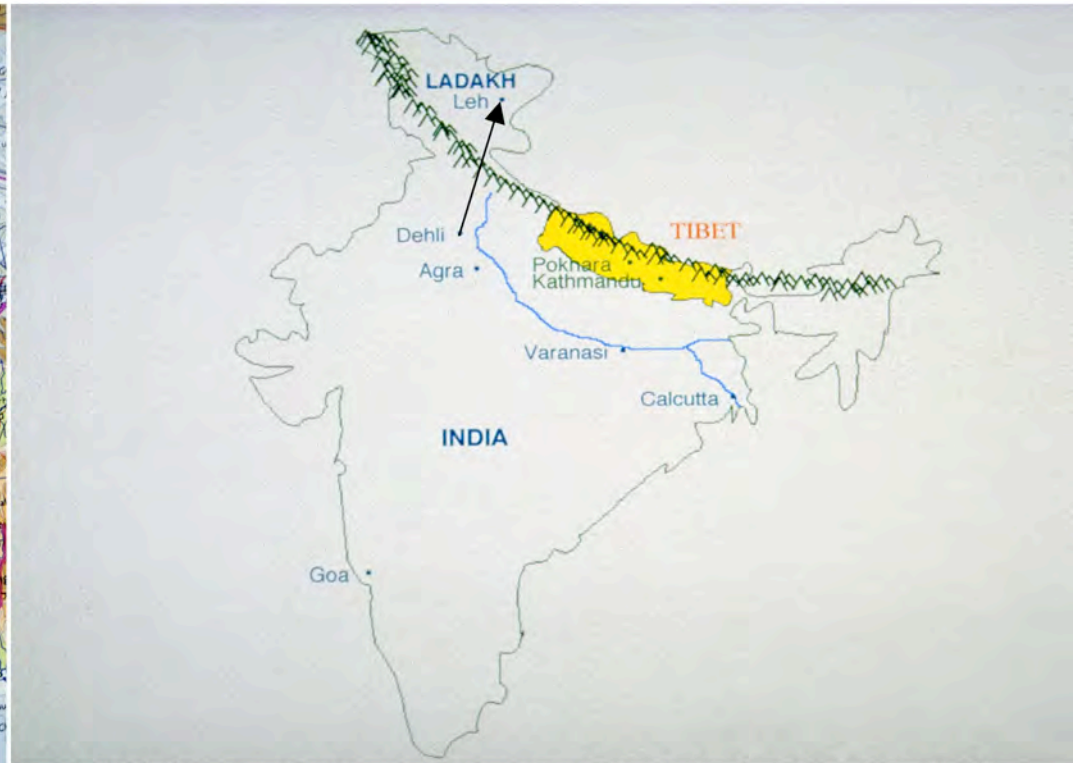


The Lamdon Social Welfare Society  
The Lamdon Model School  
Leh, Ladakh



A Great History  
An ambitious future in the Himalayas of Ladakh

# Where is Ladakh?



Ladakh is an extremely remote region of India situated on the north side of the great Himalayan mountain range on the vast Tibetan Plateau. You first fly to the capital city of New Delhi.

The only way in to Ladakh is by a spectacular one hour flight that lifts one out of the urban intensity of New Delhi and over a virtual sea of snow-capped Himalayan peaks before landing at the ancient city of Leh in the Indus River Valley.

# The Lamdon Social Welfare Society

## Leh, Ladakh

### A history of Lamdon School

In 1965, the community leaders of Ladakh organized a fund raising project in order to raise money to assist the millions of people in the impoverished agricultural states of Uttar Pradesh and Bihar. Those neighboring states in India were suffering the effects of a catastrophic drought, and the people of Ladakh formed a committee to explore ways and means by which they could help. A dance and drama program was organized by the famous Ladakhi musical artist, Morup Namgyal, and their tour of India not only raised money to assist the drought stricken farmers but also showed the Ladakhi organizers how effective a collective effort could be in realizing goals beneficial to a community in need.

In December of 1970, sixty respected members of the Ladakhi community formally established a working committee solely dedicated to providing the forum by which problems facing Ladakhi society and culture could be addressed. After formally registering the committee under the name LAMDON SOCIAL WELFARE SOCIETY, the members agreed that the single most important element necessary for the preservation of Ladakhi society was to establish a local school system that not only provided the standard education required by the Indian government, but also stressed insight and participation in Ladakhi culture and heritage.



Leh, Ladakh

After three years of fund raising to finance the construction of a small building outside of Leh, a school was opened with seven students and a single teacher in 1973. From that humble beginning thirty-four years ago, THE LAMDON SCHOOL has grown into the primary educational facility in Ladakh.

While the majority of the students of the school are local children from the Indus Valley, THE LAMDON SCHOOL also provides facilities for those children from the remote and isolated villages scattered throughout the Himalayan mountain ranges of Ladakh. Dormitories have been constructed on the school campus and these students now reside at the school and receive the education that formerly was an impossibility in their remote isolation. The Lamdon Society and generous foreign sponsors provide the necessary funding to subsidize the meals, clothing and school materials for these impoverished, yet deserving children. In the past three years a new girls hostel facility was constructed and in 2007 the completion of a similar facility for the boys is one of two primary objectives of the school.

The LAMDON SCHOOL places great emphasis on the preservation of Ladakhi cultural heritage. Classes on traditional language, art, drama, sports as well as the Buddhist religion that is the cultural essence of Ladakh are taught alongside the standard curriculum of mathematics, science and literature. The success of the programs are evident by the fact that the school's student body and faculty have maintained a consistently high success rate of 70 > 75% in the standardized national examinations given each year to every student in India while the government schools maintain a passing success rate of only 17-35%. Considering the limited facilities and arduous conditions faced by the school and it's students & faculty, this level of academic success is nothing short of miraculous.

Because of the 7 month long winter when temperatures stay below 0 degrees Centigrade for months at a time and often plunge to 20 or even 30 degrees below zero all construction must take place between May > October. In addition, funds for any major construction must allow for the securing of building materials for the next summer's building objectives prior to the road closure in November so that construction can be started again before the road opens in June of the next year.



**Lamdon School Campus in Winter (Oct. > April)**

Over the 24 years of growth of Lamdon School since 1983 when international schools and other generous supporters have been coming to Ladakh and providing financial support to the school, The Lamdon Society has been able to expand and provide enhanced facilities to a greater number of students. The following major expansions have been completed and now enable the school to provide excellent facilities to over 1,200 students.

1. A science, library and administration block
2. Major new multi-story classroom blocks for middle and upper school students
3. A fully equipped computer training facility with 20+ work stations.
4. A new self-contained classroom block for elementary students
5. A major auditorium and indoor culture facility
6. A new dormitory complex for the young female students boarding at the school.
7. 3 new busses to provide transportation to the students living up to 40km away from the school.
8. Construction has begun on the boys hostel building that will provide year-round accommodation for over 300 male students



**New Classroom Block dedication Ceremony**

One of the major original objectives of the school was to provide room, boarding and subsidized education to as many orphans and children of impoverished or nomadic people as possible. Currently there are almost 500 of the students attending the school who are full time boarders. These underprivileged students live full time in 30 year old dilapidated rooms that often accommodate over 12 students in each of the small rooms. In 2002, new hostel facilities were completed for the 150+ female boarding students and now the primary objective of fund raising is to enable construction of a similar facility for the almost 300 boys living full time on campus. In the summer of 2007 the main Leh campus was operating with 1,200 students and 68 teachers with branch campuses in 10 of the most remote areas of the Ladakh Himalayas that tend to another 800 students.



**Boys living 7 to a room in old dormitory building**

Beyond that expansion of the school and in keeping with the original ambition of The Lamdon Society to serve the most pressing need of the entire community of Ladakh, the members voted to also address a serious shortcoming in the health care facilities available to the people in the remote valleys and plateaus of this rugged Himalayan region. There is a basic medical facility located in Leh, The Sonam Norboo Hospital, but the dilemma for a great many of the people of Ladakh and Zaskar is that transport to that hospital is difficult or impossible - especially during a medical emergency. In order to meet that need a 4-wheel drive ambulance vehicle was urgently required.

A specially equipped, 2-bed vehicle that serves as a mobile health facility was purchased with the funds received from generous donations by international donors. The medical service is free to all by being subsidized by The Lamdon Society. The Lamdon Society Mobil Health Clinic has made over 55 visits to remote villages and has provided inoculations, examinations, transport and health information to hundreds of people who formerly were totally isolated from any medical treatment. There are now plans to construct a dental facility at the school to provide oral health education and treatment for the 1,200 students who suffer from inadequate dental facilities in Ladakh.

The Lamdon Society has accomplished miraculous achievements for the cultural and practical welfare of the Ladakhi people and their children. Lamdon School has recently qualified for national accreditation for their entire program from Montessori to grade 12 and the standardized test results of Lamdon School students consistently rank in the upper 25% of the national average. International guests to Ladakh who offer financial sponsorship of individual students who are currently being subsidized by Lamdon Society will free urgently needed funds for future goals of the school as well as have personal input into the welfare of a child.

### **How can you help?**

The generosity of international guests that have come to Ladakh and seen the admirable work being done have played a major role in the success of the Lamdon School over the years. Tuitions are kept low to make the quality education affordable to families that primarily depend on self-sufficient agriculture as their livelihood. In addition, almost 25% of the underprivileged students at the school are given room, board and their education free of charge as a major part of the original charter of the Lamdon Social Welfare Society. Graduates are now returning to Lamdon School as members of the faculty as well as becoming valuable members of the skilled and educated leaders of the community. Sponsorships of students in need provide not only a child the opportunity to join the productive future of Ladakh, but also free funds for additional construction and school enhancement projects. As mentioned, the most urgent pressing need of the school community in 2007 is the completion of the boys hostel facility as well as the establishment of an on-campus dental care facility to deal with the epidemic prevalence of tooth decay among the student body. Any financial assistance to help expedite the completion of these two essential projects will be warmly appreciated and play a major role in the comfort and welfare of the most deserving students at Lamdon School.



### **International School Students with 1,200 students of Lamdon School**

The members of Lamdon Society exemplify the ideal of cultural self-preservation and inspire others by their determined scaling of seemingly impossible odds armed with only their compassionate determination. They fly on less than others spill. There's certainly no better way to express one's gratitude for an opportunity to visit this remarkable region than to assist them in their admirable work.

## Lamdon School Dental Clinic Project

There is an urgent need for a dental health care facility at Lamdon School that can serve as the educational and treatment base for the 1,200 students who attend the school in the remote Himalayan region of Ladakh. The history of these ancient Indus Valley settlers reach back well over a thousand years and owe their cultural and genetic heritage to Mongolia. Thanks to the ironic good fortune of the Indian army who were posted to the high altitude, strategic location of Ladakh in order to defend its borders with Pakistan over the disputed region of Kashmir, this rich Buddhist heritage was saved from the ravages of the Chinese cultural revolution that decimated Tibet. In fact, thousands of Tibetans fled the Chinese army as it invaded their homeland and have settled as virtually permanent refugees in Ladakh.

The army brought many significant advantages besides political security. Roads and airports were built that opened Ladakh up to the rest of the world and introduced many new elements into their daily life. One of these changes was the relatively sudden introduction of refined sugar into the Ladakhi diet and almost immediately the former primary dental problem of breakage has been replaced by epidemic tooth decay. Random examinations of the students and staff of the school by visiting dentists have confirmed a staggering 100% impact. The silent suffering of not only the students, but also the general population is unimaginable. This situation must now be addressed as a critical priority in a synchronize short and long term strategy.



**Visiting dentist (Dr. Chris Keall) examining Lamdon School students - 2006**



## Here is what has been done and what we need to do next:

1. Several International School groups visiting Ladakh in 2007 purchased fundamental cleaning tools for each of the 1,500 students and staff at the school. These individual packets included a new toothbrush, fluoride tooth paste and dental floss. Students from two major international schools in Singapore (UWCSEA & Tanglin Trust School) received teaching aids and training in oral health practices from Dr. Kelvin Chye of the Singapore Dental Association before their group arrived in Ladakh. The more than 85 international students then conducted classes and instruction on proper brushing, diet and other essential oral health care practices before distributing the "brush & clean" packets to each Ladakhi student & teacher at the school. They also provided over 3,000 additional packets of supplies for free of charge replacement through the coming year as well as made very significant funding donations toward the construction of the clinic facility.
2. A school wide, mandatory oral health care educational program has been initiated where the causes, preventions and treatments of tooth decay will continue to be taught to the students. Teaching aids for this purpose have been donated by The Singapore Dental Association and dental supply companies in Singapore. Instruction posters are now displayed in all the student dormitories and wash rooms.
3. The principle of the Lamdon School, Mr. Eshey Tundup will be implementing a ban on sweet tea, candy and other harmful food products at the school. Mr. Tundup has recently had major dental treatment provided by Dr. Brian Hollander in Kathmandu and is now a firm believer in the enormous potential of a comprehensive program of dental care and prevention.
4. A dental clinic facility will be constructed and equipped on campus for the long term dental care of the community. Dr. Brian Hollander in Kathmandu, Nepal has overseen the construction of two very functional dental clinics located in the Everest region as well as Bodhanath in Kathmandu. These clinics seem to be very good working templates to use for the Lamdon School dental clinic. They both have good quality, functional furniture and tools that operate well under unreliable electrical & water supply situations such as in Ladakh and can also be secured in India or brought to Ladakh from overseas by large international school groups. Dr. Jason Doten has also provided invaluable design suggestions for the clinic building based on his experiences in similar climates in Alaska.
5. A team of dental professionals from The Singapore Dental Association is planning a major dental health camp expedition to Leh in the summer of 2008. They hope to treat most of the students at the school and do as much high priority repair as possible. In addition they will be creating files and data bases from which future treatments can be planned. There are a number of individual dentists who will also be coming to Ladakh to volunteer their treatment skills.
6. The nurse at Lamdon School has been selected to receive specialized dental hygienist training so that she can do ongoing cleaning and basic treatment. We are also trying to get one of the students at Lamdon School accepted to dental school in Singapore so that he or she can return and staff the clinic full time.
7. We are putting out information notices to several international dental associations that if any qualified dentist is willing to come to Ladakh and do preliminary dental exams and treatment at the school until the clinic is operational and afterwards for more complex procedures, they can enjoy whatever trekking and adventure activities they would like as a complimentary expression of gratitude.

There is a great deal to do, but the first steps have been taken. The hard part is over and we're on the road to the huge opportunity to ease the suffering through education and treatment. It is their human right and everyone else's blessing.



# International School Oral Health Care Clinics - 2007

In the summer of 2007, over 90 international school students from Singapore came to Ladakh to donate a major contribution of dental supplies and oral health care training to the students of Lamdon School. Many of the students of United World College and Tanglin Trust School received training in proper brushing techniques from professionals at The Singapore Dental Association prior to their arrival in Ladakh. They raised funds and secured donations to enable them to bring over 5,000 dental health care packs of excellent quality toothbrushes, toothpaste and dental floss for all of the students and staff of Lamdon School. After providing instruction in proper brushing techniques, they distributed the supplies to all 1,200 students and continued their instructions on a one-to-one basis.

Many teaching aids were also donated by The Singapore Dental Association and are now part of the ongoing oral health care program initiated by the principle of the school. Re-supplies are in storage so that every Lamdon School student can get replacement supplies free of charge right through the winter months of 2007.



## Singapore Dental Association Expedition

In July of 2008 a team of 15 dental professionals lead by Dr. Myra Elliott is traveling to Ladakh with three portable, self-contained dental clinics to examine, treat and survey as many of the students at Lamdon School as possible. In addition, another international dental humanitarian, Dr. Jason Doten, is coming to Leh to train the school's nurse Ms Yangchen to expand her health care capabilities to include basic dentistry.

A fully self-contained dental unit has been purchased that will enable visiting dentists such as Dr. Doten and Dr. Levy of New Zealand who have volunteered to come to Ladakh to treat the students and staff to have a fully viable dental theater to use at Lamdon School. In the future, this fully self-contained portable work station can be taken to remote areas of Ladakh and used by professional dental volunteers to treat nomadic tribes and other Himalayan people living in remote and isolated locations.

A website is being established ([himalayan-dentistry.com](http://himalayan-dentistry.com)) to enable dentists from all over the world to know of the opportunity to come to Ladakh to donate their skill for the welfare of the children of the Himalayas.



Dr. Myra Elliott with portable dental theater that her team is bringing to Ladakh

# Estimate for construction of Dental Clinic at Lamdon Model School Leh, Ladakh

	<b>Specification</b>	<b>Surface Area</b>	<b>Percentage of cost</b>
1.	Foundation & underground work A. Masonry, cement and steel	500 Sft	10%
2.	R.S. Masonry & mud mortar	540 Sft	6%
3.	Superstructure A. Stone work & RCC lintel	540 Sft	15%
4.	Doors & Windows	605 Sft	13%
5.	Roofing (RCC Slab)	605 Sft	33%
6.	Flooring (Cement)	540 Sft	7%
7.	Ceiling (RCC Cement)	605 Sft	10%
8.	Finishing (Plaster)	540 Sft	6%

Rough construction cost 1,052,543.00 IC  
\$26,400 USD

Electrical wiring and fixtures: 78,940 IC  
\$2,000 USD

Sanitary fittings, septic tanks & waste disposal units: 100,000 IC  
\$2,500 USD

Site prep, parking and walling. 300,000 IC  
\$7,000 USD

Total for rough construction: 1,890,483 IC  
**\$45,300 USD**



# How can you help Padma and her friends?



Julley! My name is Padma and I am a student at Lamdon School in Leh, Ladakh. I'm really happy to be going to school, but I really wish my teeth did not hurt so much. There are many, many of my friends at Lamdon School like me who have sad smiles too. If it is possible for you to help our principal to build a dental clinic at our school, it will really help us for the rest of our lives. We all promise to take care of our teeth if you will help us get them fixed. Julley

For donations toward the construction of the Lamdon Dental Clinic as well as for the tuition of the student attending dental school, please send funds to the following account in New Delhi:

**HSBC Bank**

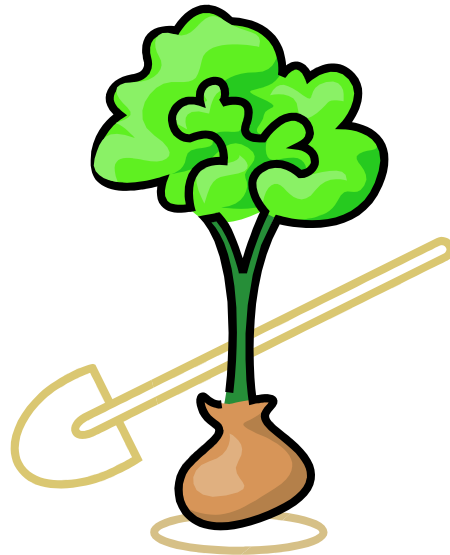
25 Barakhamba Road  
New Delhi 110 011  
India

Account Name: **Principal-Lamdon School, Leh**  
Account Number: **0 5 1 7 4-9 6 9 5 0 0 1**  
HSBC India Swift Address: **HSBCINBB**

Email our principal, Mr. Eshey Tundup ([lamdon@sancharnet.in](mailto:lamdon@sancharnet.in)) or Bill Kite ([bill@kitemandu.com](mailto:bill@kitemandu.com)) for any additional information.

# A Greener Ladakh

The UWCSEA Forestation Project



Ladakh, India



# A Greener Ladakh



- Another potentially beneficial project for Ladakh has been proposed for the long term welfare of Lamdon School
- To help offset the carbon emissions of students traveling to Ladakh by jet aircraft as well as to provide long term revenue for Lamdon School, a major tree planting scheme has been proposed.
- Students and other guests will raise money to purchase and then plant hundreds of indigenous poplar & willow trees in Ladakh



# Trees help everything

- The trees will fulfill many beneficial functions for the economy and ecology of Ladakh
- They anchor the precious top soil and protect it from erosion and loss from wind and occasional glacial flood water
- They act as carbon exchange filters to clean the atmosphere from the introduction of  $CO_2$  pollutants from jets landing in Leh and hundreds of diesel trucks used by the army and commercial transporters







# Gold in the ground



- Poplar trees planted now will mature in 12>15 years and provide Lamdon School with a stable, long term revenue source for their continued expansion and vitality.
- Poplar trees have long been the fundamental building material for housing beams and a steady supply will also help assure that traditional construction methods will continue in Ladakh.
- A major water storage facility will first be built on campus to provide reliable water supply for the 600+ boarding students as well as for irrigating the trees that will be planted



# Trees + Water = Forest

In April of 2008, over 1,000 poplar trees were planted on the campus of Lamdon School.

In addition to funding the planting of this first grove of trees, The United World College of South East Asia is also very generously funding the purchase and installation of a solar powered water pump that will provide a pollution free, unlimited water supply at the planting sites. This will enable an additional 3>4,000 trees to be planted in the years ahead.




Planting the first 1,000 trees at Lamdon School-April, 2008





Founder Mr. Morup Namgyal and principal Mr. Eshey Tundup examine solar powered pump

## Location of Trees Planted @ Lamdon School-2008



 Over 1,000 poplar trees were planted at Lamdon School in April, 2008

 When the new solar powered water pump is installed, it will be possible to plant and irrigate over 4,000 additional trees on the campus.

 The pump will also allow for fresh vegetables to be grown in the hostel greenhouse