



FRIENDS OF TIBETAN SETTLEMENTS IN INDIA (FOTSI)

Annual Report and Newsletter for 2019-2020 Projects in Mundgod and Other Tibetan Settlements



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Many Tibetans

Newsletter

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Dre-Gomang School 2020



Education, Health & Support for Tibetan Refugees in India During a Pandemic

Dre-Gomang School Before 2020



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Financial Report for 2019 (ref. IRS Filing, Anton, Collins, Mitchell LLP)

For more, go to <https://www.sos.state.co.us/ccsa/pages/search/basic.xhtml>, click on “Search” and type FOTSI. **The 2020 Report will be in the 2020-2021 FOTSI newsletter. We wait to check that the IRS, the state of Colorado, and our FOTSI records all agree.**

Income

| | |
|--|------------------|
| Donations | \$ 71,942 |
| Interest/investment income and loss from donated stock | \$ 1,266 |
| Total Income | \$ 73,208 |

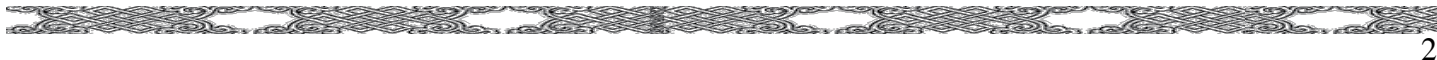
Expenses

| | |
|---|-----------------|
| Program service (see details below) | \$64,813 |
| Program service expenses (mail/wire fees, travel) | \$ 2,318 |
| Fundraising (newsletter, mail, copies, printing, supplies) | \$ 461 |
| Administrative (IRS report, state registration, mail, supplies, printing) | \$ 1,160 |
| Total Expenses | \$68,752 |

Program Service Details 2019:

| | |
|--|-----------------|
| Education (part of Program Service) | \$34,377 |
| College/nursing scholarships, boarding school fees (TCV) Dre-Gomang School, books, teacher salaries, nuns’ education Sambhota School Hostel food | |
| Health/Hygiene/Emergencies (part of Program Service) | \$16,832 |
| Representative’s Emergency Fund, monks/nuns medical aid Aid to laypeople by monks’/nuns’ projects, direct aid | |
| Sponsorships/Group Support (part of Program Service) | \$13,604 |
| 31 sponsorships through Rep. Office; 14 nuns and 24 monks sponsored and 5 aided; nuns’ building, Home for the Elderly, group/individual aid | |

Our program service expenses were \$2,268 for Chela’s travel to/within India and \$50 for mail to India. At the end of 2019 we carried forward \$131,081, \$4,456 more than at the end of 2018. Early on as CFT/TSI and through 2006 as FOTSI, our program and direct service expenses were more than \$353,618. Since then, adding in only program service, we have sent more than **\$1,065,268** to residents of Tibetan settlements in India. As usual, **no salaries have been paid to anyone in FOTSI. We deeply thank all who donated for FOTSI’s operating expenses! We understand that many in the USA are struggling and even more in 2020 during the pandemic, and so, to all who remember those in Tibet and those struggling in camps in India, thanks so very much, from our “heartbone” as the Tibetans say!**



Many Tibetans and I want to again extend our *heartfelt wish that all be healthy and that everyone will succeed in dealing with the unprecedented challenges of our world health crisis*. As I write this, my neighborhood, and indeed our state and country, is shocked by the mass shooting and death of 10 people that just occurred at my local King Soopers supermarket on March 22 in Boulder, Colorado. This follows a recent shooting of Asian women in Atlanta. We have also seen dangerous and unprecedented tornadoes, floods, hurricanes, droughts, fires, and other perilous disasters, evidence of threats likely to increase due to climate change. There has been major political strife, racial stress, violence, and fear in our country and elsewhere across the globe. Almost everyone has been affected by COVID-19, including its fallout — health, housing and financial consequences; difficulties in getting vaccinations and treatment; challenges for students and parents; food security; and insecurity and mental stress due to isolation and the unfamiliarity of our current lives. When something strikes us directly and hard, whether it be a serious life-threatening illness, COVID-19 or otherwise, or violence like the shooting at the supermarket where I intended to shop myself that afternoon and which had always felt like a warm, safe place on my once-a-week journey out of my house, it brings home the fact that many of us have lived in a safe, comfortable bubble for most of our lives, despite relatively small difficulties and challenges.

I feel grateful for my good fortune, but now, more than ever, I am asking myself, if I am still shaking from the local mass shooting of 10 people and the feeling of violation and sorrow for our store and community, who could live through any involvement with horrors like the Holocaust; the death of 40 million in Stalin’s gulags, a fate my own father narrowly missed; or the Tibetans’ loss of 1.2 million out of 6 million people after China’s army invaded their country? These reflections have deepened my empathy for those who suffer, even if I can’t truly wrap my heart-mind around the local event, what to speak of the massive horrors mentioned above, or those in our own country, like the terrible treatment of Native Americans, and the thousands of examples of frightening violence, much of it arising from racial and ethnic discrimination.

As a result, my commitment to help Tibetans in India as best I can has been strengthened. FOTSI remains one of the few outside, non-Tibetan groups sending aid to Tibetan resettlement camps in India. In this part of the newsletter, I begin by revisiting the situation in Tibet and the danger from the government of the People’s Republic of China to their own people, Tibetans, and the world. I add information about India, where many Tibetan refugee camps exist. Finally, I write about the Tibetans’ situation in these camps, especially, the Mundgod Tibetan Settlement where we send most of our aid. When it is possible for me to travel to India, as it was NOT this year, I share that experience; this year I write about COVID-19 in India and the Tibetan camps. I conclude with U.S. government actions concerning Tibetans, along with FOTSI’s deep gratitude to its donors. If you are using a computer to read this, be sure to click on the links in this newsletter if you want more information. During a 1983 trip to Tibet, I took the photos you see on this page. I was so shocked by what I saw and so taken with the Tibetan people, a powerful wish and determination to find a way to serve at least some of them was born.



Destruction in Shigatse



Tibetan Woman & Chela Musician, 1983

FOTSI donors already know how bad things have been in Tibet for more than 70 years. As I reported last year, loss of freedom in its territory as to civil liberties and political rights was the worst in the world except for those in Syria. This year, Syria has slightly improved, so *the territory of Tibet* (should be a country, but it has been absorbed by China) *is tied with Syria for the planet's worst*. See <https://freedomhouse.org/countries/freedom-world/scores> and <https://savetibet.org/freedom-house-tibet-ties-syria-as-worlds-least-free/>.



Beijing's Military in Tibet

Since China began taking over Tibet in the 1950s, not only have *more than a million Tibetans been executed or died in torture-ridden detention camps, or starved to death due to Beijing's policies*, but the People's Liberation Army (PLA) and a related police force maintain a massive military presence there. China's low rating by Freedom House and terrible record on human rights and civil liberties for its own population are widely known. Surveillance, unjustified arrests, lack of free speech and assembly and fair trials for those residing within its boundaries are well documented. In February *The New York Times* business section highlighted an article by a Chinese author, "Two Arrests, Two Outcomes Tell a Tale of Xi Jinping's China," currently accessible on the Internet; see <https://www.nytimes.com/2021/02/12/business/china-sun-dawu.html?searchResultPosition=1>.

The article cited above detailed the inability of Chinese citizens and lawyers supporting fairness for the Chinese people to have any role in challenging unfair arrests. Yet those rights are much better than those of many so-called minorities in the Chinese territory. China's genocide and mass detention of Uyghurs resulted in The Uyghur Human Rights Policy Act of 2020 becoming a U.S. law. Due to evidence of *up to 500,000 Tibetans also being sent to labor camps*, that law imposes sanctions and condemns Tibetan forced labor as well. The Chinese government claims that the camps are "beneficial training for new careers." This could be true for some Tibetans, and the coercion though bad, appears worse for Uyghurs. But, *over time, 2 million Tibetan nomads with no urban skills have been moved from their Himalayan land to urban barracks*. See <https://www.pbs.org/wgbh/frontline/article/us-reacted-china-treatment-uyghurs/>.



Recent Photo, Tibetan Labor Camp

In Tibet the level of surveillance is staggering. Besides the use of undercover agents and electronic equipment, an appallingly high number of government employees spy on every detail of people's lives. This focus on minutiae includes athletic teams' flags, WeChat conversations, digital postings, personal contacts, and monastic groups' affairs, large and small. Assembly is tightly controlled. On March 10, the anniversary of the day in 1959 when the Dalai Lama began his escape from Tibet and the Tibetans attempted an uprising against Chinese rule, no more than 3 people were allowed on a Lhasa plaza, and people even in small groups were searched.



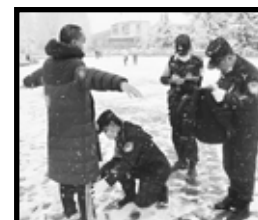
Training of "Surplus Rural Labor" in Chamdo, Tibet



WeChat Group Not Registered, So Legs Broken



Team's Flag Looked Too Tibetan



Assembly of More than 3 on Plaza Not Okay

The degree of surveillance in Tibet is veiled from the outside world and Tibetans themselves — except that people do understand that activities like displaying anything resembling the Tibetan flag, mentioning the Dalai Lama in a positive light, defending Tibetan language, culture, religion, or criticizing Chinese rule or rulers, even a little, are dangerous. Internal news is controlled by the Chinese Communist Party, the Internet is censored, and social media monitored carefully. *Washington Post* journalists and others have written “**North Korea is more accessible to foreign journalists than Tibet.**” China lets in few foreign reporters and tries to control information coming in or out of Tibet.

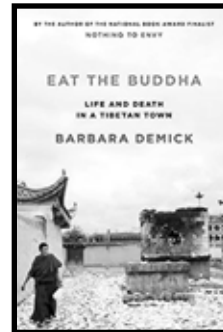
As Tibetan Buddhism and the Dalai Lama have been and are very important to many Tibetans, China has placed spies in every monastery and nunnery (an average of 3 to 4 in each). Anyone reported to be “suspect” can be expelled from his monastery by Chinese officials, and some can be sent to re-education centers. Monastics and others can be required to denounce the Dalai Lama. China wants to make that problem go away by their own selection of a future Dalai Lama (from a good Communist family). Years ago, they kidnapped the traditionally chosen Panchen Lama, who has not been seen in decades, and selected a “suitable” candidate. Tibetan Buddhist centers such as Larung Gar and Yarchen Gar have been harassed and partly destroyed. Two other painful points for Tibetans are the **attack on the Tibetan language and on the land and environment of Tibet. All school classes must now be conducted in Chinese, and the Chinese language must be used for business and official purposes.** In recent years, China’s **exploitation of Tibet’s natural resources has increased.** Tibetans have no power to protect their own land and must watch the benefits of its resources flow out of their country. See <https://freetibet.org/about/environment>.



Monks Get Forced Re-Education



FOTSI is not set up to help Tibetans in Tibet, and so we strongly urge everyone to help organizations like the International Campaign for Tibet (ICT) that work for the benefit of Tibetans in Tibet and to learn from their websites, such as <https://savetibet.org> for the ICT, and others referenced previously. Information in this newsletter cited without referencing an Internet address is available at multiple sites and is easily found using search engines like Google. **Recent good books** about the current Tibetan situation and its roots include *Eat the Buddha: Life and Death in a Tibetan Town* by Barbara Demick, former Beijing Bureau Chief of the *Los Angeles Times*, and *Tibet in Chains: The Stories of Nine Tibetan Nuns* by the ICT and the nine nuns. “**The Year That Time Collapsed,**” Chapter 4 in *Eat the Buddha*, was riveting for me.



FOTSI focuses on aid for those in resettlement areas (“camps”) in India that for decades received **many escapees from Tibet with nowhere else to go.** The number able to leave Tibet now has decreased greatly. The camps also serve as temporary homes for distressed people from culturally related groups, such as ethnic Tibetans from Bhutan, Nepal, Sikkim, the Arunachal Pradesh north Indian state, or Mongolians. People also go to the camps for personal reasons or to try to save their religion, culture, or traditions. Many Tibetans we aid have relatives who are still in Tibet. **FOTSI aids the needy in the populous southern camps,** especially the **Mundgod (also called Doeguling) Tibetan Settlement.** We began support in 1984 and have been a non-profit, tax-exempt charity since 2001.



Police Control Bus Riders

Since India kindly allowed the Tibetans to settle on its land (although actual ownership was not given), the political, environmental, social, and health situation in that country is crucially important for those in the settlements. As COVID-19 is by far the most significant issue this year, we will focus on that here. **India's population in 2020 was 1.38 billion; recent COVID-19 data cited 11.8 million cases, 11.3 million recoveries, and 161,000 deaths.**

On **March 28, 2021**, Reuters reported that of Maharashtra State's 123 million people, there were **62,714 cases reported in 24 hours**. At the beginning of the pandemic, Indians lost millions of day jobs and desperately fought for space on trains and buses or walked to rural India away from the crowded, infected urban areas. Talk of social distancing in a country of 1.38 billion was helpful but also a fantasy. By July 2020, the pattern of surges and letups continued, and due to incomplete testing, actual infection rates were unclear.



Some Unmasked in Indian Crowds

Some Tibetans, too, got sick in Indian cities where many lived, worked and sent money to others in Tibetan settlements. No one was ready for a pandemic in the settlements or nearby villages. The Mundgod and Bylakuppe Settlements are in Karnataka State (population 69.6 million). Recent data cited 978,000 cases, 948,000 recoveries, and 12,500 deaths.



Monks Sharing Food with Indians

When Tibetan monks learned that some Tibetans and many Indians near them were starving, they used their own resources, contacted headmen in Indian villages, and took as much food as they could to those who were desperate (pg. 9). When I received photos of those efforts and prayer meetings for their donors and the world, I worried about the lack of distancing and masks, and



Monks Pray for World & Benefactors

I replied urging care. Soon the Indian government began issuing strict rules on quarantining, lockdowns, testing, and treating positive cases. A Tibetan administration report issued in early July on COVID-19 among Tibetans in all of Karnataka State, including the Mundgod and Bylakuppe Settlements, cited 16,514 cases and 253 deaths.



Father and Baby Get Tested for COVID

Dharamsala's Central Tibetan Administration (CTA) worked hard, and soon Tibetans were masked, tested, and quarantined as needed. Schools closed, online classes were conducted for college and nursing students, with mentoring and online work in homes and monasteries for others as possible. Sambhota School Hostel residents were sent to homes or monasteries with space. FOTSI funded school repairs after major monsoon rains flooded schoolrooms and helped buy food for those stuck at the school (pgs. 11-12). Tibetan Children's Village (TCV) Schools, through which we sponsor 9 students, closed in March, but by July, online teaching



Mundgod Heroes - DTR Hospital Staff

began for students with an Internet connection. Before the closure, there were 3,539 children in their schools. By April 21, there were 924 left, some taking required Indian examinations and younger children with nowhere to go. Three college students we sponsor through TCV were under lockdown and studying online or practicing their performing arts as they could. See more on pgs. 13-15.

A November 2 email from the Mundgod Settlement reported 716 COVID-19 cases, of which 546 had recovered and 9 had died. Of those 716 cases, 633 were monks, 83 were lay people, and none were nuns. Drepung Gomang Monastery has about 2,000 monks, so the fact that there were only 11 cases and no deaths there was exceptional. Population counts for the Mundgod Settlement affected by COVID-19 and temporary residency seem contradictory and vary from 9 to 20 thousand! Fortunately, *recent data* from the Mundgod Settlement shows *coronavirus numbers in the single digits and no deaths*.

The Drepung School reopened in March with masked students, and TCV students and others are re-joining in-person classes. Those in India are being given either India's own vaccine, Bharat Biotech's Covaxin, or AstraZeneca's AZD1222 (Covishield). Two vaccinated monks called to share their relief. A video of the Dalai Lama getting his first shot and encouraging others to do the same is on YouTube. See <https://www.youtube.com/watch?v=51ypzc5hqpc>.



During the pandemic, Tibetans around the world have worked hard helping each other and others. They have donated money, time, effort, and medical skills. Drepung Gomang monks who came to the U.S. in early 2020 to share authentic Tibetan culture and raise money to support their monastery had to do their best online. They offered prayers and inspiration to interested groups and the Drepung Gomang Center for Engaging Compassion (DGCEC) in Louisville, KY. They got COVID-19 but recovered and returned to India. Meanwhile in India, a new law was passed, requiring that many accounts to which we wire funds for the Tibetans be switched to new accounts at larger banks, annoying for all concerned.



Watching the Chinese government's actions against their own people, Tibetans, Uyghurs, Taiwanese, residents of Hong Kong, the U.S. government and others, it seems clear that that government poses a global danger. A U.S. admiral recently warned of a real possibility that China will invade Taiwan within the next 6 years. China's legislature just passed a law targeting opposition politicians and a resolution imposing new restrictions reducing democratic representation in Hong Kong and allowing a pro-Beijing panel to vet all political candidates. China is strengthening its collaboration with Russia and plans to launch 10,000 satellites in the next 5 to 10 years to create a network to dominate the Internet in space. As China implements its "Belt and Road Initiative" to build infrastructure in over 100 countries, it seems to offer a "free" port or road to many nations, but this can also create a "debt trap" giving China great power, control, and influence worldwide. China's army of state-sponsored computer hackers attack governments, companies, and even the Tibetan community in India. See <http://www.phayul.com/2021/03/01/45260/>. China is a leader in surveillance and privacy invasion. Their role in the origin of COVID-19, if any, is unclear. The one positive is that they were able to do amazing contact tracing and citizen control to control COVID-19 in China, including Tibet.

Thank you all for your mailed funds, PayPal donations at our website (see pg. 1), choosing us as your charity at smile.amazon.com, using Chase (Zelle) Quick Pay, donating stock with capital gains, or giving from an IRA. In Colorado, FOTSI donations may be tax-deductible even if you don't itemize. Feel free to contact me with questions! **THANK YOU very much for helping Tibetans! Tashi Delek for a healthy Tibetan Iron Ox Year 2148.**

With deep gratitude, *Chela Kunasz*, President, FOTSI, and, from a student:

we are very grateful for your love and support



True Colleagues — People at the Heart of FOTSI's Work



Ven. Tenzin Norzom



Migmar Tsering



Geshe Lobsang Ngawang



Dickyi Chodon



Dr. Kyizom

Without the wise advice and hard work of **many** Tibetans, our projects would never arise and flourish the way they do. Those most **essential in 2019-20** are shown and described here. All of these colleagues helped Chela during her 2019-2020 trip to the Mundgod Tibetan Settlement in India and continue to do so.

Ven. Tenzin Norzom (Geshema Dawa Chonzom in 2020) — Tibetan nun who facilitates FOTSI's aid to nuns and some needy lay people

Lhakpa Tsering — Tibetan Settlement Officer (TSO); current head, Office of the Representative of HH the Dalai Lama in Mundgod (ORM)

Migmar Tsering — Secretary of Drepung Gomang Monastery

who works expertly, tirelessly, and kindly with all

Geshe Lobsang Sangyas — Manager of our general monks' health fund who helps Chela a lot, and works at Drepung Gomang Monastery in various capacities

Geshe Lobsang Ngawang — Head, Dre-Gomang Buddhist Cultural Assn. (DGBCA) Administration 2017-2019

Kunga Lhundup — Secretary of DGBCA who helps Chela a lot when she visits India and via extensive email

Dickyi Chodon — FOTSI's social worker at the ORM and a big help throughout each year

Sangpo Rindzin — Principal, Sambhota School in the Mundgod Tibetan Settlement and Rector of the associated hostel (Aid for the school and hostel goes through the Tibetan Children's Education & Welfare Fund, Dharamsala.)

Dr. Kyizom — Doctor at the Tibetan Medical Clinic and helper in many ways, especially during Chela's visits to India

Tamdin Dolma - Director, Home for the Elderly (OPH)

IMPORTANT COLLEAGUES ALONG THE BOTTOM ROW

Geshe Ngawang Sopa & Ven. Gendun — Gungru Khangtsen Health Committee leaders

Office of the Representative, Mundgod, staff — Accountant **Passang Dhondup** and Cashier **Tsewang Thinley**



TSO Lhakpa Tsering



Geshe Lobsang Sangyas



Kunga Lhundup



Sangpo Rindzin



Tamdin Dolma



Geshe N. Sopa



Gendun



Passang Dhondup



Tsewang Thinley

Drepung Gomang Monastery & DGBCA Give Food Aid to Local Indian Villages and Tibetan Settlement Residents During Pandemic

As COVID-19 began to explode in India in March 2020, schools were closed and lockdowns began. By April the Drepung Gomang Monastery and its associated Buddhist Cultural Association (DGBCA) were under severe restrictions and only certain special activities were allowed. Hearing of food shortages, they used 200000 Rs (about \$1600) of their food budget to purchase rice, cooking oil and whole wheat flour, and then worked with village leaders to distribute 9kg of food to 110 of the neediest families. They spent other funds to help needy Tibetan families as well. Later, even those activities were not allowed. Below are a few of FOTSI's photos showing their help with food aid.



FOTSI's Contributions to the DG School & DGBCA

The Drepung Gomang (DG) School, run by the Drepung Gomang Buddhist Cultural Association (DGBCA), when not in a pandemic year, teaches English, Tibetan, math, science, and Buddhist courses to young monks arriving from poor, ethnic-Tibetan and Mongolian areas, and the very few who have been able to escape Tibet. Usually it is also a summer school for all girls and boys of the Mundgod Settlement who want to study Tibetan language and culture, so endangered now. This school has held periodic science exhibitions for the local community and has shared its science teachers to provide special science programs for older monks. The Dalai Lama has been a lifelong fan of science and the scientific method.



Chela With DG School Students Before COVID-19

The DG School was closed for most of 2020. There was no summer school. Most winter students do not have laptops or Internet access, so teaching was done in the “old way,” with older monks in each living group teaching young students in their home buildings. FOTSI made a special effort to pay the school’s lay staff and teachers a living wage so that they could support their families and be available when the school reopens. Some students returned to home areas in Mongolia, Ladakh, and Himalayan India where there was little COVID-19. The canteen FOTSI helped fund, a major support for the school, was also closed in 2020.

In 2019 we sent the school \$11,750 and in 2020 \$13,798.

The Drepung Gomang Monastery provides food and shelter for all students (except summer school pupils). *In 2019 in addition to educating over 500 children for 9 months and many girls and boys in the summer, the school provided a livelihood for teachers and lay staff.*

Also in 2019 FOTSI finished funding the school’s 3rd story (\$3,300), paid teachers and staff \$4,925, and sent general funds of \$3,525. In 2020, FOTSI sent \$625 for *water pipe/pump repair*, \$5,235 for teachers and staff, and \$7,928 for whatever was most needed. The unusual 2020 increase in funding was due to a bequest from FOTSI donor Shanti, who passed away in 2019. Any unused funds will help when classes resume.



Pipes & Pumps



Summer Session Students before 2020



Lay Teachers Include Sonam Dorjee, Gen Tashi, Chemet



DG School Class 2019

FOTSI sends aid for many through the DGBCA. Its Secretary, Kunga Lhundup, has worked hard and skillfully at getting FOTSI funds to students, lay people in crisis, nuns, and monks in various monasteries. We sent the DGBCA \$3,656 in 2019 (\$100 for nuns, \$1,517 for lay people, \$1,280 for scholarships, and \$759 for monks). In 2020 we sent them \$20,261 (\$16,754 for special aid for lay people, \$3,152 for scholarships, and \$355 for monks). Kunga makes everything happen and deals with the Indian government as it monitors non-profits like the DGBCA.



Kunga

TCEWF – Tibetan Children’s Education and Welfare Fund –

Sambhota School Classroom Flood Aid and Hostel Food

Since 2010, FOTSI has provided supplementary food for students living in the hostel connected with the high school for Tibetan students in the Mundgod Tibetan Settlement. The ***Sambhota School***, run by Tibetans for the last 4 years, provides classes for grades 1 through 12 and manages an associated hostel. The cost is borne by local Tibetans as well as Tibetan donors not living in the settlement, the Tibetan Government-in-Exile in Dharamsala, and a few donors of smaller amounts like FOTSI. The hostel houses about 100 students who have special needs or who come from Tibetan settlements where no adequate high school exists. In 2010, when the Indian government was running the school, known then as the “Central School for Tibetans,” the Tibetan hostel rector wrote that their food budget was quite inadequate, and students’ studies, general health, and even TB susceptibility were adversely affected. FOTSI donors heeded the plea for food and vitamin supplementation and began by sending \$700 in 2010. ***By 2020*** we had increased our yearly donation for the student hostel food to ***\$4,500***. ***In addition, in 2020 we sent the Tibetan Children’s Education and Welfare Fund in Dharamsala another \$1,000 to cover possible protective measures and cleanup for Sambhota schoolrooms in danger of flooding, which indeed occurred in 2020.***

In early 2020, we did not foresee that schools all over the globe, the Sambhota School included, would be challenged by a pandemic, and that the Sambhota hostel would have to send most of their boarding students away to stay with relatives or friends living in uncrowded areas. Due to family crises and travel issues, about 17 pupils did not have a place to go or a way to travel until June, so FOTSI money sent in early 2020 helped feed those remaining at the hostel. Later, FOTSI worked with the TCEWF to cover costs to protect and repair 5 primary school classrooms damaged by heavy monsoon rains in 2020. The roofs, which Chela had been taken to see during her visit to the school in December 2019, were already in bad repair due to lack of maintenance by the Indian government followed by lack of funds from Tibetans. The roofs seemed likely to fail in the coming monsoon season. Chela offered to try to find funds to help save the classrooms. As all students had left the hostel by June, Chela gave permission for TCEWF to add \$1,160 previously designated for hostel food to the \$1,000 sent for roof repair. More work may be needed for the roofs, but due to FOTSI’s help in 2020, the rooms and their contents were saved. We received details of expenses for the roof work and a big “thank you.”



Girls at Dinner 2019

In July 2020 Sambhota School Principal Sangpo Rindzin emailed FOTSI that all students and staff (teaching and non-teaching) were safe and well. All but 17 students, mostly from distant areas such as Odisha, Tuting, Bomdila, Bir, Spiti, Ladakh and Nepal, had been leaving the hostel during the spring and even they had left by the end of June. He wrote that our funds were very useful for those 17 students, and our help was priceless for saving the 5 classrooms amidst a flood and pandemic. He shared that the teachers had been giving online classes even during the summer



Repair Starting on School Roofs

TCEWF -- Sambhota Hostel Food Supplementation (cont.)

vacation that started May 1, 2020. He proudly shared that two Sambhota students, Nyima Lhamo and Tenzin Yeshe, scored marks of 96.6% and 95%, respectively, in the all-India Class 12 board examination and received the prestigious Sikyong Award. In addition he wrote that 40 students “got distinction” (75% to 97%), and the overall class average was 76%. When he wrote in July, he was hoping that grades 9-12 might resume in-person in September. However, that did not happen until January 2021.

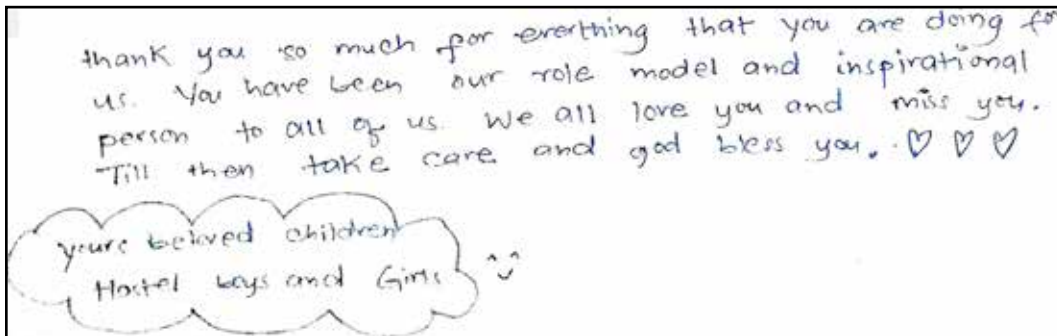


*Nyima Lhamo & Tenzin Yeshe
with Principal Sangpo Rindzin*

In June 2020, FOTSI received scanned letters sent by email from students who had appreciated the food aid funds we had sent for them. Much later we received the originals by regular mail. One was written by a student writing on behalf of all 17 still at the school. Here is the entire text of the general letter for Chela and the FOTSI donors:

With Sweet Remembrance

It's been a very long time and we all hope that you are fit and fine. Here in the midst of pandemic, we all are also doing well. With the grace of His Holiness (the Dalai Lama) and your endless compassion and support, we are having both physical and mental health. Thank you for being so generous and your continuous support to the Tibetan people. We are always grateful for your infinite kindness. Regarding this current situation, our school has been closed since March due to covid-19 and lockdown across India. All students including hostel girls and boys are in their respective home. Only a few of us have to stay back in school due to some crisis. It's been already five months and we really feel grateful to school for keeping us like home. During this pandemic, we have received food supplements and delicious meals from your sponsorship. We really appreciate you for being one of the kindness person in this world. Recently the result of grade 12 (2019-2020) was out with colourful result. We have been blessed by His Holiness and your kindness. Without wasting your daily effort, we would do our best in the future. At last, we would like to say thank you so much for everything that you are doing for us. You have been our role model and inspirational person to all of us. We all love you and miss you. Till then, take care and God Bless You. Yours beloved children, Hostel Boys and Girls



Sambhota Primary School Kids and Staff pre-2020, in Better Times



Chela Visits Primary Class 2019

Tibetan Children's Villages (TCV) — FOTSI Helps a Student Complete Special Training, Helps 2 Finish High School, and Sponsors 7 through 2020 and 2021

The *Tibetan Children's Villages (TCV) in India*, comprising several boarding and day schools, constitute a great educational community for poor Tibetan children-in-exile as well as those who have escaped from Tibet. See tcv.org.in for excellent photos and information about this wonderful organization, begun initially in Dharamsala in 1960 by His Holiness the Dalai Lama and his elder sister, Mrs. Tsering Dolma Takla. In 2020, the TCV schools, like schools all over India, the USA, and most of our planet, faced repeated lockdowns, shutdowns, repeated government edicts and reversals, and the COVID-19 pandemic. This was mentioned in Chela's letter on page 6 of this newsletter. **Here, we share details about our 9 sponsored students and how they have faired through 2020. We sent TCV \$3,760 in 2019 and \$3,880 in 2020. If you wish to help TCV students please let us know!**

Kalsang Khedup was born to nomadic parents in Shesi Sichuan in Tibet. His father brought him and his sister to Lhasa in 2005 and hired guides to escort them to Nepal. They faced many difficulties crossing the mountains to reach Nepal, and from there, Dharamsala. He entered TCV Bylakuppe in mid-2005 and graduated from high school in 2018. Then FOTSI sponsored him through his Food Production and Cookery training at the Industrial Training Institute and internship in Selakui, India. He sent FOTSI a letter for its TCV sponsors expressing his enthusiastic gratitude for our “endless love” and support. He concluded his training at the end of 2020 and will pursue a career in Bangalore.



Kalsang Khedup



Phurba Dickyi

Phurba Dickyi was born in India's Hunsur Tibetan Settlement. Her father was a cook for TCV for 19 years, retired, and passed away in 2018 after a long illness. Her mother is a farmer and supports Phurba's uncle who has an intellectual disability. TCV lowered her fees and FOTSI sponsored her until she graduated in April 2020. She decided to pursue a nursing career with the help of a scholarship from a funding source outside of TCV. We celebrate her success through TCV's high school, her resourcefulness, and future career choice.



Lobsang Deshi

Lobsang Deshi's parents were farmers in Kham, Tibet. Her father managed to get special permission to attend the Kalachakra Initiation in Amravati, India in 2006. He was able to bring Lobsang Deshi with him and got her admitted to the TCV school in Bylakuppe. She graduated ahead of schedule in 2020 and planned to be a nurse. However, life got complicated during the pandemic when she was staying with an uncle who is a monk, and she decided to wait and apply later for study toward another career. She is staying safe while considering her future and where to pursue further study. At her and TCV's request we are not currently sponsoring her. Many Tibetan students, like those in the USA, had difficulties and surprises in 2020.

TCV Students — Current Spsorees (cont.)



Tenzin Tsering

In 2020 we began sponsorship of two TCV students, Tenzin Tsering and Tenzin Pasang. **Tenzin Tsering** is 16 and studying in Class 10. He was born in Arunachal Pradesh, India, in the Tezu Tibetan Settlement there. His family consists of his mother and grandparents. His mother earns a little money through a very small business. Due to their poverty and strong recommendations from Tezu's Settlement Officer and the Welfare Office, Tenzin was admitted without a sponsor to the TCV School in Bylakuppe in March 2019. Tenzin studies math, science, English, Tibetan, and social studies and enjoys exercise, especially basketball. His favorite subject is science and he wants to be an engineer.



Tenzin Pasang

Tenzin Pasang is 15 and in Class 8 at the TCV Bylakuppe School. He was born in Bunya Sichuan, Tibet. He was an only child and his father passed away. His mother and grandfather hazarded the journey to India for the sake of Tenzin's education. He was admitted to the TCV School in September, 2014. His relatives settled in the Old Tibetan Settlement in Bylakuppe to be near him. His mother has a small business in Chandigarh. His best subject is English and he loves a chance to see a movie in English. He is studying math, science, Hindi, English, Tibetan, and social studies and wants to be a doctor. Due to COVID-19 in India, he has been, like Tenzin Tsering, attending online classes and doing well in his studies. He had no sponsor when we began sending funds for him to TCV.



Stanzin Phantok

Stanzin Phantok was born to an ethnic Tibetan farming family in Ladakh. Due to a disastrous monsoon season and extreme drought, the family became desperate and got Stanzin admitted to the Bylakuppe TCV high school in 2019. She is now 17 and in Class 12, and is studying English, Tibetan, physics, chemistry, biology, and computer science. She stays in the Science Girls Hostel, loves soccer, dancing and singing, and has many friends. Her goal is to be a veterinarian. Due to the pandemic, she has been taking her classes online while staying with an uncle who is a monk. Like other TCV students in classes 10 through 12, she will start in-person regular classes on March 1 since the All India Central Board Exams begin in May 2021. All of those TCV students must report to their schools on February 20 to complete a quarantine before classes begin.



Passang Khandro

Passang Khandro's aunt and uncle accompanied her from eastern Tibet to Lhasa, where they paid guides hard-earned cash to take her across the border to Nepal in 2006. Later she was able to reach a reception center in Dharamsala. The journey was not easy for a 6-year old! Now she is 21 and in Class 12. For practical purposes she is in a Commerce Stream and studying accounting, as well as computer skills, English, entrepreneurship, business, economics, and Tibetan. Her actual dream is to be a designer. During most of 2020 she stayed with her aunt and took classes online. She is resuming in-person studies as of 2021.

TCV Students — Current Spsorees (cont.)



Jinpa Tashi

We continue to sponsor *Jinpa Tashi*, another student born in Tibet who crossed the Himalayas and bore many hardships on the way to the Nepalese border. He is now 21, in Class 12, and he wants to be a pilot. He stayed with a cousin in 2020, taking classes online, studying well, and looked forward to resuming in-person classes after the quarantine that would be required at the school. Like our other sponsored students, he sent a good letter to me (scanned and sent through email via the school). He wrote of his deep gratitude, saying how kind the FOTSI sponsors are and how he will never forget the help he received from the TCV school and his sponsors. He wrote of his concern for *our* health and hoped that we be safe in spite of the pandemic.



Kunsang Dechen

Kunsang Dechen, as we wrote in our newsletter last year, graduated from TCV Bylakuppe in 2019. She was born in the Mundgod Tibetan Settlement where Chela works when she goes to India. Kunsang is now 21. Last year she took an entrance exam offered by the Tibetan Medical and Astro Institute in Dharamsala (known as the Men-Tsee-Khang), but was not admitted at that time. She decided to work on her Tibetan language skills by majoring in Tibetan for a year at the Sarah College for Higher Tibetan Studies in Dharamsala. She had a plan to take the Men-Tsee-Khang entrance exam again in 2020. Unfortunately, due to the pandemic, the 2020 Men-Tsee-Khang entrance exam was cancelled for all of 2020 and rescheduled for 2021. After that, she applied for admission to the General Nursing program at Apollo College in Mysore. We hope she finds a way to pursue her interest in helping others with a career in health care.



Lobsang Ngodup

Lobsang Ngodup, born in Kham, Tibet, escaped from Tibet with his family more than 15 years ago, and was admitted to the TCV Bylakuppe School in 2005. He is now 27 and continuing his study at the Tibetan Medical Astro Institute of the Dharamsala Medical Center. He aims to become a doctor of traditional Tibetan medicine, learning the secrets of Himalayan herbs. When he graduated from the TCV Bylakuppe high school, he was judged the “best boy” of the class of 2016. He feels very lucky to have made it out of Tibet and to be able to study Tibetan medicine in freedom. FOTSI received a letter in late 2020 from Lobsang in which he shared that he was healthy and that his studies were going well. He said that the medical college was working hard to keep classes going and students safe. In his letter, he expressed his deep gratitude to FOTSI donors who have been there for him and his hopes that he will be “like you, helping others in need with unconditional love and care.” He said he was always saying prayers for us and our families and was painfully aware of how much our world has been affected by the pandemic.



TCV Bylakuppe Class



TCV School Program Display

Student Scholarships

FOTSI College and Nursing School Scholars 2019-2021

Name Major & Degree Sought College, Location

Studies in 2021 Continuing from 2020 or Just Beginning

| | | |
|-----------------------|--|---|
| Ms. Tenzin Tseyang | Post B.Sc., 1st year | St. John's Nursing School, Bangalore |
| Ms. Kalsang Wangmo | B.Physio., 4th year | Garden City University, Bangalore |
| Ms. Tenzin Kunsal | B.Ed. | Christ University, Bangalore |
| Mr. Tenzin Tsetan | Career, 5th year | Tibetan Institute of Performing Arts (TIPA), Dharamsala |
| Ms. Tenzin Tselha | B.Comm., 2nd year | Dalai Lama Institute for Higher Education, Bangalore |
| Ms. Ngawang Namgyal | B.A., 2nd year | JSS College, IGNOU Study Center, Dharwad |
| Mr. Kalsang Gyatso | B.A., 3rd year | Central Institute of Higher Tibetan Studies (CIHTS), Varanasi |
| Ven. L. Norbu Samphel | M.A., Buddhism, English | Namgyal Inst. for Tibetology, Sikkim |
| Ms. Tenzin Nyidon | CSE, 2nd year | GSSS Inst. of Engineering & Tech for Women, Mysore |
| Ms. Ngodup Lhamo | B.Sc., Nursing, new in 2021 (no photo) | College/location not yet available |

Studies Completed in 2020

| | | |
|---------------------|---|-----------------------------------|
| Mr. Tenzin Youtso | B.A., Mahajana College, Mysore | Indian Army |
| Mr. Namgyal Tsetan | Pre-Service Central Tibetan Administration Training (CTA) | Staff Position |
| Ms. Tenzin Noryang | B.Sc., Nursing, KLE Nursing Institute | Internship, KLE Hospital, Belgaum |
| Ms. Tenzin Yingsel | B.A., Jyoti Nivas College, Bangalore | (see pg. 18) |
| Mr. Tsering Chonden | Pre-Service CTA Training, Mid-2020 aid through ORM | Staff Position |

Formerly sponsored students include Tenzin Lhakey, the nurse at the Sambhota School; Sonam Dorjee, a teacher at the Drepung Gomang School; and others working for the Central Tibetan Administration in Dharamsala or running businesses. **Details on sponsored students follow on the next two pages.**



T. Tseyang



K. Wangmo



T. Kunsal



T. Tsetan



T. Tselha



N. Namgyal



K. Gyatso



Ven. L. N. Samphel



T. Nyidon



T. Youtso



N. Tsetan



T. Noryang



T. Yingsel



T. Chonden

Student Scholarships (cont.)

In 2019, FOTSI wired \$13,899 for scholarships: \$10,810 through the Office of the Representative (ORM) and \$3,017 through the DGBCA. In 2020, we wired \$16,047 for scholarships (\$10,750 through the ORM and \$5,297 via DGBCA). Of the 2020 funds sent, \$2,452 was from a one-time donor bequest.

In 2020, we also sponsored 3 students for post-high school education through the TCV organization (see pgs. 13-15). Newly sponsored student **Ms. Tenzin Nyidon** is studying for a computer science engineering degree. She is in her second year at the GSSS Institute of Engineering and Technology for Women in Mysore. She let FOTSI know that in 2020, due to the pandemic, her college had to shut down in mid-March but still offered all courses online. She faced many technical difficulties and a lack of equipment. She was forced to sit in front of her computer for long hours and struggled to focus in her noisy, distracting environment. She said she finally got used to all that, something students here in the U.S. have also had to do. She had taken her tests online and did extremely well. New semester classes began in September 2020, once again online. As of March 2021, she had to go to a college hostel to take exams in person. She was in the midst of those tests when she emailed the letter that came to us through the ORM. She wrote that she was being careful and taking good care of her health as well as studying. She ended with, "I am very thankful for the financial help given to me to continue my studies." We are very happy she is safe and celebrate her success so far, as she works to attain her challenging degree goal.



T. Nyidon

Kalsang Wangmo is now in her 4th and final year of studies for a Bachelor of Physiotherapy. She, too, wrote to thank FOTSI for "being the pillar of support throughout my Bachelor degree." It was great to meet her in person in January 2020 when I visited her in the Mundgod Settlement and to receive the lovely Christmas card that she made for me and FOTSI donors. This December, she mailed another beautiful card, all green, red, and silver sparkles. It is on display in my home as it cheers me every time I see it. Due to the coronavirus, students of physical therapy like her have not been able to visit hospitals for more than a year now, so Kalsang has decided to work for 1 to 2 years in a hospital after a required 6-month internship to get sufficient hands-on experience. She wrote that COVID-19 has had a big effect on everyone in the settlement where her family is and where she has been doing her online classes for the last year. As of late February 2021, she wrote that her college was still closed for in-person classes.



Xmas Card, K. Wangmo & Parents



T. Tsetan Without Costume 2020

Tenzin Tsetan won a scholarship to the Tibetan Institute of Performing Arts (TIPA) in Dharamsala, at their annual competition 4 years ago. He is now in his 5th year of TIPA's intense 6-year training program. When he graduates, he can pursue a career in their touring company. However, life in Dharamsala is more expensive than in Mundgod, and he can really use funds beyond his basic TIPA scholarship, so we include him in our scholarship group. He has often expressed deep thanks for our help.



T. Tsetan

Student Scholarships (cont.)

Tenzin Tselha is studying for a B. Commerce degree in Bangalore. Her family has had many problems, including losing their home. Her mother was abused in the past and these days is just barely coping. The abuse has stopped, but a family home, or even a stable place to stay, has been a dream, so FOTSI is helping, through the Office of the Representative, with a scholarship for Tenzin Tselha, some help for her mother, and a very significant contribution to a new home for the family (see middle of pg. 19). However, the pandemic has seriously slowed progress in building her new home so they still share with others. In addition, Tenzin wrote that she has struggled with powerful emotions. She was very sad when her grandfather died in October, and then **she, her younger sister, and her mother were all infected by the coronavirus and had to be quarantined**. Fortunately, they recovered, and she tested negative and returned to Bangalore for her second-year studies. She is grateful for the facilities provided to her family for their recovery and our help.



T. Tselha

Namgyal Tsetan and **Tsering Chonden** both completed pre-service training programs required for employment in the Central Tibetan Administration (CTA) and now have staff positions. FOTSI paid for their training, got grateful emails, and rejoiced in the successful outcome. **Tenzin Noryang** is serving a year at KLE Hospital in Belgaum to get her “experience certificate” and no longer needs sponsorship. After getting his B.A., **Tenzin Youtso** joined the Indian Army, a good option for young men with college degrees, as they can explore career options and get practical training and experience.

Nawang Namgyal is from a very poor family and wants to teach Tibetan children, if possible. She is in her second year at JSS College in Dharwad. In 2019 this college, which she chose due to its low cost, began requiring all students to study Kannada, the most common language used in Karnataka State where the college is located. This was a big challenge for Nawang, as she knew little Kannada. But she dug in, worked to learn Kannada, and made it to her second year. If she masters Kannada as well as the Hindi, English, and Tibetan she already knows, this may help get her more job offers. **Tenzin Kunsal**, whose family had a very hard time in 2020, also wants to teach, so she is completing her education degree. **Tenzin Tseyang** is studying nursing for at least another year beyond her 2020 B.Sc. degree. **Tenzin Yingsel’s whole family got COVID-19 in 2020**. They have recovered, but right now she is helping them at home.

Ven. Lobsang Norbu Samphel is a monk who completed his B.A. (Shastri) degree after 7 years at the Central Institute of Higher Tibetan Studies (CIHTS) in Varanasi. Now he is at the Namgyal Institute for Tibetology (NIT) in Gangtok, Sikkim. After completing his master’s degree at NIT, he plans to return to Drepung Gomang Monastery to complete his Geshe degree. He writes great thank you letters to those who have helped him and says prayers for us all, especially this year.



L. N. Samphel



K. Gyatso

Kalsang Gyatso needs at least one more year at CIHTS to qualify to be a teacher. CIHTS trains students for teaching; for careers as translators of Tibetan, English, and Indian languages; and for work in cultural fields. Tibetan monks rescued Kalsang from people exploiting him as a child and helped him finish high school. He has serious epilepsy from an injury, and our support helps him pay for medicine and treatment as well as education costs. He helps poor boys from Nepal when he can.

Office of the Representative of HH the Dalai Lama, Mundgod (ORM) — Emergency Fund

In 2019-2020 FOTSI aided many Tibetan refugees — families, caregivers, young people, and elderly men and women in households and at the Old People’s Home (OPH). *In 2019 (2020) we sent \$3,785 (\$7,438) to our Emergency Fund.* FOTSI continues to be the only outside, non-Tibetan agency regularly helping the destitute. We have aided patients needing critical surgeries and those with drug resistant TB, HIV infection, and mental illness. In the past, our funds have helped in community-wide emergencies, such as failure of school buses, floods and other storm damage. We always work with the local Tibetans and their leaders. We contribute to fill in gaps and strive for good outcomes as we celebrate and support the enormous efforts of both local Tibetans and the Tibetan diaspora.



In 2020, *some Emergency Fund donations were used to purchase masks and sanitizers.* Later our funds helped *build a canal in Camp 7* to protect a road that was repeatedly damaged by monsoon rains. We also helped a man create an animal-care unit in Camp 7 to deal with stray dogs.



In January 2020, we *sent the ORM \$9,000 not included in the amount listed above.*



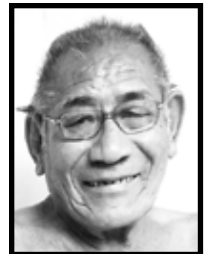
New Home Hopefully Finished in 2021

Of that money, \$6,000 was used to build a home for a homeless family and \$3,000 paid for a second knee replacement for Sherap, a sponsored resident of the Home for the Elderly in Camp #3 who was in terrible pain. *We sent the funds through the DGBCA* as it was the fastest way, and without speed, good options would be lost. The home building has gone slower than usual due to lockdowns and other pandemic headaches.



Phurbu’s Family

After Phurbu died in 2019, FOTSI helped Phurbu’s family pay bills that kept arriving in 2020 and deal with some of their own medical problems. Below we list needy Tibetans we helped with non-COVID-19 crises that seemed to get much worse when there were lockdowns and sources of income dried up.



Sherap

- * *Thinley Namgyal’s wife* had had heart surgery, payment for which required selling Thinley’s car with which he had been earning a living. They needed help to buy her costly post-op medicines.
- * *Yangzom* is poor and suffers from HIV; he had to be treated in a hospital’s Intensive Care Unit. Some Tibetans were infected when the Indian army re-used needles on injured soldiers near remote borders with Pakistan and China; many unknowingly brought HIV home to families. FOTSI also helped another HIV patient, *Konchok Tenzin* (no photo), who needed help with basic needs and medicine.
- * *Chuku Dorjee and his wife* are very poor and have no one to help them. They had no income in 2020 so FOTSI provided financial support for basic needs.



Thinley Namgyal & His Wife



Yangzom



Chuku Dorjee & His Wife

ORM Emergency Aid (cont.)

Below are a few more of those helped by FOTSI's Emergency Fund in 2020.

- * **Namgyal Palmo** (sister of the lay Secretary of the DGBCA) needed kidney stone surgery. At the same time, her **husband Youten Tsering** became very ill and died.
- * **Dakpa Gyatso's** wife had needed a cesarean during the birth of their child. The pandemic caused the family difficulty in paying for basic necessities after that.
- * **A poor Indian patient with kidney failure** was truly desperate; the ORM requested FOTSI's help.
- * **Yeshi Dolkar and her old mother** found it impossible to meet their basic needs during the pandemic.
- * **The Tibetan Youth Association and Regional Tibetan Women's Association Cultural Preservation Show** needed support to encourage everyone in the Tibetan settlement and to prepare for their New Year presentation.



Y. Tsering



Tibetan Cultural Preservation Program

Sponsorship & Special Aid Through the ORM

In 2019 (2020) we sent \$4,865 (\$18,197) to the ORM as sponsorship and special aid for specific people and projects. The 2020 amount included a donor's bequest of \$6,960 for named lay people not all sponsored by FOTSI, and \$6,960 towards construction costs for the ORM's new building. In 2019 (2020) we sent \$550 (\$9,990) to the Home for the Elderly (OPH). The 2020 amount for the OPH included \$2,320 from the bequest to support a specific OPH resident and \$6,960 for the OPH's endowment fund ("corpus fund" in India). Many of those aided were ill and elderly; aid was unexpected and miraculous.



Surprise Aid Helped



Chela & D. Lhamo
January 2020



Tsokyi

Sponsored people in 2019 numbered 31 as noted on pg. 2. We will cite the number of those sponsored and aided in 2020 on pg. 2 of next year's report and it will be similar. Those we sponsor at the OPH are **Dhondup Lhamo, Tsokyi, Tsering Choephel, Kunsang Wangmo, and Sherap** (see pg. 19).



K. Wangmo above, T. Choephel at left

Previously we sent **Wangchuk Tsering** Emergency Fund aid, because he has psychological challenges, and spends most of his time wandering, often to the local cremation ground. Now FOTSI sponsors him. Over the years, **Kalsang Dorjee** has made himself indispensable helping his grandparents and mother, despite having had a crippling disease himself as a child. **Phuntsok Sangmo** spent much of her life helping

her mother who died some years ago and has tried hard to keep her old home livable. **Dolma Tsering's** soldier sons have guarded the border with China and send funds to her. We helped her during a recent illness.



W. Tsering



K. Dorjee



P. Sangmo



D. Tsering

ORM Sponsorships (cont.)

Tenzin Lhakey is a nurse for the Sambhota School. Her sister Chemi Sangmo is still trying to regain strength after nearly dying from TB. **Tsamchoe** took care of her diabetic sister, her mentally ill nephew, and her son, who had a neurological illness. All of them died. In the past



Tenzin Lhakey Tsamchoe



Dechen Palmo Topgyal

we helped her replace an overflowing outhouse with a good bathroom and pay for a cataract surgery. **Dechen Palmo** had a costly heart operation in 2019 and needed tests and medicine following that. She has a son in 4th grade and had a difficult 2020. **Topgyal** is still considering a move to the Home for the Elderly, but 2020 seemed not so great for group living.

Nuns' Sponsorships & Health Aid - Jangchub Choeling Nunnery

In 2019, FOTSI sponsored 14 nuns of the Jangchub Choeling Nunnery (JCN). We sent those nuns a total of \$2,670. This money is usually used for medicine, clothing, toiletries, books, food, and local travel. **We also sent additional funds for the Jangchub Choeling nuns as a group — \$220 for study needs, \$3,815 for medicine and treatment, and \$200 to help laypeople who ask them for help.**

Due to the pandemic, some nuns who had achieved the rank of “Geshema,” went to Dharamsala for special ceremonies; others who had completed those celebrations went there for exams, including some on tantric studies now expected for most Geshemas. However, because of Indian government lockdowns and other difficulties, the nuns could not travel or even walk around in Dharamsala. Fortunately, both the nuns there and in Mundgod strictly obeyed the lockdowns and other restrictions, so **none contracted COVID-19!** Their expenses were low and they had help from sources in Germany and Taiwan. There may, however, have been important medical check-ups that were missed, and non-COVID-19 illnesses not addressed. FOTSI tried contacting Geshema Dawa Chonzom (aka Ani Tenzin Norzom), our primary channel for aiding the nuns, and the nunnery administrators, to no avail. Fortunately, near the end of 2020, we were again in contact with Geshema Dawa Chonzom. In 2021 she managed to return to the JCN in Mundgod. We wired her the funds we had collected for the nuns in 2020: **a total of \$6,105 — \$2,175 for 14 sponsored nuns, \$3,530 for general medical needs, \$200 for education, and \$200 for aid for laypeople.** Our sponsored nuns are shown below.



L. Dolma Gapa



G. Choedron



T. Dolkar



S. Tsekyi



D. Choetso



K. Choedon



T. Tsomo



D. Chonzom



L. Choeden2



T. Deetaen



L. Choeden1



N. Jampa



L. Dolma Jupa



T. Namdol

Health Aid for Monks

The COVID-19 pandemic has not spared either India or its Tibetan settlements (see pgs. 6-7). Monks in the Mundgod Tibetan Settlement were hit particularly hard, partly because so many live in close quarters, and information on the pandemic was late reaching them. India did its best to issue lockdown orders and quarantine requirements. All monasteries in Mundgod complied, and soon afterwards most monks could rarely leave their home buildings. ***On November 2, 2020, COVID-19 was surging; 633 Mundgod monks had tested positive, 484 had recovered, 142 were under treatment (some at hospitals outside the camp), and, sadly, 7 had died.*** Amazingly, Drepung Gomang Monastery, housing about 2,000 monks, including most of the monks FOTSI helps, had only 11 positive cases, of which 2 had recovered by 11/2/20 and 9 were under treatment. This was a great achievement, perhaps marginally due to FOTSI's communication and other efforts. ***Please see page 7 for last minute updates. In 2019 (2020) FOTSI sent \$2,800 (\$8,072) for health aid to monks. The 2020 increase was due to a donor's bequest of \$4,902.***

Medical aid in 2020 helped monks in Drepung Gomang and other Mundgod monasteries, and, at the monks' request, some of their health aid was used to help a monk's mother who suddenly became very ill when visiting her son.



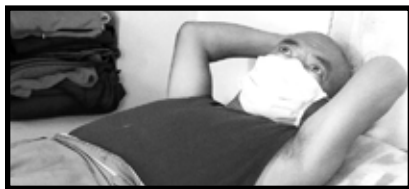
Monk, Mom, Little Brother After Mom Recovers

Medical help is available in hospitals at the Drepung Loseling and Gaden Jangtse and Shartse Monasteries in the settlement. Drepung Gomang also runs a clinic, but surgeries, scans, etc., cannot be done in the settlement, so we help cover services and aid obtained elsewhere. ***In 2019 FOTSI sent \$500 to the Gaden Jangtse Hospital and is wiring more to this valued resource in 2021.***

FOTSI aided monks with TB, diabetes, epilepsy, hepatitis B, and other problems. ***We sent emergency help to the whole settlement for masks and sanitizers.*** Among monks we aided in 2020 are ***Geshe Jampa Gyatso*** who recovered from TB but not yet from serious digestive issues; ***Vens. Lobsang Sonam*** (diabetes and TB), ***Lobsang Shakya*** and ***Palden Gonpo*** (diabetes); and both ***Jigme Dorjee*** and ***Ngawang Dhamchoe*** (hepatitis B).



HH Dalai Lama at Gaden Jangtse Hospital pre-2020



Geshe Jampa Gyatso



L. Sonam



L. Shakya



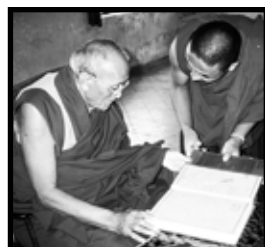
P. Gonpo



J. Dorjee



N. Dhamchoe



Geshe Tenpa Tenzin

We are most grateful to ***Geshe Tenpa Tenzin***, the former spiritual head of both colleges of Drepung Monastery, Gomang and Loseling, for suggesting the idea of FOTSI in the early 1990s and helping us begin our work with medical aid for refugee monks. The photo on the left shows him teaching monks how to keep detailed health records for themselves and FOTSI. A recent photo shows health

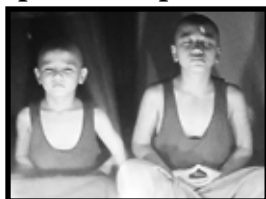


COVID-19 Antibody Testing for Monks

workers in 2020 testing for COVID-19, something we never imagined when FOTSI's projects began.

Sponsorship and Other Aid for Monks

Most monks live in dormitories that can be crowded, and they chant prayers and work in groups. So it is not surprising that many got COVID-19. Several monks had worked to aid local Indian villagers and needy Tibetans, but then strict lockdowns were enacted, sick monks were quarantined, and many monks were not allowed to leave their home buildings. Thus meditation and prayers for the world and for donors happened in small groups, as did meals carefully supplied by the monastery. Young monks were taught, several at a time, by mentors in their “dorms.” **FOTSI’s 2020 monk sponsorship and aid was \$56,687. This includes \$52,704 that was sent to many monks from a donor’s bequest. Much of that went to monks we do not currently sponsor. In 2019 (2020) we sent \$700 (\$1,150) to Drepung Gomang Monastery aiding all their monks.**



FOTSI’s 2020 monk sponsorship and aid was \$56,687. This includes \$52,704 that was sent to many monks from a donor’s bequest. Much of that went to monks we do not currently sponsor. In 2019 (2020) we sent \$700 (\$1,150) to Drepung Gomang Monastery aiding all their monks.



Sponsored and aided monks include those needing help and those giving help. Often who is in which group switches back and forth. One monk worked long days helping the sick and new escapees from Tibet. He contracted leprosy and FOTSI helped him recover; now he again helps others. **Geshe Tsultrim Gyaltzen** was head administrator of Drepung Gomang Monastery,



worked at a center in Ireland, and completed a meditation retreat — all after nearly dying of TB when he arrived at Gomang from Tibet. **Ven. Karma Tsultrim** is now in the final year of his Geshe Lharampa studies. Many years ago, after he escaped from Tibet, FOTSI paid for his 6 surgeries in India to remedy his injury in Tibet due to a charging animal whose horn went through his eye. In late 2019, he was chosen to show his debating skills to the Dalai Lama. He helps and teaches boys at Gaden Shartse Monastery and has taken COVID-19 patients to the hospital.

K. Tsultrim Debates



Geshes T. Khendak & T. Changshai with Boys in Their “Dorm”

Geshe Tenzin Khendak studied hard and completed the special Geshe Lharampa studies. He and **Geshe Tsewang Norbu** have helped animals, children, beggars, and fellow monks for years. **Geshe Tenzin Changshai** has been head of his living group, helping all, quietly offering peace and service.



Geshe T. Norbu & Friend

Geshe Gonpo Tashi went through hell watching his parents in Tibet feed their children while starving to death themselves; he also saw the animals of a beloved forest disappear. He was unwell after escaping to India, but with help he gradually thrived. He worked in a handicraft shop, and befriended the friendless. In an old photo taken with Chela, you can see him in the lower left— smiling. Two sponsored monks are studying to become translators for Tibetan Buddhist teachers. **Ven. L. Norbu Samphel** is pursuing a Master’s degree in Sikkim (see pg. 18), and **Ven. Lobsang Dhondup** is studying English in Dharamsala. We sent funds from a donor’s bequest to monks we no longer sponsor, among them were health worker **Geshe Ngawang Sopa**; **Ven. Phuntsok Ngoshes**, in Kalmykia, Russia; and teachers **Geshes Nyima Norbu and Ngawang Tsondu**.



Geshe L. Dhondup, at left, in English Class

He worked in a handicraft shop, and befriended the friendless. In an old photo taken with Chela, you can see him in the lower left— smiling. Two sponsored monks are studying to become translators for Tibetan Buddhist teachers. **Ven. L. Norbu Samphel** is pursuing a Master’s degree in Sikkim (see pg. 18), and **Ven. Lobsang Dhondup** is studying English in Dharamsala. We sent funds from a donor’s bequest to monks we no longer sponsor, among them were health worker **Geshe Ngawang Sopa**; **Ven. Phuntsok Ngoshes**, in Kalmykia, Russia; and teachers **Geshes Nyima Norbu and Ngawang Tsondu**.



Geshes N. Norbu & N. Tsondu, Ven. P. Ngoshes

Ven. L. Norbu Samphel is pursuing a Master’s degree in Sikkim (see pg. 18), and **Ven. Lobsang Dhondup** is studying English in Dharamsala. We sent funds from a donor’s bequest to monks we no longer sponsor, among them were health worker **Geshe Ngawang Sopa**; **Ven. Phuntsok Ngoshes**, in Kalmykia, Russia; and teachers **Geshes Nyima Norbu and Ngawang Tsondu**.