

NEWSLETTER 2024
LADAKH NUNS ASSOCIATION
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Nun's Education Program

Ladakh Nuns Association organized two weeks of classes on 36 precepts of Getsulma to all the nuns led by Geshe Thupstan Zotpa. The nuns got their summer vacation from 15th to 31st July. During their summer break, all the nuns took part in a summer retreat for fifteen days for the contribution of promoting peace in the world.



Public Events

Ladakh Nuns Association in collaboration with the Semsskyed Educational and Cultural Society, has organized medicine Buddha prayers every Wednesday for His Holiness the 14th Dalai Lama's long life and world peace. One week Medicine Buddha prayers organized in the Jokhang main temple in the city in collaboration with the Skyangchk Choskul Tsogpa. The prayers were led by nuns dedicated for the quick recovery of the His Holiness the 14th Dalai Lama and all sentient beings. With deep reverence, the people of Ladakh were wholeheartedly prayed and wished for His Holiness's long life and good health. His Holiness the Dalai Lama's presence is a source of immense inspiration and guidance for millions around the world. His tireless efforts to promote peace, compassion, and understanding have made a profound impact on humanity. So, almost hundreds of people gathered every day.



Health Fitness and Ongoing Education

Ladakh Nuns Association organized a talk on Basic Moral Education, highlighting moral values such as Honesty, Respect, Responsibility, Compassion, Loving-Kindness and Gratitude, its practical applications in everyday life. This event was attended by students from Lamdon Model Senior Secondary School, as well as several other interested participants. The discussion aimed to provide insights into Buddhist principles and how they can be effectively incorporated into daily routines to promote well-being and mindfulness. The students listened enthusiastically and actively cleared their doubts. All the participants gained valuable knowledge from the session, and we look forward to organizing more such events in the future.



Picnic

All the nuns got the opportunity for three days annual pilgrimage towards the valley of Changthang, 6th to 9th August, 2024. There we have visited numerous sacred sites dedicated to powerful deities, each one a precious manifestation of divine energy and spiritual significance. We feel incredibly fortunate to have visited such blessed places and revered status, where the presence of the divine is deeply felt.



Workshop and Training

The nuns have gathered and participated in a very meaningful workshop given by Joanna from Netherlands who is one of the important sponsors of Ladakh Nuns Association. Joanna has taught us about the topic “Beginning a new”. With the kind support of her, the nuns have learnt many things such as how to express our appreciation, regret, and suffering/ hurt feelings, supporting each other, etc.



Public Health Service

A ten-days teachings by Venerable Geshama Tenzin Lhadron on mental hygiene course for women, offerings valuable insights into the importance of upholding mental health in our daily

routines. Dr. Tsering Palmo and her team undertake the responsibilities to give treatment for the physically and mentally ill people. So, LNA organise free medical camp in different remote areas in Ladakh. In September, we provide one day free medical camp in a place known as Saboo where many needy people gathered and collected medicines. The initiative proved to be valuable experiences, yielding numerous benefits for the elderly people in particular.



Exposure Tour

Deer Park Institute is a centre located in Bir, Himachal Pradesh. It is a retreat and study centre of classical Indian wisdom traditions. Three nuns have got the opportunity for the internship and volunteering there from 1st September till 20th October 2024. During this time, they have learned different types of working skills in all areas such as office, library, garden, waste management, kitchen, etc. During their stay, they have learnt about the program management as the Deer Park Institute organizes various retreat and workshops for spiritual as well as personal development.

During this internship, they also got chance to participate in the study retreat led by renowned Ven. Gashe Dorji Damdul, from 6th -13th October, 2024 which was organized by Deer Park Institute. He gave a profound and insightful teaching on Emptiness and Dependent Origination based on Rice Seedling Sutra and the Three Principal Aspects of Path. Hence, they have learnt so many new skills and gained lots of new experiences as they got the nice chance to interact with the people from all over the world.



Three nuns from Ladakh Nuns Association got the opportunity to participate in an International Network of Engaged Buddhism (INEB) study trip to the Jungto Society in South Korea from November 1 to 7, 2024. This transformative journey offered participants the chance to deepen their understanding of Korean Buddhism by visiting many traditional Korean temples and the volunteer system and activities of Jungto Society as well as they were engaged in meaningful spiritual practices. This year, the participants were from different eleven countries such as Bhutan, Thailand, China, Sri Lanka, Ladakh and Korea. During this time, our nuns had given presentation about the social engagement and contribution of LNA.



One of our Sweden friends, Urilika Sturidsson visited Ladakh Nuns Association. During this time, she has written an article on Ladakh Nuns Institute Project and she has put this article on the website Feminism In India under the topic- "Nuns of Little Tibet': On Successfully adoring The traditional Attire."

Dr. Thupten Jinpa, a Buddhist scholar and translator of H. H The 14th Dalai Lama, gave his kind visit and took interview about the progress and future plan of the Health & Education Projects of Ladakh Nuns Association at our new Institute.

Achievement

Three nuns named Tsering Ladron, Plazes Angmo and Jigmat Chorol have completed their master studies in the month of May from Central Institute of Higher Tibetan Studies, Varanasi, Sarnath. It is indeed a great achievement for Ladakh Nuns Association and all the kind support of Ladakh Nuns Association. They will pursue their higher education and possess high dedication to serve the community



Lastly, we would like to convey our gratitude and thankful to all the sponsors and donors who have supported us. We wish all of you a Merry Christmas and a Happy New Year 2025!