



A PROPOSAL FOR FUNDING THE KAZA EYE CENTRE IN SPITI



OUR APPEAL IS FOR £101,000

Working to improve the life of the Spiti people for the last 25 years

SPITI PROJECTS CHARITY a registered charity in the Uk No 1105720

THE SPITI VALLEY AND ITS PEOPLE



Above: A typical village in the Spiti, Demel nestles at the foot of the xxx mountains and is known as the weaving village.

Below left: Children do not wear hats or sunglasses and the strong glaring sun affects their eyesight.

Below right: A family rests in the evening after a hard days work clearing the pea fields.



The Spiti Valley lies in a remote area high in the Himalayas on the Tibetan plateau and was until the 19th century part of Tibet. The valley is snow covered for 6 months of the year and temperatures can drop to - 40C in the winter. In the summer there is little rain. For the 10,000 inhabitants life is harsh and physically demanding at an altitude of 12,000ft. It is hard to make a living by farming on barren land and life is lived at subsistence level. Spiti is still essentially a Tibetan medieval culture trying to come to terms with the 21st century. The community is warm hearted and generous by nature, with



a strong sense of the spiritual. Some of the most important Buddhist monasteries established in the 11th century are still operational where ancient religious festivals and rituals are still practised.

During the Sino-India border conflict in 1960, the area was closed, and used as a buffer zone until 1992 when it reopened to foreign visitors. Doctors visiting the area found the average state of health to be very poor. 30% of the children were losing their hearing through untreated ear infections, and there was a high incidence of stomach cancer arising through poor diet. There was high infant mortality and life expectancy was about 50 years.



Left: Peas are the main cash crop that the villager farmers harvest in July. It is sold on to merchants from Delhi and essential for the villages' survival.

Below: Winters in Spiti last for six months with temperatures dropping to below minus 35 degrees. It is a time for visiting neighbours, celebrating festivals, birthdays and weddings.



SPITI PROJECTS ACHIEVEMENTS OVER 23 YEARS

The charity was founded in 1993 When the Spiti valley opened to foreigners for the first time in 32 years. Together with a group of 12 intrepid travellers I travelled in a local bus to this unknown land accompanied by Dr Laji, the head surgeon from the Lady Willingdon Hospital in Manali. There was no infrastructure so we camped in Kaza. We were shocked by the general state of health of the local people with no facilities for treatment. He asked us to help him build a hospital in Kaza. We readily agreed and this was our first project and the start of a wonderful association with the people of Spiti.

THE MISSION HOSPITAL – OPENED IN 1995



The Mission Hospital was completed in 1995. It has a consulting room, a pharmacy and an operating theatre - otherwise not available in Spiti. This has saved many lives, especially women in childbirth and continues to serve the people.



MANE VILLAGE SCHOOL – OPENED IN 2005

In the 1990s education was limited, as teachers did not wish to live in this high altitude remote area. It is important that the children of Spitti and surrounding areas are given a chance in life. Opportunities have never been greater as we become a global family. Schools in Britain helped to raise funds to build the school. It replaced the original school that was just a small shack. This is now run by the government and upgraded to Secondary level.



MANE VILLAGE CLINIC- OPENED IN 2011



The nurses requested a clinic to offer day to day care for the villagers. Now that the clinic has the facilities, medical teams from Shimla come and offer prophylactic examination for the inhabitants of the surrounding area.



KAZA COMMUNITY CENTRE – OPENED IN 1995



The Kaza Eco-Community Centre recently won the Award for Low Carbon Building at the United Nations Climate Change Conference, Marrakech in 2016



In 2012, Spiti Projects commissioned the Auroville Earth Institute to create a building compatible with the environment, using earth blocks, anti-seismic steel re-enforcements and solar energy. The Community Centre was constructed by local craftsmen using Compressed Stabilized Earth Blocks in combination with rammed earth, a natural method known for its ability to conserve heat. The Centre was officially opened in 2015.

It was built at the request of the local people as a community meeting place. It

consists of a hall and a common area for residents and visitors to meet, perform and enjoy folk dance, music, and story-telling. A craft centre to sell traditional and locally made shawls and socks. A dental and eye clinic and a library with Wi-Fi connection. We incorporated eight bedrooms in the building for homes-stays to help make the centre financially self sustaining.

The dental and eye clinic, the subject of this appeal, will be installed in the community centre.

PROPOSAL TO ESTABLISH A VISION CARE CENTRE

It is estimated that there are thousands of blind people in the region, with about 2,500 people requiring cataract operations and refractive treatment. This number would double in time without preventative eye care. Currently there is **no** eye care service within 300km radius of Kaza, the centre of the Spiti Valley. Many find it too expensive to travel and so forgo treatment.

There is a Government hospital in Kaza, but it has no eye care service. Our proposed Eye Centre would be located in the Community Centre and would have a room for surgical operations to be performed and a room for refraction treatment.

THE GOALS AND OBJECTIVES OF THE CENTRE

- To create access for the 20,000 inhabitants of Spiti and the surrounding areas to be able to receive eye treatment. Up to now the entire population of Lahoul & Spiti areas has had to travel 300 kms to either Shimla or Manali to find any kind of eye testing or treatment.
- To offer operations to patients diagnosed with cataracts, or any other Ophthalmic problems. These would be undertaken at the Community Centre by surgeons visiting Kaza from the Rotary Eye Hospital in Palampur at least twice a year.
- To create a self-sustaining, income generation model of eye care services - this will include free care for the needy.
- To install an internet and web connection with an ophthalmologist at the Rotary Eye Hospital in Palampur to confirm diagnosis.
- To enable the people to purchase a variety of lenses and frames of their choice at affordable prices in Kaza.

STAFFING FOR THE CLINIC

The Eye Clinic will be staffed by locally trained vision technicians and monitored by a qualified optometrist from the Rotary Eye Hospital, Palampur. We hope to connect the clinic via internet and webcam to the Rotary Eye Hospital so that there is access to an ophthalmologist to help diagnose eye care problems and refer them to REH if necessary.

TRAINING

- Two local candidates will be chosen for a one year training course at L.V. Prasad Eye Institute, Hyderabad
- On completion of the training, the technicians will spend 3 months at the REH at Palampur for further experience before returning to Spiti to take up their positions.
- One Optometrist will be trained at REH at Palampur who will be responsible to manage and monitor this project.

Staff required	
Vision Technicians	2
Optical Sales and Reception	1
Housekeeping	1
Ophthalmologist at REH, Palampur who will monitor the project	1

WHO WILL MANAGE THE EYE CENTRE?

INTERNATIONAL EYE FOUNDATION

The International Eye Foundation based in Washington DC USA has established and supported International Eye Care, first in South India during the 1990s and now throughout India. The inhabitants of the Western Himalaya are fortunate to be considered for a tertiary Eye Care Centre in Himachel Pradesh North India, to cover the needs of the outlying areas of the region, Lahoul, Spiti and Kinnour. This will give over 60,000 patients annual treatment not currently available.

ROTARY EYE HOSPITAL

The Rotary Eye Hospital was established in 1985 in India. It is a tertiary eye care centre in Himachal Pradesh, and patients from all over the North including Spiti come to REH for their eye care needs. In 2015 the REH examined 132,962 outpatients and restored sight to 11,040 patients of which 8,410 were cataract operations. It also treated Retina, Oculaplastic and Gloucoma problems. Besides cataract and refractive error, REH has excellent sub-specialties in Paediatrics, Retina, Oculaplastic and Glaucoma.

The Rotary Eye Hospital has 104 members of staff and conducts approximately 14 outreach campaigns annually.

The Kaza Vision Centre would benefit from local and international technical expertise, provided by REH in Palampur. The International Eye Foundation is run by Raheem Rahmathullah, Director of Sustainability Initiatives, International Eye Foundation (IEF) in the USA. The IEF will provide assistance to Kaza Vision Centre (KVC) and make site visits twice a year with a team of doctors to carry out surgical work in the Kaza Eye Testing Centre.



Patients being treated by excellent, experienced doctors at The Rotary Eye Hospital using the finest equipment available.



CAPITAL BUDGET

Spiti Valley Project Budget	Cost	rate of exchange 1.3
	£	\$
Equipment		
Slit Lamp	£5,000.00	\$6,500.00
Streak and Ophthalmoscope	£500.00	\$650.00
LED Vision Chart	£440.00	\$572.00
Lensometer	£750.00	\$975.00
Trial Set with Frame	£65.00	\$84.50
Non Contact Tonometer	£4,375.00	\$5,687.50
Autorefkeratometer	£4,375.00	\$5,687.50
Torch	£20.00	\$26.00
Shiotz Tonometer	£625.00	\$812.00
Sterilizer	£9,375.00	\$12,187.50
Autoclave	£9,375.00	\$12,187.50
SS Container - 6	£125.00	\$162.50
SS Tray with cover - 6	£125.00	\$162.50
Near Vision Chart	£19.00	\$24.70
Ishara color Vision Book	£19.00	\$24.70
78D Lens	£150.00	\$195.00
Indirect	£1,000.00	\$1,300.00
Generator (35 KVA)	£3,125.00	\$4,062.50
UPS (3 KVA) -2	£1,000.00	\$1,300.00
Sub Total	£40,463.00	\$52,601.90
Optical		
Lighting, display, instruments, sample frame stock frame lenses, ready mades stock, Table, Chairs	£5,000.00	\$6,500.00
Sub Total	£5,000.00	\$6,500.00
Consumables		
Out Patient consumables	£625.00	\$812.50
Sub Total	£625.00	\$812.00
Administrative costs		
Out patient medical records, continuation sheet, filing system, registers, computer, printer, UPS (3KVA) -1, prescription slips, hospital letter head, furniture	£3,750.00	\$4,875.00
Sub Total	£3,750.00	\$4,875.00

Spitty Valley Project Budget	Cost	rate of exchange 1.3
	£	\$
Human Resouces		
Two Ophthalmic Asst for training at LVP Hyderabad	£2,750.00	\$3,575.00
Attendent	£1,500.00	\$1,950.00
Receptionist	£1,500.00	\$1,950.00
Sweeper	£1,500.00	\$1,950.00
One Optometrist	£11,250.00	\$14,625.00
Monitoring visits for 2 years	£1,500.00	\$1,950.00
Sub Total	£20,000.00	\$26,000.00
Surgery		
70 cataract surgeries per year and follow up for 2 years	£1,250.00	\$1,625.00
Sub Total	£1,250.00	\$1,625.00
Institutional Overheads @ 20%	£10,647.00	\$13,841.10
Contingency	£20,000.00	\$26,000.00
Sub Total	£31,897.00	\$41,466.10
Grand Total	£101,735.00	\$132,255.50

BUDGET EXPLANATION

All equipment items quoted are of the highest quality. It would be a false economy to procure cheaper, locally produced equipment that would not stand up to the harsh climate and would have to be replaced regularly. It is important for the doctors to work with the best equipment available.

The Streak retinoscope, Direct ophthalmoscope, lensometer, autorefkeratometer, Non Contact Tonometer and Indirect ophthalmoscope are all imported and the best available in the industry.

Overheads are added to the total which brings the total budget to £46,110 in year 1 and £16,725 in year 2 totalling £62,835 for the first 2 years. We have added a contingency of £20,000 to cover unforeseen eventualities and devaluation of the dollar. We anticipate that this Kaza Vision Centre will be able to break even in 2 - 3 years and be profitable after that.

PREPARATORY SCHEDULE AND WORK PLAN

The optometrist for this project has already been identified and is currently in training at REH, Palampur. REH is expected to be reimbursed for this training once the funding is secured. Due to time constraints the training was initiated at the request of Joan Pollock (founder) of Spiti Projects, who is working on the funding for this project. Otherwise the schedule is as follows.

- Recruit, train and hire Ophthalmic technicians
- Recruit hire and train an Optometrist
- Identify Ophthalmologist responsible at REH to monitor the project

- Develop a work plan
- Identify donors for funding the project and secure funding
- Procure, deliver and install equipment to Spiti
- Provide accommodation for the Optometrist
- Install internet connection
- Move Optometrist to Spitti from REH, Palampur
- Train a manager to run and oversee operations at the Kaza Vision Centre

ASPECTS OF LIFE IN KAZA



Collecting water in Winter

The valley has sub zero temperatures for 6 months in winter, all water for households and the animals has to be collected from deep natural springs.



The Food Market

The photograph on the left shows the extent of the fresh vegetable market in 1993. Twenty years later with the construction of roads and trucks bringing supplies, the choice is now 100% better.



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YOUR GENEROUS HELP IS NEEDED

This is a unique project is to be established in the remote high mountainous region of the Spiti Valley, Himachal Pradesh, Northern India- once Tibet which is at an altitude of 12,500 ft.

It will be the first sustainable eye clinic to be set up in such harsh climatic conditions, in Kaza, the capital of the valley. The Centre will be run by staff, recruited locally and specially trained for this project.

All patients who are visually impaired due to refractive error will be treated at the Eye Care Centre and prescribed glasses at the Centre. Charges for treatment will be according to their means. The monitoring of quality of care at this eye clinic, will be done by a team from Rotary Eye Hospital supported by The International Eye Foundation who will make visits to Spiti twice a year.

Your generous financial help would make this much needed project possible The total initial budget is £101,000 with a further sum to cover staff and salaries and maintenance in the subsequent years.

Donations can be made through our website
www.spiti.org

Thank you in advance



“We are but visitors on the planet. We are here for ninety or one hundred years at the very most. During that period we must try to do something good, something useful with our lives. If you contribute to other people’s happiness, you will find the true goal, the true meaning of life.”

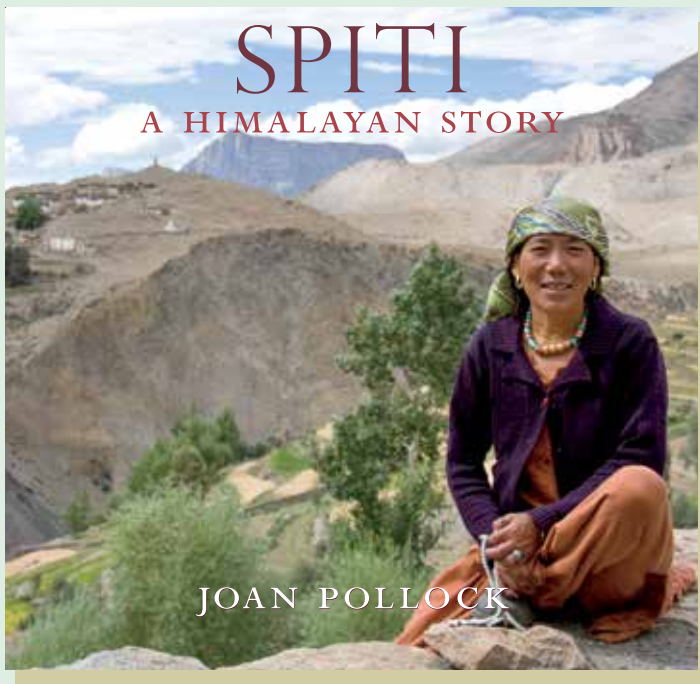
Dalai Lama XIV

Working to improve the quality of life of the people of the Spiti Valley

Trustees: Chair: Joan Pollock, Jean Rivington, Tony Swinnerton

Registered Charity No. 1105720

BOOK AND DVD OFFER



SPITI A HIMALAYAN STORY

To coincide with the exhibition held earlier this year in April we published **SPITI A Himalayan Story**, a photographic essay which explores the many aspects of the life and culture in the Spiti Valley.

Joan Pollock's wonderful photographs follow the landscape, the people and their customs through the seasons and give an extraordinarily vivid insight into this traditional society trying to come to terms with the modern world.

Paperback, 262 x 255mm, 122 pages
£20.00 plus postage

Available from: joanswinnerton@gmail.com



Saving Spiti

On the border between India and Tibet lies the Spiti Valley. Hemmed in by the Himalayas and at a height of 4,500 metres, it is remote and inaccessible. It is the last enclave of the Tibetan Buddhist where some monasteries are over 4000 years old. It was, until recently, a politically restricted area, shut off from the rest of the world.

For the last 25 years, retired British nurse, Joan Pollock, has made it her quest to bring health and education to the valley while respecting the old traditions. The press has dubbed her 'the angel of Spiti.' This documentary, filmed in 2016, is about her work and the people of Spiti who she has grown to love.

Producer: Hugh Purcell, formerly BBC Documentaries Department

Director: Zena Merton, winner of One World Documentary Award, 2012

£15 plus postage

Available from: joanswinnerton@gmail.com

Saving Spiti

