership regarding the technical teaching, the generous financial support and the sponsoring of rescue equipment including its transport up to Zanskar!
- to Mr Steve Long, mountain guide from the UK for his commitment and ongoing teaching of the Zanskar Rescue Team
- to AVICEN SA for their generous sponsoring of the jeep ambulance that makes a huge difference in terms of access to care and further help for our team and the patients in Zanskar
- All the medical teaching team: Sandra Stucky, Carlo Grete, Elisabeth Marth, Amalie Frandsen, Eloïse Magnenat and Jean-Luc Magnenat
- to Elisabeth Marth, Joseph Gusenbauer, Manfred Meusburger, Amalie Frandsen, Sandry Stucky and Jean Luc Magnenat for having organized brilliant presentations on Zanskar and our project showing the inspiring Zanskari culture and way of life as well as the importance of our project
- to the Association Treasure in Geneva for their generous financial support

- LOWA shoes company for sponsoring again shoes for our technical rescue team members; such high-quality mountaineering boots make a great difference in safety and comfort of our team working in harsh conditions
- Visilab: we thank a lot for all the sunglasses sponsored since many years and the smooth and friendly collaboration
- SAC Brisenhaus : we thank a lot for the donation of this mountain cottage team and the gift shop with Himalayan items they settled up in the mountains to further support the project
- Rettungsdienst Spital Biel: we thank a lot for the high-quality rescue team clothes that have been sponsored for the local Zanskar Rescue Team of which they are really proud
- Hausarztpraxis Andermatt: We thank a lot Dr M. Schmid and his team for sponsoring our rescue team nurse, Stanzin Naskit since already more than 2 years
- We thank also to all the persons who donated directly on the association account and through crowdfunding

6. Outlook 2020 – 2021

With the recent outbreak of the Covid19 pandemic towards the end of the period covered by our activity report (March 2020), it will be difficult to make plans for the coming months.

A priori, we plan a next medical teaching session with the main focus on the evaluation and management of musculoskeletal pain together with physical therapist team in summer 2020.

A next technical teaching session focusing on peer-to-peer training is also in planification.

One aim is to continue to document well the medical interventions in the dispensary and the rescue team interventions in order to adapt the future teaching objectives and project aims.

We further aim on a self-sustained project. This is at present regarding the work at the medical aid center not possible because the people in Zanskar have not enough income to pay for consultation and medicine. But it remains a long-term objective.

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Published: April 2020