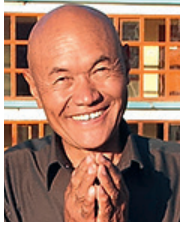


Geshe Ngawang Jangchup



These projects were initiated by Geshe Ngawang Jangchup. Since 1991 he works tirelessly for the welfare of the people in the greater area of Lingshed. In this way, his projects have significantly improved their living conditions.

He was born in Lingshed and became a novice in the local monastery when he was 13. Later he went to the Tibetan Monastic University in Mundgod (South India) where he continued his studies for 20 years and finally passed the Lharampa Geshe exam, the highest degree in the Gelug tradition. Returning to Lingshed in 1991 after more than 20 years, he was shocked to see that the conditions of living and education had barely changed. Since 1997 he travels to the West, teaches in Buddhist centres, and leads meditation retreats. Nowadays he mainly lives and teaches in Choglamsar/Ladakh as a lay-Geshe.

Other Projects

Nuns/Nunnery in Lingshed

In 1996, Geshe Ngawang Jangchup established this nunnery aimed at supporting women with a spiritual calling. Until then, nuns lived with their families and didn't receive spiritual teachings. Now many nuns study in Dharamsala (HP) and South India for a Geshe-Degree in Buddhist Philosophy.

Amchis in the Lingshed area

Traditional Tibetan medicine. Many herbs can be collected in the mountains around Lingshed, some herbs must be bought.

Lingshed House in Drepung, South India
Monks from the Lingshed area, studying at the Monastic University in Drepung/Mungod, can live with a local community in the Lingshed House. The final goal of this project is to facilitate a modern and spiritual education for both monks and nuns so they can achieve a meaningful and peaceful life.

Contact

Projects

In India, the Lingshed Area Development Foundation (LADF) is registered as a charity and exempted from taxes.

Hostel in Choglamsar

Support of People in Need

Sponsorship for Children

- Per year: 660 CHF/USD, or partial sponsorship of 330/220 CHF/USD
- Winter school: 2 ½ months (including a 2-week holiday), 200 CHF/USD per year and child

Solar Water Heater

150 CHF/USD per piece

Donations

Each donation, even a very small one, is welcome and adds to improve the living conditions of the people in the Lingshed area. Your donations go directly to the people and the projects; they can be visited at any time. A big thank you!

Contact

Lingshed Area Development Foundation (LADF)
Residential Hostel
near H.H.Dalai Lama Palace
Choglamsar
Leh/Ladakh-194101
J & K/INDIA

Hostel Secretary: Stanzin Zomsket
e-mail: singalaarea@gmail.com

Please send an e-mail about your donation and the purpose of it:
Lingshed Area Development Foundation (LADF)
State Bank of India
Leh Main Bazar
Leh, Ladakh 194 101
J & K/INDIA
Swift Number: SBININBB280
Bank Code 1365
IFSC: SBI0001365
MICR: 194002011
Account Number 10942172191
FCRA-Register-No: 152710035

Contact in Europe

Doris Koch has been working with Geshela's projects since 1993.

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www.lingshed-area-development.org

LADF

Lingshed Area Development Foundation

Projects
in Ladakh/North India

Support of Persons in Need/Sponsorships/ Solar Heater

In and around Leh, there are a number of poor families and elderly people who live on their own. Due to the lack of money they cannot buy medicine or pay for uniforms and school materials for their children. Since 2009 about 50 families and individual persons, including people in Lingshed, receive annual financial support for which they are very grateful. Each year an evaluation is made to check who is still in need or who else needs support.



Solar Water Heaters

The people in Lingshed asked for our help to install 150 solar water heaters, one for each house. Wood is limited due to high altitude and dried yak dung is a health hazard. So these solar water heaters are a useful, practical, cheap, and environmentally friendly investment.



The people can use the hot water for cooking (less fuel is needed) as well as for showering and washing cloths more frequently (improving their health).

The Indian solar water heaters consist of a 100-liter tank with dark sloping glass tubes. The cold water from the tank goes into the glass tubes which are heated by the sunlight. The hot water then rises back into the tank. Through a tap the hot water is available.

The Hostel in Choglamsar

About 50 children from the area of Lingshed, aged 10–24 years, live in the hostel in Choglamsar, 12 km east of Leh, where they are taken care of. They go to different schools in Choglamsar and Leh. The hostel provides a home where the children feel safe, they live like a big family far away from home. In addition, they are taught Buddhist philosophy, receive tuition, and learn Ladakhi songs and dances, etc. There are expenses for the staff, the repair of the buildings, food (especially for additional protein and vitamins), clothing, medicine, transport, school materials, etc. Because the government has stopped the subsidies for basic food, the expenses for food have multiplied. This results in great financial difficulties.



Winter School

Winter in Ladakh is very hard. Because the (school) buildings are not heated, the school holiday lasts for two months during which the children went back to their villages using the dangerous Chadar (partially frozen Zaskar river). In 2011, an avalanche killed five fathers on their way back to Lingshed after having brought their kids to the school in Leh. This was a big shock, not only for the wives with their small kids but also for the whole area. It was decided that the danger was too big and that the children should stay in the hostel during the winter holiday for tuition and recreational activities. The winter school saves lives and contributes to the education of the kids. To run the winter school, additional financial support is needed.



Lingshed Area, Ladakh/ Northern India



Lingshed (ca. 4000 meters above sea level) is situated on the famous Zaskar-Trek, about half-way between Lamayuru and Padum. Until recently it took 5 days hiking and crossing several high passes to reach Lingshed. A new road is being constructed so that in summer Lingshed can be reached by car. During winter the only connection to the outside world is the dangerous way on the Chadar, the frozen Zaskar river. The Lingshed Area, also called the Trans Singhila Area, includes Lingshed and the small villages of Yulchung, Neraks, Gongma, Skiumpattha, Dibling, and Zingchan – some of them very remote.

