

- 16 May 2009: H.H the Dalai Lama visited this home and addressed the inmates
- 17 May 2009: The Officiating Chief Cabinet Minister, CTA presided over the Founding Day.
- 2009: Our paintings were selected in two separate international Art festivals in Tokyo for calendar making
- 2010 Sankalp Shree Award was awarded to Mrs. Nawang Lhamo by Sh. Kishan Kapoor, Minister for Industry, H.P.

### Visitor's Impression

A visitor wrote, "Everyone looks peaceful and happy and it's amazing as I know these people usually do not look like that. *The place looks rather like a peaceful and pleasant garden than an institute.*"



Gardening

**In Jutta's word** "I am impressed each time I visit *Nyingtob Ling*. There used to be a shade with poor tin roof and 7 children who couldn't sit, walk and communicate properly. *Now everybody can do one or the other thing.*

*It is a real pleasure to be able to help this home in the past & inspired to do in the future."*



**Ningtob Ling began with a temporary hut with tin-sheet roof secured by local stones**

### Your kind Donation

Your support can work wonders to the mission of uplifting the special-need children.



### Bank Detail:-

Nyingtob Ling,  
Tibetan Handicapped Children's Home.  
Sidhpur, Dharamsala (H.P.)

Account No. 20590 | 000 4197,  
Swift code no. UC BAIN BB OOI  
UCO Bank, C.T.A. Dharamsala,  
H.P., 176215, India.



His Eminent Karmapa to this home in 2002



Community Service Award from Rotary Club & Others

**TO OUR KIND SUPPORTERS AND DONORS!**

The credit of entire appreciation to this home, the health and happiness of these needy people, are all due to you.

THANK YOU (*Thuk-je Che* in Tibetan)

ཀླུ་སྐྱོད་གནང་མཁན་ལྷན་ཁྲིམས་ཚང་མར་བུགས་ཤེ་ཆེ། བདེ་ལེ་ཏུ་འཕེལ།།

Mrs. Ngawang Lhamo, Founder & President  
(Secretary of TWA \*2 terms\* & Member of Tibetan Parliament \*15 years\*)



# Nyingtob Ling

'Realm of Courage'

སྐྱིད་སྐྱོད་བས་སྐྱིད་།



H.H. the Dalai Lama at the 10th Founding Anniversary of Nyingtob Ling - 2009

སྐྱིད་སྐྱོད་བས་སྐྱིད་དབང་སྐྱོན་གཅེས་སྐྱོད་ཁང་གསར་འཛུགས་ཀྱིས་ལོ་ངོ་བཅུ་ལཾོར་བའི་དུས་སྟོན་སྐབས་།།

### Nyingtob Ling,

Tibetan Handicapped Children's Home,  
Sidhpur, Dharamsala - 176057  
Distt. Kangra (H.P.)

Tel.: +91 1892 211042

Email: nyingtob\_ling@hotmail.com

Website: www.nyingtobling.org

## Introduction

The concept of a separate home for the physically/mentally challenged people was unknown in Tibetan society in the past as every family have the common income of the joint family. Now in exile it is a great challenge to look after such member in the family. After a careful and thorough analysis of the situation the first Tibetan Home, "Nyingtob Ling" was established in Dharamsala on 27th March 1999. It was blessed by His Holiness the Dalai Lama and also gave the name 'Nyingtob Ling'. It means "Realm of Courage".



With 7 children & 4 staff, Nyingtob Ling was formally inaugurated by Prof. S. Rinpoche, then Speaker of Tibetan Parliament in Exile.

## Aims and Objectives

The primary and simple aim of Nyingtob Ling is to provide a home in which the special-needy will have an access to education, health and employment opportunities (Pursue the objectives of the UN Development)

- Provide a safe & caring environment for the special needy;
- Provide rehabilitative, therapeutic physiological and psychological services;
- Relieve the stress & strain of specially-challenged person's family.

## Activities

### **A. Daily Activities**

Besides morning & evening prayer, therapy and exercise to the needy, classes are scheduled according to the ability and interest of the students, as under:

1. Incense making, using traditional herbs.
2. Art class, painting Tibetan *thangkas*, cloth and paper cards etc.
3. Tailoring, knitting, paper recycling, candle making & gardening.
4. Play items to slow learners to develop their mental capabilities
5. Advanced students attend normal schools



Thangka Painting

### **B. Special Activities :**

1. Cultural/Education exchange programs: This is arranged by facilitating student/tourist group's participation in all the activities of our students as well as local and Tibetan festivities.
2. Prayers & Religious Activities. They provide a huge healing and peace-building impacts. Daily and specialized prayers help improve contemplative and communication skills. We also arrange Buddhist teachings to the public within our temple.

3. Environmental Awareness: It is taken as one of the more serious events. Basics environmental issues are taught and practically shown to keep the immediate home environment clean. Children rejoice planting, gardening and paper recycling. Proper waste management is a regular practice.



A glimpse of a picnic site -a game in progress

- 2 Recreation: The annual recreation event is one of the most exciting events that all look forward to every year. Camping as well long distant pilgrimage, like visiting important sites, e.g. Tso-Pema, has been the part of such events.

5. Public Health Campaign: As a responsible NGO, we join and allow our space to be used for public health campaigns. We conduct frequent medical camps with Indian and foreign NGOs. We also provide massage and therapies to the aged and to the patients recommended by hospitals.



Hepatitis tests & campaign to Indians & Tibetans.

## Key Events in Nyingtob Ling's History

- 7 Aug. 1998: H.H the Dalai Lama blessed and bestowed the name *Nyingtob Ling* meaning, "*Realm of Courage.*"<sup>3</sup>
- 27 March 1999: S. Rinpoche, Speaker of Tibetan Parliament, inaugurated the tin-sheet home.
- 28 Aug. 1999: Registered the under charitable Non-profit Organization, *Societies Act XXI of 1860.*
- 2001: Awarded UNWGV nutritious Award to this Home (the UN Woman's Guild of Vienna)
- 10 May 2002: His Eminence the Karmapa laid the foundation stone for the permanent building
- 28 Nov. 2003: Rotary Club presented Community Service Award to Mrs. Nawang Lhamo)
- 14 Oct. 2003 & 12 Oct. 2004: Certificates awarded by the American Visionary Art museum for our student's paintings
- 12 May 2004: The First Secretary, Embassy of Finland, the Tibetan Parliament Speaker & the Chairmen of the Kashag inaugurated the permanent buildings



Mrs Nawang Lhamo Receiving Sankalp Shree Award -2010 from Sh. Kishan Kapoor minister for industry, H.P.

- 25 July 2004: Sankalp' Award (cultural & social welfare) given to the Founder & President for valued service and cooperation
- 2005: *Toepa* Association awarded the "Ningtob Award" to the Founder & President for her contribution to the people & nation.