





During the lockdown elderlies have been remaining mostly in their own rooms saying prayers and also having their meals. Occasionally they have gathered in the prayer hall to listen to His Holiness Dalai Lama's virtual teachings.



Following activities happened after the lockdown was lifted :

Snow Lion Foundation Director Mr. TseringTopgyaland his staff along Doctor Kunsang Sherpa visited Old Age Home on 13 July 2020. Snow Lion Foundation provided elderlies with vitamins and boost like Chawanprash and Horlicks Proteinto elderlies to build their immunities. Dr. Kunsang checked their health condition and provided advise how to take the vitamins. Mr. Topgyal give talk on how to maintain healthy and positive thinking during this hard period.







Doctor from Phende

Himalayan Sorig Centre of Swayambhu visited Old Age Home on 15 October 2020 and checked elderlies



and provided Tibetan medicines free of charge to them. Medicines includes immunity building medicines against COVID-19. Doctor also provided advise how to keep healthiness.



Doctor and team with board members of TWWG.



Many families faced financial problem due to unemployment and hardship of livelihood thus
TWWG assisted them with financial support









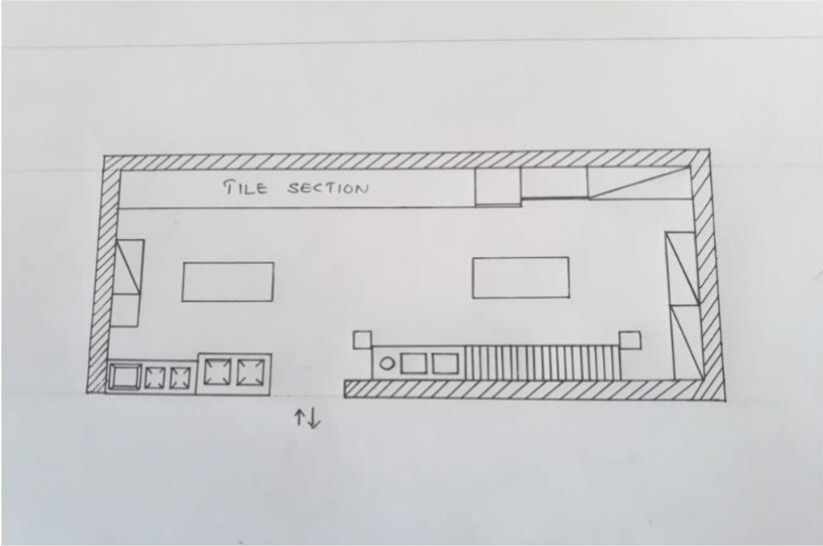
TWWG requested Serkong Dorjee Chang Renpoche to perform special prayers at old age home for universal peace, sponsors, donors and for all the human being for good health, happiness and prosperity on 12th December 2020.



In order to maintain hygiene, it all start from kitchen especially pandemic time, board members of TWWG decided to renovate the kitchen despite high expense of labor charges and materials. Old age home kitchen has been old for last 30 years so it's worth to renovate for hygiene. Situation of kitchen before renovation:



Plan of new kitchen as well as new set up of granite working table with closed shelves for storage of utensils etc., four gas burners, washing sink etc.







Most of elders have arthritis problem of knee, hip so helpers massages them with herbal oil for two times in a week under the sunshine which is also vitamin D for their health during the pandemic times.





Elderlies were provided with new clothes for Tibetan Losar:



Celebration of Tibetan Losar on 12 February 2021 by elderlies:



Luckily we do not have any cases of COVID in the Old People Home. Few elderlies passed away due to old age and arthritis as well as other problem.

Due to good relation with the ratio and other suppliers Old People Home has not faced any problem with ratio and other supplies.

We are grateful to all our donors, sponsors and medical professionals for all the support and assistance/guidance provided during this period.

TWWG, Kathmandu always remain thankful to all the sponsors, donors for supporting our elders for all these years. There is nothing more beautiful than someone who goes out of their way to make life beautiful for others so thank you ALL for making beautiful life to our elders. May you all have huge blessing.

Prepared by 11th TWWG