

UPDATE Nov 2017 to Nov 2018

Student's health, happiness & training

Training & outings

1 Besides vocational and physical training Students and staff love to work together which in turn improves the health of every one. Every visitor enjoy and appreciate our green and clean environment with seasonal fruits, flowers and vegetables like the pumpkins, mangos & guava etc. from our garden.

2 Visitors and students equally enjoy the learnt dance and song.



The public were surprised to watch them on a public function at McLeod Ganj on 3 December 2017. The International Day of People with Disability is observed for the first time in Dharamsala.

3 The students were taken 3 days (21-23 April) outing to watch the Tibetan Opera,(SHOTON) which is one of the biggest Festivals in Tibetan community.

Our staff felt so happy and surprised to see that some students are in tears and laughing at the very right moment of the act. It means they are understanding.

In fact most of the normal people don't understand but like to join the big festive gathering bringing food, tea etc for the whole day.



4 Taken two times to Tso Padma, The Sacred Lake Rewalsar, during the Holy Year which comes after 12 years. Going through the thick forest to the various caves and circumambulating the lake was great exercise and solace both for the mind and soul. Indian, Tibetans all appreciated and sponsored for lunch/dinner/tea etc. The local Gurudwar (Temple of Sikh faith) hosted us providing sleeping space for all the students and staffs.



5 Each year students go for picnic, dharma teachings and, Cham (ritual dance) etc.

6 We made a separate class for ornament threading.

7 Student Pema Yangzom, (Polio) who attends regular high school has graduated from class 12. She has left Nyingtob Ling to go to college.

8 Children day was celebrated with the staff organizing a small party for the students. Cake and various snacks were sponsored by the staff of Nyingtobling



9 School picnic was organized with an outing to a nice picnic spot which had nice pasture and open space. Students enjoyed various games and were given small presents as photographed below. Special food was organized.



Medical

- 1 Tibetan Medical Institute is not only giving Free Medicines but the Doctor comes here for checkups.
- 2 Every students and staffs general checkups for HB, BP, weight and sugar etc. do regularly.
- 3 Every year dental checkups are done and this year offer for free checkups came from the Tibetan Dental Centre.



Photo: Dr. Tenzin Lhadon la, and me with some students after the medical check-up.

Projects

A) Water

Public supply connections:-The water became the most ever increasing repair & maintenance cost since our area started to change from farms into village with lot of buildings. The huge construction material trucks breaks the supplying public water pipes (500 Meters) which lies along the road frequently and pipes get stolen.

Bore wells: - Save Tibet Austria and the Indian municipal council, very kindly funded for a bore well each to solve the acute water shortage.

Since longtime, we felt the only solution to prevent the frequent underground motor/meter burn and bursting pipes(both cost as well as days of tension without water) is to build a water reservoir at the height of enabling flow to all bathrooms and kitchen even if there is no electricity.

With grateful donation of Kahtoola, Phillip, Liza Vonpearl and their relatives, we urgently started reservoir



Before this area come under all bureaucratic paper works.

As the strength and height of pillars as well as the beams should be the same, I decided to change the usual cement tank plan to Sintex. Reason 1 is our area comes under the 5th earth quake zone in India & do not permit since last two years. 2 It is only a wastage of land under the tank so put wall and made 3 small rooms by connecting the pillars.



B) Class Block

Classrooms insulated with wooden panel to protect the students from cold winter and scorching heat of summer. Safety measures with repair, renovation and repaint of the Classroom block has done with the grant of Kahtoola, Phillip & Liza Vonpearl, their relatives and Save Tibet Austria.

C) Kitchen

Chimney installed, renovated and painted and worn out utensils were replaced with donation from Jutta, Maitreja Germany

Maintenance to be done:-

To prevent further damage, the repair & repaint of the dormitory and staff quarter are a must.

The staff quarter is at the life threatening risk

The scaring rushing monsoon water at both sides of the building is carrying away the ground soil, even the concrete drainages, penetrating under the building.

The permanent small stream adjacent below the building combined with the above makes the ground sink deeper each year and retention wall is unavoidable.

The cracked roof results in damp walls of the rooms. Urgently needs to complete the rooftop rooms and repair the damaged parts. Ground leveling/filling and cement road from road to the house and its gate retaining wall from the stream. Total estimated Rs 35,00,000.

NOTE: - price raise of materials, transportation and labor may affect the estimated proposals and we humbly request kind donors to help to overcome the unseen difficulties.

Upcoming Events 2018

- 1 Nyingtob Ling will inaugurate the water reservoir project. We estimate the completion in December.
- 2 There will be a local Fete for fundraising
- 3 International Day of People with disability on 3rd Dec will be observed.
- 4 Teachings to improve ones' moral thoughts, control anger and help the special need people etc will be arranged by inviting Rinpoches or Geshes.

Nyingtob Ling web site changed from **Org** to **COM** as many says it cannot open.

www.Nyingtobling.com

The Bank details for donation from outside India are:-

Account holder name: Nyingtob Ling Society

Account holder address: Nyingtob ling, VPO Sidhpur, Dharamshala, H.P India 176057

Account No: 20590 11 000 4197

Swift code. No. UC BAIN BB OO1

Bank details: - UCO Bank, C.T.A. Dharamsala (H.P) India 176215

TO OUR KIND DONORS AND SUPPORTERS!

THE CREDIT OF ENTIRE APPRECIATION FOR THE HEALTH & HAPPINESS OF THESE STUDENTS ARE ALL DUE TO YOU.

Thank you

Director Nawang Lhamo

Ángel López Soto, a Spanish photographer that visited Nyingtob Ling on December, 2017 has

Article published in EL PAÍS, Spanish newspaper:

https://elpais.com/elpais/2018/04/23/album/1524480955_278398.html#foto_gal_2