



## New Students:

We, Ladakh Nuns Association, warmly welcome our new students who are from remote areas of Ladakh. Some of them are sisters and twins. We provide spiritual and modern education which they will follow in their life to become good people in their future life.



## Educational Tour:

The nun's month-long educational tour was initiated and organized by Ladakh Nuns Association and Thupten Choskorling Nunnery affiliated under this Association. This tour was for eleven young nuns who are currently students, and was led by director of LNA, Dr Tsering Palmo. Out of these nuns, two remained in South India in Jangchub Choeling Nunnery to study Buddhist Philosophy. The nuns gained an abundance of moral knowledge there. We rejoice, as this ethical knowledge is very essential nowadays.



## Environmental Preservation:

We have planted trees and apple trees at Saboothang sponsored by Stacey of Dakini Rising Venerable Tenzin Dasel of Tashigatse-lling.org from USA. Stacey also generously sponsored the creation of a concrete water tank to collect the bore well water. We are doing our best to grow more green trees, flowers, vegetables and plants on the site as it is barren land.



## Conference:

A one day Ladakh Nuns Conference was organized by Ladakh Nuns Association in collaboration with the Ladakh Academy of Art, Culture and Language, Leh at Zen Hotel. The conference was very productive on the theme "Contribution of nuns in preservation of Ladakhi Culture." The Chief Guests here were Councillor Shri Stanzin Chosphele and Shri Tashi Namgyal Yakzee. The nuns' representatives from different nunneries presented their papers very well. And everyone suggested organizing in future for the nuns' role in Ladakh.



## Workshop:

Ladakh Nuns Association organized and sponsored a 10 day leadership training on nonviolence education. The training was attended by 24 participants, all women from different walks of life including 18 nuns, 3 Ladakhi working women and 3 young Tibetan women who are recent graduates. The facilitators were Mrs. Tenzin Choezin, Executive Director of Active Nonviolence Education Center and Migmar Dekyi, Project Officer of ANEC. Many participants were introduced to the topic of gender based as well as learning more about female anatomy through leading discussions on menstrual health, hygiene and cultural taboos that silence women. Nonviolent communication skills were taught and practiced through fun filled activities. Active listening was practiced through activities such as stop listening, skits, just listen and origami. It was a successful and meaningful training in Ladakhi society



## Herbal Factory:

This year, we have built a Herbal Factory at Saboothang with the great support of Nel Willekens, The Dutch Foundation for Ladakhi Nuns, The Netherlands, Dr. Chu-Nan-Lai, USA and Ulrika Sturidsson, Sweden. We have almost finished the external work but need to finish and furnish it next year. We shall try our best to open and run the Clinic and pharmacy as soon as possible. We also have a Steam bath for the patients if they have problems in joints. They can have a traditional therapy to heal the arthritis.



## Mind Training:

Ladakh Nuns Association organized a seven day mind training to cultivate harmony and peace in our daily life for the nuns and the lay people by scholar practitioner Geshe Thupstan Zotpa. It was extremely useful and fruitful for the participants. We all practiced and also discussed the topic and shared knowledge about what we have learnt.

## World Peace:

During summer vacation nuns held Green Tara puja to spread peace in the World. Amchis and students went to the mountain to clean it and collect garbage. We performed incense offering rituals at Tsemo to generate peace, harmony and spiritual/ physical healing and to purify the negativities. We also organized a two day workshop/training for the young nuns on the topic of Bodhicitta Meditation. In our daily life meditation is the way to reduce negativity. Students share their experience to reduce stress and depression. It helps them to increase their memory, self awareness, peaceful mind and to improve their thinking power.

We also did a long day chanting of Prajnaparamita Sutra (Bhum) and Dharma Protectors (Sol Kha) by nuns and with the lay community.



## Picnic:

After the Pandemic, all of us nuns went for a two-day picnic in the mountains. The place is so beautiful and with nature all around we felt free and at ease camping and cooking there, while rejoicing and laughing together. All of us enjoyed it very much, especially the young ones. The young ones who missed the childhood time when they played with clay and stone made very lovely designs with nature, creating kitchens, and whole layouts of houses using just stones and found items to fulfil their imaginations. It was so amazing with them. We offer extremely extended thanks to our sponsors and donors who made our day so special. It was such a memorable and precious picnic after the pandemic.



*Lastly, we would like to be grateful 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 2023*