



# Nepal Himalaya Sherpa Foundation

## Khilkhording Sangdok Palory Monastery

### Free Medical Camp 2023

29 Jan To 01 Feb 2023

Khiji Demba 8 , Okhaldhunga

## INTRODUCTION





This report provides an overview of a free medical camp that was conducted in KhijiDemba, Okhaldhunga. The medical camp was organized with the aim of providing medical care to the local people in KhijiDemba area who do not have access to proper medical facilities. The camp was organized by Nepal Himalaya Sherpa Foundation(NHSF). A team of Two professional medical doctors, One Amchi, and Three SowaRigpa students had volunteered their time and expertise to provide medical services to the local community.



# OBJECTIVES



- **To raise awareness about the importance of good health:** The medical camp aimed to educate the local community about the importance of maintaining good health and taking preventive measures to avoid illnesses.
- **To promote healthy lifestyle habits:** The medical team provided guidance on adopting healthy lifestyle habits, such as proper nutrition, exercise, and hygiene practices, to prevent diseases and improve overall health.
- **To establish a relationship between the medical team and the community:** The medical camp provided an opportunity for the medical team to establish a relationship with the local community. This relationship could help the medical team to better understand the health needs of the community and provide more targeted healthcare services in the future.
- **To provide medical training to the SowaRigpa students:** The medical camp provided an opportunity for the SowaRigpa students to gain practical medical experience and apply the knowledge they have learned in a real-life setting.
- **To build capacity within the local community:** The medical camp aimed to build capacity within the local community by educating and training community members to provide basic healthcare services. This could help improve access to healthcare services in the area and reduce dependence on external medical teams.

# METHODOLOGY



The medical camp was held in the KhijiDemba community, which is a rural area that lacks proper medical facilities. The camp was set up in KhilkhordingSangdok Palori Monastery that was easily accessible to the local community. The medical team consisted of two professional medical doctors, one Amchi, and three SowaRigpa students who volunteered their time and expertise to provide medical services to the local community.

The patients were examined by the medical team and were provided with medication and treatment for various ailments. The medical team also conducted educational sessions for the patients on how to maintain good health and prevent diseases.



## RESULTS



The medical camp was a huge success, and the medical team was able to treat a total of 210 patients during the camp. The patients who received treatment ranged from a three-month-old baby to a 98-year-old lady. The medical team was



able to diagnose and treat various ailments, including fever, cough, cold, diarrhea, skin diseases, and other common ailments.

The educational sessions conducted by the medical team were also well-received by the patients, who showed a keen interest in learning about how to maintain good health and prevent diseases.

## CONCLUSION



In conclusion, the medical camp organized by NHSF and a team of two professional medical doctors, one Amchi, and three SowaRigpa students in KhijiDemba, Okhaldhunga, was a huge success. The medical team was able to provide medical care to a large number of patients who do not have access to proper medical facilities. The success of this medical camp highlights the need for more such initiatives in rural areas to improve the health and well-being of the local communities.

## Some words from our doctors.

It was a great honor and an immense pleasure to be working with highly skilled doctors and Sowa Rigpa students under the guidance of Amchi Anna Bach in this medical camp that took place in the monastery of Khilkhording in the land of Sherpas. Due to the excellent organization by Lhakpa Gyalje Sherpa and his NHSF team, this activity turned out to be a complete success. I am grateful to have been given the chance to be helpful to a lot of people that otherwise might not have had the opportunity to receive medical care.

As a pediatrician it was a joy to see the strong and thriving Sherpa babies and to be able to give them a complete assessment. But I also had the opportunity to see people of all ages, that came from far away valleys, to receive medical aid from us. Their thankfulness was the highest reward to wish for. In summary, this has been an unforgettable experience, highly recommendable to everybody who is interested in doing some meaningful work.

-Dr. Med Oliver Haak, Germany

## Some words from our doctors.

In the beautiful land of Nepal-Himalaya district Okhaldhunga - in the powerfield of Khilkhording we received blessings of Medicine Buddha and Guru Rinpoche. We could benefit other beings in need, who don't get medical help easily. People were very happy and thankful and this gave us satisfaction, happiness and meaning of our work.

We could use our school and practical knowledge of healing for the people who came to us with love and compassion. We tried to do the best way we could and offer everything we could for the local people. We gathered all the medicine we needed in Kathmandu thanks to the help of Lhakpa Gyalje Sherpa and his NHSF team. Of course it was not always easy to know everything, because some people were very sick. When we didn't have medicine for specific diseases or were overwhelmed by the suffering of the people, they got other medical support with Traditional Tibetan medicine given by Amchi Anna Bach and Sowa Rigpa Therapists who gave everybody excellent massages. With our wish to be beneficial, together with support of NHFS, Anna's help and blessing from Lama Ngawang we experienced that everything we do has a meaning for now and the future and hope for to come again next time. I highly recommend this experience for everybody – Buddhist or non-Buddhist, medical or non-medicals, it doesn't matter who you are - the experiences, joy, happiness and warm feelings are worth going there and to reach your ultimate goal.

-Dr. Med Andrea Stanikova, Stara Tura, Slovakia