

During this summer I went on a trip with the Himalayan Health Exchange to the Spiti Valley in the Indo-Tibetan region. We traveled from Simla to Manali and stopped in four towns where we set up clinic and saw a total of 1,300 patients. Before I left for the trip I knew it was going to be a great experience but I never realized the impact it was going to have on me.

The patients, the scenery, the Tibetan culture all had an amazing impact on the way I see myself as a medical student and the doctor I want to become. The patients that we saw were mostly tribal people that had access to little or no healthcare. It was fantastic to have the opportunity to help these people and give them help they so desperately needed. It was at times also frustrating because we were unable to treat these patients as extensively as they needed to be. Unfortunately, we did not have the facilities to help those that needed surgeries, continuous medication and surveillance. It was nice to be able to help these people, but there is still more that needs to be done so that people in this region of the world have better access to healthcare.

The peacefulness of this beautiful region was something that was unparalleled. We were constantly surrounded by amazing mountains and scenery that will never compare to anything I will ever see again. Sitting on top of mountain looking out into an expansive valley was one of the most peaceful moments of my life. This trip made me realize that I need to stop getting hung up on the little things that can be irritating in every day life and concentrate on living a life that is fulfilling. I would strongly recommend this trip to anyone that is interested in experiencing a completely different part of the world and helping those that are desperately in need and would greatly appreciate your help.



