



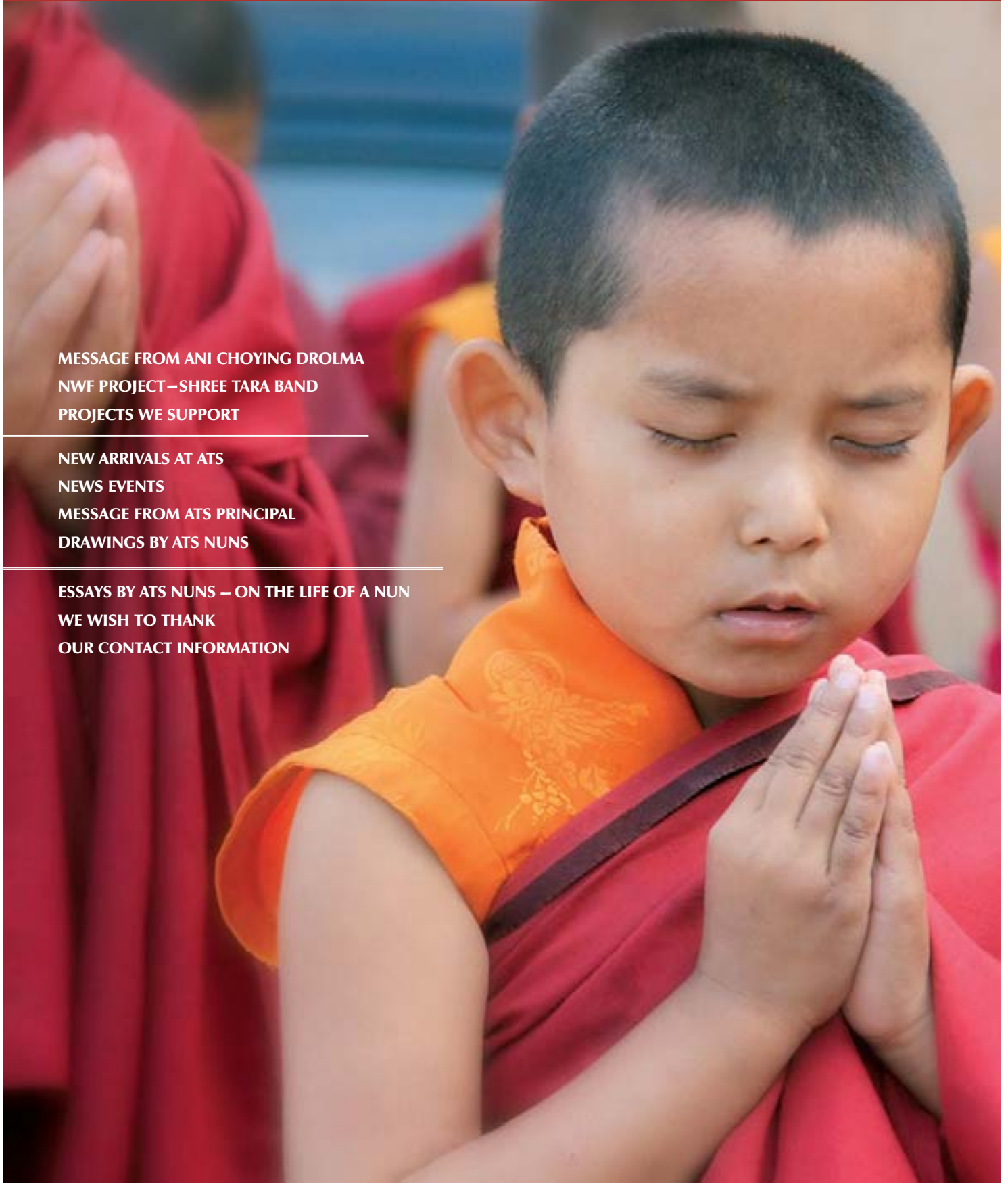
NUNS' WELFARE FOUNDATION OF NEPAL

NEWSLETTER • ISSUE 9 • 2009

MESSAGE FROM ANI CHOYING DROLMA
NWF PROJECT—SHREE TARA BAND
PROJECTS WE SUPPORT

NEW ARRIVALS AT ATS
NEWS EVENTS
MESSAGE FROM ATS PRINCIPAL
DRAWINGS BY ATS NUNS

ESSAYS BY ATS NUNS — ON THE LIFE OF A NUN
WE WISH TO THANK
OUR CONTACT INFORMATION



MESSAGE FROM

 Ani Choying Drolma

Dear friends and kind supporters,

I wish you a very Happy New Year 2010.

Deep gratitude and respect are more and more in my heart toward you for your care and generous ongoing support. I would like to apologize for the lateness of the newsletter which was because of unexpected circumstances..

You can read in this newsletter the progress of ATS as well as about other projects we support. Your kind efforts in making my effort more fruitful have brought about the progress and satisfying success in everything I do.

I would like to say from the inner core of my heart: "Thank You!"

May we all enjoy the ultimate happiness and the causes of happiness.

Sincerely,



we support

✪ SHREE TARA BAND

Nepal's first female instrumental band was formed on January 23, 2009, with the help of Ani Choying Drolma. She had a vision to support female musicians in Nepal. Inspiration and support she received from Mr. & Mrs. Wirth made it possible. The band consists of four members, namely: Barta Gandarva, Manju Nakarmi, Sarmina Dongol and Sarada Dongol. Most of them have some form of classical, folk, and fusion instrumental music background.

One of the Shree Tara Band members, Miss Barta Gandarva, has been providing vocal and "Sarangi" classes to the nuns at ATS. Barta Gandarva is the only female who plays this instrument professionally in Nepal. Now the nuns are learning how to sing and also how to play the wonderful instrument, "Sarangi".



Barta Gandharva

The "Sarangi" is a folk Nepalese string instrument. Unlike classical Indian Sarangi, it has four strings and all of them are played. Traditionally, in Nepal, Sarangi is only played by people of Gandarva or Gaine ethnic group, who sing narrative tales and folk songs. However, these days, it's widely used and played by many.



(Sarangi Player)

Sarada Dongol

The "Madal" is a hand drum which originated in Nepal. It is cylindrical in shape with a slight bulge in the middle. Its main frame is made of wood or clay, and leather cover at both ends or heads is what vibrates and produces the sound. Both heads are played with hands, holding the Madal drum horizontally. This typical Nepalese percussion instrument is the backbone of most of the Nepalese folk music.



(Percussionist)

Sarmina Dongol

The "Bansuri" is a transverse alto flute of Nepal, India, Pakistan, and Bangladesh, made of a single length of bamboo with six or seven open finger holes. An ancient musical instrument associated with cowherds and the pastoral tradition, it is intimately linked to the love story of Krishna and Radha, and is depicted in Buddhist paintings from around 100 AD.



(Flutist)

Manju Nakarmi

The "Tabla" is a popular percussion instrument used in the classical, popular and religious music of Nepal and India. The instrument consists of a pair of hand drums of contrasting sizes and timbres. The term Tabla is derived from an Arabic word, tabl, which simply means "drum".



(Tabla Player)

🌟 Projects we support



🌟 ECDC. www.ecdc.org.np

Early Childhood Development Centre

Early Childhood Development Centre (ECDC) is one of the many projects that Nuns' Welfare Foundation of Nepal has supported this year. ECDC is a registered non-government, non-profit organization established in 2005. ECDC houses and cares for children whose parents are serving jail time for various criminal offenses. There are 23 children between the years two and twelve in its care at present. Most of these children come from impoverished families and had no alternative but to join their parents in jail, thus, ECDC was formed to support these children and give them proper home and upbringing. Ms. Pushpa Basnet, the founder of ECDC, aims to provide a comfortable and clean environment for the children living in prison with their parents. She began this organization at the relatively young age of 21. The children at ECDC lovingly call her 'Pushpa Mamu' (Mother), as she is like their foster mother. NWF arranged support of Rs. 25,000 every month for one year. This year is over now and NWF is looking for someone who can continue the help to ECDC.

Street Dog Care Camp

Nuns' Welfare Foundation of Nepal also offered financial support to a new project called Street Dog Care Camp. As part of the fund raising effort for this cause, Ani Choying held a benefit concert at the Hyatt Regency Hotel which was not only very successful in raising funds, but also in raising awareness about the needs of street dogs in Boudha, Kathmandu.

The Street Dog Care Camp was established in February 2009 in Boudha. Every Saturday the SDC Camp team, consisting of two local veterinarians and many volunteers, treat street dogs for skin diseases, infections and injuries. Every dog is de-wormed and vaccinated against rabies. Dogs in serious condition are treated at a veterinary clinic and cared for at the SDC Centre until they are fit to go back to the street or to be adopted.

NWF donated Rs. 100,000 (US \$1,350) to Street Dog Care Camp to encourage their excellent work and to help sustain their efforts.



🌟 www.streetdogcare.com



www.choying.com



Aama Ko Ghar

We continued our support to Aama Ko Ghar this year. This is one of the foundations we lead through financial support and other means. We express our sorrow at the passing away of four Amas this year and we welcome six new Amas and three children to Ama Ko Ghar.

This year, as a means of raising awareness, and support for this charitable organization, we collected donations on our official Website. We also contributed a solar water heater, a washing machine and a DVD player to the organization.

Samata Shikshya Niketan School

SAMATA SHIKSHYA NIKETAN SCHOOL (SSNS), sometimes referred to as Bamboo School, was established in 2001 with the objective of offering education to children from poor families. The school charges the minimal fee of Rs. 100 per student per month. With the help of Ani Choying Dolma, the

school has been able to open many branches in Nepal -- in Banepa, Pokhara, Lumbini, Narayanghat, and many other places.

SSNS was established with the pure social intention for the betterment of poor students. Therefore, the priority for during admission is given to those students who are economically poor, socially dominated, and disadvantaged in other ways. SSNS is determined to work towards providing equal opportunity for education to underprivileged children.

In Nepal there are too many children who do not get an opportunity for education due to economic problems and high tuition fees charged by schools. Due to such circumstances in our society, SSNS decided to establish campuses throughout the country to offer education to poor children.

www.samataschool.org.np





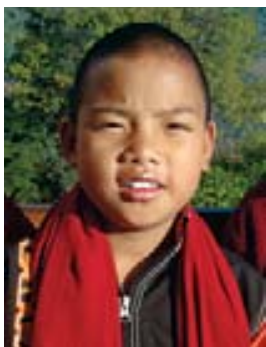
NEW ARRIVALS AT ATS

Chosang Wangmo

Ani Chosang Wangmo is an eight-year-old Yolmo girl from a small village in Humla district. Her father is a village Lama who works hard to make ends meet for his family in Humla. Her mother works at home and looks after the children.

Ani Chosang Wangmo has three older brothers, two sisters, a grandfather, and a grandmother in her family. Her parents could not afford to send Chosang to a school, so she was brought to AryaTara School by her brother.

When Ani Chosang first came to the school, she was a little shy and did not talk much. But when she saw the senior nuns caring for the younger ones, she soon felt like home. Since then she never missed her parents much.



She says she likes AryaTara because Ani Choying helped her, she has many friends, and she is also able to study, learn new things and play, something that was not possible for her previously. Her aim in life is to become a doctor and serve all the poor sick people of the country.

Choying Wangmo

Ani Choying Wangmo is a Yolmo girl from a small village in Helambu. Her father is a carpenter who works in Kathmandu. Her mother works in the house and looks after her sister and brothers.

Ani Choying Wangmo has an older brother, a sister, a younger brother, who live with her parents in the monastery. Her parents could not afford to send Choying to school, so she was brought to AryaTara School by her father.

When Ani Choying Wangmo first arrived at ATS, she was a little reserved. But after a few days at the school, she got to know her friends and started liking going to school and studying the various subjects.



When she grows up, she would like to do social service and help as many people as she can.



Jamyang Chetso

Ani Jamyang Chetso, a thirteen-year-old, is a Gurung girl from a small village in Dolpa district. Her parents are farmers and have eight children, including Ani Jamyang Chetso -- two boys and six girls.

As her parents were unable to look after so many children with their little source of income, they sent Ani Jamyang to join AryaTara School, where she could have the chance to be educated. As a result she scored the highest in her class this year.

Ani Jamyang is one of the many students currently studying at Arya Tara School. She says she likes being part of the school as she now has opportunities to learn and have a better life. She has made many friends and is glad to be growing up among them.



She says she would like to be a teacher when she grows up.

Karma Sangmo

Ani Karma Tsultrim Sangmo is an eight-years-old Tamang girl from a small village in the district of Kavre. Her father is a farmer in the village. Her mother also helps her father with the farm work. Farming is the only source of income for her family.

Ani Karma has an older brother, a younger brother, and three sisters living with her parents. It was quite hard for her parents to raise all the children at home with their meager income. So, Ani Karma Tsultrim Sangmo was admitted to AryaTara School with the help of her aunt who knew of the school.

Now that Ani Karma can attend classes and learn new things every day, she is totally happy to be at ATS. She's made new friends and the older nuns also take care of her like a younger sister. She likes reading books and playing with the pets in her free time. She is a good student and is always eager to learn. She is among the youngest of the AryaTara family.



Lhakpa Dolma & Pasang Lhamo Tsering Bhuti

Ani Lhakpa Dolma, an eight-year-old enthusiastic girl, and Ani Palsang Lhamo, a 10-year-old, are sisters and new comers at ATS. They are from Jumla in the remote northern region of Nepal. Their family consists of eight members: their grandparents, parents, one older brother, and two younger sisters. Their parents are separated. Now their grandparents live with her parents in a Old Age Home at Pharping, near AryaTara School. Their mother suffers from serious health problems and has not been able to receive proper medical care due to lack of resources. Mr. Tenpa Chomphel, who is our Thangka Painting teacher, brought them to AryaTara School, knowing the hardships of their mother. They both are enjoying studying the various subjects taught at school. They are also learning the Charya Dance.



Ani Tsering Butti is an eleven-year-old Gurung girl from a small village in Dolpa district in Nepal. Her mother, Mrs. Tsering Dolma, is a farmer who works their little farm in Dolpa, which is the only source of income for the family. Her father passed away when she was very small. Now there are eight members in her family, which consists of two older brothers, two older sisters, one younger brother and one younger sister, mother and herself. Her mother was unable to provide the basic needs for her children. So Ani Tsering's Aunty suggested that her mother send her to AryaTara School so that she could receive an education. In future she wants to become a doctor so she can help poor and needy people.



Her favorite subjects are Tibetan and Nepali.

Rinzin Dolma

Ani Rinzin Dolma is a nine-year-old nun whose father works as a driver and whose mother is a recovering drug addict. Rinzin had been staying with her widowed grandmother, who is diabetic and was unable to care for her, as her meager income from selling vegetables was not enough to make ends meet. Rinzin also has a brother who is a monk in a monastery in India. When she joined us, she had little formal education and was unable to understand even the basic alphabet. With guidance from our dedicated staff, she has taken to the school with ease and is



enjoying her stay here.



Kunsang Choden

Ani Kunsang Choden is an 11-year-old girl from Ramechhap, a part of Janakpur Zone of Nepal. Her mother Kanchi and father Nawang both work as farmers in Ramechhap. There are six members in her family, including two sisters, one brother and herself.

She is a shy and very polite person. She lost her left hand when she was very small due to fire. She says she doesn't remember exactly how the fire burned her hand. Even though she has lost her left hand she hasn't allow it to affect her studies. She has shown so much improvement in her studies that she was recognized as the most improved student of the year.

She says the way the senior sisters take care of her or other younger nuns is the thing she likes most about AryaTara School. She likes playing with her best friends Pasang Lhamo and Puppy in her free time. In future she would like to become Nepali teacher and help AryaTara School to educate more children just like her.



Tenpa Choden

Ani Tenpa is from Tatopani, which lies on the border between Nepal and Tibet. She is seven years old and is among the smallest members of the ATS family. Her father and mother are separated. Her mother makes very little money by washing clothes. Ani Tenpa, has one older brother and an older sister, Tsewang Chedon, who is also a student of AryaTara School.

Tenpa Choden's older sister Tsewang Choden is a very bright student at AryaTara School. She always scored top marks in her class but for a while she seemed to be lost in her own thoughts and her attention in class was getting poorer. Seeing this Ani Choying Dolma talked to her and her mother. She learned that due to poor family conditions, her mother was going to send her younger sister Ani Tenpa Choden, whom she loves the most, to India. Then Ani Choying Drolma happily admitted Ani Tenpa to ATS. Now Ani Tenpa is happy to be one of the members

of AryaTara School as all nuns take good care of her and she has many friends to play with. And Ani Tsewang Choden has also shown a very good improvement in her studies once again.





NEWS EVENTS



Book donation from Room to Read

In February 2009 Room to Read donated 212 books to the library of ATS. The donation has provided us with a collection of short stories and a series of Harry Potter books, along with other interesting children’s books, both in English and Nepali languages. The nuns now have many educational and recreational books to choose from to help broaden their horizon and boost their language skills. They now frequent the library during their spare time to experience the joy of reading.

Thangka Painting Competition 2009

This past February our Thangka School conducted its first art competition under two categories -- traditional thangka painting and modern art. The traditional thangka painting students drew the portrait of Lord Buddha in his full robe and, similarly, the modern art students drew the portrait of His Holiness the Dalai Lama. Ani Diki Dolma and Ani Thupten Choynit were announced the winners of the competition in the Modern Art and Traditional Thangka Painting categories, respectively.



Our main objective in introducing an art competition in the school is to promote the hidden artist in our nuns.

Poetry Elocution at Arya Tara School

To mark the auspicious birthday of our founder, Ani Choying Dolma, AryaTara School organized a poetry elocution competition on the 5th of June. The six representatives of the four “houses” of AryaTara School vied for the prestigious title. The Yellow House performed the best and bagged the trophy, followed closely by the Green and Blue Houses, respectively.

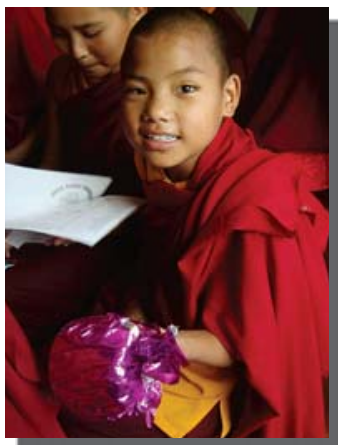




AryaTara School Report Card Day

Arya Tara School celebrated its annual report card day on April 7. Since this was the culmination of a year of hard work, it was an important day at AryaTara School. Our function was held at the school in the presence of Ani Choying Dolma and a couple of our well wishers and sponsors, namely Mr. Kay Ehrbar and Ms. Susanne (who is one of the sponsors of ATS students).

The celebration began with a welcome speech by Ani Choying Dolma, followed by the distribution of prizes to those with outstanding grades by Mr. Kay Ehrbar. The Outstanding Student of the Year for 2009 was Class One student Ani Karma Choying Dolma.



Australian Sports Outreach Programme

We were honored to host Her Excellency the Australian Ambassador to Nepal, Mrs. Susan Grace, in our school on April 9. Mrs. Susan Grace presented our students with cricket sports kits, courtesy of Shangri-La Cricket Academy. We are very grateful to the Shangri-La Cricket Academy for their donation as it encourages and nurtures our students' sporting skills.



Losar Celebration

On February 25 a small gathering of well-wishers, friends and supporters was held at AryaTara School to celebrate Losar. Respecting the wishes of His Holiness the Dalai Lama, who had requested Tibetans not to celebrate Losar this year, but instead focus on remembering all the Tibetans who lost their lives in the 2008 uprising in Tibet, we tried to keep our celebrations as low-key as possible. However, considering that children need to be children, and that it's always reassuring to see smiles on the faces of our nuns, a small gathering was held at AryaTara School. The nuns performed Charya dance and sang songs. Even the Shree Tara Band filled the serene ambience with melodious and heartrending tunes.





Bio-Gas Project

After months of painstaking work, our bio-gas project is finally complete and is now producing clean-burning fuel from our waste sludge and is being used as cooking gas for preparing meals. The project was inaugurated on June 5.

All the costs were funded by German Embassy, Nepal, Sherpa Trekking Services and the NGO H.O.P.E., France.

Visit by NRNA Members

On the sunny Saturday of October 10, thirty-five members of the NRNA (Non-Resident Nepali Association) visited Arya Tara School. These NRNA members were in Nepal to participate in the Fourth NRN Global Conference held in Kathmandu. The NRNA members toured our school and shared their precious time interacting with the nuns at ATS.

The NRN Association has been a long-time friend and supporter of our school. They have contributed to the establishment of our Thangka Painting Division and have supported us in many other ways.



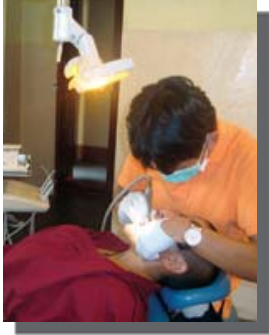
A Benefit Concert for "STREET DOG CARE CAMP"

On 19 December 2009 Ani Choying Drolma supported Street Dog Care Camp by doing a fund raising concert for it. It was held at Hyatt Regency. The event succeeded in helping the Street Dog Care Camp in raising US \$ 4,196 and Rs 100,000 was donated by NWF.



Dental & Eye Camp

On October 28 the AryaTara School family participated in a free Dental Camp at the Benchen Phuntsok Darjyeling Monastery in Kathmandu, and a free Eye Camp held at AryaTara School with the kind support of Tilganga Eye Hospital.



Four ATS Nuns Completed Diploma Course in Destination Management

Ani Kunchok Paldon, Ani Choying Sangmo, Ani Thupten Choynit, and Ani Jamyang Palmo completed their Diploma Course in Destination Management from the Zenith Travel Institute this year. They are currently in an internship program

that offers them more training and on-site learning experiences, helping them to prepare for eventually establishing our own Red Tara Travel and Tours in the near future.

55 laptops received from UNWFP

The United Nations World Food Program presented NWF with a generous donation of 55 children's laptops. This donation has made it possible for each student at ATS to have her own laptop, making learning more interactive and fun. We sincerely thank the UN World Food Program for their kind donation. It provides ATS with good access to new technology of learning.



NEWS EVENTS

MESSAGE FROM

ATS PRINCIPAL

The year 2009 passed by in the blink of an eye. There was so much to do and so much to achieve that time seemed to keep flying and all of a sudden we are now here welcoming the year 2010.

For AryaTara School, 2009 was filled with stories to cherish. The school and hostel events and activities were very similar to the previous years but the difference was that we did it in a very different way. We explored new ideas, and we encouraged each and every nun to participate in all school and hostel activities. We had the nuns participate in competitions outside AryaTara that would bring out their best, their hidden talents and give self-confidence. The result we have in our hands today is shown in the smile on Ani Choying's face, and that of each nun, teacher, management and school staff, as well as all the volunteers we have worked with throughout the year.



I have tried my best to fulfill all my hopes for 2009, and where I failed, I am determined to accomplish in 2010. I want to continue to maintain discipline and set in place an even better educational system at AryaTara. I take this opportunity to wish you all good health and success in the New Year 2010.

ATS TEAM



NWF TEAM



◆ Drawings by ATS Nuns





☀ On the Life of a Nun

Life is sometimes full of sorrow and sometimes full of happiness. In life every person doesn't get success. Life is hard to live happily. We should use it in the right way. A nun's life is different from others. A nun's life is full of many responsibilities. I did not know about the life of a nun until I joined AryaTara School. When I first started the life of a nun, I realized that it is really a good and fulfilling life. We stay in a monastery and wear clothes which common people do not wear. Our robes are different and we have our own way of life. When we begin our lives in a nunnery, we forgo our own needs and begin to think of the needs of others.

In ancient times, girls were not supposed to become nuns. People followed Lord Buddha's eight-fold path and four noble truths. In a nunnery, life is to follow the Buddha's path. Today it is easier for girls to lead their lives. There is less discrimination against women as compared to the past, but still there is room for change. There are also more facilities for nuns these days.

Meditation is good to achieve peace in one's life. When we live the life of a nun, we should first be at peace with ourselves. Nuns should respect everyone. They believe in Gautam Buddha and follow his teachings. In a nun's life there are many rules and principles to abide by. As nuns, we should preserve the teachings of Lord Buddha by sharing his teachings with others.

Ani Tsultrim
Sangmo
Age-17
Class-8



A nun's life is a precious gift of Three Jewels. Nuns are the pupils of Lord Buddha. A nun is very lucky to receive the teachings of Lord Buddha. A nun is one who has a kind heart and never kills any insects or creatures or hurts people. Nuns pray for well-being and goodness for all beings.

Nuns spread happiness and peace all over the world. They have to follow the preaching of Lord Gautam Buddha. The few principles a nun abides by in her life are to always tell the truth, to help someone who is in need, to never kill any insects or creatures, to respect elders and to love the young ones, and not to think of just yourself but to be selfless and giving. These are some of the teachings of Lord Buddha that a nun tries to live by in her life.

A nun has to wear a nun's uniform which is red, yellow, and orange in color. They have to shave their hair and are to lead a simple life. If we follow the noble truths of Lord Buddha --there is sorrow in life, and the cause of such sorrow is desire--we can lead a happy and meaningful life.

Ani Pema Chokey
Age -16
Class-7



An Ani (nun) is a student of Gautam Buddha. An Ani follows the path of Gautam Buddha and spreads good things to every living being in the world. They are taught to love all human beings in the world, to be hard working, to speak the truth, to be honest, to be kind to all, to help those in need, and to refrain from anger, hatred, jealousy, desire, and negative thinking. They are taught to follow the right path of truth. They always pray that all living beings have peace and everlasting joy.

Anis do not harm or kill any other beings. They leave their home and everything behind to become a nun. Anis try to inculcate positive thinking into their lives and teach the same to others so that they can live happy and meaningful lives.

Anis are like flowers because a flower gives a sweet smell to all living beings. Anis are also like candles, as a candle consumes itself to give light to others. They teach people that there is sorrow in life, and that such sorrow arises from desire. So, if desire were to be removed, sorrow can also be removed. This is a noble truth.

An Ani spends her life wearing the red clothes that nuns wear. Anis teach people about Buddha's teachings. The main aim of an Ani's life is to promote peace in the world.

Ani Ogyen Tsomo
Age-16
Class-7



Glimpses



WE WISH TO THANK

- Mr. Ram Thapa, Honorary Consul General of Nepal to Germany. For all the help and support that he rendered to Ani Choying and NWF
- Nepal Friendship Association, Cologne, Germany
- Mr. and Mrs. Heribert Wirth, Stiftung Wasser fuer die Welt
- Escola del' Esser family, Mr. Xavier and Manel Lessan, Spain
- Lama Wangchen-la, Casa Del' Tibet, Barcelona, Spain
- Pagoda Phat Hue Sanga, Ven. Thich Thien Son,
- Frankfurt A.M., Germany
- Tamara Pabst
- Kinderhilfe Nepal, Edda Wolf, and Mr. Hari Shrestha
- NRN Canada
- Mr. Richard Ragan, UN Food Programme
- Jessie Coleymn
- Judith Amtzis
- Martha Ambrose
- Megh Thapa
- Mr. Raj Bhai Suwal
- Tibet-Initiative Kempten E.V
- Kay Ehrbar, Gesine Belsar, Regina Ender, Arleta Brzezinsak, Henrike Eggens-Reimers, Antje Baumgarten, Dimi and Doris Grimm
- Tibet Initiative Deutschland
- Room to Read
- Lotus Bizport Pvt. Ltd
- Mr. Sunil Raj Shrestha
- The German Embassy, Nepal
- All our supporters and friends around the world

Contact Information

For more detail about how you can help us to continue our work here at the Nuns' Welfare Foundation of Nepal, please visit our website or send tax-deductible contribution (cheque) to any of the locations below.

FRANCE

France Bank: Credit Agricole Centre-Est
38 Bd des Brotteaux, 69006 Lyon, France
C/c per uso nationale et international
17806 00699 96786921000 59
pierre-yves.ginet@wanadoo.fr

SWITZERLAND

Tamara Pabst
C/o Tara Pabst
Wasserfurrstrasse 64
8406 Winterthur
Email: tarapabst@gmail.com
079 753 38 86
PC Arya Tara 85-535582-7

GERMANY

Spendenkonto in Deutschland:
Tibet- Initiative Kempten e.V.
Sparkasse Allgaeu, BLZ 733 500 00
Konto – Nr.61 00 96 174
Verwendungszweck: Arya Tara Schule
Kontaktadresse in Deutschland:
(Henrike Eggers-Reimers
Tel. 0421 / 65 69 00
henrike.eggert@t-online.de)

SPAIN

Projecte ATS
Fundacio Cas del Tibet de Barcelona
Address:
Call Rossello 181 08036 Barcelona, Spain
Account Number:
2100 3306 15 2200328312
Projecte ATS
Bank: "La Caixa"
Contact: Manel Lessan,
Phone: (34) 6090810898
Email: manel.lessan@gmail.com

USA

Liz Davis, NWF
2166 Welling Street
Salt Lake City, Utah 84106
Email: liz.davis1@comcast.net

NEPAL

Nuns' Welfare Foundation of Nepal
Account Number: 1747200
Nepal Investment Bank Limited
P.O.Box 3412, Durbar Marg
Kathmandu, Nepal
Swift code : NIBLNPKT





Donate

- Books (simple English, educational, Science, Math, Dharma related) dictionaries, encyclopedias, etc.
- Games, toys, educational CDs and DVDs
- Towels, quilt covers, bed sheets, and mattresses
- Vitamins and other medical supplies
- Office equipment, furniture and bedding (for supporters in Nepal)

Contact Us At

P. O. Box 12114, Kathmandu, Nepal
Tel: +977-01- 4000013(NWF)
+977-01-6922435(ATS)
Mobile: +977-9851022411
+977-9808609630
E-mail: infodesk@choying.com
Website: www.choying.com
www.arya-tara.ch