

UPDATE October 2020- Oct 2021

October 2020:

- Due to Pandemic, we couldn't go outdoor for the Annual Picnic, but we improvised it on our Basket Court, stayed night with bon fire, tents and sleeping bags.



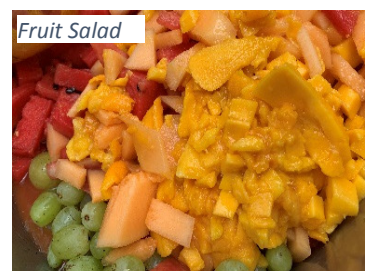
December 2020-January 2021:

- On Christmas, we have our own Santa, DIY Christmas tree and white and red balloons. All the students and staffs were gifted by our President, Mrs. Nawang Lhamo. Enjoyed the day with special food, games, dance, songs etc.
- New Year was celebrated with delicious cake and mouthwatering food, had Bon Fire, play, dance and music.
- Hepatitis Vaccination completed to all students and staffs.



February:

- Losar (Tibetan New Year) started with thanking and offering Khatak to HH Dalai Lama's portrait, had sweet rice and butter tea in temple. After Sangsol, had dance, games, lots of snacks, traditional Tibetan cookies and tasty food for the 3 days.
- Cash bonus given to all the staffs and volunteers/ helpers.
- Had Board Members Meeting. Donga Rinpoche of Kalachakra Meditation Centre and Ms. Tsering Yangzom, Head Nurse of Norbulingka were appointed new Board Member in lieu of two members who cannot attend Emergency meetings and particularly to sign due to distant location.



March:

Celebrated the Founding Anniversary of Nyingtob Ling with special food and joyful activities.

April:

* The staff quarter's roof/rooms are completed in 2020. Below were resumed amidst the Covid and Monsoon Disturbances in 2021.

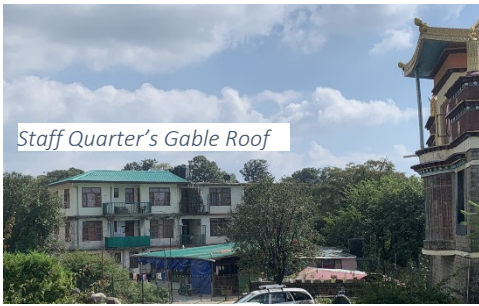
A) The link road between Staff quarter and institute.

B) To safeguard the building and adjacent plot, drainage was made wider and stronger to divert 60% of upper lands rushing water.

C) The old shelter connecting the staff quarter, the campus and Swimming pool was turned into a workshop to prevent carrying down of the soil and vanish the plot.

We thank from depth of our heart Kahtoola, Phill & Liza Vonpearl and Helena to make the above possible.

- A baby ox was donated to our Home as a part of therapy, students love to care, feed bath and play with him.



May:

- On Sa-ka-da-wa, the 4th Lunar Month, as every year had puja with all students and staff. Read Holy Text Gyad-Tong བུ་བྱེད་རྩེད། Zungdu ལྷུང་བུ་བྱེད། Do-De Kalsang ཏོ་དེ་ཀལ་སངས། Each day we pray to subside the global misery of pandemic, fighting, jealousy and unhappiness and thanked all who helps the destitute.



Praying and offering Butter Lamps under the guidance of staff.

June:

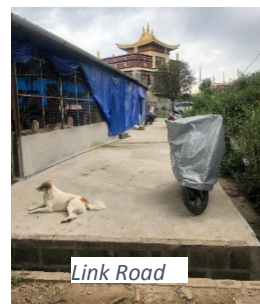
- Farewell party to Ms.Thinley who worked since 2009 has to resign to marry and settle in Ladakh.
- The Link road, Proper drainage, slab connecting staff quarter and road, the staff quarter's front Septic Tank renovation are completed.



Farewell Party



Completed Slab And Proper drainage



Link Road

July:

- Celebrated birthday of His Holiness the 14th Dalai Lama. Our students wore tradition dress chupa and gathered in prayer hall. Prostrated and offered Khatak to H.H. Portrait, had traditional tea and desee. After Sangsol had lots of snacks, dance, sing and had special food.
- On 29th July, Random Blood Sugar monitored to all the students and staff by DOH.
- Hb count for specific students only.
- Tsewang Topden returned from holiday with completed Covid Vaccine.



celebrating HH the 14th Dalai Lama's Birthday

August:

- Got 1st dose of Covid -19 vaccination for the students holding Aadhar Card.
- Mrs. Kaldeen recruited in lieu of Ms.Thinley.

September:

- As per Project Plan of 2020,
The Dormitory project started
The worry of falling apart the walls of dormitory and kitchen due to leakage and sipping of roof water are over.

We thank Heinrich and Carina Harrer Charitable Foundation from depth of our heart for the above project.



Before And After



October:

- The Dormitory Roof and cement paint under it completed.
- Sherab returned from Vacation with complete vaccination and negative Rt-PCR.

Year round care and Training:

- Updating allopathic medicine and care especially to the students with Seizures, Diabetic and Gastritis.
- Men-tsee-khang (homeopathy) Doctors visit. We added Herbal Immune booster Tea.
- *Care for self and environment:* - Cleanliness and gardening and planting fruits/ vegetables for health and cost save.
- Bathing and Massaging with warm oils to all the students on every weekend.

Teaching and helping:-



Foot Care

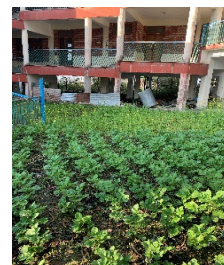


Filling Drinking Water



Massaging with oil

Planted and grown well:-



COVID-19 Update:

- Special gate keeper since March 2020.
- Decontaminant whole area since pandemic hit.
- Monitoring of Temperature and sanitizing hands and all items at the gate.
- Visitors are not permitted to meet students-only see/talk from distance.
- Vaccination to all the employees completed.
- Mandatory RT-PCR test to be done to all students/staff coming from their Vacation.
- Vitamin C., Tab. Zinc and Herbal Immune Booster tea continuing twice in a week.
- Temperature and SPO2 monitored twice a week to all students and staffs.
- PPE kits, sanitizer, masks humidifier (steamer), Budecort Inhaler, Oximeter and no touch thermometers were bought.
- Prepared Isolation Room incase if anyone was suspected.
- Contacting families of the student who are on vacation to stay safe and get Vaccination.
- On 23rd September, Delek Hospital vaccinated rest of the students in the campus.
- October: Paljor (1st dose done while on Vacation) and Tsundu completed their Vaccination.

Upcoming Work Project 2022-2023: (Separate Project Fund To Appeal)

List according to Risk/Priority:

- i) Repair/Renovation and painting of in and outside:-
 - a. Dormitory.
 - b. To make Staff Quarter's backside drainage and Septic tank.
 - c. Office Block
 - d. Classrooms
 - e. Temple
- ii) To install Fire Safety

To conclude:

All our neighbors including the monasteries had Covid.

Another outbreak on 20th September declaring one institute as containment area and many are sent to the Covid Centre.

Thankfully, our home is safe and continuing our safety Measures.

"The credit of entire appreciation to this home, the health and happiness of these special needed people owes to your moral and financial support."

Beside Project funders, some of the constant supporters are:

Liza VonRosential

Michael Vecker Weigel

Eric Schnadig & Isabella Schnadig

Consuelo Torres Perez

The Coltesloe Charitable Trust

Tashi Lama Associazione Culturale

Gangshong Tsang Nawang La

Markus Hegmann

Chien Yeh

Welfried Peffer

Dr. Loksang

Berni Cavanagh

Dotschung Jigme

Tenzin Sangpo la (Swiss)

Klemen Ludwig

Jaya Chitta

Save Tibet

Jutta

Tibetan Atisha

Ngawang Norbu Sherpa la

Nurse Tsering Yangzom la

And all who could not be mentioned due to lack of Space.

On behalf of the students and staff of Nyingtob Ling, I thank you all to support to carry the mission of helping the special people for a better life.

Nawang Lhamo
Founder & President and Ex-MP



May Peace, Health & Happiness Prevail on Earth.

། །བཏག་ཤིས་བདེ་ལེགས།