



Arya Tara School

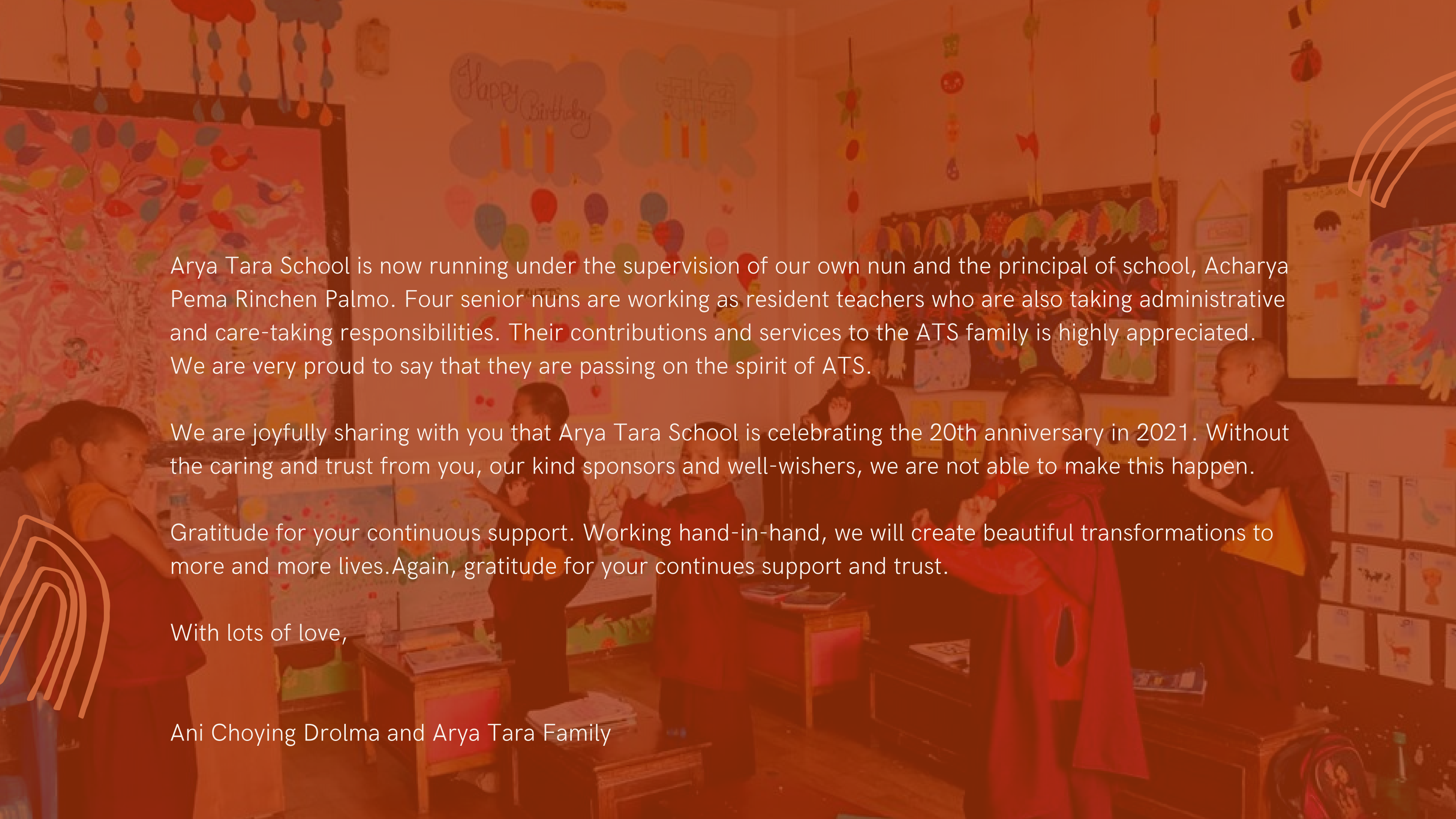
Year 2020

A woman with glasses is reading a book. In the background, there are several children's books on a shelf, including 'Raggedy Ann and Andy', 'Numbertime', 'Piggy', and 'The Gruffalo'. The entire image has a warm, orange-toned overlay.

Dear Sponsors & friends,

We hope you all are safe and healthy. The covid-19 pandemic have jeopardized many's life around the world. Although many schools have been closed, Arya Tara School keeps running classes despite the outbreak. Since the beginning of the pandemic, visitors and guests have been restricted from entering the school premises, considering safety of our nuns. Classes were carried on until recently when winter vacation have started and the nuns are able to enjoy their free time after months of hard working.

As seasons change, there are changes in the ATS too. There are many nuns left and returned to their families, but at the same time, there are many new comers to the ATS family. Currently we have 82 nuns. Among them 67 are studying in Arya Tara School and in community collage nearby, 4 are obtaining further studies in Varanasi University in India, 1 nun is studying Buddhist Philosophy in Kathmandu, 3 are practicing Ayurvedic medicine profession, and the rest are senior nuns involving as managers and teachers of our projects.



Arya Tara School is now running under the supervision of our own nun and the principal of school, Acharya Pema Rinchen Palmo. Four senior nuns are working as resident teachers who are also taking administrative and care-taking responsibilities. Their contributions and services to the ATS family is highly appreciated. We are very proud to say that they are passing on the spirit of ATS.

We are joyfully sharing with you that Arya Tara School is celebrating the 20th anniversary in 2021. Without the caring and trust from you, our kind sponsors and well-wishers, we are not able to make this happen.

Gratitude for your continuous support. Working hand-in-hand, we will create beautiful transformations to more and more lives. Again, gratitude for your continues support and trust.

With lots of love,

Ani Choying Drolma and Arya Tara Family

New Arrivals



Chimey Lhamo Tsultrim Palmo

Chimey Lhamo and Tsultrim Palmo are sisters, who comes from Humla. Humla is considered one of the most remote and isolated regions in Nepal, reachable only by foot. They have 2 elder sister, 1 elder brother, 1 younger sister, and 1 younger brother. Their parent takes care of their livelihood by working as laborer.



Kunsang Lhamo

Kunsang Lhamo comes from Humla. Her father and mother are farmers but also does labour to make their living. She says due to poverty the family was going through a hard time. She wishes to study a lots and help her parents in future.



Kesang Metok

Kelsang Metok is young a girl from Dolpo. Dolpo is a high-altitude culturally Tibetan region in the upper part of western Nepal. Her family depends on farming for their livelihood. She joined Arya Tara Family on 2019 and she says she loves the life here.

New Arrivals



Dekyi Palzom



Sonam Palzom

Dekyi Palzom and Sonam Palzom comes from Dolpo, which lies in the mid western part of Nepal, also known as the district behind the Himalayas. Dekyi was earlier known as Gurash and Sonam as Yamuna in her community before ordaining as a nun. Her parents are farmers. On 2019, the sisters joined Arya Tara School hoping for a better lifestyle and opportunity.



Dechen Paldron

Dechen Paldron comes from Dolpo. Dolpo is a high-altitude culturally Tibetan region in the upper part of western Nepal. She have 2 elder brother, 2 elder sisters, father and mother in the family. Her mother is a house wife and father performs rituals in then villages. She joined ATS family on 2020.



New Arrivals



Nyima Lhamu

Nyima Dolma

Nyima Dolma and Nyima Lhamu are a young girls from Dolakha. It's one of the districts worstly affected by the 25 April earthquake. They are only children of their parents. They have been taken care by her mother since their parents got separated. Nyima's mother depends on farming to take care of their livelihood. They joined ATS family on 2019.

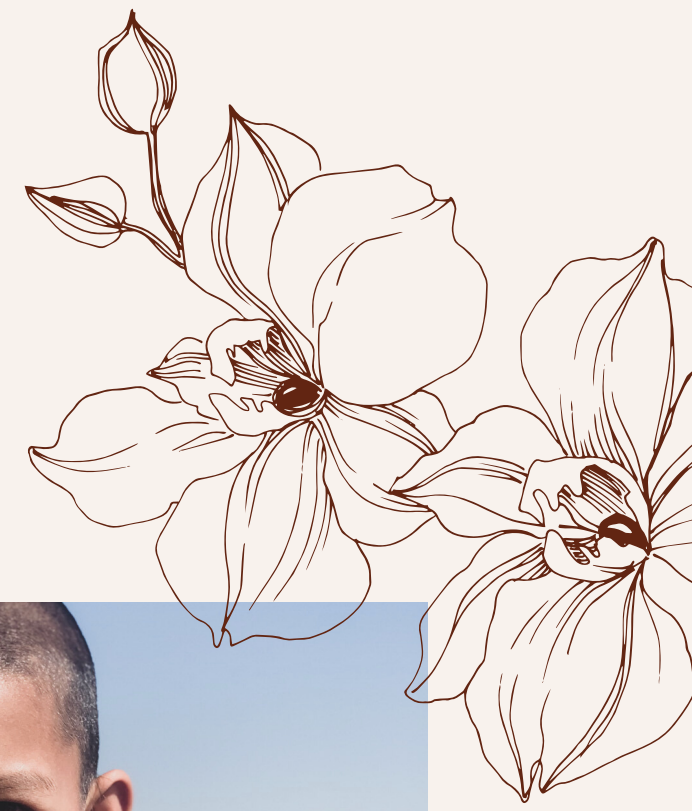


Pema Yangchen

Pema Yangchen is 11 years old girl from Ghyanglekh, Sindhuli. Sindhuli is one of 75 districts of Nepal. It is around 100km from Kathmandu and sits just a couple of hours away from the Indian border to its South. Pema is only child to their parents. Currently her father is unemployed and her mother supports the family by selling vegetables. She joined ATS family on 2019.



New Arrivals



Tsering Chokey

Tsering Chokey comes from Karpurnath, Humla. Tsering Chokey have 1 elder sister, 2 younger sister, and 1 younger brother. Her parents work as a daily wage laborer for their living. She joined ATS family on 2019.



Sherab Palmo

Sherab Palmo is girl from Melamchi. It is a municipality in Sindhupalchok District in the Bagmati Zone of central Nepal. She have 1 big sister, and 1 small brother in the family. Their family depends on farming for their livelihood. Sherab joined ATS family on 2020.



Yingchuk Lhamo

Yingchuk Lhamo is a young girl from Karpurnath, Humla. Yingchuk have 1 elder sister, 1 younger sister, and 1 younger brother. Her parents works are laborer for their living. Yingchuk joined ATS family on 2019. She loves playing with friends.

New Arrivals



Tashi Palzom

Tashi Palzom comes from Dolpo, which lies in the mid western part of Nepal, also known as the district behind the Himalayas. She have three elder sisters, 1 elder brother and 2 younger brothers in the family. Her parent are farmers and that's the only source to earn their living. Tashi joined ATS family on 2018, and currently she studies in class three.



Gakyi Dolma

Gakyi Dolma is a young a girl from Dolpo. Dolpo is a high-altitude culturally Tibetan region in the upper part of western Nepal. Gakyi have one older brother, father and mother in the family. Her family depend on farming for their living. She joined ATS family on 2019.



Dechen Gyalmo

Dechen Gyalmo is young a girl from Dolpo. Dolpo is a high-altitude culturally Tibetan region in the upper part of western Nepal. She comes from a farmer family. She have 1 elder brother, 1 younger brother, 2 younger sister, father and mother in the family. She joined ATS family on 2020

New Arrivals



Ghelek Choezom

Ghelek Choezom comes from Dolpo, which lies in the mid western part of Nepal, also known as the district behind the Himalayas. She have two elder sister, 2 elder brother, 1 younger brother, father and mother in the family. Her family depends on farming for their living. She joined ATS family on 2019.



Pasang Lhamo

Pasang Lhamo comes from Ramechap. The district has the highest population of the endangered native group the Kusunda. Pasang have 2 elder brother and 2 elder sister. Pasang Lhamo's mother work in a small restaurant and supports the family. She loves singing and dancing.



Choynit Kunsang

Choynit also comes from Humla. Her family depends on farming and labour work for their livelihood. She joined ATS family on 2018.

New Arrivals



Layrab Palmo

Layrab comes from Humla. Her both parents suffers from mental retardation. They occasionally works as labourer. Due to the family condition, she was looked after by her uncle. Layrab joined ATS family on 2018.

Two more
new member



Jusine & Aly

Activities

HEPATITIS B SCREENING

HepatitisB screening took place at Arya Tara School before the covid locked down.

VIPASSANA RETREAT

With guidance from Ani la, five of our senior nuns in Kathmandu completes 10 day Vipassana Course during this covid locked down and Ani la wishes to send more nuns in future hopping it will help them to have a better prospective toward life. Rejoice!



Activities



OUR NUNS SUCESSFULLY COMPLETS 10TH GRADE

Congratulation to three of our students Choden, Ngawang, and Dechen for passing SEE with flying colors. We wish you bright and meaningful future.

BASIC SAFETY AND CYBER CRIME CLASS

Class on basic safety and cyber crime was held at ATS. This class was really useful for the girls to know how to and from where to get help if needed. Thank you to the pharping police for providing this class.





Straight from our farm



Celebrating Children's Day





PICNIC TO HATTIBAN

ATS nuns enjoying picnic in middle of forest, with good food and fun activities.



NEW TELEVISION FOR KIDS

Our small nuns gets a brand new television to enjoy watch cartoons on the weekends.



GETTING PREPARE FOR WINTER

Nuns gets winter jackets, pants, cream, Sanitary and etc items to fight this cold winter.





PRAYING FOR PROTECTION

Arya Tara nuns recited (Buddha's teachings) and mantras on weekend for protection of all beings.





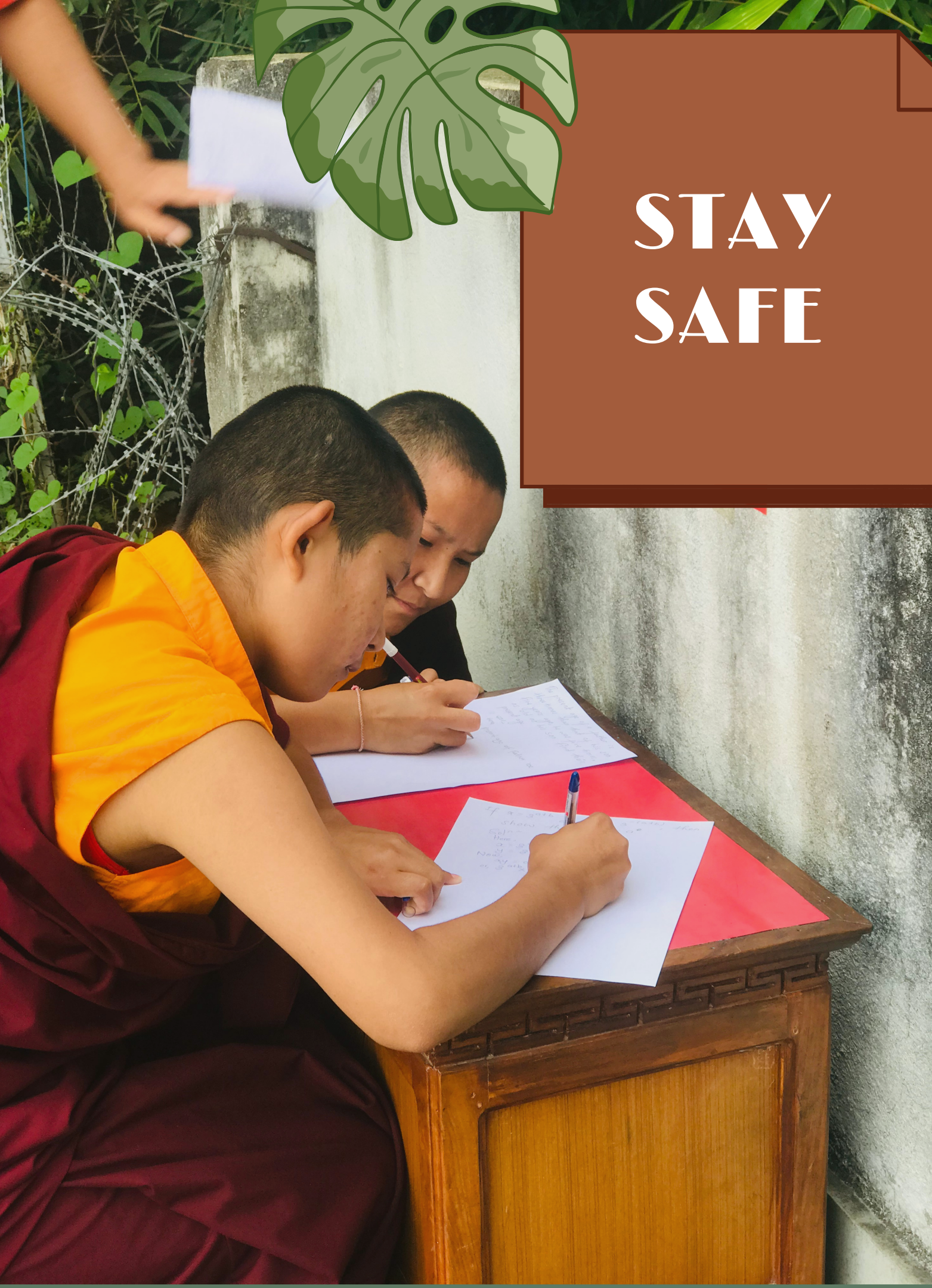
PRAYING FOR
PROTECTION



Yoga Time



**STAY
SAFE**



Keeping students safety in mind, this year our nuns will not be able to visit their families in this winter vacation. Nuns will be doing their homework and picnics and some activities are organized around school area with safety precaution to make this vacation fun.



Immediate Challenge

Maintenance

Its been 15 years since Arya Tara School in Pharping was constructed, and with increasing number of student and years, it's in need of one major maintenance.

Pipe lines, Toilets, Doors & Windows, Leakages, and Electric work

THANK
YOU

for your kind support



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