



The Newsletter of

January 1, 2025 to December 31, 2025

# TIBETAN DELEK HOSPITAL

## ***From the Administrators' Desk***

Dear friends,

Greetings to you all from Delek Hospital.

*I would like to begin by expressing my sincere gratitude to our former Administrator, Mr. Dawa Phunkeyi-la, and to Dr. Tsetan-la, for entrusting me with the responsibility of leading this institution. My journey here began unexpectedly; I initially joined Delek Hospital as a volunteer physician for three months, intending to move on to further studies afterward. However, the profound impact of our work and the dedication of my colleagues moved me deeply. Witnessing how this organization transforms the lives of the sick and the underprivileged, I chose to serve the community through Delek Hospital as a doctor and now as the administrator.*

*What truly sets Delek Hospital apart is the sense of support that each staff member receives from "Team Delek" to truly help those in need. In a private hospital setting, options for patients who cannot afford treatment are often limited to a free ambulance transfer to the nearest government facility. At Delek, our culture empowers every staff member in their own capacity to take action for our patients. It gives us immense joy that, through your unwavering support, we can offer immediate care and treatment. In doing so, we fulfill one of His Holiness the Dalai Lama's core messages: the cultivation of warm-heartedness and human values such as compassion, forgiveness, and self-discipline.*

*Since assuming the role of Administrator in May 2025, we have focused on making every resource count. We optimized staff roles to avoid new hires and introduced two-wheelers for local errands to reduce costs. To improve staff's welfare, we were able to renovate few staff quarters to provide improved living conditions for our team.*

*This year we noticed that Delek House Chandigarh is being utilized by more and more patients; to meet the needs of the patients we deputed a third rotating nurse from Delek Hospital. We are also planning to renovate the basement rooms this year to improve accessibility for wheelchair users and bedridden patients.*

*We are computerizing our laboratory for more efficient and faster reporting and record keeping and also implementing a custom-built patient ID and outpatient token system. These tools, developed by friends and volunteers on pro-bono basis, will be fully operational by mid-2026. We would like to thank each one of them for their contribution in bringing about a big change in Delek Hospital.*

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Tibetan Delek Hospital's Newsletter **Delek** is published bi-annually or annually to keep in touch with all the donors and other well-wishers. This newsletter will give you some idea of the scope of our activities, what we are doing and what we would like to do with our human and monetary resources. Delek is distributed free to all who are interested in Delek Hospital's activities.

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**Chief Medical Officer:**

Dr. Tsetan Dorji Sadutshang

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**OUR MISSION STATEMENT**

*We at the Delek Hospital are committed to serving all who come to us, no matter what their race, religion, gender, or country of origin. We promise to treat all people in a compassionate and respectful manner, and we pledge to give the finest treatment, commensurate with our resources, regardless of the person's social or financial status.*

## **Free General Cancer Screening Camp at Tibetan Delek Hospital**

On January 15, 2025, Tibetan Delek Hospital, in partnership with Fortis Hospital Kangra, successfully conducted a free cancer screening camp at Delek Hospital. This initiative aimed to provide essential health screening to the local community, with a particular focus on early cancer detection, an area often hindered by barriers related to awareness, accessibility, and cost.

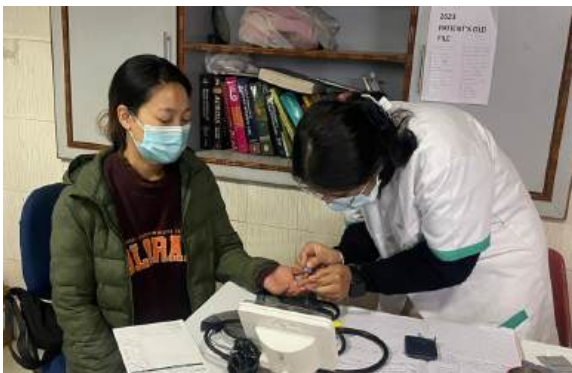
The screening camp was expertly led by Dr. Ankita Katoch, Consultant Radiation Oncologist from Fortis Hospital Kangra, supported by her professional team. The Delek Hospital team included Dr. Jigme Kalsang and nurses from the Zero TB program, who played a pivotal role in ensuring the smooth running of the event and delivery of compassionate care to the patients.

A total of 36 individuals, many from the Tibetan community in the upper Dharamshala region, participated in the screening. The event began with an informative awareness talk, emphasizing the importance of early cancer detection. The camp offered a comprehensive range of diagnostic tests, including CBC (Complete Blood Count), RFT, (Renal Function Test), LFT (Liver Function

Tests), Serum Electrolytes, CA 125, Tumor Markers (as needed), and USG (Ultrasound) for breast and abdominal evaluations. For those requiring further tests, the service was extended to their door at no charge.

The camp was met with an overwhelming response from the community, with many expressing heartfelt gratitude for the opportunity to undergo these essential screenings at short notice. This initiative highlighted the significance of early cancer detection, which is crucial for improving treatment outcomes and potentially saving lives.

The Delek Administration would like to extend its sincere appreciation to Fortis Hospital Administration and its dedicated team for their unwavering support and generosity in providing these much-needed services at no cost. Their expertise and compassion have made a profound impact on the local population, strengthening a mutual spirit of collaboration and community care. This screening camp represents a vital step toward improving healthcare access for all. Delek Hospital remains committed to organizing similar initiatives in the future to promote health and wellness in the region.



*Taking blood samples at the camp*



*Dr. Ankita giving cancer awareness talk at the camp*

## **Strengthening the National Tuberculosis Elimination Program (NTEP)**

### *A commitment to a TB-Free India*

In 2024, the Government of India launched the 100 Days TB Elimination Campaign to accelerate the progress of TB-Mukt Bharat (TB-Free India) under NTEP, by addressing missing TB cases, reducing mortality, and preventing new infections. The campaign focuses on improved case detection, community awareness, screening, testing, and nutritional support, all driven by public participation under the Jan Bhagidari initiative.

Launched on December 7, 2024, the nationwide 100 Days Nikshay TB screening camp was already underway. On January 20, 2025, Dr. Tenzin Dechen from Tibetan Delek Hospital participated in a promotional TB awareness event organized by NTEP of Kangra District at the Tibetan Welfare Office Hall in McLeod Ganj. During the event, a trophy was presented to Delek Hospital by NTEP, Kangra District in recognition of its continuous efforts and dedication towards elimination of TB in the communities through close collaboration with NTEP.

The event included an informative session by the



*Dr. Dechen receiving the TB award at the event*

Gangchen Kyishong, Dharamsala - 176215

NTEP team, for local residents, ASHA workers, Central Tibetan Administration nurses, and the Tibetan Women Association, followed by a rally through McLeod Ganj to raise awareness about TB and reduce stigma. The rally was a vibrant demonstration of community solidarity in the fight against TB. A key component of this initiative is the role of ASHA (Accredited Social Health Activists), who will conduct door-to-door visits to educate the community on TB symptoms, transmission, and early detection, while also mobilizing vulnerable populations for screening.

### *Delek Hospital's Role in TB Elimination*

As a Center of Excellence for TB Care, Delek Hospital has actively participated in the Zero TB Project for seven years, focusing on prevention, screening, and treatment within high-risk populations. The hospital continues to contribute to the TB Elimination Campaign through prevention, diagnosis, treatment, and stigma reduction efforts.

The 100 Days TB Elimination Campaign is a significant step towards a TB-free India.

With the support of healthcare workers, community leaders, and the public, India is progressing towards eliminating TB and improving public health.



*Delek TB team performing chest X-rays at the camp*

**A Warm Welcome to Dr. Stefan Blumensath and Dr. Nikolaus Metzner**  
Delek Hospital had the honor of welcoming two long-time friends and esteemed colleagues, Dr. Stefan Blumensath and Dr. Nikolaus Metzner, from Germany. Their visit, from February 17 to 21, 2025, marked the continuation of a longstanding relationship that began in 1997 when they were medical students completing their electives at the hospital.

Dr. Stefan, an internist and cardiologist, and Dr. Nikolaus, an internist and diabetologist, bring a wealth of experience in their respective fields. Through their extensive professional networks in Germany, they have expressed a strong commitment to supporting Delek by fundraising, medical education, and collaborative projects. Their visit began with a warm reception at Delek Hospital. The next day, they participated in morning rounds, met with our team, and discussed the hospital's mission while exploring potential areas for collaboration. They also had the opportunity to experience the culture of Dharamshala with a tour of significant Tibetan institutions, including the Central Tibetan Administration, the Library of



*Mr. Dawa, Dr. Nikolaus, Dr. Tsetan & Dr. Stefan*

**Delek**

Tibetan Works and Archives, the Tibet Museum, the Tibetan Supreme Justice Commission, and the Tibetan Parliament-in-Exile. The evening concluded with a dinner hosted by the hospital, where future initiatives were discussed.

On the following day, Dr. Stefan and Dr. Nikolaus joined a meditation session at the Tushita Meditation Centre, followed by a scenic hike to Triund, guided by Delek staff member Mr. Tenzin Dhangsong. This provided them with an opportunity to enjoy the natural beauty of the region. On the final day of their visit, they had free time for shopping and further discussions about future collaborations and ongoing support for the hospital.

### **Continuing Medical Education**

On 27<sup>th</sup> January 2025, Delek doctors participated in a Continuing Medical Education (CME) session organized by Apex Hospital in Dharamshala.

The focus of the CME was on *Chlorthalidone for Hypertension Control and Beyond: Recent Recommendations*, presented by Dr. Amit Verma, Director of the Cath Lab and Cardiology Services. Dr. Amit Verma highlighted various studies demonstrating the superior efficacy of Chlorthalidone over traditional Thiazide diuretics in managing hypertension, particularly for patients at high risk of Congestive Heart Failure, chronic kidney disease (CKD), or those already diagnosed with CKD.

Delek send its physicians to these CME programs to enhance their medical knowledge and also to connect with local specialists to whom we send our patients for their expert opinions.

## **Improvement in Staff Housing Facilities**

Due to space constraints, limited funding, and the charitable nature of our hospital, our staff have historically been provided with single rooms to accommodate their entire families. Many of these staff quarters were built before the 1980s and were designed to meet the needs of that era. Over the years, the administration has made consistent efforts to improve housing conditions for our staff. However, these improvements require external funding, as the hospital's charges remain minimal and insufficient to fully meet these needs.

The Administration recognizes that decent housing is vital for staff well-being and morale and plays a key role in retaining our dedicated team. Thanks to the generous funding from Friends of Delek Hospital, USA, led by Dr. Zorba Paster, a donation through the Tibet Fund has enabled the latest renovation project. As part of this initiative, we were able to construct a larger, more comfortable room for our Senior Lab Technician, Mrs. Rinzin Dolma, just in time for the Tibetan New Year, "Losar" in February 2025. With the remaining funds, we aim to continue improving



staff housing whenever and wherever needed. We are truly grateful for the continued support that makes these improvements possible.

## **Dr. Tsetan Sadutshang's Medical Service to His Holiness and Local Community in Bylakuppe**

Dr. Tsetan Dorji Sadutshang, the Chief Medical Officer at Delek Hospital and the personal physician to His Holiness the Dalai Lama, accompanied His Holiness to Tashi Lhunpo Monastery in Bylakuppe, a Tibetan settlement in South India, from January 2 to the end of February 2025.

Dr. Tsetan la's primary responsibility was ensuring the continuity of His Holiness's health, including physiotherapy and routine check-ups following knee surgery. Additionally, in line with His Holiness's wish to serve the community, Dr. Tsetan la provided medical care to local Tibetan patients in Bylakuppe by holding Outpatient clinics at Tso-Jhe Khangsar Hospital, Sera Monastery Hospital, and Tashi Lhunpo Monastery, drawing many patients who highly valued his expertise and compassionate care. His reputation as the personal physician to His Holiness further enhanced the trust patients had in him.

Despite the demands of attending to His Holiness's health, Dr. Tsetan la effectively balanced both roles, demonstrating his dedication and commitment to the well-being of the local Tibetan community.

His efforts have greatly strengthened the connection between the Tibetan medical community and the local Bylakuppe population.

## **A Talk Given by Geshe Lhakdor la to Prisoners at Dharamshala District Jail**

On March 5, 2025, Geshe Lhakdor la, the Director of the Library of Tibetan Works and Archives, was invited to address the inmates of the District Jail in Dharamshala. The talk was organized at the request of Jail Superintendent Vikas Bhagnagar and coordinated by the Rotary Club Dharamshala and Delek Hospital. The session began with a welcome address by the Jail Superintendent, followed by an introduction of Geshe Lhakdor la to the inmates by Rotary President Hari Singh.

The focus of the talk was on cultivating a positive mindset and promoting compassionate behavior among the prisoners, with an emphasis on personal transformation and inner peace. During the session, Geshe Lhakdor la shared valuable insights on how individuals can reshape their thoughts and actions to lead more peaceful and contented lives. He emphasized that no human being is inherently bad, and that it is the actions, not the person, that should be the focus of blame. He explained that adopting



*Geshe Lhakdor giving talk to Dharamshala jail inmates*

this perspective can help individuals recognize their mistakes without burdening themselves with unnecessary self-criticism.

Geshe Lhakdor la encouraged the prisoners to make the most of their time in jail by focusing on self-improvement, reflection, and spiritual development. By cultivating a positive mindset, they could transform their current circumstances and work towards a brighter future. He reminded them that no one desires suffering; instead, everyone seeks happiness and fulfillment.

To achieve lasting happiness and contentment, he highlighted the importance of removing jealousy and hatred from one's heart. These negative emotions, he explained, serve as obstacles to inner peace and well-being. He urged the prisoners to cultivate love, compassion, and understanding for both themselves and others, as these qualities are the foundation of true happiness. The talk was well-received by the inmates.

## **Visit from the Tibetan Children's Education Foundation**

On March 13<sup>th</sup> the Board members of the Tibetan Children's Education Foundation (TCEF), led by Chairperson Jennifer Sarah and Executive Director Karma Tensum, arrived to visit various key locations. Initially they visited Delek Hospital, where Dawa Phunky, the hospital Administrator explained the Delek hospital's mission and its impact on the Tibetan community highlighting the essential role of healthcare institutions in promoting health and welfare for the Tibetan diaspora.

TCEF were then guided around the Central

Tibetan Administration's (CTA) key locations, including the Tibetan Parliament-in-Exile, where they discussed challenges faced by the Tibetan community with Speaker Khenpo Sonam Tenphel and Deputy Speaker Mrs. Dolma Tsering. They also toured the Tibetan Supreme Justice Commission and learned about its judicial processes. After this they met with Education Minister Mrs. Tharlam Dolma, who discussed educational initiatives and their focus regarding the development, improvement and the expanding of opportunities for Tibetan children. This was followed by a tour of the Tibet Museum which offered a glimpse into Tibetan history and cultural heritage.

The delegation then visited two schools for Indian migrant children. At Gamru Village School, they met Principal Mrs. Meenakshi Sharma and donated INR 20,000 to support the school. The visit to Indian a Government Primary School, Kaljorot, revealed pressing infrastructural needs discussed by Headmaster Mr. Madan. Overall, the visits deepened the Board's understanding of challenges in healthcare and education.

The visit provided TCEF Board members with an understanding of the challenges and progress in healthcare and education for Tibetan and Indian communities. They saw the positive impact of institutions like Delek Hospital and CTA on the well-being and cultural preservation of the Tibetan people, and the visit highlighted the critical needs in schools, reinforcing TCEF's commitment to support educational and healthcare initiatives that align with its mission.

Gangchen Kyishong, Dharamsala - 176215

### **TB MukT Bharat: TB Free India Campaign**

In the context of the nationwide 100-day campaign for TB-Free India between 7<sup>th</sup> December 2024 to 13<sup>th</sup> March 2025, the Kangra District TB department asked the Tibetan Delek Hospital to join their campaign, aiming to address missing TB cases, reduce mortality, and prevent new infections, by screening and testing.

Delek Hospital gladly accepted the request and carried out the screening campaign at the three designated locations (District Jail in Dharamshala, SAI (Sports Authority of India) Girls Hostel and the Jail in Nurpur) provided by the district TB department. The team consisted of Delek's TB doctors and nurses who conducted physical examinations and chest X-rays free of cost.



*TB Free India campaign at Dharamshala district jail*



*TB Free India campaign at SAI girls' hostel*

**Delek Hospital benefactor, Mrs. Carol Weingarten: an introduction**

Mrs. Carol Weingarten from the US, with a medical background, MD in radiology, has been associated with Tibetans for many years. She frequently travels to Dharamshala for Buddhist teachings. Both she and her late husband, Mr. Richard Weingarten, have been active supporters of the Tibetan cause and have contributed significantly to the community.

Delek’s Chief Medical Officer, Dr. Tsetan Sadutshang, being a good friend of Carol and Richard, approached her for financial assistance towards Delek’s future health initiative for Tibetan women. She promptly agreed to support Delek’s Cervical Cancer Screening (CCS) project, because cervical cancer remains a major concern

for women’s health. She provided a huge grant through the Tibet Fund in the US.

This brings cheer to Delek in continuing this beneficial project to educate and provide free and easily accessible screening services to the Tibetan community, with the aim of preventing cancer and saving lives through early detection. Delek subsequently implemented the second phase of the CCS project in Dharamshala, covering the remaining Tibetan institutions located in and around Dharamshala, which was a success. In March 2025, Mrs. Carol was in Dharamshala for a retreat and teachings, and Delek invited her to witness the second phase of the CCS project being carried out at the Tibetan Children’s Village school in upper Dharamshala. She met with our dedicated, all female, medical team who launched



*Mrs. Carol's visit to Delek for a tree planting, joined by Delek's Board of Directors and staff*

this project, and they briefed her on its importance for Tibetan women's overall health and well-being. In appreciation of Mrs. Carol's exceptional support, the Delek administration, on the 2<sup>nd</sup> of April, extended an invitation to her for a tree planting ceremony at Delek Hospital, held in memory of her late husband.

Coincidentally, on that same day, a meeting of Delek Hospital's board of directors was taking place, and Mr. Penpa Tsering, the current president (Sikyong) of the Central Tibetan Administration, who chairs the governing body, along with all board members and Delek staff, participated in the tree-planting event.

Subsequently, the Sikyong expressed his gratitude and presented her with a small gift as a token of appreciation from Delek Hospital for her support of the hospital's important healthcare project.

### **CME Session Participation**

On March 31<sup>st</sup>, doctors from Delek Hospital attended a Continuing Medical Education (CME) session organized by Fortis Hospital in Kangra. The event featured expert speakers who presented the following topics:

- a) *Serum Phosphorus Lowering Diet in End Stage Renal Disease (ESRD)*
- b) *Advanced Coronary Imaging in Complex Angiopathies.*
- c) *Modern Approaches to Endometriosis Management.*

The session included an engaging interactive discussion, promoting the exchange of ideas and clinical insights. As a gesture of appreciation, Fortis Hospital presented a Buddha statue to Delek.

### **Visit by SHAT delegation from the Netherlands**

In April, Mrs. Moniek Jansen from Stichting Hulp aan Tibetanen (S.H.A.T) visited Delek Hospital along with Mrs. Phuntsok Yangkey van Gulik Altvater, and her sister Mrs. Rinzin Wangmo.

Mr. Dawa Phunki, the former administrator, updated the delegation about Delek Hospital, and expressed his gratitude to SHAT and its members for their wonderful support to the Delek Hospital over the past several years. Mrs. Jansen then kindly inquired about upcoming projects, and she mentioned that while SHAT could not support big projects anymore, she promised to support small projects in the future if there were any.

Following the meeting, Delek Hospital's Secretary gave them a tour of the four-story doctor's quarters built with funds from the late Mrs. Allan Rose, a former S.H.A.T. president's will.

The Delek Administration is pleased to re-establish contact with SHAT after a long lapse in communication. We would like to take this opportunity to express our sincere gratitude to the SHAT delegation for their kind visit to Delek and for assuring us of their continued support.



Mr. Dawa with SHAT's delegation led by Ms. Moniek Jansen

## **A Special Visit by German Friends of Delek Hospital to Honour the late Dr. Tashe Thaktsang**

Delek Hospital had the heartfelt privilege of hosting three esteemed guests from Germany - Dr. Margarete Thaktsang, Mr. Heiko Storz, and Mrs. Birgit Storz, who visited Dharamshala from March 27 to 31, 2025, to pay their final respects to the late Dr. Tashe Thaktsang.

Dr. Margarete, the beloved wife of Dr. Tashe, was accompanied by these close friends on this deeply personal and spiritual journey in honor of his memory.

During their stay they received a private audience with His Holiness the Dalai Lama, followed by a formal welcome at Delek Hospital by Chief Administrator Mr. Dawa Phunkyi and Chief Medical Officer Dr. Tsetan Sadutshang.

During a guided tour of the hospital, the visitors reconnected with the mission and legacy of the institution that held a special place in Dr. Tashe's

heart. A Compassion Tree was planted on the hospital campus for Dr. Tashe. This was followed by visits to key Tibetan institutions and lunch in their honor at Kashmir Cottage.

Later, accompanied by Dr. Tsetan la, Mr. Dawa la, and Mr. Tashi Dhondup la, the group made their way to the tranquil hills of Dharamkot to respectfully disperse Dr. Tashe la's ashes, lovingly brought from Germany.

There followed a day visit to Tilokpur for a special prayer ceremony at Shalu Monastery.

Their visit concluded with a visit to the markets of McLeod Ganj, followed by lunch at Pema Thang Hotel hosted by the family of Dr. Tsetan la in honor of the visiting guests.

The whole visit was not merely a series of events - it was a pilgrimage of the heart, led by Dr. Margarete Thaktsang in loving memory of her late husband, Dr. Tashe Thaktsang. The journey celebrated a life of compassion, service, and unity to the Tibetan community and beyond.

*Key events of German Friends of Delek Hospital*



## **Farewell Message from Mr. Dawa Phunkyi**

Dear Staff, Supporters, and Well-Wishers of Delek Hospital,

As I prepare to step down from my position as Chief Administrator from the 1<sup>st</sup> of April, I wish to extend my deepest gratitude to all of you who have supported me throughout my journey with Delek Hospital for over three decades.

Since joining as Health Coordinator in January 1987 and later serving in various capacities including Hospital Secretary and, most recently, Chief Administrator, I have been privileged to witness and contribute to the growth and success of this esteemed institution. I am particularly thankful for the mentorship of Dr. Tsetan Dorji Sadutshang la, the encouragement from the Board of Directors, and the unwavering dedication of our staff and supporters.

Following my election as Justice Commissioner of the Central Tibetan Administration by the 17th Parliament of the Central Tibetan Administration, I will be transitioning to this new role.

I am pleased to announce that the Board of Directors has appointed Dr. Tenzin Tsundue la as the new Chief Administrator, with effect from the 1<sup>st</sup> of May 2025. I have full confidence in Dr. Tsundue la's leadership and vision.

I kindly request that the entire Delek Hospital family - staff, supporters, and well-wishers alike - extend to Dr. Tenzin Tsundue la the same wholehearted support and cooperation that I have been fortunate to receive during my tenure. Your

continued commitment is vital to the hospital's ongoing success.

While I step away from this role, I remain available for any support or guidance during this period of transition. It has been a profound honour to serve Delek Hospital and our community, and I carry many treasured memories with me.

Thank you once again for your trust and cooperation.

With sincere regards,

*Dawa Phunkyi*

*Outgoing Chief Administrator - Delek Hospital*

## **Adieu to Mr. Dawa Phunkyi**

At the farewell dinner, in honour of Delek's outgoing administrator Dawa Phunkyi la, on the 11<sup>th</sup> of April 2025, Dr. Tsetan Sadutshang, Chief Medical Officer at Delek Hospital, shared his experiences of working with Dawa la for over three decades:

Following are excerpts from his speech:

Dawa la and I have been close friends and colleagues for many years. During my service in Delek I have witnessed many administrators who have managed this hospital, including myself, but in my view, none have ever developed and expanded the hospital so effectively as him. What I admire most is his honesty & straightforwardness; whenever necessary he speaks his mind and never hesitates to mince his words. It is truly remarkable that he was a walking manager rather than a desk job person. He would often be seen doing menial work alongside staff in lower positions because he had the humility and simplicity to not be deterred by the position he held.

He also held the position as one of the oldest members of the Tibetan Parliament in Exile and this standing brought much respect and advantages to the hospital.

Since the very nature of Delek's activities is caring for patients, and implementation of healthcare projects, he led these with a special focus on compassion which became the hallmark of Delek's quality service.

His leadership style lay in being extremely inclusive, leaving no one behind, and making all the staff feel as if they belong to one family.

Dawa la has been elected as Supreme Justice Co-

mmissioner of the Central Tibetan Administration and will continue in this position for three years. He has dedicated his whole life to his community and stands out as someone who is a living example of how a meaningful life can be spent. Death is unpredictable but certain and the best thought at the time of death would be to die thinking that I have spent most of my life working for the welfare of others.

Finally, today on behalf of Delek hospital, we have organised this farewell dinner for Dawa la and would like to present him with a token gift. We wish him all the best in his new position.

*Farewell dinner hosted by Delek for outgoing administrator Mr. Dawa Phunkyi*



## **Congratulation to our new Administrator Dr. Tenzin Tsundue**

The entire staff of Tibetan Delek Hospital extend their warmest congratulations to Dr. Tenzin Tsundue on his appointment as the new administrator of Delek Hospital, succeeding Mr.



Dawa Phunki. During Delek's 58<sup>th</sup> Board of Directors meeting, Mr. Dawa Phunki and Chief Medical Officer Dr. Tsetan Sadutshang

proposed Dr. Tenzin Tsundue as the new administrator, and the board unanimously approved his appointment, marking him as the hospital's 6<sup>th</sup> administrator.

At Delek Hospital, we are especially proud of Dr. Tsundue's selection for this significant position. He is well known and liked by all staff members and also brings in invaluable experience from his eight years of service here. After pursuing further studies in emergency medicine, he rejoined Delek soon after Mr. Dawa resigned from his administrative post.

Since the responsibilities of the administrator differs markedly from those of a medical officer, he will naturally be facing many more challenges and having a medical background he will be better equipped to face them. However, we are confident that Dr. Tsundue's dedication, enthusiasm and commitment to the hospital's mission will ensure Delek's continued success under his leadership.

We extend our best wishes and prayers to Mr.

Gangchen Kyishong, Dharamsala - 176215

Dawa Phunki's new role as Justice Commissioner for the Central Tibetan Administration.

## **New Administrator takes charge of Delek Hospital's administration**

The formal handover ceremony took place on the 5th May 2025 between acting Delek administrator Dr. Tsetan Sadutshang, and the newly appointed administrator Dr. Tenzin Tsundue.

The event began at 9:00 a.m. with Mr. Jampa Phuntsok, Secretary of the Health Department of the Central Tibetan Administration, overseeing, as the official witness, during the handover.

This procedure included the handover of the office inventory and pertinent official documents, as part of the formalities.

Mr. Jampa Phuntsok, the Health Secretary and Dr. Tsetan Sadutshang, Delek's Chief Medical Officer, extended their heartfelt congratulations to Dr. Tsundue for his well-deserved appointment and expressed their best wishes for his success in this pivotal new role.

Dr. Tsundue expressed his gratitude for this appointment and requested their continued support in running the hospital efficiently, in line with the aims and objectives of Delek Hospital.



*Delek's incoming administrator is taking over in charge, witnessed by Mr. Jampa Phuntsok, Health Secretary, CTA.*

## **Strengthening Healthcare Partnerships**

### *A Courtesy Visit by Delek Hospital Administrators*

As part of its ongoing efforts to strengthen collaborative relationships with local healthcare providers, Delek Hospital has further solidified its ties with both private and government hospitals in Kangra District. On May 10, 2025, outgoing Administrator Dawa Phunkeyi, who is now the Justice Commissioner at the Central Tibetan Administration's Supreme Justice Commission, led a visit by Dr. Tenzin Tsundue, the newly appointed Delek Administrator. They visited prominent regional healthcare facilities such as Fortis Hospital, Shri Balaji Hospital, and SM Eye Hospital.

Building on this initiative, Dr. Tenzin Tsundue and the former administrator Dawa la continued their outreach on May 16, 2025, with visits to the Zonal Hospital, RPGMC - Government Medical College Tanda, City Hospital in Kangra, and Apex Hospital in Dharamshala. At these hospitals, they met with key officials, including the District Chief Medical Officer, District Health Officer, and Medical Superintendent. The hospital authorities expressed their sincere appreciation for Delek Hospital's ongoing efforts to improve the health and well-being of the local population.

These visits reflect Delek Hospital's unwavering commitment to fostering meaningful collaborations and ensuring the best possible healthcare outcomes for the community. By nurturing these valuable partnerships, Delek Hospital continues to play a vital role in shaping the future of healthcare in the region.

## **Workshop on Allopathic Medicine to new graduates of Tibetan Medical & Astro Institute (TMI)**

A two-day health talk, as requested by TMI, was successfully conducted at their Auditorium just below Delek Hospital, on the 12<sup>th</sup> and 13<sup>th</sup> of May 2025, from 3:00 PM to 5:00 PM. A total of 22 students from TMI, currently pursuing their studies, participated in the session.

On the first day, Delek Hospital's Dr. Tenzin Dechen delivered a detailed presentations on four key topics: vocal tone examination, throat examination, pulmonary function tests, and radiological investigations of the nervous and pulmonary systems.



*Workshop in progress*

The second day featured Dr. Tenzin Kalsang, who presented on: microscopic examination of stools; pathogens of the female genital organs; the PAP test/PAP smear (screening for cervical cancer); and a radiological investigation of the male reproductive system. These sessions provided detailed insights into both theoretical and practical aspects of these subjects.

After each topic, a brief question-and-answer session was held, allowing participants to clarify

doubts and engage in meaningful discussions. All students participated actively throughout the two-day programme, making the event highly interactive and enriching. The health talks concluded with a scarf offering and thank-you ceremony as a gesture of appreciation. The health talk initiative was a fruitful learning experience for all the attendees and is a very commendable effort towards enhancing their clinical knowledge of evidence-based medicine.

### **Cardiologist Dr. Puneet Verma visits Delek Hospital**

Dr. Puneet is a close friend of Delek's Chief Medical Officer, Dr. Tsetan Sadutshang. Dr. Puneet is a cardiac referral point for Delek patients and has his own cardiology clinic in Mohali near Chandigarh. In addition to supporting Delek's work, he also kindly provides monetary support to Delek Hospital.

During the second week of June, Dr. Puneet and his family visited Dharamshala to celebrate his son's recent wedding, which coincided with his own 30<sup>th</sup> wedding anniversary. During their visit, Dr. Tsetan Sadutshang arranged for his family to have an audience with His Holiness the Dalai Lama on the 10<sup>th</sup> of June 2025.



*Dr. Puneet Verma with Delek doctors & nurses*

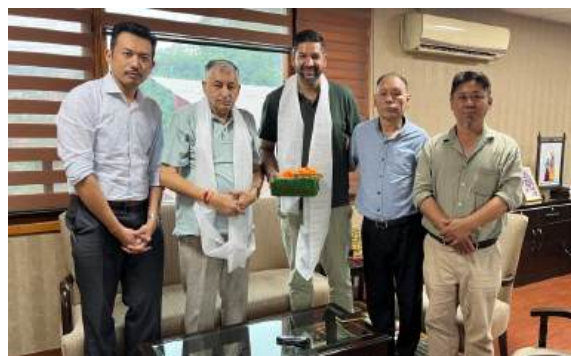
Following the audience, Dr. Puneet visited Delek and met with the Delek Administrator, Dr. Tenzin Tsundue, and other resident doctors and provided free consultations to some cardiac patients.

Continuing his generous support, Dr. Puneet donated INR 25,000 to Delek Hospital. The Delek administration expresses its gratitude to Dr. Puneet for caring for our referred patients and for the generous contributions he has been making to Delek Hospital over the years.

### **Delek Hospital Expresses Gratitude**

Led by Delek's former administrator Mr. Dawa Phunkeyi, and incoming Administrator Dr. Tenzin Tsundue, along with the Hospital Secretary Mr. Tashi Dhondup met with Delek's benefactor, Mr. R. P. Kapoor and his son, Mr. Sudhanshu Kapoor, at Mandav Air Industries, owned by their family in Mandi in Himachal Pradesh.

The purpose of this visit was to express our gratitude to the family for their ongoing exceptional support in providing free oxygen for our patients since year 2000, and also to introduce Delek's new Administrator Dr. Tsundue to the Kapoor family to continue our cordial relationship. Delek hospital extends our best wishes for the continued success of their family business.



*From left to right - Dr. Tsundue, Mr. Kapoor, his son Sudhanshu, Mr. Dawa & Mr. Tashi*

## **Cervical Cancer Screening Project: Phase- II**

Building on the success of Phase I, when 200 Tibetan women in Dharamshala were screened, Phase-II of the Cervical Cancer Screening and Awareness initiative was implemented from March to July 2025 to expand Delek's outreach and prevention efforts. Phase I revealed critical gaps in preventive care: 96% had never undergone HPV (Human Papillomavirus) testing, 77% of women had never had a PAP test, and only 3%

were vaccinated against HPV. Encouragingly, community interest and participation were high.

Phase II was made possible through the generous support of Mrs. Carol Weingarten, in loving memory of her late husband Mr. Richard Weingarten, and was conducted by an all-female medical team at Delek Hospital, headed by Dr. Tenzin Namdon and Dr. Jigme Kalsang.

The team visited 11 Tibetan Institutions and public locations, providing education, free co-testing (PAP smear and high-risk HPV testing), and

*Cervical Cancer Screening in progress*



personalised follow-up care. In total, 728 women participated, and 591 samples successfully collected and processed in collaboration with Naseeb Labs in Dharamshala.

The screening process for the project included:

1. Community Awareness and Education
2. Clinical Data Collection
3. Cervical Sample Collection
4. Screening Tests (Co-testing: Liquid-Based Cytology and High-Risk HPV)
5. Personalised Follow-up and Referral Care

**Key Findings:**

- a) 40 women had abnormal results
- b) 28 (4.7%) tested positive for high-risk HPV
- c) 17 (2.9%) showed abnormal cytology

All women received individual result counselling, and those with abnormal findings were referred for further specialist care.

**Key Results and the Way Forward:**

Phase II reaffirmed the urgent need for sustained screening, vaccination, and education. Despite successfully reaching 591 women, significant preventive care gaps remain, highlighting the need to expand screening, HPV vaccination, and community awareness efforts. The project concluded in July 2025.

Delek Hospital extends its deep gratitude to Mrs. Carol Weingarten for her generous support in advancing a healthier future for the Tibetan community. Our thanks also go to Delek’s dedicated female medical team and participating institutions for their full support for the success of such an important initiative.

**Delek Hospital celebrates  
“Year of Compassion”  
July 2025 to July 2026**

In celebration of His Holiness the Dalai Lama’s 90th birthday, which fell on the 6<sup>th</sup> of July 2025, Delek Hospital observes this significant event, together with commemorating the “Year of Compassion,” an initiative launched by the Central Tibetan Administration to honour His Holiness’s 90<sup>th</sup> birthday.

Delek Hospital has planned a year-long series of social welfare activities designed to directly benefit the community. These initiatives aim to highlight His Holiness’s compassionate actions and blessings towards his fellow Tibetans. The following services have already been achieved as of December 2025.

**a)** On June 30, 2025, the Tibetan people from Domey province in Tibet have organised a grand celebration of His Holiness the great 14<sup>th</sup> Dalai Lama’s 90th birthday. During the day’s event, Delek Hospital provided a team of medical personnel and an ambulance at the main temple to offer any necessary emergency medical services.

**b)** On July 5, 2025, Delek Hospital distributed essential school supplies, such as, notebooks, pens, pencils and other learning materials to the students of Gamru Village School. This school, established by the Rotary Club of Dharamshala, primarily serves children of migrant construction workers from other states. These supplies are crucial for the children’s academic progress. Delek extends its best wishes for the good health,

happiness, and success of these young students.



*Dr. Tsundue distributing free stationary to school children*

c) Delek Hospital hosted a special feast, referred to locally as Kangri Dhaam, for the patients and their attendants, mostly from poor or middle-class families, visiting the medical hospital in Tanda, Kangra on July 5, 2025.

Many people have expressed their gratitude for this kind gesture, which is an added pleasure to us. The event was a success since over a thousand people attended the lunch, and there were no leftovers when it concluded!!!

We take this opportunity to express our deep gratitude to the Tibetan Woman's Network, known as "Dharma Ama Friends", located in the United States for supporting this auspicious event, which aligns with His Holiness's commitment to helping others.



*People lined up for a special meal at Tanda Hospital*

**D e l e k**

d) Delek doctors participated in the medical camp organised by the CTA's health department to commemorate HH the Dalai Lama's 90<sup>th</sup> birthday at the main temple in McLeod Ganj from July 7 to 9, 2025.

e) Delek hospital provided free medicines worth INR 391,141.00 to the patients who visited the hospital from July 7 to 15, 2025.

f) Delek has purchased a high-quality walking sticks aimed primarily to benefit the elderly members in the community. These walking sticks are being given out to those who need them at both the main hospital and its branch clinic in McLeod Ganj.

### **Dr. Tsetan Sadutshang and Dr. Tenzin Tsundue visit to Ladakh**

During His Holiness the Dalai Lama's visit to Ladakh from 12<sup>th</sup> July 2025 to 28<sup>th</sup> August, 2025 Dr. Tsetan Sadutshang, Delek's Chief Medical Officer was there on duty as His Holiness's Personal Physician. Delek's administrator Dr. Tenzin Tsundue also had the opportunity to assist Dr. Tsetan Sadutshang during His Holiness's Zanskar visit from 19<sup>th</sup> to 26<sup>th</sup> July, 2025. We at Delek Hospital believe that we are very fortunate to serve His Holiness through Dr. Tsetan which is extremely rare and therefore we are always ready to provide any serve needed for His Holiness. During Dr. Tsetan's stay in Ladakh he held many patient consultations in the Tibetan settlement Primary Health Center of the Central Tibetan Administration. He reviewed all the patients with Hepatitis B along with the medical officer Dr Yeshi Chodon. He taught her the implementation process for the new Hepatitis

B guidelines which Delek helped the Department of Health formulate. He also introduced her to many of the Sonam Norbu Memorial (SNM) hospital consultants- the main referral hospital for Leh, Ladakh-which will be useful in connecting her patients to hospital staff.



*CEC Tashi Gyalson meets Dr. Tsetan at his office*  
 During the past few years Dr. Tsetan la had been contemplating on how Tibetans can repay the Ladakhis for hosting His Holiness for many years and also benefiting the Tibetan population living in Ladakh. He felt that one of the best ways to benefit the entire Ladakh population was to provide better training for the doctors at the SNM Leh and Kargil district hospital through a training opportunity in Taiwan. SNM hospital is the only referral hospital in the Leh district similarly Kargil District hospital is the only referral hospital for Kargil district. These two hospitals serve the entire Ladakh population. The Leh district has a Buddhist majority and Kargil district has a Muslim majority. So, he approached Ziggyab Rinpoche, the abbot of Tashi Lhunpo monastery and Dr. Hu Maw Hwa, President of Jam Tse Society in Taiwan. Both Ziggyab Rinpoche and Dr. Hu agreed to support and start this project. Through this initiative, since 2023 two batches of doctors in specialties like

Cardiology Anesthesia, Orthopaedics, Gynaecology, Gastroenterology and Internal Medicine have been trained in Tzu Chi Medical Foundation in Taiwan.

This year a third batch, comprised of doctors from both Leh and Kargil districts will be traveling to Taiwan in the month of May.

There is also a plan to have the trainers come to Ladakh this year so that procedures that were taught in Taiwan can be performed under local conditions which will show how effectively the training translates into practice.

On 15<sup>th</sup> July, 2026, Dr. Tsetan along with Dr. Hu, Dr. Tsewang Taming, (His Holiness's traditional medicine doctor) and Dr. Tsundue met with Chief Executive Councillor (CEC) Tashi Gyalson. This meeting was facilitated by Director of Health Services, Ladakh Dr. Tashi Thinlas. CEC Tashi Gyalson was briefed about the ongoing training program for the Ladakhi doctors by Dr. Thinlas, who himself had been to Taiwan through this program and explained how it had benefited the improvement of healthcare given to the people of Ladakh. CEC Tashi Gyalson assured all possible support from the Ladakh Autonomous Hill Development Council in the future.



*Group photo with CEC Tashi Gyalson and Dr. Hu*

## Delek doctor attended Liver conference in Chandigarh

Dr. Tenzin Dechen, from Delek Hospital, attended a 4-day Annual Conference of the Indian National Association for the Study of the Liver (INASL-2025), held from 7<sup>th</sup> to 10<sup>th</sup> August 2025 at The Lalit, Chandigarh. INASL focuses on advancing research, education, and patient care in the field of liver diseases in India. The delegates included leading experts, researchers, clinicians, and postgraduate trainees-from across India and abroad, all dedicated to the field of hepatology. The central theme was Metabolic Dysfunction-Associated Steatotic Liver Disease, reflecting the growing global and national burden of metabolic liver conditions and the need for an updated approach in diagnosis and management.

The conference covered:

Hepatitis (B, C, and Alcoholic hepatitis), Hepatocellular carcinoma and liver transplantation. These sessions were highly interactive, followed by a Q&A session with the audience.

There were many abstract and paper submissions, which were presented through both e-posters and physical posters by postgraduate students from various institutions. The conference also included workshops for postgraduate trainees.



*Dr. Tenzin Dechen at the conference*

**Delek**

## Cardiac Camp

This year, once again with the specialized assistance from the renowned cardiologist Dr. Ill Soo Lee from South Korea, Delek Hospital organized its tenth cardiac camp in Dharamshala from 30<sup>th</sup> September to 3<sup>rd</sup> October 2025.

During the four-day camp, the first three days were conducted at Delek's branch clinic in McLeod Ganj for the public's convenience, while



*Dr. Lee performing an Echo during the camp* the last day was held at Delek hospital, specifically for the patients admitted at Delek Hospital.

A total of 117 patients attended the camp and Dr. Lee offered his valuable advice in managing heart conditions, which included exercise, walking and jogging where appropriate. Dr. Lee performed an echocardiogram on each patient, along with an ECG and a chest X-ray. These were performed, free of charge, at Delek (In a



*Dr. Lee meeting His Holiness at his residence*

private hospital in Dharamshala, just the Echo test alone would cost around 1800 rupees).

There is no doubt, Dr. Lee is a great supporter of Delek Hospital and a deep sympathizer for Tibetan people and their just cause. He always extends his hand to help Delek, not just with his clinical expertise, but also in other ways when needed. In appreciation of his kindness, Delek's Chief Medical Officer, Dr. Tsetan Sadutshang, arranged an audience with His Holiness the Dalai Lama for Dr. Lee and his wife, Mrs. Mijung.



*Dr. Tsetan and Dr. Tsundue with Delek's close friends*  
On the 3rd October, Delek Hospital hosted a "thank you" dinner for Dr. Lee and his wife, together with two of our committed supporters, Dr. Hu Maw Hwa from Taiwan and Mrs. Carol Weingarten from the US.

### **Basic Life Support training**

At the request of the Men-Tsee-Khang, the Tibetan Medical & Astro Institute's principal, on 7<sup>th</sup> October, 2025 Dr. Tenzin Tsundue gave a Basic Life Support training course for the new students beginning their study in Traditional Tibetan Medicine. The students actively participated in the mock scenario with hands on training on a mannequin which they particularly found useful and enjoyed learning real-life simulation scenarios.

Gangchen Kyishong, Dharamshala - 176215

Delek Hospital provides such training to medical students to gain experience in life-saving skills for emergencies.



*Basic Life Support training in progress*

### **Norzang Foundation's board member visits Delek Hospital**

Mr. Tsering Dorjee (fondly called Kungo Tse-dor la), a retired officer from the Central Tibetan Administration, and current board member of the Norzang Foundation in Switzerland, paid a short visit to Dharamshala between the 13<sup>th</sup> of November to the 18<sup>th</sup> of November 2025.

His visit was primarily a private one, to participate in the long-life prayer, offering gratitude to His Holiness the Dalai Lama, organized by the Alumni of three largest Tibetan schools in India and other organisations in the Tibetan community.

During his stay here, he visited the site of renovation and expansion of Delek's Community



*Mr. Dawa briefing Tse-dor la on the expanded rooftop space at the Delek clinic building, intended for the hospital's income generation.*

Health Care building in McLeod Ganj, funded by the Norzang Foundation. Fortunately, the project was completed before his visit, and the Delek administration was pleased to take him around the project site to view it first-hand. He was accompanied by Delek’s Administrator, Dr. Tenzin Tsundue, Hospital Secretary Tashi Dhondup, Dr. Tsetan Sadutshang; and the former administrator, Mr. Dawa Phunkeyi.

Dr. Tsundue expressed his gratitude to Kungo Tsendor la and everyone at the Norzang Foundation for their exceptional support in funding this project. Additionally, he briefly explained the project’s goal: which is to safeguard the aging building with necessary repairs and expand the rooftop for income generation, to help cover hospital staff salaries, marking a small step towards self-reliance.

### **Visit by Dr. Zorba Paster from the US**

Dr. Zorba Paster, the founder of the Friends of Delek Hospital USA, came to Dharamshala to attend the 39th Mind and Life Dialogue from 14<sup>th</sup> to 16<sup>th</sup> October, 2025, on the theme “Minds, Artificial Intelligence, and Ethics” between scientists, scholars, and contemplative practitioners with the intention to fulfil His Holiness the Dalai Lama’s



*Group photo with Dr. Zorba Paster*

vision to create a bridge between the wisdom of the east and the discoveries of the west.

Following the conclusion of the conference, Dr. Zorba Paster met with Delek’s Chief Medical Officer, Dr. Tsetan Sadutshang, the former administrator, Dawa Phunkeyi, the new administrator, Dr. Tenzin Tsundue, and the Hospital Secretary, Tashi Dhondup for dinner.

At the dinner they discussed different ideas for future projects and fundraising. Dr. Zorba Paster particularly emphasized financial self-reliance for Delek. In this regard, he felt the wording in the mission statement needs to be changed. He also suggested structural changes in the Community Health Care Center in McLeod, so that the large influx of tourists can access the clinic. This would then bring in much-needed income for Delek.

The Delek administration had thanked Dr. Zorba for his continued support of Delek Hospital for over 18 years and presented him with a small gift as a token of gratitude.

### **Gratitude Lunch**



*On 18th November, the Delek administration hosted a gratitude lunch for Ms. Andrea Bennett, a dear friend of Delek from the UK, which was attended by all Delek staff. In the photo, she is seen enjoying lunch with Delek administrator Dr. Tsundue and Nurse Choetso, the clinic in-charge at McLeod Ganj.*

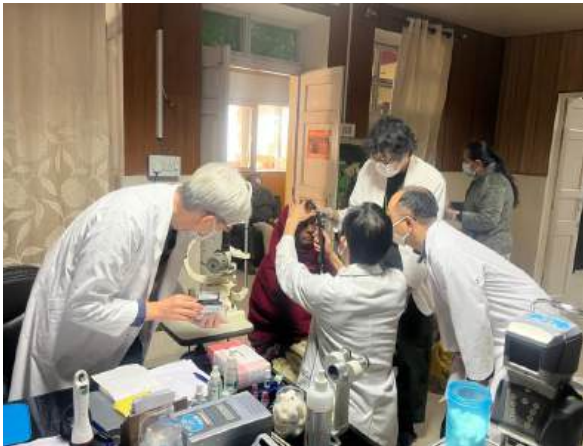
### 23<sup>rd</sup> Free Cataract surgery camp

Once again, Tibetan Delek Hospital has successfully organized its 23<sup>rd</sup> free Cataract Surgery Camp, in collaboration with a team of ophthalmologists from the Association for Ophthalmic Cooperation in Asia (AOCA), Japan, with support from the Rotary Club Dharamshala. Dr. Vivek Karol, Chief Medical Officer, Kangra at Dharamshala, was the Chief Guest and inaugurated the camp on the 24<sup>th</sup> of December 2025. Mr. Kunchok Migmar, the Tibetan Settlement Officer in Dharamshala also accepted Delek's invitation to be the Guest of Honour. The Camp comprised comprehensive patient screening followed by cataract surgery. The visiting

surgical team consisted of five surgeons, led by Dr. Araki Takashi, along with one nurse assistant. This year, a total of 298 patients attended the camp and, due to time constraints, each patient was screened carefully and only the patients with the most matured cataracts were selected. Therefore, 52 patients underwent surgery. Of those 49 were local Indians, and the remaining were Tibetans. As usual, the patients were all admitted overnight at Delek Hospital, following their surgery with imported IOL (Intra Ocular Lens) implants, free of costs.

Indeed, our long-standing collaboration with AOCA from Japan has been crucial to the success of these free eye camps. We therefore once again

*Cataract Surgery Camp in action*



express our deep appreciation and gratitude to the AOCA team members coming all the way from Japan. Additionally, we extend our heartfelt thanks to Dr. Sudhir Salhotra, the Director, Dr. Rohit Grag, his deputy, and Mr. Raghav Sharma, the General Manager of the Rotary Eye Hospital, Maranda for their strong support by providing two microscopes free with a technician.

Our grateful thanks also go to Dr. Raman Puri, for taking care of all the postoperative follow-ups and Delek's former optician Lungrick, for his experienced assistance during the surgeries.

Last but not least, we would like to thank Dr. Shinji Ito from Japan for his generous donation towards the expenses of the free eye camps.

### **Visit to Mela Mal Sood Rotary Eye Hospital**

Mr. Dawa, Delek's former administrator, and Dr. Tsundue, the new administrator, paid a courtesy visit to Rotary Eye Hospital in Maranda, near Palampur, and met with Dr. Sudhir Salhotra, the director, and Mr. Ragav, the General Manager. The leadership of Maranda Rotary Eye Hospital was highly supportive of Delek's free cataract surgery camps. Their hospital generously provided two microscopes and a technician for



*Dr. Tsundue, Dr. Sudhir, Mr. Raghav & Mr. Dawa*

our annual free eye camp at no cost. Their invaluable assistance helps Delek save microscope rental fees, which amount to fifty thousand rupees. We are deeply grateful for their support, especially to Dr. Sudhir and his colleagues, Dr. Rohit and Mr. Ragav, who have assured us of every possible help we need within their capacity in the future.

### **Staff Update:**

#### **Resignations:**

**a) Nurse Pema**, who joined Delek hospital on the 1<sup>st</sup> of November 1990 voluntarily retired on the 15<sup>th</sup> of February 2025, after 34 years of dedicated service. Her resignation letter, accompanied with a white scarf (Khatak) as a symbol of respect, reflects her gratitude for the opportunities afforded to her by the hospital. In a gesture of gratitude, she has offered to continue serving on a voluntary basis for an additional year without salary. Throughout her tenure, she has been recognized for her steadfast dedication, compassion and exemplary work ethic.

The hospital administration acknowledges her outstanding contribution and wishes her a healthy, joyful and fulfilling retirement.

**b) Mrs. Tenzin Chemi**, joined Delek as a Zero TB project nurse on the 17<sup>th</sup> of September 2023 and resigned from her job on the 12<sup>th</sup> March 2025 for personal reasons.

**c) Mr. Tsering Choephel**, also known as Jonny, started working at Delek hospital as an office assistant on the 1<sup>st</sup> of April 2008, and resigned from his position on 31<sup>st</sup> December 2024 due to health issues.

**d) Dr. Ugen Gyatso**, joined Delek Hospital as a medical officer on the 5<sup>th</sup> of February, 2018 and resigned on the 31<sup>st</sup> of May 2025 to pursue further studies in public health as a Fulbright scholar through the Education Department of the Central Tibetan Administration.

**e) Mrs. Kalsang Choekyi**, joined Delek hospital as a dental therapist on the 16<sup>th</sup> of April

2016 and resigned on the 31<sup>st</sup> of December 2025 to unite with her husband, who is employed at the branch clinic of Tibetan Medical and Astrological Institute, at Salugara, located close to Kalimpong in West Bengal.

Delek hospital extends its appreciation for their dedicated service to the Tibetan community and wishes them all the best in their future endeavors.

**Medical supplies received from January to December 2025**

<i>Dr. Anna Muller</i>	<i>Dressing scissors, one box</i>	<i>Germany</i>
<i>Dr. Joerg Sasee</i>	<i>Two otoscopies, two thermometers, ten digital thermometers, Paracetamol suppositories and assorted medicines</i>	<i>Germany</i>
<i>Venerable Logya Jamyang Sodpa In memory of late Dolma Tsering (Drum stick restaurant – D/shala)</i>	<i>A portable oxygen concentrator</i>	<i>India</i>
<i>Late Wangchuk la's family Department of Health, CTA Tsering Yangzom Nurse Namgyal Dolma National Democratic Institute</i>	<i>Two multi-function ICU bed &amp; two bedside lockers One double door used fridge Seven used infrared forehead Thermometer One brand new wheel chair One mixer grinder One used water filter machine &amp; one used exhaust fan</i>	<i>India India India India India India</i>
<i>Tibetan Welfare Office (D/shala) Samten (TIPA) Anir Ban Gangopadhyay Late Dakpa Samdup Gen Gyatso la Ms. Cythia Curtis</i>	<i>Eight brand new oxygen concentrators Wheel chair One used wheel chair 30 quilt and 30 pillows A pair of crutches and a walker Three Sunbeam infrared body thermometers, three protectant ointment tubes, nine duo derm control gel, pulse oximeter etc.</i>	<i>India India India India India USA</i>
<i>Heidi Minx Lambertville</i>	<i>Two single bed quilts, 15 kitchen cleaning cloths, four night lamps etc.</i>	<i>USA</i>

**We gratefully acknowledge the following contributions  
from 1st January to 31st December 2025**

DONORS	AMOUNT (INR)	PURPOSE	COUNTRY
Ms. Margaret Florey	25,000.00	General donation	Australia
Dr. Gregory C. White	2,01,187.13	General donation	Australia
Mr. Brian Stanko	31,330.00	Elder's Assistance Fund	Canada
Stefan Alexander Blumensath	50,454.00	General Donation	Germany
Nikolaus Metzner	50,454.00	General Donation	Germany
Dr. Margarete Thaktsang, Birgit and Heiko Storz	4,80,110.00	General Donation	Germany
German Aids to Tibetans Italia-Tibet Association & Jamtse Ling-Rime Dharma Center	5,13,666.00	Students Sponsorship	Germany
Association Discipline Olistiche Centro Buddhista Tibetano	3,06,295.00	Year of Compassion	Italy
Sakya Kunga Choling	37,502.00	Year of Compassion	Italy
Mr. Tsering Phuntsok	40,181.00	Year of Compassion	Italy
World Learning India	4 500.00	General donation	India
Tsewang Youdon	21,000.00	General donation	India
Dr. Penpa Tsering Kundhe Khangsar	1,00,000.00	Poor & Destitute Pt's. Fund	India
Mr. Ngawang Yeshe	5,000.00	General donation	India
Kungo Kagyu Dhondup	20,000.00	General donation	India
Kungo Ngawang Phelgyal	1,48,525.00	General donation	India
Phurbu Dolma	10,000.00	General donation	India
Phuntsok Tenrab	20,000.00	General donation	India
Dr. Punnet Verma	25,000.00	General donation	India
Dr. Mitsutoshi Kashiware	1,033,313.00	Year of Compassion	Japan
Mr. Medvedev Svyatoslav	46,217.00	General donation	Russia
Dr. Il Soo Lee	9,28,007.00	General donation	South Korea
Mrs. Mi Jung Lee	69,275.00	General donation	South Korea
John Hopkins University	6,422,968.00	Zero TB Project	USA
The Utah Tibet Foundation	3,44,550.00	General donation	USA
Ms. Zhaxi Jie	2,58,397.00	Year of Compassion	USA

Cynthia Ann Curtis	8,500.00	Poor & Destitute Pts' Fund	USA
Ms. Andrea Bennett	10,000.00	General donation	UK
<i>Through office of Tibet, London</i>			
Ms. Andrea Bennett	75,595.00	Staff Medical Fund	UK
<i>Through Tibetan Friendship Group, Australia</i>			
Tibetan Firendship Group	2,11,367.00	General donation	Australia
<i>Through Tibethaus, Germany</i>			
German Friends of Delek	2,288,554.00	Doctors' Salary	Germany
<i>Through Tibet House, Japan</i>			
Dr. Shinji Ito	1,12,580.00	Eye Camp	Japan
<i>Through Tibet Fund, US</i>			
Carol Weingarten	3,606,000.55	Cervical Cancer Screening	USA
KOA Charitable Trust	84,205.70	Corpus Fund	USA
Ellen Saltzman	8420.57	General donation	USA
Kirk Brown	25,261.70	General donation	USA
Tsering C. Yuthok	1,33,700.00	General donation	USA
Kirk & Lori Brown	42,438.00	General donation	USA
Mr. Peter Brown	8,48,500.00	Zero TB Project	USA
Friends of Delek Hospital	22,36,409.00	Doctors' Salary	USA
Anonymous	694.48	General donation	USA

Continued from page no. 1



*While our field-based TB projects faced some limitations this year due to some funding cuts, we achieved significant progress in our Cervical Cancer screening and vaccination program - a vital mission that we are proud to continue through 2026. We are hopeful that we will be able to complete some of our filed based TB projects in 2026.*

*One of our biggest expenses at Delek is for our dedicated doctors and nurses who serve our community, we strive to offer salaries that honor their expertise. We are especially moved by the vision of a few long-term donors who have from several years have stepped forward specifically to fund these salaries. By covering this essential cost, you have lifted a massive weight from the administration team, allowing us to focus on projects to benefit the community. I am profoundly grateful to our friends and supporters across the globe. It is only because of your generosity that we have been able to sustain this work for so many years. I ask for your continued support as we strive to serve the sick and the underprivileged with the dignity and care they deserve.*

*Dr. Tenzin Tsundue*  
**Administrator**