



# FRIENDS OF TIBETAN SETTLEMENTS IN INDIA (FOTSI)

## Annual Report and Newsletter for 2021-2022 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



### *Food, Education, and Health for Tibetan Refugees in India after Covid*



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

**Financial Report for 2021** (ref. IRS Filing, BDO (Boulder Office))

Use <https://www.sos.state.co.us/ccsa/pages/search/basic.xhtml>, type “FOTSI” and click on “Search.” Wait to see details. **Our 2022 Report will be in the 2022-2023 FOTSI newsletter.** We wait to check that the IRS, the state of Colorado, and our records all agree.

**Income 2021**

Donations	\$ 68,255
Interest/investment income/bank reward	\$ 268
<b>Total Income</b>	<b>\$ 68,523</b>

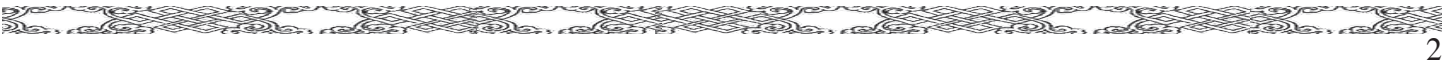
**Expenses 2021**

<b>Program service</b> (see details below)	<b>\$ 62,764</b>
Program service expenses (mail, wire fees, travel)	\$ 20
Fundraising (newsletter, mail, copies, software, printing, supplies)	\$ 833
Administrative (IRS report \$1,100, state fees, PayPal fees, etc.)	\$ 1,347
<b>Total Expenses</b>	<b>\$ 64,964</b>

**Program Service Details 2021**

<b>Education (part of Program Service)</b>	<b>\$24,179</b>
College/nursing scholarships, school fees (TCV); Dre-Gomang School (DGS); Sambhota School hostel food; nuns’ education	
<b>Health/Hygiene/Emergency Aid (part of Program Service)</b>	<b>\$21,825</b>
Representative Office Emergency Fund, monks/nuns medical aid; aid to laypeople by monks’/nuns’ projects, direct aid	
<b>Sponsorships/Group Support (part of Program Service)</b>	<b>\$ 16,760</b>
22 people sponsored and 1 person aided through the Office of the Representative of HH the Dalai Lama; 14 nuns sponsored; 20 monks sponsored and 1 aided; group aid for the Elderly Home, and some small group projects such as the Tibetan Opera group	

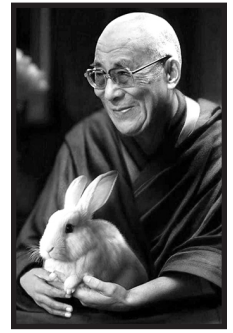
Our program service expenses were \$20. At year end 2021 we carried forward \$116,926, **\$3,560 more than at the end of 2020; much went out in early 2022.** Early on as CFT/TSI and through 2006 as FOTSI, our program and direct service expenses exceeded \$353,618. Since then, adding in only program service, we have sent more than **\$1,287,370** 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 struggled during the long pandemic that continued through 2021.** We thank you all, from our “heartbone” as the Tibetans say, for all of your kindhearted generosity!



## Dear Friends of Tibetan Settlements in India,

April 2023

His Holiness the Dalai Lama, now 87, has repeatedly expressed his strong prayers and wishes that all beings be happy and free of suffering. On February 21, 2023, the start of the *new Tibetan Water Rabbit Year 2150*, he again shared his compassion for all. Throughout 2022, joyful that in-person gatherings finally became reasonably safe as Covid diminished, he gave many public teachings and talks, and he participated in ceremonies offered for his long life by Tibetans, Koreans, and others. Most events were available via Zoom, with news, photos, and schedules (current and archival) available on <https://www.dalailama.com>.



Warm Wishes for  
Rabbit Year 2150

Although everyone is grateful that Covid's threat is greatly reduced, our world is still beset by the increasing effects of climate change; war and violence; brutal governments; lack of human rights, justice, and freedom; as well as natural disasters and poverty. Under China's rule, the situation for Tibetans, Uyghurs, and some other Chinese citizens is difficult in many ways and worsening. According to the human rights watchdog Freedom House, Tibet is among the world's worst three countries and territories with regard to rights and freedom. See details at <https://freedomhouse.org/country/tibet/freedom-world/2023>.

Actions by the Chinese government that were horrific for many in Tibet included, as part of Xi Jinping's "Zero-Covid" policy, the *mass transfer of Tibetans to overcrowded and unsanitary isolation centers* that mixed Covid-positive with Covid-negative people, and *the locking of people inside workplaces for months*, causing starvation and death for the workers and families at home.



Lhasa Protest on 10/8/22

This also happened in Beijing and other parts of China (PRC), but not nearly as much as in Tibet. A *rare demonstration* in response to Covid measures occurred in Lhasa in October 2022. Freedom House and others reported that *genetic material was collected* from nearly a third of Tibetans without their consent. The Chinese government pursued a similar program for Uyghurs. These actions were done as part of a Covid medical program, but they were not the same for Tibetans and Uyghurs as for others in the PRC.



DNA Collection in Tibet 2022

The PRC has relocated more than a million Tibetans for several purported reasons, including the *forced removal of rural and nomadic Tibetans to job training centers* in more populated areas, and the *forced removal of a million Tibetan children from their parents' homes* to education



Tibetans at New School



Mother and Child in Lhasa

centers where they learn Chinese rather than Tibetan and are indoctrinated with the PRC's viewpoint on history and reality. Many are *subjected to two years of military training* as part of a program to guard China's southern border with India and other countries.

To hide its actions and policies, the Chinese Communist Party has used coercive tactics to shape media narratives and suppress critical reporting. Search for "Beijing's Global Media Influence" on the Internet. Access to the Tibet Autonomous Region is officially restricted for foreign journalists and only the PRC's government can grant access. Many journalists are rejected; most know they have no chance.

As mentioned in previous newsletters, the Tibetan Buddhist religion, like Native American spiritual traditions, reveres and protects the environment, especially the sacred mountains, land, lakes, and rivers. Numerous articles have documented the harm that railroads and mining have brought to Tibet. China is becoming a dominant source of rare earths and many elements and ores, some of which have also been found in Tibet. Lithium, currently essential for cell phones and electric vehicle batteries, is in demand. Tibetans have been suffering from serious pollution caused by recent Chinese mining for lithium. Search the Internet for “Lithium Mining in Tibet.”



*Mining Pollutes a Village River and Kills Fish*

In addition, the construction of dams, roads, and increased forestry and mining operations, as well as industrial and military operations, have been conducted with little consideration for the environment or for the safety of people in affected areas. They are further impacted by global climate change, causing a critical loss of glaciers and water from snow melt. Instead of embracing calls for change to address environmental issues in Tibet, China’s government arrests and sometimes tortures and kills Tibetan environmental activists. From <https://savetibet.org/environmental-defenders-of-tibet/> we learn that although Tibetans have been persecuted and killed for protecting their environment, such activism is not fully recognized by the international community because it is seen as simply related to the territorial conflict.



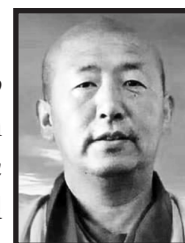
*Seynam*

One Tibetan environmentalist who suffered for his efforts was **Kunchok Jinpa, who died in custody** in 2021, having served eight years of his 21-year prison term for sharing information about environmental and political protests with the outside world. **Seynam**, 33, was sentenced in 2022 to six years in prison for “attending a meeting for the welfare of Tibetan parents.” He is a writer, environmentalist, and Tibetan language teacher with a family at home in Kham Karze.



*Kunchok Jinpa*

**Other activists**, usually involved in writing or organizing peaceful protests, **continue to be arrested**, which discourages others from speaking out about the erasure of Tibetan culture, language, history, religions, or the environment. One who recently **died in prison** was **Geshe Phende Gyaltsen** who was renovating his monastery in Litang and who was arbitrarily arrested for mediating a dispute between two parties in his county.



*Geshe Phende*

Most donors to FOTSI are well aware of Tibet’s situation and why we wish to help Tibetan refugees and others in the Tibetan settlements of India. We have watched what has happened to Tibetans and to Uyghurs, and we see the dangers that Xi Jinping’s government poses to the rest of the world. There is great concern about **security issues posed by TikTok** and other Chinese software that manipulates our minds and choices. These issues were presented in depth and much thoughtful detail on PBS’s *Frontline* and also in <https://www.nytimes.com/article/tiktok-ban.html>.



*Chinese Army Drill in Russia*

Another concern is the growing partnership between Xi Jinping and Vladimir Putin, including **China’s increasing support of Russia**, shown by shared military exercises. It is sad that many citizens of Russia have been drafted and sent to fight in Ukraine, and that Putin has portrayed that war to his people as necessary, and as “anti-Fascist” or “anti-Nazi.”



*Xi Jinping and Vladimir Putin*

As part of Putin’s effort to hide information about the war and its casualties from Russian citizens, his military has sent many men from non-central parts of Russia like Buryatia to the Ukraine. Many people of Mongolian descent (who are culturally related to Tibetans) live in Buryatia. When Buryat soldiers die, fewer people learn of it in contrast to the loss of Russians from central areas. Two courageous Russian women reporters who oppose the war in Ukraine are investigating the deaths of Russian soldiers there. The reporters were profiled on a recent PBS episode on *Frontline*. They provided video proof gleaned from interviews and graveyards of many unreported deaths of Buryat soldiers. They filmed the funerals of soldiers being conducted by Buryat Buddhists in red robes that look like Tibetan lamas. In the past, monks of Drepung Gomang Monastery were invited to Buryatia to perform popular rituals. Our collage includes a photo of such a monk in Buryatia doing a fire ritual. That monk used funds he earned to repair a monastery building in the Mundgod Settlement.



*Dre-Gomang Monk in Buryatia*

Now, not only has China tightened a noose on Hong Kong, but Chinese exercises in the China Sea have concerned Japan, the Philippines, Australia, and the USA. Many wonder when China will try to take Taiwan. The Indian government feels a constant threat from China, including gunfire from China’s soldiers at India’s northern border. A variety of concerns are documented on the Internet. Tibetans worry about their settlements in India and even the future of the USA, as they, like others, hope to prevent future incursions and invasions. Many worry about the PRC’s aim with that balloon.

The good news is that cases of Covid are lessening, and the Mundgod Tibetan Settlement is essentially Covid-free. Unfortunately, many settlement residents lost livelihoods because of travel restrictions during the pandemic and have been unable to fund the midday meals at schools or school bus costs. The settlement’s monasteries were unable to send their fundraising tours anywhere during Covid. They are now on the verge of getting the extended-time visas they need. FOTSI is working with the new head (a woman!) of the Mundgod settlement and helping as best we can with the new challenges while we continue to pursue our usual projects. A new Tibetan Government Sikyong (leader), Penpa Tsering, visited Mundgod in 2022.



*Mundgod Settlement Staff and Sikyong P. Tsering*

Tibetan Americans and others spent two days in Washington D.C., lobbying for passage of the ***Resolve Tibet Act*** and meeting with 100 members of Congress. The International Campaign for Tibet arranged the event, and its Chairman Richard Gere met Nancy Pelosi, Minority Leader Jeffries, and Speaker McCarthy. FOTSI cannot help Tibetans in Tibet, so please support the ***International Campaign for Tibet*** (<https://savetibet.org>).

To counter the world’s stresses like those described in this letter, I suggest reading *Yak Girl: Growing Up in the Remote Dolpo Region of Nepal* by Dorje Dolma, whose life was saved by surgery in Colorado. After atypical effort, I now have a new passport, a new 10-year Indian visa, and a Protected Area Permit (PAP) coming soon—all required to visit the Mundgod Settlement. I hope to travel to India in the final months of 2023; it will be the first time since my return from India just before Covid arrived and before India restricted any departure for months. Thank you for your kind donations! In some states, including Colorado, donations may be tax-deductible even if you don’t itemize. Contact me with questions. ***THANK YOU for helping Tibetans! Tashi Delek! Have a healthy Tibetan Water Rabbit Year 2150!***



*With love, Chela*

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



*Geshema D. Choezom*



*Migmar Tsering*



*Sangpo Rinzin*



*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 2021-22** 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.

**Geshema Dawa Choezom** (Ven. Tenzin Norzom) — Nun who facilitates FOTSI's aid to nuns and needy lay people  
**Lhakpa Dolma** — 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

**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.)

**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 major help throughout each year

**Tamdin Dolma** — Director, Home for the Elderly (OPH)

**Dr. Kyizom** — Doctor of Tibetan Medicine and a big help in many ways during Chela's visits to India

**Passang Dhondup** — Representative Office Accountant

## OTHER IMPORTANT COLLEAGUES INCLUDE

**Geshe Lobsang Monlam & Ven. Kalsang Gyatso** — Gungru Khangtsen Health Committee leaders

**Tsewang Thinley** — Representative Office Cashier

**Ms. Simki** — Tibetan Children's Villages (not shown)



*TSO Lhakpa Dolma*



*Geshe Lobsang Sangyas*



*Kunga Lhundup*



*Tamdin Dolma*



*Passang Dhondup*



*Geshe L. Monlam*



*Ven. K. Gyatso*



*Tsewang Thinley*



# *Office of the Representative (ORM) — In 2022-23 FOTSI Works with the Mundgod Tibetan Settlement Office (TSO) to Help with Special Post-Covid Needs*

FOTSI sent a total of **\$22,626 in 2021** and **\$19,787 in 2022** for all the aid projects it supports through the ORM. These projects provide sponsorship and aid to individuals and their families, post-high school scholarships, emergency aid, support for the Home for the Elderly (OPH), and a bit of help for the settlement's "Lhamo Tsokpa" that works to preserve Tibetan performing arts. We have sent such aid to the ORM for decades and describe recent efforts in detail below. We have also helped with emergency needs of the ORM as a whole, occasionally sending funds to keep the ORM itself operating, or funds to buy the large capacity printer suddenly needed by the Mundgod Settlement's elected legislature when the entire camp was locked down during a deadly emergency years ago.

The head of a Tibetan Settlement used to be known as the "Representative" (of His Holiness the Dalai Lama), but more recently is now called the "TSO" (Tibetan Settlement Officer). That can be confusing since "TSO" can also refer to the office whose staff runs the settlement. The "ORM" abbreviation is still used, but now the "Representative" represents the Central Tibetan Administration (CTA) of the elected Tibetan Government-in-Exile.

FOTSI received a letter on April 22, 2022, just after last year's FOTSI Newsletter was distributed, informing us that the CTA had appointed a **new TSO, Ms. Lhakpa Dolma**, who grew up in the Mundgod Settlement. ***This was the first time a woman or a local person has been appointed as a TSO.*** Ms. Lhakpa Dolma sent us a letter introducing herself and her knowledge of all the projects and people we have aided. She wrote, "I am eagerly expressing my deep gratitude for your relentless support for the cause of Tibet and the Tibetan people. You are the force for preserving our unique Buddhist culture and the tradition which is an altruistic gift to the world. It is indeed a gesture of compassion. Let's together make a difference over and over again."



*Former TSO & TSO Lhakpa Dolma*

In early March 2023, TSO Lhakpa Dolma wrote to us about how ***incomes of the settlement's residents had been disastrously impacted by India's lockdowns*** from 2020 into 2022. The selling of sweaters and other goods requires travel to large Indian towns and cities as does obtaining agricultural materials and selling most crops. The cost of travel has risen, and there were recent weather problems burdening all. Schools began to reopen in late 2022. Previously, midday local school meals and the cost of maintaining and fueling school buses for the students, now 373 in grades 1-12, had been paid by the residents. But meal/bus fee collection is way down, and some students even quit school due to lack of funds for fees. The settlement is in debt for the meals and transport now and in the immediate future. Although most of FOTSI's scholarship holders managed to keep studying during the pandemic, there was some disruption during the pandemic. Unused funds began to build up in our Scholarship Fund and continued into 2022. For that reason, it was possible for FOTSI to sponsor 15 students going forward and ***still agree to allocate 1 million rupees from our Scholarship Fund to help with midday school meals and bus expenses.*** See photos on pg. 8.

# ORM Post Covid Needs — School Meals and Wheels

In addition to a *one-time transfer of 1 million Indian rupees (roughly \$12,500)* from our Scholarship Fund to pay for Sambhota School midday meals and bus transportation, we will send some additional funds in 2023 to help the Mundgod Settlement’s children. As the staff of the ORM thinks this is the biggest emergency they have, and there have been fewer requests recently for emergency aid (possibly because the most vulnerable citizens did not survive the pandemic), we will use some of our emergency funds to help the school kids at least this year.



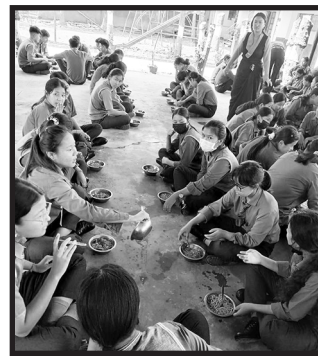
For Some, Main Meal of the Day



Without Buses, No School, No Lunch



Essential Need



A Good Meal Helps Study

## Sponsorships and Extra Aid Through the ORM

In 2021 and 2022 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 2021 the amount for all regular sponsorships and extra help was \$5,565, and in 2022 it was \$4,487.* FOTSI donors sponsored and aided 23 people/families in 2021 and 21 in 2022.

Sponsees include *Karma Dolma*, who went through some very traumatic experiences early in her life, *Tenzin Lhakey*, who serves students as the nurse at the Sambhota School, *Tenzin Yingsel*, who got a B.Comm. degree with aid from FOTSI and now helps her mother’s sweater-selling business, and *Tsering Dolkar*, who in the past bravely broke ground in gaining improved legal

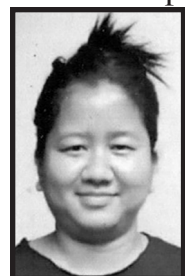


K. Dolma



T. Lhakey

and police protection for refugee women.



T. Yingsel



T. Dolkar

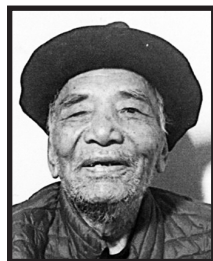


Goki

Among the older Tibetans we aided are *Goki* and his family (long beset by TB) and *Dawa Bhuti*, who lives alone. Sponsored *Sonam Tsering* wrote that he is still bedridden but doing better.

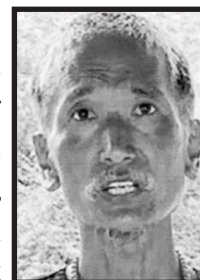


D. Bhuti

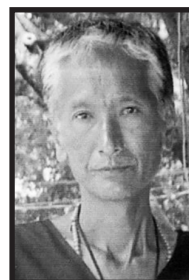


S. Tsering

*Wangchuk Tsering* looks better these days, but still has psychological challenges and prefers to wander and spend most of his time in the cremation ground. We helped *Topgyal* for decades until the end of 2022, but he passed away in January 2023 (see pg. 25). All of these sponsored Tibetans and more wrote (or got help to write) heartfelt thank-you letters in 2022.



W. Tsering 2021



W. Tsering 2022



# ORM Projects — Emergency Fund, OPH

**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 storm damage. **In 2021 we sent the ORM \$4,821 for emergencies.** Our funds helped pay for cancer surgery, leg surgery, treatment for intestinal bleeding, eye injections for macular edema, a commode, and HIV treatment. **In 2022 we sent \$3,336 for emergencies.** This was used to help **Trinley Namgyal** (no photo) with diabetes treatment, and to help **Tsering Youdon** with treatment for heart disease and other issues and basic needs. The fund was used less than in previous years, but the amount on hand can be used in 2023 and beyond. Thus, this year we will be able to help more with the school meals and buses.

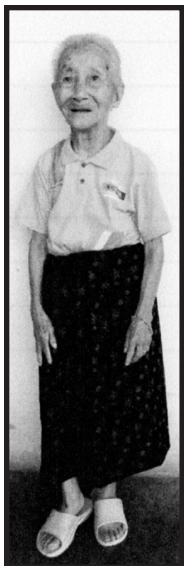


T. Youdon

**FOTSI has increased aid to the Home for the Elderly** in Camp 3 that serves the entire Mundgod Settlement. Known as the OPH informally (“Old People’s Home”), it is a facility to which all the residents contribute. People work there as organized volunteers. Anyone who is of a suitable age and situation can go there to live, especially if they have no relatives who can help them. According



to a census of OPH every March, the population of the OPH has decreased quite a bit. The biggest population drop was 12% between March 2021 and March 2022. In that period 15 residents died, partly due to Covid, and possibly in some cases, the stress of that terrible period. The OPH had 72 residents as of May 2021 and probably no more than 10 (including volunteers) people as staff. Of those 82 people, 60 got Covid, including all of the staff. Sick staff were helping sick residents. The ORM donated some of their staff to manage the home. Four residents died right at that time, but many recovered. In March 2022 there were 60 residents; now there are 56. They have many ailments, including cancer, hepatitis, HIV (from years ago when needles were reused in the Indian Army), and Alzheimer’s disease. All take medications.



D. Lhamo

**In 2021 we sent the OPH \$1,490 for general use and in 2022 we sent \$1,700.** We sponsor two residents, **Dhondup Lhamo** and **Tsering Choephel**. Dhondup Lhamo is a sweet, amusing woman who was very self-sufficient for years, but is now



T. Choephel



Group Medical Visit at OPH

90 and has internal prolapse and pain. Still, she delights everyone when she sings her self-composed song, “Dharamsala.” Tsering Choephel is 96 and has kept his room and the OPH environment as well-tended as possible for years. He has a lady friend at the OPH and is rarely separate from her. He was alone before coming to the OPH and says he has been happier there than anywhere else in his life. In his Christmas note to his sponsor he expressed his profound gratitude to her and FOTSI. He is always very friendly when Chela visits. On this page and in the collage we share scenes



from the Home. As many of FOTSI’s donors are also aging, an increasing number want to support food, medical treatment, and aid at the OPH.

# ORM Projects — Lhamo Tsokpa

FOTSI has long supported Tibetan performing arts in a modest way by supporting students accepted for study at the Tibetan Institute of Performing Arts (TIPA, see pg. 11) and sponsoring members of the Mundgod Settlement’s Tibetan Opera Association, known as “Lhamo Tsokpa.” The members shared FOTSI’s sponsorship funds among themselves. Later, as sponsored members moved away or died, we added direct sponsorship of the Lhamo Tsokpa group itself. Many Tibetans, including HH the Dalai Lama, continue to speak about the



Lhamo Tsokpa Members

importance of preserving their unique music and dance as well as historic operas in the Tibetan language. **In 2022 we sent Lhamo Tsokpa \$315** and encourage interested donors to let us know if they wish to join in this aid. Among the Christmas notes we received was one from Lhamo Tsokpa, saying, “We are grateful for your kind support for many years which is very helpful for our association to run smoothly and help our members. We hope you can continue your blessing towards our association.” The note added that because of the Covid surge they had been “on hold” for a while, but that they had 26 members and regularly try to attract new members as well.



Lhamo Tsokpa Performance

Joyfully, with Covid gone in their settlement, Lhamo Tsokpa’s members began to practice and prepare to perform again in 2023 — especially for the ten days of the Tibetan celebration known as “Shoton,” held this March in the Mundgod Settlement (Doeguling). Originally, the Shoton Festival was a religious celebration at which communities near monasteries brought yogurt (“sho” in Tibetan) to feed the monks who had been on ascetic retreat inside their monasteries for months, avoiding harming or interfering with all the new life that spring brings after a harsh winter. Centuries later, this year’s **26th Shoton Festival** turned out to be the biggest to date for exiled Tibetans. That it took place in Doeguling was very special as it was also the 25th anniversary of Mundgod’s Lhamo Tsokpa. This year’s celebration had performances by 11 troupes and was attended by about 3000 people. The Kundeling Lama of Drepung Gomang Monastery was a chief guest as was Tsering Wangmo, director and co-founder of Chaksampa, a non-profit Tibetan performing arts group based in the United States. Both these guests as well as the monastic community and laity donated for the performances. It was all a great happiness and success!



Opera Performance at Shoton Festival



More Opera at Shoton Festival

A portrait of HH the Dalai Lama and a statue of Yogi Thangtong Gyalpo, founder of Tibetan opera, also known as Ache Lhamo, were installed at the performance venue. On the festival’s final day, chief guest Drepung Tripa Geshe Kunchok Paksam Rinpoche spoke on the importance of Tibet’s rich culture and especially mentioned Tibetan opera. TIPA’s director Dhondup Tsering also spoke just before the tale of *Gyalsa Belsa* began before an enthusiastic crowd. For more, look for two items about “26th Shoton Celebration” on the Internet to see color photos and the source of much of the information on this page.

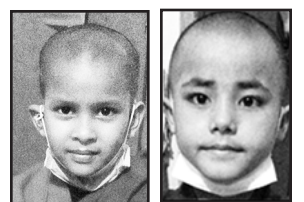
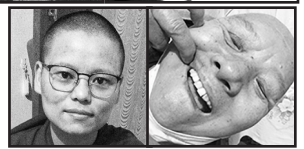
# Nuns' Aid - Medical Aid and More - Jangchub Choeling Nunnery

In 2022 we sent \$6,930 to the nuns of Jangchub Choeling Nunnery (JCN). Of this total, \$2,800 was for our 14 sponsored nuns, \$3,530 was for our medical fund for all the nuns, \$200 was for their educational needs, and \$200 was for aid that the nuns offer to the laypeople in their community. We earmarked \$150 for especially poor nuns. In January 2021 FOTSI sent \$6105, with detailed purposes very similar to that reported above for 2022. In 2023 we continue similar aid, and we have already sent the nuns part (\$6,400) of our planned 2023 aid. In 2023 we increased our aid for the poorest nuns. Here we share many of the same photos as in last year's newsletter since

our 2022 aid was sent and given to nuns early in 2022. In these last few years we have helped nuns pay for breast cancer treatments, various surgeries, heart disease treatment, hepatitis B and C treatments, Covid treatment, eye and ear treatments, stomach and sinus ailments, dental services and glasses. We will share more photos of nuns in our next newsletter.



JCN Nuns Who Have Benefited From the FOTSI Medical Fund



Two Poor Young Nuns Aided by FOTSI in 2022



Sponsored Nuns Are S. Tsekyi, T. Dolkar, L. Choeden1, T. Namdol, L. Dolma Jupa, G. Choedron, L. Choeden2, T.Tsomo, L. Dolma Gapa, K. Choedon, D. Choetso, T. Deetaen, N. Jampa, and D. Choezom (aka T. Norzom)

## Aid to Gajang (Gaden Jangtse) Hospital

In the Mundgod Tibetan Settlement medical help is available in basic hospitals at the Drepung Loseling and the Gaden Jangtse Monasteries and in clinics run by Drepung Gomang and Gaden Shartse Monasteries. Gaden Jangtse's Hospital ("Gajang") is the newest. We sent \$800 to Gajang Hospital in 2022, and we sent \$2,150 in 2021. We will send more in 2023. The Doeguling Tibetan Resettlement (DTR) Hospital offers good basic services for local people and visitors. It is run by the Health Department of the Tibetan Government-in-Exile in Dharamsala along with local management. For major medical needs Tibetans go to hospitals in Indian towns and cities such as Hubli, Dharwad, and Bangalore. FOTSI's emergency funds and aid to sponsored Tibetans help cover patients' costs.

## Topgyal, a Special Person, Will be Missed

For decades FOTSI donors gladly sponsored Topgyal in Camp #6. Although he could not speak, he could hear and understand. He had a wonderful smile that photos could not truly capture. He worked hard, prepared meals for nursery school children, and managed lighting for the camp's roads. When a life-threatening medical emergency arose, he needed expensive surgery. It turned out he had saved a third of his \$15/month FOTSI sponsorship to cover emergencies, so he was able to pay a large portion of his bill. Camp #6 residents, surprised and impressed, covered the rest. He passed away in January 2023. It turned out he had saved enough to pay for his own funeral prayers!



Topgyal and Chela Long Ago



# Student Scholarships (ORM)

## FOTSI College and Nursing School Scholars 2022-2023

Name	Major & Degree Sought	College, Location
<i>Sponsored students</i> — new and continuing scholarships		
<b>Mr. Tsering Dhonden</b>	B. Bus. Admin. (BBA), 1st year	St. Joseph's University, Bangalore
<b>Ms. Passang Tsamchoe</b>	B.Comm., 1st year	Dalai Lama Institute for Higher Education, Bangalore
Ms. Tenzin Noryang	B.Sc., Nursing, 2nd year	Yenepoya University, Mangalore
Ms. Dolma Tsering	Post B.Sc. Nursing, 2nd year	Yenepoya University, Mangalore
Ms. Tenzin Chokyi	Nursing (General+Midwifery), 2nd year	Nitte Usha Institute, Mangalore
Ms. Penpa Lhamo	B.A. & B.Ed., 2nd year	St. Joseph College, Mysore
Ms. Ngodup Lhamo	B.Sc., Nursing, 2nd year	JSS College of Nursing, Mysore
Ms. Sonam Dolma*	Career, 5th year	Tibetan Institute of Performing Arts (TIPA), Dharamsala
Ms. Tenzin Yangkyi	B. Comm., 2nd year	Dalai Lama Institute for Higher Education, Bangalore
Ms. Tenzin Tseyang	Post B.Sc., 2nd year	St. John's Nursing School, Bangalore
Mr. Tenzin Tsetan	Career, 7th year	Tibetan Institute of Performing Arts (TIPA), Dharamsala
Ms. Tenzin Tselha	B.Comm., 4th year	Dalai Lama Institute for Higher Education, Bangalore
Ms. Ngawang Namgyal	M.Comm., 1st year	JSS College, IGNOU Study Center, Dharwad
Ms. Tenzin Nyidon	CSE, 4th year	GSSS Inst. of Engineering & Tech for Women, Mysore



T. Dhonden



P. Tsamchoe



T. Noryang



D. Tsering



T. Chokyi



P. Lhamo



N. Lhamo



T. Yangkyi



T. Tseyang



T. Tsetan



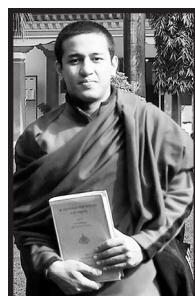
T. Tselha



N. Namgyal



T. Nyidon



Ven. L. Norbu  
Samphel

We have verification that Sonam Dolma, marked \* above, is enrolled at TIPA, but do not have her photo. Corrections have been made to the year status of Ms. T. Tseyang and Ms. T. Nyidon. Three other students were supported for part of 2022 and completed their programs. **Mr. Karma Kunga Tsepak** received his Food Production/Chef Certificate and has a job; **Ms. Karma Tsultrim** (no photo) completed her hairdresser program. After completing master's and Acharya degrees in 2022, **Ven. L. Norbu Samphel** is supporting himself teaching Tibetan language and Buddhism while attending Tibetan/English translator workshops. He informed FOTSI that he does not need support right now but will stay in touch. His aim is to help his monastery.



K. K. Tsepak

## Student Scholarships (ORM) (cont.)

In 2021, FOTSI wired \$11,450 for scholarships—\$10,750 through the Office of the Representative (ORM) and \$700 through the DGBCA. The reported amount in last year’s newsletter was a little more because some was later shifted in an agreement with the DGBCA after one of our sponsored students (Kalsang Gyatso) died. In 2022, we wired \$11,349 for scholarships (\$9,949 to the ORM and \$1,400 to the DGBCA). In 2022, we also sponsored four students for post-high school education through TCV (see pgs. 17-19) and five students now in 2023.

Both of our newly sponsored Tibetan college students are enrolled in business courses. **Passang Tsamchoe** is in her first year of a B.Comm. program at the Dalai Lama Institute in Bangalore. She is part of a homeless family that is also deemed one of the poorest in the Mundgod settlement. Her father had a painful chronic injury for years and passed away some time ago. Her mother has serious problems including



P. Tsamchoe

hypertension and depression. Two of her siblings are working, but not making enough to help with her college fees; both are helping their mother. She wrote that our sponsorship was a response to her “great hope” to pursue her college dream. The other newly FOTSI-sponsored student from a poor family is **Tsering Dhonden**, now in his first year of a Bachelor of Business Administration degree program at St. Joseph’s University in Bangalore.



T. Tselha



N. Namgyal

Also at the Dalai Lama Institute are fourth- and second-year B.Comm. students, **Tenzin Tselha** and **Tenzin Yangkey**, who are happy and doing well. **Ngawang Namgyal** is working on a master’s degree at JSS College in Dharwad after completing a B.Comm. with our sponsorship last year. Like most of our sponsored students they wrote of their gratitude for our aid.



T. Yangkey



T. Tseyang

FOTSI is currently sponsoring five nursing students. Two, **Tenzin Tseyang** and **Dolma Tsering**, are in their second year of post-B.Sc nursing study and practice at St. Joseph’s Nursing School in Bangalore and Yenepoya University’s nursing school in Mangalore, respectively. Tenzin Tseyang sent us a photo of herself at work in St. Joseph’s Hospital where she plans to work as a staff nurse when this year’s degree work is completed. The color version of Tenzin Tseyang’s photo is



D. Tsering

part of our color collage. Dolma Tsering also sent us photos and a letter mentioning that she is an orphan. Her classes have included microbiology and the theory and practice of maternal, medical, surgical, and child-health nursing.

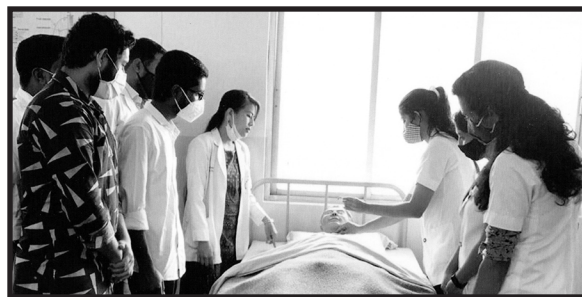
FOTSI is also sponsoring two nursing students in their second year of B.Sc. programs—**Ngodup Lhamo** at JSS College in Mysore and **Tenzin Noryang** at Yenepoya in Mangalore. The fifth nursing student is **Tenzin Chokyi** now in her second year of general nursing and midwifery at Nitte Usha Institute, Mangalore.



N. Lhamo

## Scholarships (ORM) (cont.)

FOTSI'S former nursing student, *Tenzin Norzin*, whom we have sponsored since she was a small girl, is working as a nurse and teaching. She helps her relatives, keeps in touch with us, always with warmth and gratitude, and recently shared photos of her current endeavors. Over the years she has found ways to help FOTSI aid others on many occasions, especially when Chela has been in the Mundgod Tibetan Settlement.



*T. Norzin (unmasked) Teaching Nursing*

In addition to sponsoring business and nursing students, FOTSI continues to sponsor *Tenzin Nyidon*, a young woman in her fourth year in computer science and engineering studies at the GSSS Institute of Engineering & Technology for Women in Mysore. She wrote that she is specializing in cyber security and doing a project on that topic for her final year at the GSSS Institute. She is very interested in working in that field as well. We also sponsor *Penpa Dolma* who is going for dual degrees, a B.A. and B.Ed., to fulfill her wish to be a teacher.



*T. Tsetan is at Front Left*

*Tenzin Tsetan* is now in his seventh year at the Tibetan Institute of Performing Arts (TIPA), a very active cultural center. TIPA was founded by His Holiness the 14th Dalai Lama in August 1959. Tenzin works hard pursuing Tibetan performing arts, especially singing, for which he has won awards, and helps his mother as he can. FOTSI also sponsors *Sonam Dolma* in her fifth year at TIPA.

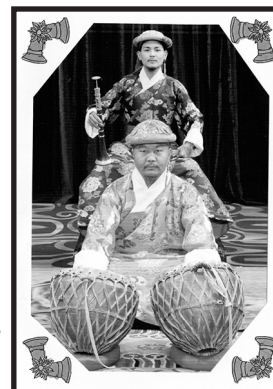


*HH Dalai Lama Greets T. Tsetan*



*T. Tsetan & TIPA Colleagues*

Tibetan performing arts are unique. The Dalai Lama has noted that Tibet has an ancient culture, a heritage of the world, “which is now facing the threat of extinction.” He added, “Protecting the ancient culture like this one is the responsibility not only of the concerned nation, but also of the world community as a whole.” For more on TIPA, see <https://tipa.asia>.



*Xmas Card from T. Tsetan*

As part of several FOTSI donors' support for Tibetan performing arts, we also send a small amount (\$315) to support “*Lhamo Tsokpa*,” the Mundgod settlement's own performing arts group, through Mundgod's Settlement Office (ORM). Everyone is welcome to support this local group! Members of *Lhamo Tsokpa* have sent us photos, one of which is part of the color collage, just above the soldiers on the bottom row. Here we share that original color photo in a sadly non-representative black and white version.



*Lhamo Tsokpa Performing at a Special Event*

# *TCEWF – Tibetan Children’s Education and Welfare Fund –*

## *Supplementary Food for Sambhota School Hostel Residents*

FOTSI has provided supplementary food since 2010 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. Information about the secondary school is available at <https://sambhota.org/sts-mundgod/>. The cost is borne by local Tibetans, as well as Tibetan donors outside 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 both 2022 and early 2023 we sent \$4,500 for food*** since the hostel at Sambhota is again fully re-populated after the pandemic. In earlier years we also donated for repairs after monsoon floods.

On December 24, 2022, Sambhota Principal Sangpo Rinzin wrote a warm letter to Chela and “all the members of FOTSI” expressing warm holiday wishes and deep gratitude “on behalf of all the students and staff of this school from the core of my heart for the continuous support toward our hostel students’ supplementary diet.” He wrote that the school was doing its best to strengthen the immune systems of the students by providing fruit, meat, and vegetables. He said that the Sambhota students feel “very happy whenever we provide something special which is not in their daily allowance.” These outcomes are what FOTSI’s donations make possible. He wrote that all Sambhota students in grades 10 and 12 must take the Indian government’s CBSE (Central Board of Secondary Education) examinations, and proudly shared that 100% of Sambhota’s students passed. He also wanted us to know that 2022’s successful projects included a new library and science lab and an updated “Boys’ Hostel Rain Water Harvesting project.” Below and on the next page we share a photo of students thanking us with Merry Christmas messages, photos of students enjoying meals provided by FOTSI, and some of the thank-yous the students sent us.



# TCEWF — Sambhota Hostel Food Supplementation


We all know that our living in hostel won't be easy and affordable without your contribution, we can't imagine our life without your presence. Even though you stay faraway from us we still receives your blessings and love every single day. No enough money can payback to your kindness and helping hands and you deserves heaven full of fairies and loves. We always pray for your life to be filled with love, care, support, motivations, happiness and every greatest gift a God can offer. We pray you to have long & healthy life. Thank You for Everything. ~ With tons of love

The message above was sent from the "Girls' Hostel," and the two below from the "Boys' Hostel."

Thank you for thinking of us and continuing to deliver delicious meals at this difficult time. Your continual acts of kindness mean everything to us.

Though apart, I somehow feel that we are now united more than ever by our humanity when I witness the generous and kind acts of people like you.

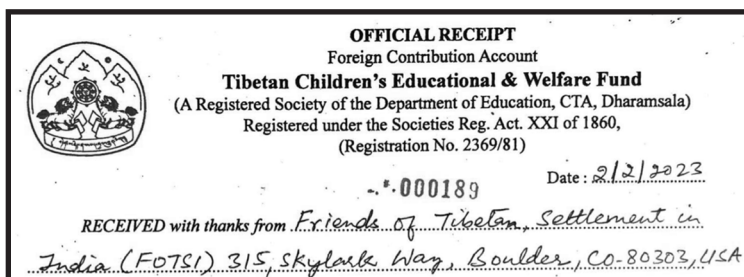
Thank - you




Thank you for Everything that you gave us all this year....

from - Boys Hostel.

These messages are just a sweet sample of all that we received, with the drawings being varied and in color. Employees of the Department of Education (DoE) of the Central Tibetan Administration in Dharamsala communicate with FOTSI and send us receipts. We received a letter from Dorjee Wangchuk, Project Coordinator at the DoE. He let us know that after bank fees they received 364,635 Indian rupees for the \$4,500 we sent. The DoE sends our funds to the Sambhota School Hostel. The heading of our receipt is below, with more photos of students enjoying their dinner.





---

# *Tibetan Children's Villages (TCV) —*

## *In 2022-2023 FOTSI Sponsored 5 Middle and High School Pupils and 5 College and Nursing School Students*

The *Tibetan Children's Villages (TCV) in India*, comprising eight boarding and three day schools, a summer camp, three vocational training centers, and three hostels (each housing about 200 students) constitutes 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, with continued support by His Holiness's younger sister, known as Jetsun Pema. These days TCV also helps many of its high school graduates get support to complete vocational, college, or training programs for Tibetan government work. In 2022 TCV schools, like schools everywhere on our planet, were able to come out of three very difficult pandemic years and return to a much more normal situation with in-person educational operation, especially after the first quarter.

Below we share details about the three TCV students newly sponsored in late 2022 and early 2023; the six students we are continuing to sponsor from 2022 through 2023; and finally, happy news from our sponsored student of Tibetan medicine, Lobsang Ngodup, who graduated in October 2022 from a six-year program in Dharamsala. *In 2022 we sent TCV a total of \$4,320 and in early 2023, \$5,440. If you wish to help TCV students please let us know!*



*Tenzin Zompa*

FOTSI began sponsoring 17-year-old *Tenzin Zompa* at the TCV High School in Bylakuppe, India, in October 2022. She will graduate in late 2023. She is from a poor Tibetan family in Shillong, now in Meghalaya state in northeast India, formerly a British “hill station” and part of Assam state. Her father passed away in 2021, and her mother approached a Tibetan Welfare Office concerning her difficulty supporting and educating Tenzin Zompa and Tenzin's younger sister. Both were accepted into TCV Bylakuppe. Tenzin is in a commerce stream and studying economics, business, accounting and English, her favorite subject. She loves running and reading. She was overjoyed when she learned FOTSI would sponsor her completion of high school. She writes: “I am very grateful to you all for sponsoring me . . . when I got the news, you reduced lots of my burden.” She aims to work at a bank. She is studying hard and competes for her dormitory, “Songtsen House,” as a runner.

*Tsesum Dolma*, newly sponsored by FOTSI in 2023, completed a science stream program at TCV Bylakuppe and began a B.Sc. nursing course at the Indiana College of Nursing in Mangalore in October 2022. She wrote of her happiness in being able to pursue her dream of becoming a nurse. She is staying at a hostel on the college campus and says she is doing her best in her studies and happy that she has made many new friends at her college. Her father and mother work in the staff kitchen as a cook and dishwasher, respectively. She worked hard to do well in the daunting All India Central Board Exam to be able to get into her nursing college, and FOTSI donors have kindly rewarded her effort.



*Tsesum Dolma*

# TCV Students — Current Sponsees (cont.)

**Tenzin Sangay** is our third newly sponsored TCV student for 2023. She is 17 and is in 12th grade, studying in the science stream and living in a “science girls” hostel at the Bylakuppe TCV school. She is studying biology, physics, chemistry, and computer science as well as Tibetan and English. Tenzin is a semi-orphan and is looked after by her mother and grandmother. As their only income is from her mother’s sweater selling, they were struggling. Because of their very poor financial condition, Tenzin was admitted as a free boarder, but was in danger of being unable to complete her final high school year, so FOTSI agreed to sponsor her.



*Tenzin Sangay*



**Tenzin Konchok (7603)** is 14 and in 7th grade. He was born at the Kollegal Tibetan Settlement in south India. His mother died; his father drives a tractor for the Tibetan Cooperative Society in Kollegal. Tenzin likes science and soccer. He hopes to someday join and rise in the ranks of the Indian Army. His love of soccer led to a crashing fall in September 2022; we share a photo of him here with his cast. He has recovered well and writes that he is happy at school, and he thanked us for our help.

*Tenzin Konchok  
7603*

**Tenzin Konchok (7597)**, age 17, is in 11th grade at the TCV school in Bylakuppe. His mother cultivates corn on a small plot and works as a carpet weaver in the Tibetan Cooperative Society’s Handicraft Center.

His family is very poor, so his Settlement’s Office supported Tenzin’s admission to TCV’s school. Tenzin likes social studies and soccer. He has joined the science stream program and feels his studies are going well. His letters show a sense of humor, but he also seriously thanked us again for our support.



*Tenzin Konchok  
7597*



*Tenzin Tsering*

**Tenzin Tsering** is 18 and in 12th grade. He was born in Arunachal Pradesh, India, in the Tezu Tibetan Settlement. His family consists of his mother and grandparents. His mother earns a little money through a very small business. Because of his family’s poverty and strong recommendations from the Tezu Settlement and Welfare Offices, Tenzin was admitted with no sponsor to the TCV School in Bylakuppe in 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 three years and says he feels very lucky to be at his TCV school.



*Pasang Khandro*

**Pasang Khandro** is 22 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. She participated in a school basketball match for the first time and enjoyed herself. 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. In June 2022 she sent FOTSI a sweet letter thanking *all* donors.

***TCV students all sent thanks to the 20 donors who have recently helped them!***

# TCV Students — Current and Former Sponsors (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 23, 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 has written FOTSI particularly warm letters each year saying how truly grateful he is for our sustained support.

**Kunsang Dechen** was born in the Mundgod Tibetan Settlement. Because of her family's poverty, she was accepted into the TCV school system and graduated from TCV Bylakuppe in 2019. She is in her second year of a general nursing program at Apollo College in Mysore. She had the highest marks in her class for her first year! She wrote that she is extremely busy with both her classes and her clinical exposure these days, and closed with "Thank you so much for everything."



*Kunsang Dechen*



*Lobsang Ngodup*

**Lobsang Ngodup**, was born in Kham, Tibet, and escaped from Tibet with his family more than 17 years ago. Now he is 29 and, having completed his six-year study program at the Tibetan Medical Astro Institute of the Dharamsala Medical Center, he is working as an intern. He wrote that he is happy that life is so much better for everyone now that danger from Covid is so much less, and he is glad he is still learning. When he finishes his internship, he will be certified as a Doctor of Tibetan Medicine. Our contact at TCV expressed the deep gratitude that she and many others feel for the help FOTSI has provided so that this student can pursue the ancient and important tradition of Tibetan medicine (including much useful and unique knowledge of Himalayan herbs, special medical diagnostics, etc.). I know former polio patients and others who told me they benefited from Tibetan medicine after they found nothing else that helped. I agree that we don't want to lose precious wisdom.

TCV requests \$480 per year per pre-college student, and \$720 per year per post-secondary student. FOTSI often combines donations from two to five people to sponsor one student!



*President Penpa Tsering of the Tibetan Government-in-Exile  
Surrounded by TCV Bylakuppe Students, May 2022*



*TCV Children in Dharamsala*

# Drepung Gomang School Reopens

The *Drepung Gomang School (DGS)*, run by the Drepung Gomang Buddhist Cultural Association (DGBCA) and connected with the Drepung Gomang Monastery, offers 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. 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. Normally, summer is a time local Tibetan families welcome the opportunity to do extra work while the kids enjoy courses helping them retain their traditional culture.



*Drepung Gomang School 2022*



*Buying Wood For Shelves in 2021*

Unfortunately, 2021 was a very bad Covid year for the Tibetan settlements in India; there were many lockdowns across India and a dangerously late start for vaccinations in the settlements. The DGS arranged tutoring for young monks but was unable to offer summer school. The Indian government announced school reopenings followed by sudden reversals.

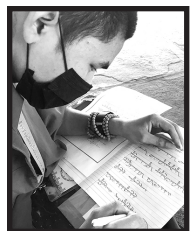
While the school was closed, monks pitched in to improve the school's library, repair gates and walls, finish the school's third floor, etc. FOTSI's donations helped continue teachers' salaries, especially for lay instructors.



*Renovated Library 2022*



*Finally, in 2022 the school was able to open and stay open.* With the end of specific Indian banking problems that made it impossible for FOTSI to send the school funds for much of 2021, we were able in 2022 to send the school **\$8,590 in quarterly installments instead of the \$7,623.50** we sent only in January and after mid-September in 2021. Classes ran normally for all of 2022 and summer school happened. The local community members, unable in 2021 to sell farm products or earn a living by other means involving travel, began to see hope going forward and were happy their children had a summer school option at DGS. But many still struggle—earlier the monastery had given away all the food they could to both needy local Tibetans and their hungry Indian neighbors, and life has become leaner for everyone.



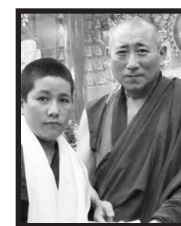
*Summer School in 2022*



*Tibetan Government Leader at Summer School*



*Summer Pupil*

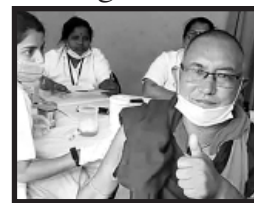


*Award Winner*

# Drepung Gomang Monastery (DGM)



As Covid and lockdowns began in India in 2020, Drepung Gomang Monastery made a big effort, working with nearby Indian village leaders, to supply food to the needy in villages surrounding the Mundgod Tibetan Settlement. The monastery also helped hungry Tibetan families. *In 2021* the monastery worked to raise funds for as many Covid vaccinations as possible for their community, and **FOTSI sent a total of \$5,490** to the monastery. Of that, \$4,540 was for vaccinations.



*In 2022, we sent the monastery \$700.* Now, Covid seems to be gone, but the monastery's funds are nearly gone as well, since *its main income is from worldwide tours and Covid made such endeavors impossible.* In 2022 and early in 2023 there has been a backlog and problem getting the types of visas the monks need for extended tours. Some fundraising was possible when a few monks were able to come for short periods to the USA, for example, to give talks and teachings, but this was not on the scale of the usual tours. A few weeks ago a monastery spokesperson wrote that if visas could not be obtained soon for successful tours to happen in 2023, there would be a serious problem. Fortunately, a contact at the Drepung Gomang Center for Engaging Compassion in Louisville, KY, shared that the visa situation was looking up. Hopefully this will help soon. FOTSI will continue to monitor this situation and share information with donors and do what we can manage to help more if necessary.

## Sponsorship and Aid for Monks

*The \$900 FOTSI sent to the DGM in 2021 (in addition to the funds sent for vaccinations), and the \$700 sent in 2022, help all the monks, mainly with food, medicine, and housing.* We also sent aid for individually sponsored and aided monks, including both those needing help and those helping others. In 2021 FOTSI sent \$6,720 to 23 monks, and in 2022 \$7,950 to 24 monks. All are at Drepung Gomang



Jigme Dorjee



Lobsang Topgyal

Monastery except for one at Drepung Loseling Monastery and one at Gaden Shartse Monastery. FOTSI's newly sponsored monks are **Ven. Jigme Dorjee** (as of 2021) and **Ven. Lobsang Topgyal** (as of 2022). Ven. Jigme Dorjee teaches and is working at overcoming hepatitis B from poor food and water in Tibet and early in India. Ven. Lobsang Topgyal is good in studies. He started out as a lay student of the former spiritual leader of both colleges of Drepung, Gomang Khensur Tenpa Tenzin Rinpoche, and was recommended by a senior monk as being worthy of assistance.

**Geshe Jampa Choeden** is the highly accomplished scholar who *rescued Kalsang Gyatso* from a kind of slavery (see last year's newsletter), and then supported him in many ways until Kalsang's unfortunate death in 2021. Geshe J. Choeden is still helping the 60 little monks that Kalsang brought to the monastery from less than ideal circumstances in Nepal. He is repairing and updating the disintegrating old housing he lives in at the monastery—a project several FOTSI donors have supported. He sent a photo of a butter lamp memorial for Kalsang Gyatso near the Boudhanath Stupa in Kathmandu. He has been honored to be an examiner for the highest level monastic exams in India. When FOTSI began sponsoring him before 2000, he was a very thin, unwell monk. See photos on the next page.



# Sponsorship & Aid for Monks (cont.)

Below are photos of *Geshe Jampa Choeden*, his activities, and some of those he has helped.



1999



With Kalsang



Kalsang & Little Monks



Kathmandu Memorial



1 of 3 Examiners

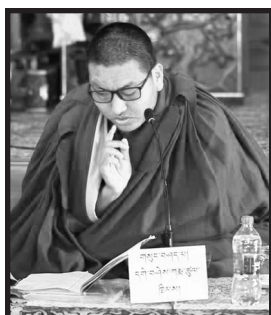
In memory of our *formerly sponsored Drepung Loseling monk, Geshe Thubten Dhargyes*, we send funds to *Geshe Lobzang Gilek*, of Drepung Loseling Monastery, for help with aid projects of the Trans Himalayan Targyas Social Services Organization (THTSSO) in Leh, Ladakh. Tragically, Geshe Thubten Dhargyes died in an automobile accident on a remote road in Ladakh years ago. He and Chela helped each other in many ways when Chela was in India. The THTSSO could not continue their efforts for poor children trying to get education during the worst of Covid but are returning to helping schools. In the interim they helped in other ways. Another Loseling monk helping the THTSSO, Geshe Lobzang Tsutrim, wrote to FOTSI saying that they would never forget our help. Here we share a photos taken at a school THTSSO was aiding. (In Ladakh, Lobsang is “Lobzang.”)



As a child, *Geshe Tenzin Khendak* herded animals, but he 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. This year he will be serving the Drepung Gomang Buddhist Cultural Association as an accountant. *Geshe Lobsang Ngawang* has made several quick trips to the United States with DGM’s Kundeling Tatsak Rinpoche who gave invited talks—helpful to attendees and Gomang.



*Geshe T. Khendak*



*Geshe K. Tsultrim*

Sponsored monk *Geshe Karma Tsultrim* completed the extra six years of study beyond the usual and received a Geshe Lharampa (highest level) degree in 2022. Taking the customary next step, he has studied at the Gyuto Tantric Monastery. Recently he was first in his class of 55 other Geshes (who were at Gyuto from many different monasteries) on a major exam on tantra. He gave a speech on the “vinaya,” the Buddhist monks’ discipline code, and sent FOTSI a photo taken during that talk. His success is even more impressive because, due to a terrible accident as a child, he has only one functional eye.

# Health Aid for Monks

Monks in the Mundgod Tibetan Settlement were hit particularly hard in 2021, partly because many live in close quarters, and because vaccinations were not available early in the year. India again issued lockdowns and quarantines. **In 2021 FOTSI sent \$2,314 to the settlement for monks' health.** This included funds for Gungru Khangtsen monks of Drepung Gomang Monastery as well as funds for other monks in the Mundgod settlement. **In 2022 we sent \$2,915.** These were general donations on top of funds sent to sponsored and aided monks that was used to help themselves and colleagues.



T. Gyatso & L. Shakya Get Aid

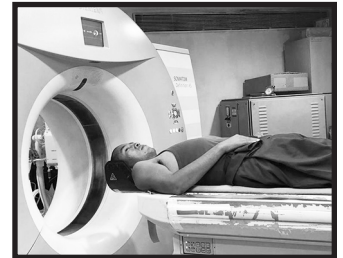
In 2022 most of FOTSI's medical aid focused on those with diabetes, hepatitis B, digestive problems, heart disease, and injuries. It was notable that there was no request for help for Covid or tuberculosis. The use of masks and extra care during the pandemic may have helped. We assisted **Tsultrim Gyatso, Lobsang Shakya, Tenzin Choephel Chungna, Sonam Wangchuk, and Palden Gonpo** in getting treatment for diabetes. Our funds helped **Passang Dorjee** with treatment for heart disease, and **Gelek Namgyal** and **Tenzin Norbu** with digestive issues.



P. Dorjee



G. Namgyal

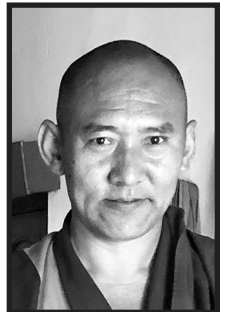


S. Wangchuk Gets an MRI

FOTSI helped **Jigme Dorjee, Sonam Wangchuk, and Ngawang Dhamchoe** pay for hepatitis B treatment. We helped **Geshe Ngawang Rabjam** treat his serious cut and **Geshe Tenpa Thinley** pay for treatment after he badly broke his leg falling from the Drepung



P. Gonpo



Geshes N. Rabjam & T. Thinley



Monks Praying for Us

School's second floor while helping with construction. The monks sent us photos, lists, and warm thank-you letters. In September 2022 monks said prayers for Chela and all FOTSI donors after learning Chela had Covid at the time.

# Aid to Lay People via the DGBCA

The Drepung Gomang Buddhist Cultural Association (DGBCA) has helped us get funds to needy laypeople in various situations for many years. In the last few years this diminished due to lockdowns plus Covid rules and concerns. **In 2021 we sent \$2,525 for four lay people**—a Drepung school teacher's ailing mother; N. Jangchub, who has a connection to Drepung Gomang and helps communities in Ladakh; Kalsang Gyatso for his studies and medical needs (see pg. 21); and "Granny" Sonam Tso, a resident of the Mundgod community's Home for the Elderly and Infirm (OPH). **In 2022, we sent a total of \$1,120** through the DGBCA that included more funds for N. Jangchub (at the request of a donor), and for Sonam Tso.



N. Jangchub



T. Thinley Delivering Funds to S. Tso