For those who want to accumulate wealth, giving is the best safeguard for an increase in wealth. Just like when you want to put a lot of water into a pond, installing a floodgate helps maintain the pond.
Number of Nunneries in each dzongkhag
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Dear Friends,

The Bhutan Nuns Foundation’s mission has always been to work for the benefit of the nuns of the country, to empower them and to enable them to become positive agents of change in society. As women with deeply embedded spiritual values, the nuns have the capacity to nurture and inspire others, especially those of the younger generation, to lead more balanced, meaningful lives. It is therefore our responsibility as a foundation to help the nuns identify this potential, and acquire the life skills necessary not only to achieve their own aspirations, but also to fulfill this special role as educators and mentors of their communities.

With this simple motivation to guide us, the Bhutan Nuns Foundation has made steady progress in achieving our goals over the
past seven years. Through its’ various activities, the foundation has been able to facilitate significant improvements in the everyday lives of the nuns. Despite the challenges often facing a small and relatively new foundation such as ours, the outcome so far has been positive and for this, we are truly grateful.

The unwavering support of our friends and well-wishers from within the country and around the world has been a very rewarding experience for us to serve as the bridge, reaching out to nuns across the country on their behalf. We are immensely grateful to them and sincerely hope this widespread interest in our cause continues. We would also like to express our gratitude to the nuns for their prayers and efforts to benefit others and for their daily dedication prayers for the well-being of our donors. 
Tashi Delek!

Tshering Yangdoen Wangchuck
We often face the questions such as, “Why do you need a Training Centre for the Nuns? Why can’t you use what is available?”. How we also wish that we could use some available space somewhere out there and not have to go through the trouble of building one. However, there is no space available that is conducive for what we want for the nuns.

Over the years, we have realized that it is important to have some specific place allocated for nuns, especially those who are celibate. There are some disciplines, where nuns and monks cannot stay in a luxurious setting like hotels. In 2013, we organized an International conference for the Nuns and other women following spiritual path. Many of the nuns from some
countries could not attend because we conducted the conference in a hotel. In Bhutan, we do not have nunneries with adequate facilities to host such workshops, trainings and conferences. Thus, the idea of creating such a Training Centre was born out of this need and this will benefit nuns and women pursuing spiritual path around the globe in the long run.

Her Majesty, the Queen Mother, Tshering Yangdoen Wangchuck, the Patron of the Foundation often reminds us that, such a Centre is not for the benefit of any particular individual but it is for the future generations. We may come and go but this space created with good motivation and positive energy will be there as long as the world exists. The merit of even the smallest of support contributed towards this project will remain not only as long as the Centre exists but beyond. As the Buddhist saying goes, “no matter how small a drop you add to the ocean, the drop you added will remain as long as the ocean remains”. Similarly, every drop counts and no penny goes to waste. We encourage people not to shy away as no contribution is too small for this project and we have a long way to go. Our goal is to complete the Training Centre project by 2019 and by 2020, we will have in place the following Life Skills Education programs and activities for nuns and other women who are in pursuit of spiritual path:

- Counseling Trainings
- Hospices and Basic Healthcare
- Palliative Care
- Leadership & Management
- Crash courses in Teaching Methodology for Nun Teachers
- Short retreats for laywomen guided by qualified Nun teachers and others.
- Regular short meditation courses
- Nungney Practices (The fasting practice that is widely performed in Bhutanese and Tibetan tradition for purification. One set of Nungney consists of two days of
practice. The first day is a preliminary day, and the second day is the complete fasting day without food or drink and in silence but just reciting prayers to Chenrezik (Avalokiteshvara, the Buddha of Compassion).

- Chi Gong and Tai Chi (also spelled Qi Gong) and Yoga for both mental and physical fitness for Nuns.
• The Consumers Association of Penang (CAP) organized the Consumer Education Programme for Friends from Bhutan in Recsam Education Center, Penang, Malaysia, from August 21-30, 2016.
• There were nine Buddhist nuns, three monk teachers and four lay women from Bhutan, attended this programme. The group was lead by the Executive Director of Bhutan Nuns Foundation (BNF).
There were lectures on the International Consumer Movement and its impact on people’s health in Malaysia and around the globe. It explored consumer culture today, especially among the younger generation, and presented various ways and means to promote awareness, as well as hands-on practical work on organic farming techniques.

It was a wonderful opportunity for the participants, learning about being aware of every aspect of whatever one consumes, such as checking the safety of the food one eats. It was really an eye-opening experience for many of the participants who don’t even think of being curious or reflect about what they eat and drink, especially if they are imported goods. Participants found the information inspiring, and were excited and very keen to share it with friends, families and their local communities in Bhutan.

The ultimate goal of the training was to create a ripple effect for greater impact among the communities we live in. At the end of our training, we realized that cooking and eating at home with the organic vegetables grown in our own backyard like many of us try to do in Bhutan is the healthiest way to live our lives.

We would like to acknowledge our gratitude to the CAP office and their staff for the amazing care and generous hospitality which was incredibly heart-warming. In the hope of seeing this friendship prosper and strengthen our common bond, we planted a Rambutan tree on the last day of our training which we hope will auspiciously bear fruit soon!
Visiting the Tzu Chi kidney Dialysis Centre and their recycling centre was very inspiring and constructive experience for our monks and nuns, and for the other NGO participants. Since many activities we participated were also very similar to what BNF has been trying to advocate to our nuns throughout BNF’s trainings. We all came back with inspiration and the hope to be able to put them to use back home through our Training Centre once it is completed.
Another successful programme was the visit to the Kasih Hospice Care Society, a non-profit organization, established in 1997 together with other committee members of Losang Dragpa Buddhist Society. It provides hospice services to patients with terminal illnesses in line with the Buddhist philosophy of universal compassion in dealing with the living and the dying. This aspect of community life is part of the Bhutan Nuns Foundation’s deep concerns; we are convinced that our trainings can provide the nuns with the skills necessary to meaningfully and cooperatively be beneficial to their communities in the field of hospice care giving. We share Kasih Hospice’s belief that people who live fully eventually die well, and our future programs already include some of the training that the Hospice is providing, such as meditation techniques, healthy cooking and eating, setting up and managing support groups for caregivers and patients, and how to find spirituality in health. These are some of the values that our nuns, monks and spiritual teachers already believe in and live by. The support system of the Bhutan Nuns Foundation will provide the framework for improved implementation in Bhutan.

Kasih Foundation aims to create public awareness and interest in hospice services, self-transformation and self-healing. Their activities include hospice volunteer training, workshops in professional skills in volunteerism, public
seminars, study visits to other hospice organizations, and courses on how to live and serve better within the Buddhist philosophy. This is something that Bhutanese Buddhist nuns could emulate under the guidance of Bhutan Nuns Foundation’s capacity building programmes. The Kasih Foundation’s members, especially Dr. Goh Pik Pin, are very much interested to help train our nuns and help us set up similar services with BNF.
Bhutan Nuns foundation with the support from UNICEF in collaboration with Department of Disaster Management (DDM) conducted the Training of Trainers (TOT) on basic safety during and after disaster to the eastern and central nuns at Druk Deojungthang resort in Trashigang dated 25th -28th June, 2017. There were 28 participants from 13 nunneries. The participants were introduced with different types of disasters and natural hazard faced by Bhutan such as glacial lake outburst floods, flash floods, windstorms, landslides and lightening which is an intensifying with the climate change.

The participants were also briefed on the
importance of mitigation of falling hazards in nunnery and households, do’s and don’ts before, during and after disaster, construction of temporary learning shelters, providing psychosocial support, identification of the vulnerable groups and the importance of early warning system set ups in the country. Moreover, the participants were urged to identify safe evacuation sites in the nunneries and familiarize the community members about the evacuation procedures.

During the course of four days training, the following four areas were covered:

- Earth Quake
- Fire safety
- First Aid, and
- Education in Emergency
The Bhutan Nuns Foundation (BNF) with support from UNICEF conducted a day each workshops in the nunneries in Central and Eastern part of Bhutan at their respective nunneries.

So far, we covered 555 participants from eleven different nunneries. The participants were mostly nuns, few Monks, Lay Practitioners and several Women also attended the workshop. The workshop was very relevant to the participants that varied from nun teachers to monk teachers, parents and many young nuns in the nunneries.

Each day the workshop started with reciting Tashi Tsekpa (an auspicious prayer) with the introduction of the objectives of the workshop.

The main objective of the Child Rights and Child Protection is to raise awareness on physical, sexual, and verbal Abuse, and neglect. From this they learned the meaning of three abuses that affects children physically, mentally, socially and individually. To make all the participants understand the concept of Child Protection and Child rights and its importance in a deeper sense, and to ensure that they gained and retained the new knowledge as much as possible, we used lots of interesting games and exercises.
One of the most popular games we use for these trainings were, providing things such as eggs, chart papers, balloons, cello tapes, to each group with the preface saying, “use your ideas to save the eggs from breaking by using any materials besides what we have provided”. All the nuns get very excited and they use their ideas and materials to save the eggs.

At the end of the training we shared with them the intentions and the message behind the whole training, that children are like an egg and protecting them means teaching them how to love, care, health, education and advice we could give them as teachers, parents and elderly throughout their childhood. We talk about the importance of role models at that tender age.

**Voices from the participants**

*Ani Yeshi Choden, the Head Nun of Kunga Rabten Nunnery said, “I received CPCR training once but at that time I was not able to understand much as the concepts were very new to me. However today, through the egg game and different activities and examples, I have understood well and will be able to share and speak on*
it to my friends and family. I am one of the members of expert 11 on Child Protection and Child Rights and I have understood the importance of knowing and understanding about CPCR as in our nunnery we have nuns with different problems and emotions whom I have to take care of them like my own children. I am very glad that BNF and UNICEF are here to provide further training on CPCR and I am sure my nuns will understand and learn themselves how important it is to care and protect oneself and mostly the younger nuns”.

Ani Pema Seldon, head nun of Dorangthang Nunnery also said, “When I heard about the CPCR training, I felt why this training is needed for us as we don’t have any children. But after the workshop, I learnt that it is very important for every one of us to know and be informed since we have many young nuns in our nunnery and this knowledge we gained will help us to understand how to take care and protect them in different ways. As nuns we are involved with communities and I can share this knowledge we gained from this training with people in the nearby communities”.

Ani Lopen Drilam Zangmo from Todpalung Nunnery said, “First of all I would like to thank you all for coming to our nunnery though it is very far and not many people visit our nunnery. In this remote place, training like this is very important for us to open our eyes and I will share what I learnt from this training to our village people and who needs help”.

Ani Karma Choden from Martshala Nunnery said that, “before we used to scold and yell at the young nuns when they didn’t do their studies but after the workshop on CPCR at Samdrup Jongkhar, we used the ideas to deal differently to get their attention. Instead of yelling and scolding we used other means such as, if you don’t do your studies now, you will not get TV break after dinner. So with this, all the young nuns do their homework on time which makes the teachers’ lives much easier and we are all happy at the end of the day. Finding a strategy that works was
what we learned from this kinds of trainings and it is very helpful”.

Gomchen Mendral Gyelpo said that, “I like the ideas of Egg game as it opened my eyes and made me understand how our children are like an egg that needs protection and care to keep from breaking and damaging. I have never thought of our children in that way, needing protection from any situations and conditions. I learned the rights of child too and I will give his/her right to play, enjoy, educate, health, speak.”

Aum Nima mother of two children said, “When children make mistakes, I am tempted to use harsh punishments so that they will learn not to repeat it but they do it again even after the punishments. Today from this training I learned that beating or using harsh methods of taming little children is not a solution, but showing them and teaching them gently what is wrong and right and what should and should not be done are very important.”
Walk for nuns

To continue the energy, we also organized a similar walk in 2017 this year. We did not make it a compulsion for fundraising but had people to participate and enjoy the special day once again. Although the numbers of participants were much less than the previous year, but the quality of the event was much appreciated by everyone.

Among several activities we had initiated in 2016, the walk we organized was the most meaningful and memorable one. The participants received blessings from His Holiness the je Khenpo and the other eminent Lopens from Tashi Chhodzong and started the walk in contemplative noble silence. People did recite the matrass that was taught by His Holiness until we arrived at the Kunsel Phodrang at the big Buddha statue was our destination. One of the senior teacher from the Dzong was there for the closure ceremony. More than 100 people participated the walk and several of them asked us if we can organize such an event annually.

The walk was organized on the meeting of the five holy days (dudchenngayzom) which comes once a year. The purpose of the walk was to raise funds and awareness of the Foundation and at the same time to create opportunity to learn about the five holy days of the year and to gain merit by being part of such an event.
Her Majesty the Queen Mother, Tshering Yangdoen Wangchuck, visited Lajab Pema Gatshel in Lawri Gewog three times in the past two years. The villagers were very grateful and felt blessed to have Her Majesty visit repeatedly, as this village happens to be in one of the most remote southeastern parts of Bhutan, not an easy place to visit unless there is a specific purpose.

While visiting the two nunneries in the region, many other communities and individuals have benefitted from her Majesty’s visit. On the first visit, we met a young spiritual teacher and a student who were very skilled in carving on rocks, whom Her Majesty invited them to participate in the National Flower Show exhibition in Paro. They were also introduced to His Majesty’s secretariat so that they could get support for their work and get trained to become more professionals. This was a great opportunity specially for the young graduate to further improve his skills.
Her Majesty gifted a beautiful life sized Guru statue, to a monastery in one of the villages on the way to Lajab where the communities were grateful for the blessing and the gift from Her Majesty the Queen Mother.

During Her Majesty’s first visit in 2015, she was really inspired and fascinated by the story of Lama Sherub Jamtsho, the founder of this unique monastery, Lajab Pema Gatshel, who has left behind some unfinished legacies. The lama is one of Their Majesty the Queen Mothers’ great-grand-uncles.

The Queen Mother’s second visit was motivated by her intention to build the Duduel Chorten (a particular protection stupa), which the founder had meant to build for the protection of the country and for world peace, but was unable to do before he died. Two of his students, an octogenarian nun and a 60-years-old lay practitioner, reported to Her Majesty that the Lama had actually tried to build this particular stupa, but then it kept falling apart each time it reached half way. He then realized that the time wasn’t right for it and instead started to build another stupa called Namgyal Khangzang Chorten. Thus, Her Majesty wanted to complete his unfinished work, and it was such an inspiring
project for the residents of this area and students of the Lama. Her Majesty worked on this project tirelessly and, with her endearing initiative and energy, led the work hands-on, carrying boulders and digging the foundation. The village people were much impressed to see how much Her Majesty poured her heart and soul into these projects.

Her Majesty felt that it was her mission to see this project completed, and finished the stupa in December of 2016 on her third visit. Her aspiration is that the stupa may benefit all beings in the universe and bring peace in the world. We are convinced that so much positive energy must be felt by every being on Earth.

The elderly nun is also one of the Gyalpoi Tozey (beneficiaries of His Majesty the King’s support) for the senior citizens in the country. She said, “I feel blessed to have this attention in my life time”. She talked about how hard she worked and served her teacher (Lama Sherub Jamtsho) when she was young. She felt that Her Majesty’s visit and receiving the Royal attention at this age is a reward for serving her teacher and saying prayers with dedication to benefit others.
Her Majesty having tea with the old nun in Lajab

Her Majesty’s gift of Guru statue to a village temple

Her Majesty provides lunch to the village ladies

Her Majesty made more than a thousand Tsha Tshas on her own to install inside the new stupa
The village students watching Her Majesty the Queen Mother leave after her visit.
Fire Fly Mission is one of the Charity Organizations based in Singapore are another Bodhisattvas in human form reaching out to those in need. Individual members of this organization volunteers to serve for the cause of others tirelessly. Besides their regular jobs they volunteer to reach out to others in need spending out of their own pockets during their monitoring trips to different countries. The funds they raise from people go 100% to the ground and they do it in a very ethical and transparent manner.

The Bhutan Nuns Foundation (BNF) has been working with FFM since 2012. Their support is not restricted to one particular project but they extend their support to wherever there is need and work in harmony with the cultural values of the country. If the need is for housing, they support housing projects and if the need is for food they support for food supply and medical expenses for the nuns.

They have helped BNF with sponsorship funds to improve the nutrition of the nuns of the 11 different nunneries total of 80 nuns. They have helped with living quarter constructions in three different nunneries in different parts of Bhutan. They have provided prayer mats and study tables for few nunneries who were in need of those items. FFM also supported ad hock requests such as sponsoring the ordination ceremony for one hundred and forty four nuns in 2014. These support really made a huge difference in the lives of those nuns who have always wanted to be ordained all their lives. We all remember that day with fond memories and live with it. For many nuns it is a big deal to receive the ordination from the highest abort of the country. The FFM also pitched in for any
activities we do like conferences, paying for the dentist visiting nunneries to do dental work, contributed towards fundraising walks, hot water bottles to keep them warm in the winter nights and medical supplies vitamins, you name it they are willing to support.

We are yet to convince them to support towards the Training and Resources Centre village we are creating which is a work in progress and we are constantly looking for supporters to complete it. We still have room for supporters to come along to help towards this very meaningful project.
A renowned German Dentist, Mr Frank Schneehage, was here in Bhutan from August 5th to 17th, 2016. The plan was to visit the nunneries in the remote parts of the country to give dental treatments to the nuns. Unfortunately, due to heavy rainfall, landslides, and roadblocks his programme to cover the Eastern part of Bhutan had to be cancelled.

However, he was able to devote his time in treating about hundred and six nuns in three different nunneries; Walakha nunnery in Punakha, Zilukha nunnery, and Hongtsho nunnery in Thimphu. He was quite overwhelmed to see so many nuns with unattended dental problems. He did what he could within the 12 days that he was here which helped the nuns tremendously. He wants to come back next year to reach out to other nunneries in the remote parts as planned originally and to do follow-ups on some of the nuns he treated this time. However, we will have to wait and see if we can afford to have him again.

Provision of this important service was possible due to the generosity of Mr. Schneehage who paid his own air tickets to Bhutan and Firefly Mission who sponsored his local expenses such as accommodation and transportation. We are very grateful to Dr. Schneehage for providing his services and Firefly Mission in Singapore for supporting his local expenses this time. We hope to be able to find such supporters for his future visits so that he can cover the dental health care for the nuns throughout the country.
Menstrual hygiene is something that we take it for granted especially if we are privileged when we don’t think of not having comfortable pads to use, comfortable bathrooms to take shower with running hot water etc. However, there are still people who have to worry about these necessities when you go to some of those remote nunneries.

For this we do lot of advocacy around the importance of menstrual hygiene, careful disposal of the imported pads and educate and train them on self made reusable pads which has multiple benefits in terms of environmentally and economically sound.

In collaboration with SNV we celebrated menstrual day at Pema Choling Nunnery in Bumthang. We organized a debate among nuns as why menstruation is important for women’s body and the opponent proving why they dislike ministration. We did not realize until we had this event how much the nuns disliked having to deal with menstruation. We discussed on how we should appreciate, celebrate and value the law of nature and it is a gift that we must ambress rather than disliking it all your life. And that it’s okay to talk about it and there is nothing to be ashamed about it. But we realized that the dislike was due to the lack of conveniences.

Therefore, the Bhutan Nuns Foundation’s role is to educate them and to help them put those basic necessities in place so that they don’t dread having to deal with each menstrual cycle. So by the end of the celebration we had fun discussing about it and laughed a lot.
We celebrate Ani Rigzin Lhamu’s Achievements. Ani Rigzin completed nine years of Buddhist Philosophy studies, equivalent to a Master’s degree from Pema Choling Nunnery, Bumthang, under Gangtey Tulku Rinpoche. After she completed her studies, she taught in the same nunnery for over one year. In 2012, she enrolled to study indigenous medicine (Sowa-Rigpa) in the indigenous hospital in Thimphu, with financial support of the Bhutan Nuns Foundation. She successfully completed five years training this year, 2017. The priceless reward for us as a supporting foundation is to see the accomplishments of nuns like Ani Rigzin and their readiness to serve the society.

Currently she is interning at the indigenous hospital, an experience that is vital for her to be able to practice. She will work closely with BNF; spending a month in each of the nunneries examining the nuns’ health and well-being while also benefiting the local communities that are close to the nunneries.

We would like to express our sincere gratitude to Ms. Silvia Hansel, our education scholarship supporter from Switzerland, without whose support Ani Rigzin could not have pursued her study in indigenous medicine. We hope together we will continue to support furthering the education of our nuns and equip them with skills and knowledge that they can share with rest of the women in the nunneries and other fellow citizens.

Last but not the least; we thank Gangtey Tulku Rinpoche for being open-minded and supporting our suggestions in letting her take on this endeavor. It is the Blessings of Rinpoche and Her Majesty the Queen Mother, the Patron of the Foundation that we are able to initiate such ventures and support our nuns to take on different areas of educational activities without obstacles. We wish Ani Rigzin all the best in carrying on meaningful services throughout her life.

Few of the other BNF activities and achievements
Additional Projects supported by BNF

The Living Quarters and Retreat projects that BNF supports by identifying interested donors.

We continue to receive donations from donors to support the construction of living quarters for those nunneries who do not have proper living quarters, toilets and shower rooms. The Firefly Mission in Singapore supported the living quarters for Samten Choling nunnery in Wamrong, Tashigang district (the eastern part of Bhutan). With this, the FFM have supported living quarters for four different nunneries in the Country. The nuns have already moved into their new living quarters and are happy to have this comfortable space, ideal for the conduct of their daily individual prayers, meditation and study.

We have also been able to provide partial support to a retreat, which will house ten nuns at a very ancient and holy place called Pangkha in Wangdue Phodrang district. This is made possible with the help of Jim Suozzo who has initiated a Challenge fund, which was matched by some of the BNF’s individual friends in the US such as Penny Gill, Sarah McKusick, Sue Alexander, Ann Ellery, Barbara Adler, Ariane Krumholz, Michael Stein and Kathy Meany in 2016. At the start of the next year, the ten nuns will start their three-year retreat in this new, warm, and...
healthy traditional Earth Rammed retreat house.

The lower Chothpo Goenpa Nunnery, in Pema Gatshel district supported by our brother Ewan and his friends will be completed by end of this year. Besides the major contributions he has made towards our Training and Resource Centre construction, he has also provided support for individual nunneries living quarters. These nuns will also get to move into their new living quarters in time to celebrate the New Year.
One of the most memorable days among several others in 2016 is the award we received from His Majesty the King during the 109th National Day of Bhutan in Tongsa on 17th December.

This is an honor not only for BNF but also for all the nuns, and our supporters around the globe. This is a joint effort of all our supporters throughout the world and the prayers of our nuns and the BNF staff who have worked tirelessly to this cause. In addition, of course without the blessings and valuable guidance of Her Majesty the Queen Mother, Tshering Yangdoen Wangchuck, the Patron of the Foundation, we would not be where we are today.
“Just being good is not good enough, we must strive for the best”

- His Majesty the King
Heartfelt thank you to our Donors

On behalf of Bhutanese nuns, the Bhutan Nuns Foundation would like to thank our Donors around the world, all those individuals, groups of friends and organizations who have tirelessly contributed to enable BNF to fulfill its mission through the years. Our thankfulness for your generosity knows no bounds. May you gain merit for your acts of kindness towards Bhutanese nuns, and may the ripple effect spread throughout the world. Several of you offer support in kind by volunteering and other small ways. Every donation and every penny means a lot to us and makes a huge difference.

With your help and our initiative, the lives of the nuns have improved immensely.

However, just like our beloved King often mentions in his speeches to our youth that, "just being good is not good enough"; BNF strives for the best, by helping the nuns to improve their education and acquire social skills not only for their self-sufficiency and sustainability but also with a goal that in return they can benefit the larger society. Many of them will soon be ready to serve the society in ever more meaningful ways. We hope that our donors will keep us in their thoughts and hearts, and that their support to this very meaningful cause will continue.

We are not using donor’s name deliberately since some of the donors would like to remain anonymous.

Thank you.
Ways to support Nuns of Bhutan:

You may contribute any amount towards the following that suits you the best. Any amount is appreciated:

1. Educational funds: We sponsor nuns to study indigenous medicine and learn English in India. We offer once a year three months Crash Course Teaching Skills Training for nun teachers to improve their teaching skills

2. To provide Teaching & Learning Materials to the remote nunneries

3. Sponsor a nun for three-year retreat

4. To improve nutrition in the nunneries

5. Refurbishing of the Nuns’ living quarters

6. Buy warm beddings for young nuns

7. To provide Meditation Cushions

8. Contributions to complete the Training Center

9. Management & Leadership Trainings for the Nuns (Capacity building)

10. Sponsor a prayer
“Not all of us can do great things. But we can do small things with great love.”

- Mother Teresa
To make a wire transfer:
(sorry, no checks allowed in Bhutan)

Account Holder: Bhutan Nuns Foundation
Bank Address: Standard Chartered Bank
6 Battery Road, Singapore 049909
SWIFT Code: SCBLSGSGXXX
Sort Code: 60-91-04

Beneficiary Bank Account: 01-7-005970-7 (USD A/C)
Beneficiary Bank: Bhutan National Bank, P.O. Box: 439
GPO Building, Chang Lam, Thimphu, Bhutan
SWIFT Code: BNBTBTBT

Beneficiary/Ultimate Beneficiary: Account # 5000037886021 of Bhutan Nuns Foundation maintained with BNB, Thimphu, Bhutan.

Important information (US donors only):
For tax exemption purposes, US donors can make donations through the Bhutan Foundation; online at www.bhutanfound.org or by mailing a check. In both cases, please mention clearly Bhutan Nuns Foundation as beneficiary.

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Karma Luday
Mr. Norbus Wangdi
Mr. Zimpon Wom Tashi
Ugyen Choden

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Ani Namgyel Lhamo, Assistant Program Officer
Ms. Tshering Choden, Administrative Officer
Ms. Kezang Tshomo, Finance Officer
Ms. Sonam Wangmo, Project Manager
Ms. Sonam Chhuki, Program Officer
The life of the nuns of rural Bhutan
## 2015 Audit Report

### BHUTAN NUNS FOUNDATION

#### INCOME AND EXPENDITURE STATEMENT

For the period ending 31st December 2015

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<th>PARTICULARS</th>
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</tr>
<tr>
<td>i. Firefly Mission (Singapore)</td>
<td>II</td>
<td>3,094,800.06</td>
</tr>
<tr>
<td>ii. Indo-Asian Group:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>a. Institutional Strengthening</td>
<td></td>
<td>1,509,000.00</td>
</tr>
<tr>
<td>b. Office Flat</td>
<td></td>
<td>174,500.00</td>
</tr>
<tr>
<td>iii. Support for Education (Silka)</td>
<td></td>
<td>200,125.00</td>
</tr>
<tr>
<td>iv. Room &amp; Living</td>
<td></td>
<td>79,860.00</td>
</tr>
<tr>
<td>2. Projected Grants/Donations:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>i. UNFPA</td>
<td>III</td>
<td>3,313,777.00</td>
</tr>
<tr>
<td>ii. UNICEF</td>
<td>IV</td>
<td>984,145.00</td>
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<tr>
<td>3. Interest</td>
<td>V</td>
<td>4,368,297.79</td>
</tr>
<tr>
<td>4. Sale of Books</td>
<td></td>
<td>43,000.00</td>
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<tr>
<td>Total (B)</td>
<td></td>
<td>13,678,467.85</td>
</tr>
<tr>
<td>TOTAL INCOME (C=A+B)</td>
<td></td>
<td>15,495,780.23</td>
</tr>
</tbody>
</table>

#### EXPENDITURES:

1. Expenditure against Deferred Income: | II | 3,094,800.06
2. Administrative Expenditures:
   a. Institutional Strengthening |       | 1,509,000.00
   b. Purchase of Office Flat (Depreciation) |       | 124,500.00
   c. Support for Education (Silka) |       | 200,125.00
   d. Room & Living |       | 79,860.00
3. Projected Expenditures:
   i. UNFPA | III | 3,313,777.00
   ii. UNICEF | IV | 984,145.00
4. Administrative Expenses:
   a. Honorarium | VI | 202,838.00
   b. Other Expenses | VII | 736,024.00
   c. Depreciation | IX | 765,950.80
| Total (D=A+B) |             | 16,619,148.94

**SURPLUS (Excess of Income over Expenditure) (C-D)** 3,885,634.25

---

### BHUTAN NUNS FOUNDATION

#### BALANCE SHEET

As at 31st December 2015

<table>
<thead>
<tr>
<th>PARTICULARS</th>
<th>SCHEDULE</th>
<th>AMOUNT (Nu)</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASSETS:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current Assets:</td>
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<td></td>
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<tr>
<td>Advances</td>
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<td>Cash-in-hand</td>
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<td>Bank Accounts</td>
<td>XI</td>
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<td>Work-in-Progress</td>
<td>XII</td>
<td>22,995,672.48</td>
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<td>V</td>
<td>1,210,762.76</td>
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<td>Sub-total (A)</td>
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<td>99,604,476.87</td>
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<td>Non-Current Assets:</td>
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<td></td>
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<tr>
<td>Assets</td>
<td>IX</td>
<td>1,758,186.23</td>
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<td>Sub-total (B)</td>
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<td>1,758,186.23</td>
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<tr>
<td>TOTAL ASSETS (A+B)</td>
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<td>101,362,663.10</td>
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<td>LIABILITIES:</td>
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<td></td>
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<tr>
<td>Current Liabilities:</td>
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<td></td>
</tr>
<tr>
<td>Sundry Creditors:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>i. Construction of Training Centre</td>
<td></td>
<td>815,046.32</td>
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<tr>
<td>ii. Others:</td>
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<td></td>
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<tr>
<td>a. Salary Tax &amp; Health Contribution</td>
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<td>12,801.76</td>
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<tr>
<td>b. Provident Fund</td>
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<td>19,374.60</td>
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<tr>
<td>c. TDS Payable (2%)</td>
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<td>11,835.60</td>
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<td>Sub-total (C)</td>
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<td>1,014,590.47</td>
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<tr>
<td>Non-Current Liabilities (General Fund):</td>
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<tr>
<td>Accumulated Fund</td>
<td>XIV</td>
<td>22,882,136.50</td>
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<td>Deferred Income</td>
<td>XV</td>
<td>73,049,321.29</td>
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<td>Government Grant (Land)</td>
<td>XVI</td>
<td>1.00</td>
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<tr>
<td>Reserve and Surplus</td>
<td>XVI</td>
<td>2,883,634.29</td>
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<tr>
<td>Prior Period Adjustment</td>
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<td>1,691,283.45</td>
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<td>Sub-total (D)</td>
<td></td>
<td>160,418,376.63</td>
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<tr>
<td>TOTAL LIABILITIES (C+D)</td>
<td></td>
<td>101,342,973.10</td>
</tr>
</tbody>
</table>

---

(Mrs. Kezang Tshomo)  
Finance Officer  
Bhutan Nuns Foundation  
Thimphu, Bhutan

(Dr. Tashi Nima Pelden)  
Executive Director  
Bhutan Nuns Foundation  
Thimphu, Bhutan

(Mr. Thinley Tshering)  
Auditor  
Bhutan Nuns Foundation  
Thimphu, Bhutan
## 2016 Audit Report

### BHUTAN NUNS FOUNDATION

**INCOME AND EXPENDITURE STATEMENT**

For the period ending 31st December 2016

<table>
<thead>
<tr>
<th>PARTICULARS</th>
<th>SCHEDULE</th>
<th>AMOUNT (Nu.)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INCOME</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A. Direct Income:</td>
<td></td>
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<tr>
<td>1. Donation Received</td>
<td>I</td>
<td>2,037,163.51</td>
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<tr>
<td><strong>Total (A)</strong></td>
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<td>2,037,163.51</td>
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<tr>
<td>B. Other Income:</td>
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<td></td>
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<tr>
<td>1. Grants Received (Deferred Income):</td>
<td>II</td>
<td></td>
</tr>
<tr>
<td>a. Firefly Mission (Singapore)</td>
<td></td>
<td>6,203,510.44</td>
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<tr>
<td>b. Indonesian Tremangshel Construction</td>
<td></td>
<td>4,091,764.84</td>
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<tr>
<td>c. Silvia Education</td>
<td></td>
<td>5,689,858.86</td>
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<tr>
<td>d. Indonesian Tsharang &amp; PNB</td>
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<td>46,499,667.04</td>
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<tr>
<td>e. Singaporean Friends</td>
<td></td>
<td>479,950.92</td>
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<tr>
<td>f. Office Flat</td>
<td></td>
<td>124,500.00</td>
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<tr>
<td><strong>2. Project-tied Grants/Donations</strong></td>
<td>VI</td>
<td>352,206.00</td>
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<tr>
<td>a. UNICEF</td>
<td>VII</td>
<td>91,100.00</td>
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<tr>
<td><strong>3. Interest</strong></td>
<td></td>
<td>4,586,628.47</td>
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<tr>
<td><strong>Total (B)</strong></td>
<td></td>
<td>68,715,186.57</td>
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<tr>
<td><strong>TOTAL INCOME (C=A-B)</strong></td>
<td></td>
<td>76,722,350.08</td>
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<tr>
<td><strong>D. EXPENSES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Expenditures against Deferred Income:</td>
<td>III</td>
<td></td>
</tr>
<tr>
<td>a. Firefly Mission (Singapore)</td>
<td></td>
<td>6,203,510.32</td>
</tr>
<tr>
<td>b. Indonesian Tremangshel Construction</td>
<td></td>
<td>2,190,428.00</td>
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<tr>
<td>c. Silvia Education</td>
<td></td>
<td>144,812.50</td>
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<tr>
<td>d. Indonesian Tsharang &amp; PNB</td>
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<td>172,217.00</td>
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<tr>
<td>e. Singaporean Friends</td>
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<td>214,100.00</td>
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<td>f. Office Flat</td>
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<td>176,500.00</td>
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<tr>
<td>g. Transfer of fund to Endowment &amp; Training Account</td>
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<td>2,822,222.24</td>
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<tr>
<td><strong>2. Project-tied Expenditures</strong></td>
<td>VI</td>
<td>365,117.00</td>
</tr>
<tr>
<td>a. UNICEF</td>
<td>VII</td>
<td>95,109.00</td>
</tr>
<tr>
<td><strong>3. Administrative Expenses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>a. Administrative Expenses</td>
<td>VI</td>
<td>3,563,214.10</td>
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<tr>
<td>b. Honorarium</td>
<td>V</td>
<td>762,714.00</td>
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<tr>
<td><strong>4. Depreciation</strong></td>
<td>IX</td>
<td>767,382.59</td>
</tr>
<tr>
<td><strong>Total (D=A-B)</strong></td>
<td></td>
<td>17,425,317.75</td>
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<tr>
<td><strong>SURPLUS (Excess of Income over Expenditure) (C-D)</strong></td>
<td></td>
<td>53,337,032.33</td>
</tr>
</tbody>
</table>

### BHUTAN NUNS FOUNDATION

**BALANCE SHEET**

As at 31st December 2016

<table>
<thead>
<tr>
<th>PARTICULARS</th>
<th>SCHEDULE</th>
<th>AMOUNT (Nu.)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ASSETS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current Assets:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>a. Advances (Nedup Gyeltshen, Carpenter)</td>
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<td>40,006.00</td>
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<tr>
<td>b. Cash-in-hand</td>
<td>XI</td>
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</tr>
<tr>
<td>c. Bank Accounts</td>
<td>XII</td>
<td>101,738,483.70</td>
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<tr>
<td>d. Fixed Deposits</td>
<td>XIII</td>
<td>30,896,548.27</td>
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<tr>
<td>e. Work-in-Progress</td>
<td>XIV</td>
<td>44,158,969.27</td>
</tr>
<tr>
<td>f. Accumulated Interest</td>
<td>V</td>
<td>2,925,630.29</td>
</tr>
<tr>
<td><strong>Sub-total (A)</strong></td>
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<td>179,759,631.53</td>
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<tr>
<td><strong>Non-Current Assets</strong></td>
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<td></td>
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<tr>
<td>a. Assets</td>
<td>IX</td>
<td>2,963,074.87</td>
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<tr>
<td><strong>Sub-total (B)</strong></td>
<td></td>
<td>2,963,074.87</td>
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<tr>
<td><strong>TOTAL ASSETS (A+B)</strong></td>
<td></td>
<td>182,722,706.40</td>
</tr>
<tr>
<td><strong>LIABILITIES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current Liabilities:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>a. Sundry Creditors:</td>
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<td></td>
</tr>
<tr>
<td>i. Other Payable</td>
<td>XIII</td>
<td>28,117.66</td>
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<tr>
<td>ii. Retention Money of Contraction Work</td>
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<td><strong>Sub-total (C)</strong></td>
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<tr>
<td>**Non-Current Liabilities (General Fund):</td>
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</tr>
<tr>
<td>a. Accrued Fund</td>
<td>XIV</td>
<td>27,360,054.24</td>
</tr>
<tr>
<td>b. Deferred Income</td>
<td>XV</td>
<td>101,617,645.17</td>
</tr>
<tr>
<td>c. Government Grant (Land)</td>
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</tr>
<tr>
<td>d. Reserve and Surplus</td>
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<td>53,327,032.33</td>
</tr>
<tr>
<td><strong>Sub-total (D)</strong></td>
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<td>182,313,732.74</td>
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<tr>
<td><strong>TOTAL LIABILITIES (C+D)</strong></td>
<td></td>
<td>182,722,706.40</td>
</tr>
</tbody>
</table>

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Financial Officer  

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Executive Director  

Executive Director  
Bhutan Nuns' Foundation  
Thimphu: Bhutan  

(Mr. Tenzin Jamthok)  
Auditor
Established in 2009, the Bhutan Nuns Foundation located in Thimphu provides support for education and improvement in basic living condition to nunneries who seek our support. The Foundation is dedicated to:

- Improving basic living standards, food, sanitation, medical care, basic to higher education in existing nunneries
- Working towards sustainability and self-sufficiency through trainings and creating innovative educational opportunities beyond the mundane rituals.

Bhutan Nuns Foundation (BNF)
P.O. Box 1169
Thimphu : Bhutan
www.BhutanNuns.org
Email : bnf@bhnuns.org