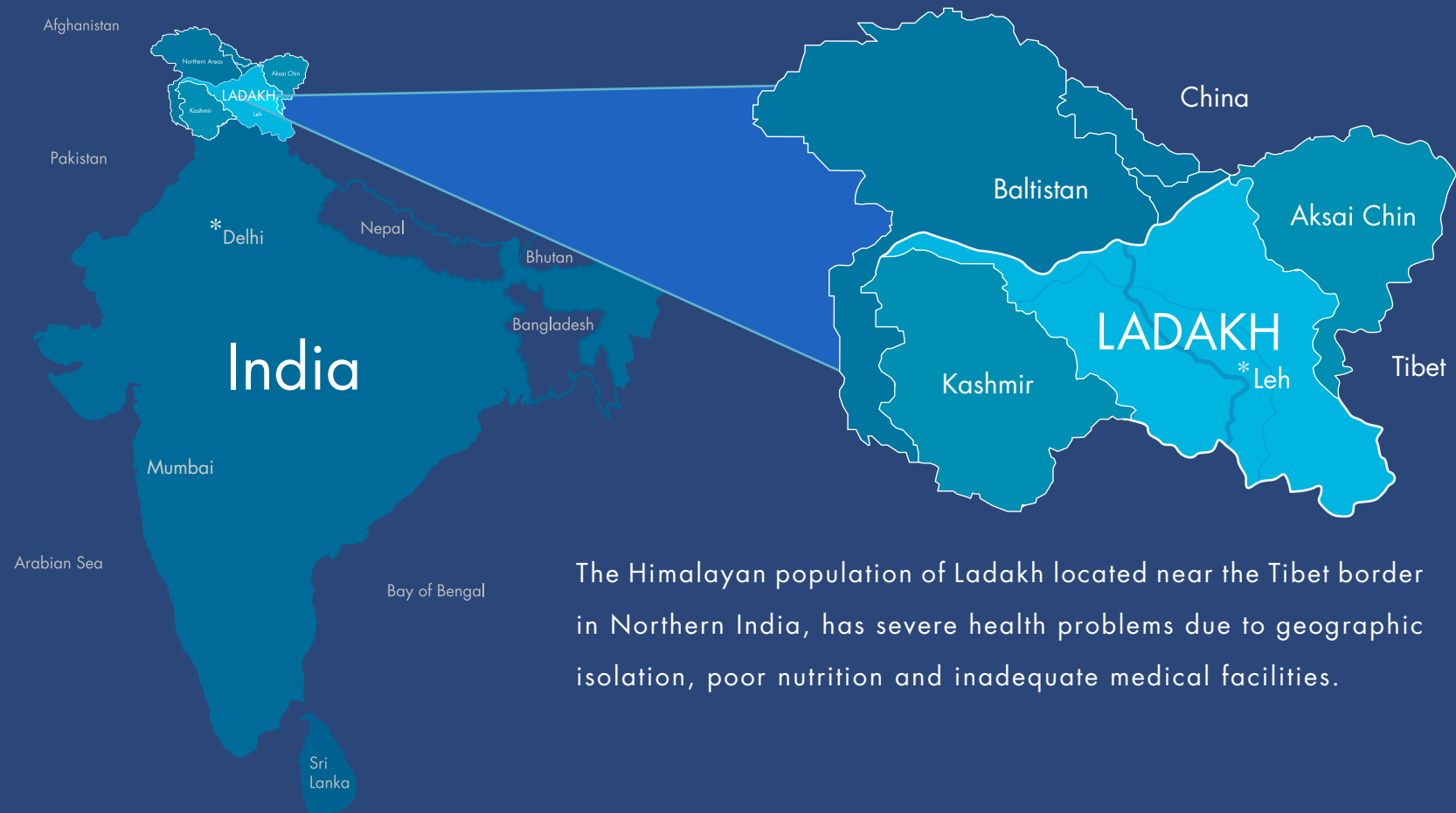




Health Education Research



The Himalayan population of Ladakh located near the Tibet border in Northern India, has severe health problems due to geographic isolation, poor nutrition and inadequate medical facilities.

# Our Mission,

is to fund and support healthcare initiatives, preventive medicine, health education and medical research within the Himalayan region.

The Himalayan Health Fund is a nonprofit 501 (c) (3) organization



# Our Goal,

is to support the dream of Lama Chogyal and the Ladakh Heart Foundation to bring healthcare, education and research to Ladakh, India.

Ladakh Heart Foundation hospital framed by the Himalayan Mountains



"My dream is to complete this medical facility for the Ladakhi people."

– Lama Chogyal  
*Founder & President, Ladakh Heart Foundation*



H.H. the 14th Dalai Lama and Lama Chogyal at the hospital inauguration ribbon cutting ceremony, August 14, 2009

Over the past eight years Lama Chogyal has, with seed money from his main patron, H.H. the 14th Dalai Lama, built the structure of the hospital and begun outpatient care.

Current Outpatient Care Includes:


- 70 to 80 patients treated daily
- laboratory and diagnostic testing
- pharmacy



Lama Chogyal viewing future operating room.

"The current phase involves getting our first operating room up and running along with installation of a heating and power system incorporating solar energy and generators."

- Lama Chogyal  
*Founder & President, Ladakh Heart Foundation*



"If you want others to be happy, practice compassion.  
If you want to be happy, practice compassion."  
- H.H. the 14th Dalai Lama





# Our Hospital,

has been constructed and is now being utilized as an outpatient clinic. Your support will help establish 24 hour hospital care including surgical and recovery rooms. Your contribution will bring modern medical care to the families and community of Ladakh.



Health, Education & Research  
– Our Compassion in Action



“Tikpa Sakpe Gyamso”

“As a drop of water...  
collecting...  
becomes the ocean,  
so, too, a penny...  
collecting...can save  
someone’s life.”

– Lama Chogyal



# Support the Himalayan Health

Your generous contribution will fund the hospital's first fully equipped operating room, a solar focused heating system and two power generators. Your *COMPASSION IN ACTION* is greatly appreciated, and will make a significant difference!



## DONATE ONLINE

[www.himalayanhealthfund.org](http://www.himalayanhealthfund.org)

## DONATE BY MAIL

Himalayan Health Fund  
10 Governor's Lane  
Chico, CA 95926

*The Himalayan Health Fund is a  
nonprofit 501(c) (3) organization*

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[www.himalayanhealthfund.org/joinus](http://www.himalayanhealthfund.org/joinus)

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"Our focus is to support the dream of Lama Chogyal and the Ladakh Heart Foundation to bring healthcare, education and research to Ladakh, India."

– John Asarian MD, MPH, FAAP

*Founding President, Himalayan Health Fund*



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so, too, a penny...collecting...can save someone's life."*

– Lama Chogyal