



FRIENDS OF TIBETAN SETTLEMENTS IN INDIA (FOTSI)

Annual Report and Newsletter for 2020-2021 Projects in Mundgod and Other Tibetan Settlements



Board of Directors

Chela Kunasz,
President
Fox Magdovitz,
Secretary
Ken Bernstein,
Director
Sherry Hart,
Director
Deborah Howard,
Director

Volunteer Staff

Many Tibetans

Newsletter

Chela Kunasz
Christy Stebbins



Education, Health & Support for Tibetan Refugees in India in an Ongoing Pandemic



Friends of Tibetan Settlements in India (FOTSI)
315 Sky Lark Way Boulder, CO 80303 303-494-4130
chelak@comcast.net <https://www.kunasz.com/TSI/TSI.html>

Financial Report for 2020 (ref. IRS Filing, Anton, Collins, Mitchell LLP)

Use <https://www.sos.state.co.us/ccsa/pages/search/basic.xhtml>, type “FOTSI”, click on “Search”, and wait, if you wish more. **Our 2021 Report will be in the 2021-2022 FOTSI newsletter.** We wait to check that the IRS, the state of Colorado, and our records all agree. **There was a big bequest given FOTSI in 2020 for aid to suitable individuals and projects, many of which were separate from our current work, so this was not a general windfall.**

Income 2020

Donations	\$143,244
Interest/investment income/bank reward	\$ 364
Total Income	\$143,608

Expenses 2020

Program service (see details below)	\$159,338
Program service expenses (mail/wire fees, travel)	\$ 5
Fundraising (newsletter, mail, copies, software, printing, supplies)	\$ 798
Administrative (IRS report \$1,100, state fees, PayPal fees, etc.)	\$ 1,181
Total Expenses	\$161,322

Program Service Details 2020:

Education (part of Program Service) \$37,080

College/nursing scholarships, school fees (TCV); Dre-Gomang School regular support plus special bequest (\$4,640), nuns’ education aid, Sambhota School building repair & hostel food

Health/Hygiene/Emergencies (part of Program Service) \$16,280

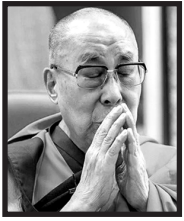
Representative’s Emergency Fund, monks/nuns medical aid
Aid to laypeople by monks’/nuns’ projects, direct aid

Sponsorships/Group Support (part of Program Service) \$105,978

25 sponsorships/aid through Rep. Office; 14 nuns and 21 monks; individual and group aid; \$88,160 from a bequest funding aid for the Home for the Elderly, the new Representative Office building, and many named needy Tibetans

Our program service expenses were \$5 for mail to India. At year end 2020 we carried forward \$113,366, **\$17,715 less than at 2019’s end.** Early on as CFT/TSI and through 2006 as FOTSI, our program and direct service expenses exceeded \$353,618. Since then, adding in only program service, we have sent more than **\$1,224,606** to residents of Tibetan settlements in India. As usual, **no salaries were paid to anyone in FOTSI.** We deeply thank all who **donated for FOTSI’s operating expenses!** We know many in the USA are truly struggling during the long pandemic. We thank you all, from our “heartbone” as the Tibetans say, for remembering them!





Once again, many Tibetans and I extend our heartfelt wish that all be healthy and the pandemic fade away quickly. Further, we deeply pray that the terrible conflict in the Ukraine will soon end, and that Ukrainians will receive the huge help they need. His Holiness the Dalai Lama has recently expressed his profound sorrow at the situation in Ukraine. He has pleaded for dialogue and the cessation of the violence perpetrated there and is offering his heartfelt prayers to those ends. As my father escaped from autocratic Russian communist rule, I grew up hearing about the oppression of the Russian people and those in the Soviet Socialist Republics of that time by the Russian government. Many readers also know of the suffering of other oppressed people like those in South Sudan, Syria, Tibet, and the ordeals of our world's refugees. Since FOTSI works to aid people affected by the Beijing government's invasion of Tibet, this letter will focus on the current situation in Tibet, how China's current policies are a danger inside and beyond China's borders, and issues relating to Tibetan refugees in India and elsewhere.

Unfortunately, the situation in Tibet is worsening. This year, according to Freedom House, Tibet is ***ranked as the world's worst country/territory regarding political rights and civil liberties***, along with South Sudan and Syria. See <https://freedomhouse.org/country/tibet>. Many organizations, including the U.S. State Department, Radio Free Asia, Human Rights Watch, and *The New York Times*, report



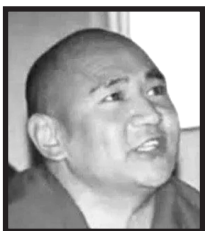
Tibetan Prays at Potala, Lhasa

that not only is China abusing the human rights of many, including Uyghurs and even their own Han citizens, it is openly working to destroy languages and cultures (including religions) that don't align with ***Xi Jinping's stated goal (at an "Ethnic Work Conference" in August 2021) to subordinate minority identities to a single national Chinese identity.***

New 2021 rules require ***all students receiving government aid for schooling (estimated by the Hindustan Times as up to 900,000) enroll in two years of military training and indoctrination at boarding schools.*** This policy aims to cut the connection between Tibetan children and their culture and overcome Tibetan resistance to serving in the People's Liberation Army. ***The government wants young Tibetan soldiers to build and to defend China's infrastructure development near the Indian border.*** Han Chinese soldiers do poorly at high altitudes. ***Chinese would be the only language*** at these schools, but this is now the case for all teachers and pupils in Tibet, and for all officials and journalists as well. ***Three children were recently arrested*** and sent to a "reform-through-education center" after complaining about the lack of Tibetan language classes; see <https://tibet.net/three-children-arrested-in-tibet-for-language-lessons-complaint/>.

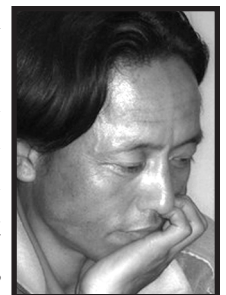


Only Chinese in Class



Go Sherap Gyatso

Tibetan scholars, philosophers, popular cultural stars in literature and music—who write or sing in Tibetan and use Tibet's stylistic traditions—can be harassed, arrested and sometimes tortured, or forced by threats of violence, arrest, or mistreatment of relatives, to produce material desired by the Beijing government or censors. Examples include highly respected ***Go Sherap Gyatso*** and ***Konchok Tsephel***. Multiple internet sites report that scholar Go Sherap Gyatso is in ill health due to mistreatment and beatings. Konchok Tsephel, a prominent writer, teacher, and environmentalist, was finally released on March 18, 2022, after 13 years as a political prisoner.



Konchok Tsephel



Tsewang Norbu

In February 2022 a popular **25-year-old Tibetan singer-songwriter, Tsewang Norbu**, whose mother was famous and recorded a People’s Liberation Army propaganda song and whose uncle is a long-term political prisoner still facing 14 more years in jail, **set himself on fire as a protest against China and has likely died. Tsewang was the 156th Tibetan to die in a self-immolation protest.** Such protests are less frequent now due to punishment of relatives and HH the Dalai Lama’s wish that Tibetans stop these deaths. A line in a song recently recorded by Tsewang said, “If you have any regret, do not hold it secretly for yourself.” At present, many internet posts are available, with various viewpoints on Tsewang Norbu’s action and possible death. Many are eloquent, others are skeptical.



Drakgo Maitreya Statue Destroyed

Tibetan religious expression is especially targeted, with monasteries increasingly subjected to video cameras inside temples and monasteries, increased indoctrination classes, as well as implanted informants. More religious buildings and statues were destroyed this year, and Tibetans who took/shared photos of this were again arrested. Major religious activities in monasteries in and near Lhasa this year were banned. Tibetan religion is protective of the environment, especially their sacred mountains, so Tibetans resent Chinese railway tunneling and the destruction of hills and mountains. Environmental damage and dangers in Tibet are well documented on the internet. Railways are a major tool for China to tighten its grip on Tibet.

The Chinese government wants total control of everyone inside its borders, and it closes those borders to many, especially journalists and officials of other countries, and sometimes to almost everyone during “sensitive times.” In March 2021 Chinese authorities announced that nearly **2,000 “inspectors” were being deployed to police Tibetan rural communities and to enforce tighter travel restrictions, particularly near southern international borders.** Careful, law-abiding local **Tibetan tour guides, like Pasang Norbu, have been arrested, beaten, and deprived of businesses** according to Radio Free Asia. This has happened more to those who have spent time in India, and is another economic blow to Tibetans, who have often been discriminated against in favor of Chinese entrepreneurs in Tibet.



Who is Listening?

China is creating, acquiring, and using sophisticated surveillance technology (on its citizens, and especially on Tibetans and Uyghurs) more aggressively than any other country. Yet China still uses “boots on the ground”—undercover agents and military/police personnel. The internet is monitored, controlled, and censored. The Human Rights Watch website notes



Flag & Cameras—Lhasa

there is a surge in Tibetans being charged with “internet offenses.” This can merely be contact with people outside China. China monitors WeChat communications, and it has also hacked WhatsApp to extract data and has used that to spy on Indian Army soldiers. Belatedly, Beijing used quarantines and vaccines to stop Covid, and fortunately **there seem to have been few Tibetan Covid cases to date**, but it has also used their newly enhanced contact tracing to increase surveillance options. They have used their control over domestic travel to protect the health and options of Chinese Han citizens over Tibetans, especially regarding permits to visit Lhasa.



Modern Lhasa



The Indian government feels a constant threat from China, and its military deals with “issues” at disputed borders and tries to match or exceed infrastructure enhancement from the Chinese side. The disputed border, the “Line of Actual Control,” was introduced in a 1993 agreement that did NOT clarify the border’s location! *Fiery skirmishes* erupted in the spring and fall of 2020 because Chinese forces objected to *Indian Galwan Valley* road construction. Shots were fired; India claims **20 Indian and at least 40 Chinese soldiers died at the border**. Later, 12,000 Indian workers went to the area to finish infrastructure upgrades. Tensions rose. India cancelled contracts with some Chinese firms, considered blocking Chinese companies from strategic markets, and banned over 200 Chinese apps. (See https://en.wikipedia.org/wiki/2020–2022_China–India_skirmishes.) Because of objections to Chinese government policies, many countries declared diplomatic boycotts of the 2022 Beijing Olympics that did not restrict athletes from competition. India joined that boycott after discovering that China’s torch bearer was a soldier involved in the Galwan affair.



Heroes-DTR Hospital Staff

India had a second stressful pandemic year in 2021. As it is a big country with a population of 1.392 billion, it faced a huge challenge in imposing lockdowns, quarantines, and school closures. The country celebrated its provision of 1 billion vaccination doses on October 21, 2021. A huge Covid surge began in April 2021; at its peak there were 400,000 active cases and

40,000 deaths daily. By June all staff and 51 of 72 residents in Mundgod’s Tibetan Settlement Home for the Elderly (OPH) had Covid (see pg. 21). Our sponsored Sherap (pg. 25) got Covid and died in August. A December surge peaked in late January 2022. Settlement residents were hit by that surge after parents brought vacationing students home from remote schools and found the kids had Covid. Some ended up in the DTR Hospital, but all recovered. Upon hearing of Boulder Colorado’s Marshall Fire, the OPH held a Tara prayer session.



Prayers after Marshall Fire

The U.S. recently passed a law providing \$10 million to aid Tibetans around the world and to preserve their language and culture. It expanded the role of the “special coordinator for Tibetan issues.” See <https://savetibet.org/us-government-funding-bill-increases-tibet-support/>.

Two great movies—“The Great 14th; Tenzin Gyatso, the 14th Dalai Lama in His Own Words” and “Never Forget Tibet: The Dalai Lama’s Untold Story”— are out. See <https://thegreat14th.com>.

FOTSI aids those in resettlement areas (“camps”) in India that received *many escapees from Tibet*. The camps also serve culturally related people from Himalayan states in north India, Nepal, Sikkim, or Mongolia. Many have relatives in Tibet. *FOTSI aids the needy in the southern Tibetan settlements*, mainly the *Mundgod (Doeguling) Tibetan Settlement*. We began in 1984 and have been a non-profit, tax-exempt charity since 2001. FOTSI is not set up to help Tibetans in Tibet, so we urge all to support and learn from organizations like the International Campaign for Tibet (<https://savetibet.org>).

Thank you for your checks, PayPal donations at our website (see pg.1), choosing FOTSI as your charity at <https://smile.amazon.com>, using Zelle Quick Pay, donating stock, or giving from an IRA. In states like Colorado, FOTSI donations may be tax-deductible even if you don’t itemize. Feel free to contact me with questions! **THANK YOU for helping Tibetans! Tashi Delek for a healthy Tibetan Water Tiger Year 2149!**



With Love, I am fine, hope you are!

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 2020-21** 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 — former head, Dre-Gomang Buddhist Cultural Assn. (DGBCA); helps Chela

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 Rinzin — 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 Rinzin



Tamdin Dolma



Geshe N. Sopa



Gendun



Passang Dhondup



Tsewang Thinley



Drepung Gomang Monastery Undertakes Repeated Efforts to Provide Free COVID Vaccinations in/near Mundgod Settlement

In 2021 the monastery began fundraising to pay for COVID vaccines for as many as possible in their community. This effort supports many epidemiologists and experts who stated that India needed “concerted and consistent leadership to contain infections and make vaccinations more available and faster.” (<https://www.nytimes.com/2021/04/09/world/asia/india-covid-vaccine-variant.html>)

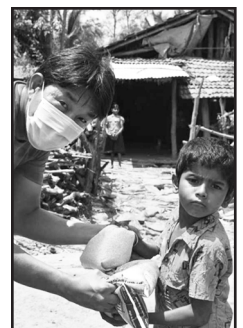
In their first efforts, the monastery and the Drepung Gomang Buddhist Cultural Association (DGBCA) provided free Covid (Covishield) first dose vaccinations to 835 monks and 367 laypeople from the Mundgod Tibetan Settlement. They also provided aid for Covid treatment and related expenses.



FOTSI participated in a second round of fundraising along with several other charitable aid groups: **24 FOTSI donors contributed a total of \$4,540 to this effort.** This was used to arrange for testing and second dose vaccinations (now completed) that began to be possible for young people as well.



As Covid exploded in India in March 2020, schools were closed and lockdowns began. By April 2020 no one, including the monks of the Drepung Gomang Monastery and DGBCA, was allowed to leave their quarters. Just before that, hearing of food shortages, the monks used 200,000 Rs (about \$1,600) to buy food and worked with village leaders to distribute this to the neediest.



Dre-Gomang School Opens & Closes Often, Yet Keeps Education & Building Upgrades Happening

The *Drepung Gomang School (DGS)*, run by the DGBCA and connected with the Drepung Gomang Monastery, teaches a variety of classes to young monks arriving from ethnic-Tibetan areas near and in India as well as from countries like Mongolia that have a strong Tibetan Buddhist community. The subjects include Tibetan language skills, math, science, and Buddhist studies. Occasionally, a few children still manage to escape from Tibet, and there are sometimes students from other countries such as Russia. For the Tibetan lay children of the local Mundgod Tibetan Settlement, there is usually a summer session during which Tibetan language and Buddhist topics are taught in a relaxed and fun way. This is a time local Tibetan families welcome the opportunity to do extra work while the kids can take enjoyable courses helping them retain their traditional culture. Due to Covid, there was no summer school in 2021.

In January, the lay administrator (“Secretary”) of the DGBCA and important person for the DGS, Mr. Kunga Lhundup, was beset by Covid restrictions as well as the severe illnesses of several relatives. The school was closed and everyone was struggling with the pandemic’s impact and consequences. *Yet, learning was still happening as teachers and students worked in various ways in small groups to teach and learn.* FOTSI was able to send a first installment of \$1,805 for this school in January 2021, but due to a *badly timed major banking law change in India* that was applicable after March 31 to entities accepting donations from foreign countries like the DGS, we were *not able to wire money* to the school and most of our other Tibetan projects until much later. Fortunately, we had wired DGS \$4,640 from a bequest late in 2020. In the school’s case *we had to wait until September 2021, after which our total 2021 donation including our January installment rose to \$7,623.50.*

When the Covid situation improved in India in the spring, *the school was allowed to reopen on March 3 after being shut down for more than 11 months.* Unfortunately, things rapidly deteriorated all over India, and in mid-April all schools were shut down again. In May all relevant bank staff were reported to have Covid, and there were huge problems throughout India. In late June the Drepung Gomang Monastery and the DGBCA had a board meeting that reviewed the school’s situation. It was decided that, since the school was closed, funds could be used, not only to *keep paying the lay teachers who had families to support*, but also to *implement upgrades to staff quarters and working areas* including an overroof helpful during rains and summer heat, and to *replace the rotting 28-year-old main gate and the school’s deteriorating wall* over which people were jumping. Below and on the next page are photos of DGS’s students, teachers, activities, and construction projects in 2021.



Drepung Gomang School 2020



DGS Student



Restarting School March 2021



We're Back! Getting Notebooks

Dre-Gomang School's 2021 Photos



Kids and Masks - July 2021



August Debate 2021 Exam



Staff Room Overroof



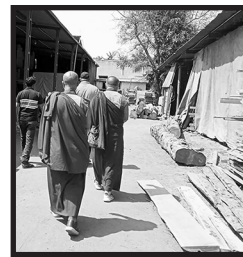
Staff Room Overroof Finished!



Demolition - Staff Work Areas Etc.



Modern Building Tech Begins



Monks Seek Lumber/Tools for Better Library Shelves



Drepung Gomang School Reopens September 2021



In Person Classes Are Welcome



Dispersed Students Can Return



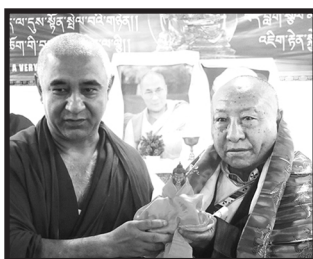
Math Class September 2021



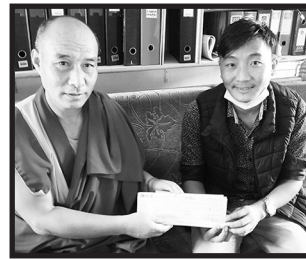
Tibetan Class September 2021



Some of the DGS Teachers



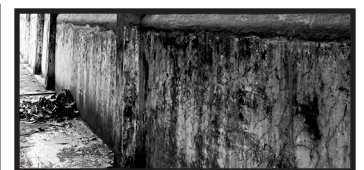
Abbot Honors Teacher Tashi



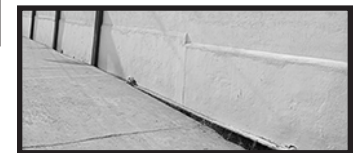
Teacher S. Dorjee Gets Aid for Mom



Old Gate Area



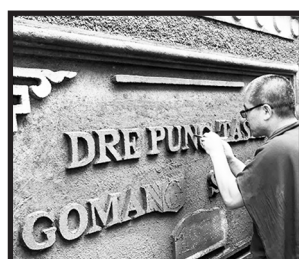
Old Low Moldy School Wall



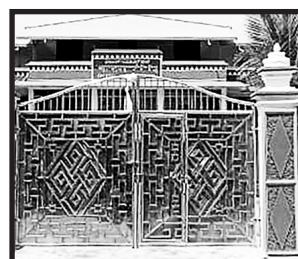
Same Area - Clean Taller Wall



Carving School Name in Tibetan & English



Next to New Tibetan Design Gate



See a Color Photo of the New Gate Included in the Collage at the End of This Newsletter

The Drepung Gomang Buddhist Cultural Association (DGBCA) Provides Emergency Delivery of Funds from FOTSI and Helps with Scholarships



Some Helped by DGBCA with Aid in 2020

In 2020 we sent the DGBCA \$20,261 that provided \$16,754 in emergency aid for lay people, \$355 for monks not in the Drepung Gomang Monastery, and \$3,152 for a scholarship for Ven. L.N. Samphel (see pg. 18). The amount for aiding lay people provided help for 6 families and 5 elderly people; the \$16,000 total amount included \$7,354 from a one-time bequest for specific people, not currently part of our aid and sponsorship program but in need of help. Also, the Office of the Representative (ORM) requested that FOTSI send \$9,000 through the DGBCA for several important time-critical needs at the beginning of 2020 when Chela was still in the Mundgod Tibetan Settlement. That money was sent to the ORM through the DGBCA rather than through Dharamsala because unusual speed was needed, and the funds could be delivered very quickly by the DGBCA.



Knee Surgery Facilitated by DGBCA

Through the DGBCA FOTSI delivered quick aid to *Dawa Bhuti* and to *Karma*, shown at right, as well as to three monks not in Drepung Gomang. Monk *Ven. Lobsang Palden* was in his nineties and living alone; another was using donations for essential social work in Ladakh; the third was helping three young students. The DGBCA



People Helped by DGBCA with Aid in 2020

also delivered our health aid to an elderly “granny” in the Mundgod settlement’s Home for the Elderly. She received \$120 from FOTSI “Monks’ lay aid.”

In 2021 FOTSI sent \$1,000 through the DGBCA to help pay for a lay person’s eye surgery and \$700 for a scholarship. As there were lockdowns so often in 2021, it was hard to deliver funds to as many people as usual, but \$120 was again delivered to the beloved grandmother at the Home for the Elderly.



Monk in his 90s Aided by Extra Funds via DGBCA

As we wrote last year, *DGBCA Secretary, Kunga Lhundup*, has always worked very hard and skillfully at getting FOTSI funds to students and lay people in crisis, as well as to nuns and monks in various monasteries when there have been no lockdowns in effect. Many monks have helped the DGBCA over the years by delivering timely aid to the community in Mundgod.



DGBCA Delivering Aid to “Granny” in 2021



Kunga



Member of a Family with COVID that got FOTSI Funds Through DGBCA

TCEWF – Tibetan Children’s Education and Welfare Fund – Supplementary Food for Sambhota School Hostel Residents

*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 five years, provides classes for grades 1 through 12. 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. **By 2020** we had increased our yearly donation for the student hostel food to **\$4,500**. **In that year we also sent the TCEWF an additional \$1,000 for flood-protective measures and cleanup of some Sambhota schoolrooms after an unusual monsoon caused serious flooding.***

In July 2020 Sambhota School’s Principal, Sangpo Rinzin, emailed FOTSI that all students and staff were safe and well, but studying remotely online. All but 17 students had left the school and hostel in the spring of 2020 for safer locations that could support online study. Our food aid helped feed the last 17 until they were able to find safe havens. After a summer break, online courses resumed with a lot of teachers’ effort. We hoped the students would be able to return for in-person classes early in 2021, but due to more Covid surges and lockdowns through the spring of 2021, that did not happen.

As usual, we sent \$2,250 for the hostel’s food in April 2021. When we inquired about sending another \$2,250 in October, we got the reply that more funds were not needed at that time. Our April donation had not been used because students only began to return to the hostel and to study in person in the fall.



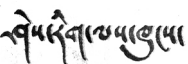
Hence our total donation for the Sambhota Hostel’s food in 2021 was \$2,250. Quarantining and testing gradually helped transform grades 6 through 12 into in-person formats, and the high school’s hostel filled again. **Happily, our \$2,250 was used during the fall and was much appreciated.** As a result, we received a packet of joyful thank-you letters, some of which we share on the next page.

Principal Sangpo Rinzin wrote that, despite the challenges of online learning for so many Sambhota students, 46 from the 10th grade and 84 from the 12th grade were actually able to appear for the all-India CBSE Board Exam, and everyone passed. One 12th grade student got the prestigious Gaden Phodrang Award, and two got the Sikyong Award that gave each of them 100,00 Rs (about \$1,300). Although Covid deaths (22) rose in September in Mundgod, all of the staff got two Covid vaccinations, and the school carried on.

Mr. Rinzin again this year thanked all FOTSI donors for our continuous support that has allowed students to enjoy extra fruit, vegetables, meat, and dairy products. He said they always noticed the extra and the special foods they get because of our contribution. **FOTSI has already sent them another full year of funds, \$4,500, in 2022. Hopefully there will be no more lockdowns!**



TCEWF -- Sambhota Hostel Food Supplementation (cont.)


DEPARTMENT OF EDUCATION
 Central Tibetan Administration
 Gangchen Kyishong
 Dharamsala - 176215
 Distt. Kangra (H.P.)
 INDIA

In late 2021 FOTSI received a thick package sent from the Sambhota School and associated high school hostel. The bulky package was covered with colorful Indian stamps (sadly black and white here), and a return address in English with a bit of Tibetan at the top. Inside was a letter from the school's principal giving us the details shared on the previous page about the school's situation through the year. The bulk of the package contained many delightful thank-you letters and handmade colorful cards with creative artwork sent by individual students and schoolroom groups. Below is a small sample of those exuberant expressions of gratitude and photos of students who enjoyed our aid.



Our great leader The 14th Dalai Lama always teaches us about others before self and you are one of the best example. There should be more people like you who gives a priorities to other and think about others

We are very grateful for all your helps untill now. You help us to have good food and good health which is very kind of you. You make our stay on hostel like home, very comfy and we really appreciate your kind help.
 You may not know how much your existence means to people like us. The one with beautiful heart is like a star in day.
 We love you from core of our heart.
 FROM YOURS
 Chosang &
 Tashlhamo
 [ROOM N.6]



I have lived the name of my life every person I have met all have played important role in my life.
 The things I have for you is build up with mad respect and gratitude. The more you are doing for the children of our world is so much appreciable and I gratefully thank you from the core of my heart.
 Even though you have your own life to prosper but you close to prosper the life of others and I want you to know that you've worked hard and you have occasionally let our life little brighter and now it shine beautifully everyday.
 I am proud of you and will make myself worth for what you've done for me and us.
 Once again thank you for everything and I hope to meet you personally soon after the pandemic safe and soundly.
 Love
 Dal
 Deden
 Chude
 ROOM 2





Tibetan Children's Villages (TCV) — FOTSI Helps 2 Finish High School in 2021, and Sponsors 7 High School and College Students in 2021 and 2022

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 <https://tcv.org.in> for photos and information about this wonderful organization, begun in Dharamsala in 1960 by His Holiness the Dalai Lama and his elder sister, Mrs. Tsering Dolma Takla. These days TCV offers its own schools for primary and secondary education and helps many of its high school graduates get support to complete professional vocational or college programs. ***In 2021 TCV schools continued to face repeated shutdowns during successive Covid waves and related government edicts and reversals like schools everywhere on our planet.***

By mid-February of 2021, the Covid situation in India was improving, so the Indian government announced the opening of schools. TCV then started a gradual return of pupils to its many boarding schools. The students had to undergo a 14-day quarantine after they arrived from homes of relatives and other locations. In those dispersed locations, they had been in safe smaller groups and had been studying online for months. ***As of March 15, expectations of normalcy were high. At that point, around 3,600 students (out of over 6,000) had returned to their TCV schools. But ten days later a second pandemic wave hit hard, and the government locked down all schools again.*** Some pupils had to remain in the school hostels while others, over time, managed dangerous travel to return to homes of relatives or friends. This second Covid wave rose to a peak in May when ***India was officially experiencing 400,000 new cases and 4,000 deaths a day.*** That was likely an understatement of the actual toll the virus was taking. It took TCV time to deal with the thousands of students.

Some areas, such as Dharamsala and some Tibetan Settlements, were especially adversely affected during Covid's second wave. At the ***Upper (Dharamsala) TCV School*** 167 students tested positive. Doctors from the area's Tibetan Delek Hospital helped care for the Covid-positive students with help from the school's staff nurses. The ***TCV Youth Hostel in Bangalore***, an inexpensive residence for TCV-sponsored Tibetan college students, found 53 infected residents. The ***Bylakuppe Settlement TCV School***, where we were sponsoring four students, had 26 Covid-positive results. During this stressful lockdown period, students who had to remain at the schools were housed, fed, tested regularly, quarantined when necessary, and treated when ill. Fortunately, no student died. Sponsorships and donations to TCV and an associated Covid Relief Fund for masks, sanitizer, medications and needed medical devices helped a lot. Classes were generally online for both resident and off-campus students.

For most people in India vaccinations were unavailable until later in the summer. By August, Oxford AstraZeneca's Covishield vaccine was possible for those over 18, and about half the TCV staff was fully vaccinated, and half had had one dose. Of the few TCV campus students who were at least 18, 91% had had one dose. No vaccine had been approved for those under 18. The Central Board of Secondary Education (CBSE) in New Delhi did not require the exams normally given for grades 10 and 12 in every Indian school. The scores normally resulting from missed exams were replaced by a formula combining performance reports from teachers and some earlier pre-Board tests.

TCV Students — Current Spsorees (cont.)

In 2020 we began sponsorship of two new TCV students, who, although very separate people, have the same name, but fortunately, not the same “school number,” so I will refer to them with their school number after their names. **Tenzin Konchok (7597)** is now 16 and in 10th grade at the TCV high school in Bylakuppe. He was born in the Delar Tibetan Settlement in Bylakuppe. His mother cultivates corn on a small plot she owns and works as a carpet weaver in the Tibetan Cooperative Society’s Handicraft Center. Tenzin has three elder siblings and a younger brother. The family is very poor, and Tenzin’s mother really wants him to get a good education, so she approached the Delar Settlement’s Officer, who supported her and submitted a strong recommendation to the TCV Head Office in Dharamsala on Tenzin’s behalf. Tenzin has a positive happy nature. He likes social studies and soccer. He dreams of becoming a pilot. As he is in the 10th grade, he was required to be in person at the school to prepare for the March 2022 Indian national exams and wrote to thank us and say he was studying hard.



Tenzin Konchok 7597



Tenzin Konchok 7603

Tenzin Konchok (7603), our second new sponsoree, is 13 and in 6th grade. He was born at the Kollegal Tibetan Settlement in south India. His mother has died; his father drives a tractor for the Tibetan Cooperative Society in Kollegal. The Kollegal Settlement Officer gave a strong recommendation that Tenzin be admitted to a TCV school. He was admitted to the TCV Bylakuppe school in 2018 due to his father’s financial difficulties and wish for his son to get a good education. Tenzin likes science and soccer. He hopes to someday join and rise in the ranks of the Indian Army. He also wrote to thank us and say he is studying hard.



Tenzin Tsering

Tenzin Tsering is 17 and is in the 11th grade. 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. FOTSI later sponsored him. Tenzin studies math, science, English, Tibetan, and social studies and enjoys exercise, especially basketball. He is in a Commerce Stream at TCV Bylakuppe. He wrote thanking us for our kindness in sponsoring him for these last two years.



Pasang Khandro

Pasang Khandro is now 22 years old and studying for a Bachelor of Commerce degree at the Dalai Lama Institute for Higher Education in Bangalore. She is studying accounting, economics, and language skills. Her real dream is to be a designer, but she is first seeking a secure way to earn a living. When her Institute is on lockdown, she stays with an aunt and does her coursework online. She has come a long way, literally, since starting a trip with her aunt and uncle from eastern Tibet to Lhasa and from there to Nepal when she was six years old. She sent FOTSI a sweet letter at the end of 2021, thanking the donors (there were 17 who helped TCV students in 2021) for their kind support.

TCV Students — Current and Former 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 22, graduated from high school in 2021, and though he once dreamed of being a pilot, he completed the Commerce Stream at the TCV Bylakuppe high school and is now pursuing a Bachelor of Business Administration degree. He wrote FOTSI a particularly warm letter last year and did the same this year. He says his institute is on beautiful grounds and he is very happy to be studying there.



Kunsang Dechen

Kunsang Dechen was born in the Mundgod Tibetan Settlement where Chela works when she goes to India. As Kunsang is from a poor family, she was accepted into the TCV school system and graduated from TCV Bylakuppe in 2019. At first, due to her interest in Tibetan traditional medicine, she applied to the Tibetan Medical Astro Institute in Dharamsala, but was not accepted. Later she successfully entered a general nursing program at Apollo College in Mysore. She is now in her second year of studies there, has in-person classes, and is getting real life nursing experience. She wrote that she has classes from 9am to 6pm, and is among 15 Tibetans as well as many Indian pupils from all over India. She wrote to FOTSI as our “daughter” and expressed deep gratitude for all our help.



Lobsang Ngodup

Lobsang Ngodup, born in Kham, Tibet, escaped from Tibet with his family more than 16 years ago, and was admitted to TCV’s school in Bylakuppe in 2005. He is now 28 and continuing his six-year study program at the Tibetan Medical Astro Institute of the Dharamsala Medical Center. He will complete his study this year and will graduate as a doctor of traditional Tibetan medicine, having learned secrets of Himalayan herbs and other aspects of this tradition. FOTSI received a letter in late 2021 from Lobsang in which he shared that he was well and appreciates his program and the excellent teachers as well as friendly staff and students at his school. He wrote that he feels very fortunate to get our financial aid for his long course of study.



Tenzin Pasang & Stanzin Phantok

Last year we sponsored **Tenzin Pasang** and **Stanzin Phantok** until the beginning of the fall semester. By that time, Stanzin had graduated from the Bylakuppe TCV high school with a science stream program. She was lucky to get sponsorship for her continuing studies from a new source. Tenzin Pasang withdrew from the same TCV school and joined the Indian Army with a view to the training he could get there.

In 2020, 2021, and 2022, FOTSI sent TCV \$3,880, \$3,240, and \$4,320 for our sponsored students. Now TCV generally requests \$480 per year per pre-college student, and \$720 per year per postsecondary student.



HH the Dalai Lama & TCV Students

Student Scholarships

FOTSI College and Nursing School Scholars 2020-2021

Name	Major & Degree Sought	College, Location
<i>Sponsored students — new and continuing scholarships</i>		
<i>Ms. Tenzin Noryang*</i>	B.Sc., Nursing, 1st year	Yenepoya University, Mangalore
<i>Ms. Dolma Tsering</i>	Post B.Sc. Nursing, 1st year	Yenepoya University, Mangalore
<i>Ms. Tenzin Chokyi</i>	Nursing (General+Midwifery), 1st year	Nitte Usha Institute, Mangalore
<i>Mr. Karma K. Tsepak</i>	Food Production, Chef Cert.	Tibetan Private Industrial Training Inst. Dehradun
<i>Ms. Penpa Lhamo</i>	B.A. & B.Ed., 1st year	St. Joseph College, Mysore
<i>Ms. Ngodup Lhamo**</i>	B.Sc., Nursing, 1st year	JSS College of Nursing, Mysore
<i>Ms. Sonam Dolma**</i>	Career, 4th year	Tibetan Institute of Performing Arts (TIPA), Dharamsala
<i>Ms. Tenzin Yangkyi**</i>	B. Comm., 1st year	Dalai Lama Institute for Higher Education, Bangalore
<i>Ms. Karma Tsultrim**</i>	Hairdresser course	YLG RNR Salon Private Ltd., Bangalore
Ms. Tenzin Tseyang	Post B.Sc., 2nd year	St. John's Nursing School, Bangalore
Mr. Tenzin Tsetan	Career, 6th year	Tibetan Institute of Performing Arts (TIPA), Dharamsala
Ms. Tenzin Tselha	B.Comm., 3rd year	Dalai Lama Institute for Higher Education, Bangalore
Ms. Ngawang Namgyal	B.A., 3rd year	JSS College, IGNOU Study Center, Dharwad
Ven. L. Norbu Samphel	M.A., Buddhist Studies/Eng., 4th year	Namgyal Inst. of Tibetology, Sikkim
Ms. Tenzin Nyidon	CSE, 2nd year	GSSS Inst. of Engineering & Tech for Women, Mysore



T. Noryang*



D. Tsering



T. Chokyi



K. K. Tsepak



P. Lhamo



T. Tseyang



T. Tsetan



T. Tselha



N. Namgyal



Ven. L. N. Samphel



T. Nyidon

*We formerly sponsored *another nursing student named Tenzin Noryang*, who graduated in 2021 and won a Gold Medal for her amazing student record and performance on exams. At right we share a photo of her special moment. The photo above at left shows our newly sponsored nursing student with the same name. *We did not obtain photos of the newly sponsored students marked ** above in time to share them here. We received a grateful letter from our formerly sponsored physical therapy student, Kalsang Wangmo*, who has completed a five-year study program and internship and is now waiting for her degree certificate. She hopes to work permanently in Mundgod and will be doing a workshop and short term project there soon. For information about FOTSI's formerly sponsored student, *Kalsang Gyatso*, see pg. 24.



T. Noryang Wins Gold

Student Scholarships (cont.)

In 2020, FOTSI wired \$16,047 for scholarships: \$10,750 through the Office of the Representative (ORM) and \$5,297 (of which \$2,452 was from a one-time donor bequest) through the DGBCA. In 2021, we wired \$12,555 for scholarships (\$10,750 via the ORM and \$1,805 via DGBCA). In 2021, we also sponsored four students for post-high school education through TCV (see pgs. 13-15).

Our newly sponsored student, **Tenzin Noryang***, is in her first year of study for a B.Sc. in nursing at Yenepoya University in Mangalore, Karnataka State. Her family consists of nine siblings, her parents, and a grandfather recovering from a recent surgery. She is “thrilled about being a nurse one day.” She likes working in the hospital environment very much. She also loves sports and still participates in track events like the long jump, as well as 100 meter and relay races. Her first semester started in October 2021, and her classes are English, applied anatomy, physiology, psychology and sociology, “Nursing Foundation”, and Kannada, the local Indian language. She learned how



T. Noryang*

important Kannada was during her clinical work at the hospital with patients who only spoke that language. Her exams start April 4, so she wrote that she was studying hard and that she will always feel deeply indebted to FOTSI. Her classes began online, but shifted to in-person on December 1. She wrote that she misses her family and finds the weather in Mangalore “scorching,” but is surviving with the fans provided. She has five roommates—four from Bhutan and one from Ladakh. Next semester she will study microbiology, biochemistry, nutrition, “Nursing Foundation II,” and “Computer Skills.”



T. Noryang* Wins!

FOTSI is now sponsoring **Dolma Tsering**, who managed to pay the first semester’s fees for her post B.Sc. nursing studies at Yenepoya University in Mangalore, but was unable to continue without outside support. Her parents have passed away, and her chronically ill, elderly uncle can no longer help. She wrote to us of her gratitude and her efforts to study well. Other newly sponsored students are **Tenzin Chokyi**, studying general nursing and midwifery at Nitte Usha Institute in Mangalore, and **Karma K. Tsepak**, in an 18-month certificate course in food production and chef training at a Tibetan ITI in Dehradun.



D. Tsering



T. Chokyi

Penpa Lhamo is a newly sponsored student in a four-year B.A/B.Ed program for future teachers at St. Joseph’s College in Mysore. We received a warm “thank you” for our funds from **Ngodup Lhamo**, a young woman from a poor family in her first year of study for a B.Sc. in nursing at JSS College of Nursing in Mysore.



K. K. Tsepak



P. Lhamo

We have just learned that our FOTSI scholarship fund can help three more students: **Sonam Dolma**, in her fourth year at the Tibetan Institute of Performing Arts (TIPA) in Dharamsala, **Tenzin Yangkyi**, in her first year at the Dalai Lama Institute for Higher Education in Bangalore aiming at a Bachelor of Commerce (B. Comm.) degree, and **Karma Tsultrim**, learning hairdressing skills at the YLG RNR Salon, Bangalore.

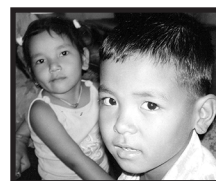
Student Scholarships (cont.)

Tenzin Tseyang is in her second year of post-B.Sc. nursing studies. In a Christmas letter to her sponsor, she again thanked her for her ongoing help, and shared that, because she is in an advanced nursing program, she became **“fully involved” in clinical work with patients during the Covid surges in India in 2021**. She and her fellow advanced nursing students were praised for their great efforts by the National Association of Indian Nurses in America (NAJNA).



Nurse, T. Tseyang

Tenzin Tsetan won a scholarship to the Tibetan Institute of Performing Arts (TIPA) in Dharamsala, at their annual competition six years ago; we too help him, as life in Dharamsala is expensive. He is in his final year of TIPA's intense six-year program. After graduation, he can pursue a career in TIPA's company. He has often expressed gratitude for our help.



T. Tsetan Then



T. Tsetan, Mom, & Relatives

Tenzin is a loving and dutiful son, and he worries about being so far away from Mundgod. Like others during this pandemic, he worries about his mother's health. He emailed me about participating in 2021's Yarki Festival (see <https://tipa.asia/festivals/yarkyi-festival/>); he wrote



T. Tsetan Now

that **his team lost the overall competition, but that they did win the singing part, and he was the singer!** I emailed him some old photos of him and his sister, and he was “thrilled” to get them. He responded with a photo of his family when he last visited Mundgod.

Tenzin Tselha is in her third year of study for a B.Comm. degree in Bangalore. In 2020 she was very sad when her grandfather died in October, and then she, her younger sister, and her mother all got Covid and had to be quarantined. Fortunately, they recovered, and she completed her second college year in 2021. She sent us a grateful email and sent a photo in which she looks shy because she was the only student not wearing a Tibetan chuba. **Nawang Namgyal** is studying to become a teacher. She has struggled to learn the south Indian Kannada language, as it is crucial at her college and possibly for her future as a teacher. We were happy to learn that she has begun her third-year studies. She still hopes to teach Tibetan children.



T. Tselha with Fellow Students

Ven. Lobsang Norbu Samphel is a monk who completed his B.A. (Shastri) degree after seven years at the Central Institute of Higher Tibetan Studies (CIHTS) in Varanasi. Now he is at the Namgyal Institute of Tibetology (NIT) in Gangtok, Sikkim. After he gets his master's degree at NIT, he plans to return to Drepung Gomang Monastery to complete his Geshe degree. He writes great letters to those who have helped him and says prayers for us all. He wants to be a Tibetan/English translator and hopes that Covid issues will wane to allow him to join a 3-4 month Translation Workshop at the Library of Tibetan Works and Archives in Dharamsala in the future. His 2021 dissertation and exams went well. See more, pg. 20.



L. N. Samphel



T. Nyidon & Classmate

Tenzin Nyidon is continuing her Computer Science and Engineering (CSE) studies at the GSSS Institute of Engineering and Technology for Women in Mysore. We are proud that she is pursuing a difficult technical degree. She and her classmates struggled with difficulties during lockdowns in 2020 and 2021.

Aid to Gaden Jangtse Hospital & a Doctor

Medical help is available in hospitals at the Drepung Loseling and the Gaden Jangtse and Shartse Monasteries in the Mundgod Tibetan Settlement. Drepung Gomang runs a clinic, but major surgeries and high-tech medicine is not available in the settlement, so we help cover services obtained elsewhere. *In 2021 we sent the Gaden Jangtse Medical Society Hospital \$2,150 and will be sending them more in 2022. We also sent \$720 to a Tibetan doctor working in Mundgod in 2021.* In 2021 Gaden Jangtse Hospital cared for all the non-Covid medical needs in the settlement, while the Doeguling Tibetan Resettlement Hospital (DTR) cared for the non-critical Covid cases.

Critical Covid cases were sent to large Indian regional hospitals. We inquired as to whether the DTR Hospital needed help too, and were told the heartwarming news that Tibetan refugees all over the world had, as individuals and small groups, sent enough aid to the DTR Hospital so that further aid was not needed! Our aid helped many, however, at the Gaden Jangtse Hospital, and we are most grateful for the staff there and at the DTR Hospital for all their tireless work.



Patient at Gaden Jangtse Hospital

Health Aid for Monks

Monks in the Mundgod Tibetan Settlement were hit particularly hard in 2021, partly because so many live in close quarters, and vaccinations were not available early in the year. India issued lockdowns and quarantines as they had in 2020. Monasteries in Mundgod complied. *The Drepung Gomang Monastery requested any possible Indian Government aid and worked with various groups to purchase vaccinations. FOTSI responded in mid-2021 with \$4,540 (see pg. 7). The funds raised paid for testing and vaccinations for monks and lay people.* In gratitude, monks we helped held prayer sessions for FOTSI donors' health.



L. Ngawang#2



L. Shakgya Heart Test



Monks Chanting Prayers for Us

There were other health issues besides Covid and problems getting those addressed. *In 2020 FOTSI sent \$8,072 (including \$4,902 from a bequest) for medical aid for ill and injured monks; in 2021 we sent \$2,314.*



Broken Ankle



T. Thinley's Broken Leg

In 2021 FOTSI aided monks with injuries, Covid, TB, diabetes, epilepsy, hepatitis B, digestive problems, heart disease, and other issues. For example, *Gen Lobsang Shakya* needed heart tests and treatment; *Geshe Tenpa Thinley*, in charge of construction at the Dre-Gomang School, fell off a precarious spot on the second floor and suffered a bad compound fracture of his leg requiring surgery; *Geshe Lobsang Ngawang #2* helped Geshe



S. Wangchuk

Thinley at the hospital in nearby Hubli and got Covid; *Geshe Phuntsok Lhuthok* broke his ankle; *Ven. Sonam Wangchug* suffered from TB, diabetes, and eye problems. FOTSI helped many others as well. The monks sent lists of those we helped and warm thank you notes in Tibetan and English.

Sponsorship and Individual Aid for Monks

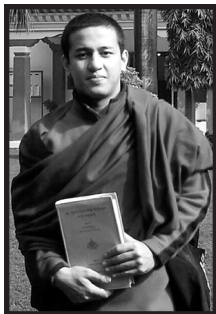
Lockdowns were in force for much of 2021, and as in 2020, monks were not allowed to leave their home buildings. Thus their meditation and prayers for the world took place in small groups, as did meals supplied by the monasteries. Young monks were taught in small groups by mentors in their “dorms.” Online teaching happened for some. **FOTSI’s 2020 monk sponsorship and aid was \$57,807, which included \$52,704 from a bequest that aided many we don’t currently sponsor. In 2021 we sent \$6,720. In 2020 we sent \$1,150, and in 2021 we sent \$900 to Drepung Gomang Monastery (DGM) aiding all their monks.** Sponsored and aided monks include those needing help and those giving help. Here we share a little about some of those we sponsor and aid.

As a child, **Geshe Tenzin Khendak** herded animals, but he eventually came to the DGM and became one of the special monks who complete the extra six years of Geshe Lharampa studies. Yet he has kept his roots and often helps animals and children. Once he helped rescue a wild dog with a dangerously tight cord around its throat, probably put there by a child long before. When children upset about classes cut from the Dre-Gomang School (DGS) curriculum came



T. Khendak

to him for help, he worked with Chela to get the classes reinstated. Recently he spoke in warm support of a special teacher, layman **Gen Tashi**, at a celebration of Tashi’s long service at the DGS. **Geshe Tsewang Norbu**, another friend of animals and people, recently spent time in a remote part of Ladakh, helping to reduce the crowding and Covid danger at Drepung Gomang.



L. N. Samphel

Geshe Lobsang Dhondup, formerly a teacher at the DGS, is studying English in Dharamsala, aiming to be a translator for Buddhist teachings. Toward the same goal, **Ven. L. Norbu Samphel** is pursuing a master’s degree in Sikkim to be followed by finishing a Geshe degree. He has learned a lot about the modern world and its issues and traumas, as well as the wisdom in sacred Tibetan texts. His institute sent him to listen and learn at a conference in India on issues now impacting women all over our planet. He said he felt like a different person after that. See more on pg. 18.



J. Lodro

As a child, **Geshe Jamphel Lodro** was brought to the DGM by a destitute mother without the means to feed and care for him. Fortunately, he quickly bonded with Geshe Tenpa Tenzin who took responsibility for him and he blossomed. As he matured, his prayers made him eager to actively help others, so he became the first Tibetan monk to be certified as a social worker and to assist people in distress at large gatherings, such as those when HH the Dalai Lama speaks. Later he lived in conflict-ravaged parts of Jammu Kashmir, where he ran a school for children of local Buddhist families until militants said they would bomb the school with him and the students in it if he didn’t leave. He suffered from a huge bladder stone due to the hard water in that area, and later from a neurological disease that affected his face and robbed him of his beautiful smile. With help from FOTSI he is well now and lives and teaches in northern India where he is in contact with his mother, who sent him funds, coin by coin over years, that paid for his Geshe ceremony.



T. Norbu & Friends



L. Dhondup

Sponsorships & Aid Through the ORM

In 2020 and 2021 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 2020 (2021) we sent \$28,187 (\$7,055) to the ORM as sponsorships and special aid** for specific people and projects. We apologize for misstating the 2020 amount in last year’s newsletter as \$18,197! **The large amount in 2020 was due to a one-time bequest that included \$23,200 for the ORM—\$6,960 towards construction costs for the ORM’s new office building, \$6,960 for named lay people not all sponsored by FOTSI, and \$9,280 for the Home for the Elderly (OPH).**



Work Resumes on New ORM Building

Our 2021 amount for all regular sponsorships and extra help was \$5,565. We also sent \$1,490 in general help to the OPH. Recently the OPH arranged for **cataract surgeries**. Here we show a recovering patient and sponsored resident **Tsering Choephel**. A FOTSI donor’s bequest supplied lifetime OPH sponsorship for **Tsokyi** and aided an **elderly woman (T.B.)** living alone. The ORM delivered the bequest aid in 2021 after banking and Covid problems diminished.



Cataracts Gone!



T. Choephel



Tsokyi & T. B. Aided by Bequest

FOTSI donors sponsored and aided 25 people in 2020 and 23 in 2021. Sponsees include **Wangchuk Tsering**, who suffers from mental issues and wanders, mostly to the local cremation ground; **Tenzin Lhakey**, who aids her recovering sister, Chemi Sangmo; and **Tenzin Yingsel**.



W. Tsering

T. Lhakey

T. Yingsel

FOTSI’s emergency fund at the ORM has long aided those needing surgeries, or suffering from drug-resistant TB, HIV, and other emergencies such as flood and other storm damage. **In 2020 we sent \$7,438 for FOTSI’s emergency fund at the ORM.** That included \$2,850 for a second knee surgery for OPH resident Sherap. Sherap had trouble recovering from his first knee surgery and new health issues; then he got Covid and passed away. Of that \$2,850, \$1,220 helped Sherap before he died. FOTSI agreed to an OPH request that the remaining \$1,630 be used for the treatment of a 74-year-old resident’s complex leg fracture at an orthopedic hospital. In June 2021 Sherap was not the only one struggling at the OPH; 51 of 72 OPH residents and all seven staff got Covid. It was a terrible time. Many have recovered; there are now 61 residents.



Sherap Feb. 2020

In 2021 we sent the ORM \$4,821 for emergencies. Our funds helped pay for a mouth cancer operation, a leg surgery, and treatment for intestinal bleeding. FOTSI aid also helped pay for eye injections for macular edema, a commode, and HIV treatment. Most HIV patients in the Tibetan Settlement got infected during Indian Army service when the army re-used needles in remote Himalayan clinics. We also aided a dementia patient and two households that badly needed food. A FOTSI donor donated \$1,000 to help a woman partially disabled by childhood polio replace old orthopedic braces that help her get about and hold a good job. On a **happy note**, we have also helped the **Lhamo Tsokpa** group preserve Tibetan Opera and plan more help in 2022.



Lhamo Tsokpa Group

Nuns' Aid - Medical Aid and More - Jangchub Choeling Nunnery

In January 2021 FOTSI was finally able to send funds to the Jangchub Choeling Nunnery (JCN) nuns that we had collected and wanted to send in 2020. The delay was due to problems of several kinds for the nuns in India. The funding totaled \$6105, with \$2,175 for 12 sponsored nuns, \$3,530 for our medical fund for all the nuns, \$200 for nuns' education needs, and \$200 for help the nuns offer to laypeople in their community. In 2020 we managed to successfully send \$630 to our two sponsored JCN nuns with health problems (N. Jampa and T. Deetaen) who sometimes stay in Dharamsala due to the heat in Mundgod.

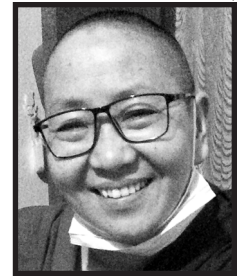
In 2021 we were again able to send the two sponsored nuns in Dharamsala \$650. And in January 2022 we sent the JCN nuns funds (\$6,280) collected in 2021. That funding included \$2,150 for 12 sponsored nuns, \$3,530 for our nuns' medical fund, \$200 for helping 21 nuns deemed most in need by the other nuns, \$200 for educational needs, and \$200 for helping needy laypeople. The 21 needy nuns each received 500 Indian rupees (about \$6.60); many of them used that for special food at Losar, Tibetan New Year. Modest Indian bank fees subtract a bit from our donations.



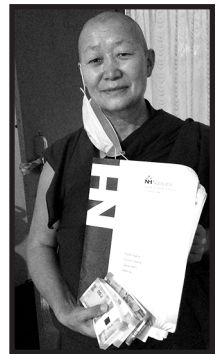
N. Jampa



T. Deetaen, Chela



T. Tsomo



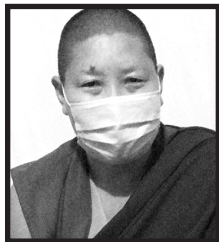
N. Lhamo



L. Choedon



Glasses Too!



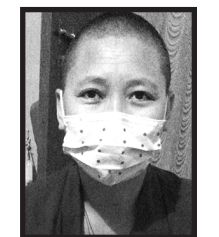
Thubten Palmo



L. Yangki

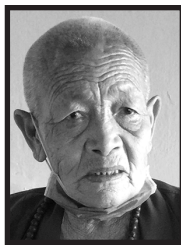


Tenzin Palmo

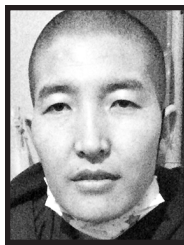


Y. Choega

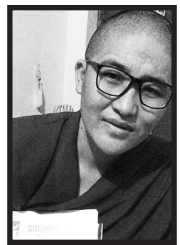
Our *medical fund* helped pay for *breast cancer* treatments for Ven. *Thubten Palmo*, a *surgery* for Ven. *T. Tsomo*, a year of *heart disease medication* for Ven. *N. Lhamo*, a *hepatitis C* treatment for Ven. *L. Yangki*, treatment of a *foot fracture* for Ven. *Tenzin Palmo*, Ven. *Tenzin Dolma's* stomach *treatment in an Indian hospital*, *ulcer treatment* for Vens. *Tashi Dolma* and *Y. Choedon*, and *Covid treatments* for Vens. *T. Lekyi* and *L. Choedon Jupa*. Our funds helped pay for Ven. *L. Choedon's eye surgery*, Ven. *Y. Choega's eye treatment*, and a *spinal treatment* for Ven. *L. Choedon*. Ven. *S. Lobsang* got help for *allergies*, and *many* nuns paid for *dental treatment and glasses with our aid*.



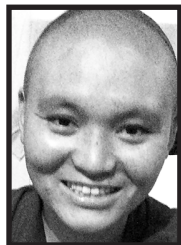
Tenzin Dolma



Tashi Dolma



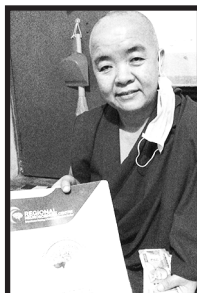
Y. Choedon



T. Lekyi



L. Choedon Jupa



L. Choedon (spine)



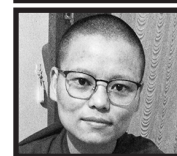
S. Lobsang



Teeth Fixed & Happy



Glasses!



Nuns' Sponsorships & Some New Year Encouragement

On the previous page we showed photos of two of the nuns FOTSI sponsored in 2020 and 2021. Here are photos of the other 12 nuns we sponsored during those years. The picture at right shows sponsored **Geshema Dawa Chonzom** (previously **Ven. Tenzin Norzom**), who helps us support the other nuns and sends us the photos and great information we share with you.



S. Tsekyi



T. Dolkar



L. Choeden1



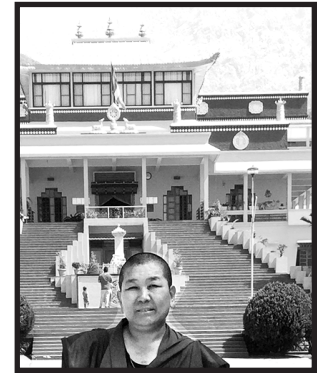
T. Namdol



L. Dolma Jupa



G. Choedron



D. Chonzom in Dharamsala

On the previous page we reported that FOTSI sent \$200 that was divided among 21 nuns deemed the most in need of a bit of extra help, especially for Tibetan New Year (Losar). We were encouraged by the nuns to offer this kind of gift when possible. Here we



L. Choeden2



T. Tsomo



L. Dolma Gapa

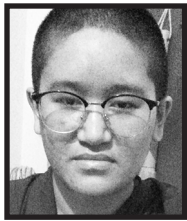


K. Choedon

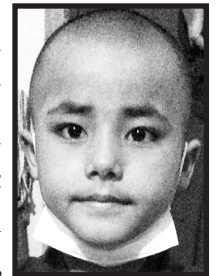


D. Choetso

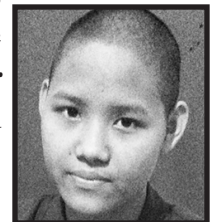
share photos and information about five of those nuns chosen this year, who reportedly were very happy for the “surprise” Losar gift. **Yonden Pema**, age six, arrived at JCN three months ago from Nepal, having not been properly cared for by her parents. She was very happy to be able to buy some special food with her Losar present. **Dawa Wangmo**, 16, is from a poor family in Ladakh. She arrived at JCN six years ago and was also happy to get a Losar gift. **Ven. Tashi Dolma**, 29, was born in Kham, Tibet. She has been at JCN for ten years and has been unable to contact her parents because of Chinese restrictions. She said that she would thank FOTSI donors by saying prayers for us. **Her photo is on the previous page**, as she had an ulcer from drinking bad water in the past and was aided by our medical fund for her treatment.



D. Wangmo

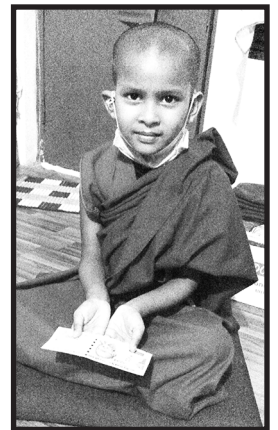


Yonden Pema

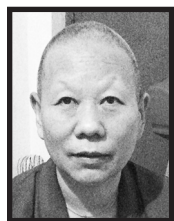


Lobsang Lhamo

Lobsang Lhamo, 13, arrived from Nepal six years ago. She attends the Sambhota School in the Mundgod Settlement. She is in 6th grade and is the top student in all her classes. Her parents and relatives have not contacted her in the six years she has been at JCN. She loved her Losar gift. **Lugyang Lhamo**, five, was born in a poor family in Sikkim and arrived at JCN three months ago as her mother could no longer support her. She is enjoying learning both Tibetan and English and loved the idea of extra Losar food. Girls who enter JCN due to needing a home do so willingly and are not committed to remain nuns. It is usual for them



Lugyang Lhamo



S. Choetso

to attend local schools for years, and they have shelter, food, and caring nuns as “family.” They can decide their future as they wish later. **Ven. Sonam Choetso** is 47 years old and was born in Kham (Litang), Tibet. She is not able to contact any relatives in Tibet. She completed her sutra courses at JCN and is studying the tantric topics now. She also enjoyed some tasty food with our gift. Here we have left “Ven.” off younger residents of JCN as we don’t know whether they have taken any vows.

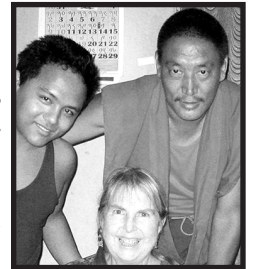
Those Very Special People We Lost in 2021 and Early 2022

Although this is a difficult page to read and to write, I wish to acknowledge and pay tribute to the amazing people who have passed away that FOTSI had worked with and sponsored. Sadly, in 2021 this includes four people FOTSI sponsored—*Kalsang Gyatso, Kunsang Wangmo, Sherap, and Lobsang Palden, and a monk, Gen Dakpa, without whose help FOTSI would not have existed.*



J. Choedon Saves Kalsang

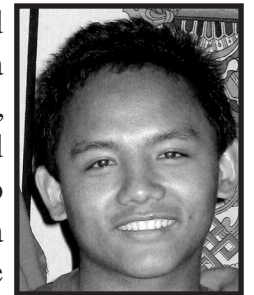
It was shocking and very painful to receive the tragic news of the death of Kalsang Gyatso (in his twenties) on July 8, 2021. Kalsang’s mother was Tibetan; when she died, her Nepalese soldier husband gave Kalsang away, and he ended up a slave working long hours with no chance for school. When he was 13, he was rescued by a poor monk (now Geshe), Ven.



Jampa Choeden, whom FOTSI sponsored. Monks protected him and let him secretly stay in monks’ quarters. Jampa got him into a local primary school, and he did well there, growing to be well-liked and successful in sports and academics. FOTSI helped Kalsang through funds sent to Jampa. Unfortunately, Kalsang was hit in the head by a thrown stone and almost died; no one knew if the stone that hit him was thrown by children playing or by his



Post Injury, Wins Prizes Still

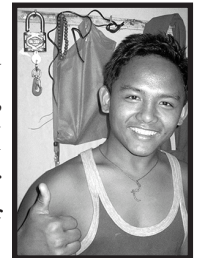


former “owner.” The monks saved his life. Although his injury caused deafness in one ear, he did well anyway. In India after Kalsang’s injury, I took him to hearing centers, but no improvement was possible. FOTSI donors paid his fees at a TCV high school and the Central Institute for Higher Tibetan Studies in Varanasi. During vacations he helped a total of 60 poor boys like himself come to the monastery for school and a wider life (with eager consent from all concerned). The kids I met in early



Medical Tests 2020

2020 were thrilled with their new lives. I spent hours talking with Kalsang as his “second Mom,” as he called me. Sadly, Kalsang’s injury slowly caused worsening epilepsy. In 2021 he was having strange health problems, and good doctors didn’t have a solution. By spring he was sure he would die, although neither the monks nor his doctors thought it likely. At his wish he was ordained as a monk



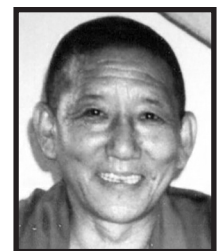
Kalsang 2020



With Nepali Kids 2020

June 8. After a lovely day when he seemed well and happy, he died the next day, July 8, from a seizure. Prayer sessions were held at the monastery and in Nepal.

Gen Dakpa was a special monk who long served as an aide to Geshe Tenpa Tenzin, who became the Abbot (“Khenpo”) of Dre-Gomang Monastery and then the spiritual head of both colleges of Drepung Monastery—the “Throneholder”—of Drepung.” After meeting *Khenpo Tenpa Tenzin* in the U.S. in 1976, I wrote him a letter (in English) about staying in contact. At that time he was in Nepal, but Gen Dakpa got my letter, had it translated, and sent me a response in English. That letter resulted in a long correspondence, many visits to the monastery, and eventually, in FOTSI! Gen Dakpa served the monastery, helped many monks, and dedicated his later life to helping at the Mundgod’s Home for the Elderly. His insight was very helpful for our FOTSI work when I was in India.



Gen Dakpa

The People We Lost in 2021 and Early 2022 (cont.)

After agreeing to find a sponsor for **Kunsang Wangmo**, I first met her at the Home for the Elderly. Her amazing history demonstrated her kindness, generosity, energy, and forgiving nature. She had been well off in Tibet, but lost most of her wealth when she escaped from there under duress. In exile she adopted many children and gave away almost all she had in helping them. Some of them stole from her. She was sorry about that—for them, not herself, and was never angry. Throughout her life she kept giving away anything she had except a special enclosed butter lamp she used as she said prayers and mantras for all and always kept lit. She loved the excellent image of Green Tara drawn and given to her by her sponsor, but had it mounted at the Home in a common area for all to enjoy. She continually gave away gifts she received. She said prayers for her sponsor and was very grateful to her. Years ago, when told she would soon die, **she gave everything away**, and then miraculously recovered and lived for years. She had increasing arthritic pain in her legs in her last decades, but still had a joyful smile when she was with anyone. I could not visit her without her giving me something—that was her way. Everyone felt joyful after spending even a few minutes with her. She lived into her nineties and cast sunshine on all as long as I knew her, and before that, I'm sure. She died in 2021. She will be missed.

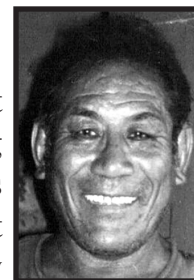


K. Wangmo Years Ago



K. Wangmo Recently

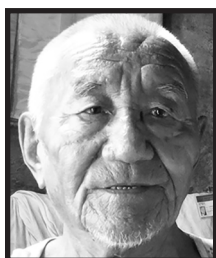
Sherap went through a lot. From an early age he had painful early-onset arthritis and also suffered from strange growths and tumors, including one that once covered most of his back. Sherap wondered about his karma, but could not find anything he had done, at least in his current lifetime, that could have harmed any creature. He thought that the only possibility was an occasion when he had skipped stones on a lake, and ruminated that perhaps he had hit a fish. Not many of us have to dig that deep to find where we might have done some small bit of harm. He was especially patient and had a shining smile. Some of us helped pay for a knee surgery for him in 2020. Unfortunately, his recovery period intersected Covid and the challenges from both the disease and the medical situation in India. That, and all the pain throughout Sherap's life, were finally too much, and Sherap died in 2021. He was always grateful to FOTSI and his sponsor; the Elderly Home staff said that remained true to his last days.



My First & a Later Photo of Sherap



Sherap in 2020



L. Palden 2020

Ven. Lobsang Palden was a monk who lived to be 96 years old by January 2022. He lived alone in a small, poor, and simple place in Village 3, Mundgod. He had a beautiful altar and pursued a quiet monks' life there, but was a delight to be with and especially well-liked by his neighbors. Years ago there were problems distributing FOTSI funds due to several ORM accountants leaving



Chela, L. Palden & Social Worker Dickyi 2020

that service for more pay, and he did not receive the funds we had sent for him. I discovered this when I visited him and asked how he had survived. He said his neighbors checked on him a lot, and although they did not have much themselves, they helped him. Before I left India, a good accountant came and stayed, and Ven. L. Palden received his funds and quickly paid back all his neighbors. Having him in their midst was, I saw, very important for them.