



Shenpen Aid projects 2021

Dear Shenpen friends

We would like to share some of our project work in India and Nepal with you. We continue our efforts helping the poor with health and education. A lot has been done this year, and much help was given in the acute covid crisis that created havoc in India and Nepal from April into the summer. The extra-ordinary situation made it necessary to distribute food and medicines to the poor in addition to our regular work.

Food and medicines to the poor in the covid lockdown crisis

We distributed big food bags with dry food and vegetables to poor families, lunch bags to street dwellers and nearly 10.000 face masks and several thousand hand sanitizers in the slums of Siliguri in West Bengal in India. [Read more here](#)

In Kathmandu we helped with medicines for patients in covid relief post and in the districts in cooperation with Warming Hearts Nepal, and distributed food in Pokhara through Kopila Nepal. [Read more here](#)



Sonada sponsorship program (Sonada, West Bengal, India): Sambhota Tibetan School has been closed since March 2020, giving only online teachings, except for class nine and ten who had four months of normal classes this spring, and are resuming school from 16. November. Sadly, the smaller children are still only getting online teachings. Like millions of children around the world, they have lost schooling because of the pandemic. This especially applies to the poor and those living remotely with little internet access, like our sponsored children who are in their homes high up in the Himalayas, many near the Tibetan border. We hope all of them will be back in school soon.

The hostels were thoroughly renovated during the pandemic with Shenpen funds, and we hung up new curtains in all rooms this spring, so the facilities have been uplifted.



Class nine and ten were in Sonada hostel this spring and resumed school in November



Higher secondary sponsored children in Sonada. Sangay Dolma (3rd from the left) recently finished class 12 and has started studies in Tibetan Medicine in Sikkim

Durlung sponsorship program (Durlung village, Parbat District, Nepal): The school has opened after several months of partial lockdown this year. Earlier this autumn the girls had to go to school on alternate days, but now the situation has normalized.

Shenpen's field workers have not been able to visit Durlung since January 2020 due to pandemic border restrictions with India. Our partner Prem BK in Nepal has been following up the girls with visits as often as possible, and distributed school equipment, winter sweaters and trek suits to all our girls. The girls are still getting tiffin every school day and tuition in the afternoons though the program, as well as health education in school from health worker Bal Krishna and nurse Rita.



Our sponsored girls in Durlung in October, dressed in their new trek suits

Sed-Gyued sponsorship program (Sed-Gyed Institute of Buddhist Studies, Salugara, West Bengal, India): The monks have been in the monastery during the pandemic keeping up their regular education. Being safe and well, they have been very busy with all the teachings and activities in the monastery.

Our small monks received hygiene articles, inner wear, drawing books and crayons, and all 90 monks got new bed linen for Losar. The monks are also enjoying their new clinic facilities (see below).



Monks with nurse Dawa, Geshe Jampal and «grandmother» Ani-la

Eleven students got support in our Skills Training Program in India

The program is helping young people without financial means to get an education. This year one student became a beautician, one a driver, four women learned sowing. Others are studying for electric engineer, social worker, nurse, Tibetan medicine and Tibetan language. [Read more here](#)



Four poor women in Salugara trained in sowing, gaining financial independence

Two hundred children got help in our annual School Bag Project

The project supplies children from very poor families with necessary school equipment, including 150 children in Sonada and Salugara in India, and another 50 children in Nepal through our partners Kopila Nepal and volunteers Sita Pariyar and Sabitra Timilsina in Pokhara.

[Read more here](#)

Since the schools opened very briefly, and children had to study online, many children in the project received mostly school books.





This year, we expanded the schoolbag project to include many more children in need

Support to Kopila Nepal's Long Term Safe Home (Kalika, Kaski District, Nepal): The women living here have been rescued from abusive circumstances and are living here long term. There are nine women and two small girls. The two girls have Shenpen sponsors and received all school supplies, and have been going to school since it recently opened. We could also provide a special donation for all the women living there (personal hygiene, clothes, nutrition), so both women and children are well taken care of.



The women and children in Kopila Nepal's Long Term Safe Home have been rescued from abusive circumstances and now have a safe home to live in

Tilokpur nunnery health project (Tilokpur, Himachal Pradesh, India):

Three year health check-up. The health project, that started up in 2018, provides full medical checkup every three years and herbal medicine from Men-Tse Khang doctors visiting the nunnery every month. In January they had full checkup with blood and urine tests. This project is part of Karmapa's Health Project for Nuns.



Doctors from Men Tse-Khang Medical Institute have visited Tilopur nunnery monthly since 2018, when the health project started

Covid infection and help with vaccines: In May, one nun in Tilokpur Nunnery sadly died of covid-infection, and 26 other nuns were found covid positive. They were isolated, and luckily none of them became seriously ill. Due to lack of vaccines in India in the summer, when the Indian official vaccination program halted, we helped the nuns with funds to buy vaccines.

Sed-Gyued Monastery got a new clinic room

An old room was renovated, and in February the new clinic room opened. [Read more here](#)

The monks also got a projector for online teachings, writing books and stationaries, as well as floor tiles for four classrooms.

The monks got funds for food and vaccines during the lockdown.



Compost project started in Sonada Monastery

Finally, the monks in Sonada have a good system for handling food waste: a new compost unit producing fertile earth for agriculture, so called «black soil».

[Read more here](#)



Lama Tsering Wangdi in front of the new compost unit in Sonada Monastery

Tashiling clinic, Sonada Tibetan Settlement

Since most of the hostel children were absent during covid shut down, the medicine funds usually going to the children were used for covid prevention. When the local hospital had no vaccines left, we sponsored 12 people in the settlement to buy a 2nd dose of covid-vaccine. Shenpen's doctor Sherpa moved away, so we are presently looking for new doctor. Our cleaner Pema Gyalpo is still working in the clinic, and nurse Kunga, who is now paid by CTA health department, keeps the clinic running nicely. She trained to become a nurse by Shenpen skills training support from 2014-2018.

Tiles project – the clinic floors and half walls are getting tiled. This is real upliftment for the clinic. Previously, only the dispensary room had a wooden floor, and the rest were just concrete.



Sonada monks outside Tashiling clinic with hygiene things from Shenpen

Help to poor children at Himalayan Buddhist Cultural School (Salugara, West Bengal, India)

We started cooperation with the school this year. The school is helping very poor families in Salugara and has a hostel. Forty children have been living in the hostel during the whole pandemic, due to lack of proper homes they could go to. Many children connected to the school were included in our school bag project and got school articles. We also helped them with: towels, sanitary pads, winter jackets, shoes, as well as lots of fruits and eggs several times. In the heat of the summer, we had a joyous swimming excursion with the hostel children to a nearby river.



Support to poor people in dire situations

Working in the field, we meet many people in difficult circumstances. Acute poverty, acute sickness, and no social welfare system. Sometimes, with the help of kind sponsors, we can really make a difference.

[Read blog here](#) about how we helped 16-year-old Tashi avoid amputation due to leg cancer, and how it was to get serious illness in the middle of the pandemic lockdown in India, without any money for treatment.



Among many more situations, we also helped with:

- **physiotherapy** for several months for a poor young man after serious traffic accident
- **bed, mattress and linen** for poor old grandfather living outside, Salugara
- **new tin roof** for a poor family in the school bag project in Sonada
- **food, baby clothes and everything needed** for newborn baby and parents
- **eye surgery** in Kalimpong for a single mom who lost her husband and cow
- **eye surgery** for poor rickshaw driver (Lions Club Eye Hospital in Siliguri)
- two people got help to set up a **street shop** after covid financial collapse, Siliguri



This little Sonada boy and his family got a new tin roof. We found the situation like this on a home visit in the school bag project. At least now it will not rain inside



Bimla and husband Suman with their newborn child had absolutely nothing, except for an empty room. They got everything they needed from kind sponsors: food, baby clothes and carrier, gas, table, chair, tv, bed, linen, kitchen utensils and even a cheap telephone. Now the father found a job and all is much better



*Old grandfather in Salugara with paralysis got new bed, mattress and bed linen.
He was sleeping on the ground outside the house*

We send a big thank you to all sponsors and helpful friends for your generous contributions giving us the opportunity to support and uplift so many people in need.

With generosity, kindness and compassion everything is possible!

Love and gratitude
from Shenpen Aid



Heidi Trondsen and Urgyen Tsering
Field workers
www.shenpen.no

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