

## Congratulation! Padma Lamo is the best of her class of Jamyang Ling students in Jammu

My name is Padma Lamo from the small village Pibcha in Zanskar, which is approximately 15 km away from Raru. After studying 4 years in Jammu I had recently completed my 12 class exam from KNIT school .

I am currently preparing for the NEET exam (national medical entrance exam) in Chandigarh, as I want to become a doctor. My family is a small family of six: my father and mother, a grandfather who is a monk at the nearby Bardan monastery, a sister, and an elder brother.



My two siblings also completed their school education at Jamyang Ling in Raru. My sister has finished her Bachelor of Technology (Civil Engineering) and is currently preparing for a selection exam for a government position, while my brother is in his first year studying for his Bachelor of Technology. In addition to all the knowledge I gained at Jamyang Ling, I also learned camaraderie, compassion, discipline, independence and much more. I am very grateful to Shambhala for all and will never forget it.

I joined Jamyang ling School at the age of six. Staying at hostel it felt like my being at my own home. Everything was very good and I liked the quit environment where we all used to live and studytogether.

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### • How you can support the school project:

- **Membership** of Shambhala e.V.  
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**Thank you for your  
valuable contribution!**



## Shambhala e.V.



## We need your support!

### Heavy rain and early snow in Zanskar

A moderate earthquake in mid-December caused significant damage to the classrooms at Jamyang Ling. During subsequent snowfalls, meltwater penetrated the walls and ceilings due to the building's clay construction. Some classrooms had to be evacuated.



After school started in March, it even had to be closed again and classes had to be held elsewhere, which was a big challenge due to cold weather condition. Many of the south-facing wooden windows are hard to open or to close. Most of the cracks have already been fixed, and the outer wall has been stabilized.

### Extensive water damage to the school building

The heavy rainfall in mid-August this year caused severe damage to the roof and walls of the school building. Rainwater leaked through the ceiling into the library, rendering some of the books unusable. Many students tried to scoop the standing water off the roof using the simplest of tools.



In some classrooms, it was not possible to hold lessons in the following days, so classes had to be moved to some accommodation rooms in the hostel. We hope very much to be able to repair the damage before the coming winter, in particular the school roof needs to be sealed.

### Continuing with Padma Lamos letter

I immediately felt at home at the hostel in Jammu. Everything was very well organized and furnished. I particularly enjoyed the peaceful surroundings outside the noisy city. We all ate, prayed, played, and lived together. I learned so much from the other students and teachers.

But when I first arrived in Jammu, it was quite difficult for me: everything was new, the surroundings, the language of teaching (Hindi), the people. The hustle and bustle and the loud traffic were such a contrast to Zanskar! Early morning a bus took us from our hostel to the city center to the KNIT school and back again in the afternoon. But after a while I got used to everything. In the evenings, I enjoyed the peace and quiet of our hostel outside the city. It was a wonderful life during those four years in Jammu. We did a lot together, took turns helping our cook in preparing meals, we meditated together in the big hall. In the evening, we usually sat on our beds in our rooms,



Padma Lamo and her mother

studying and doing our homework.

After spring weather condition was usually very hot. In June the heavy monsoon rains started making life uncomfortable. So we always looked forward to the two-month summer vacation, when all the students took the bus back to Zanskar. Everyone was going to his own village and joining family. There was always a warm reunion and so much to talk about life in Jammu - so much different to the life we used to live in our quiet villages in Zanskar.

Padma Lamo, September 2025

### H.H. the Dalai Lama in Zanskar

From July 16 to 26, His Holiness the Dalai Lama visited Zanskar. As always during his stays, a group of our older students was also part of the delegation. of the official reception committee, which is considered a great honor. He gave teachings, but due to his age, he also had days of rest at Karsha Monastery, where he inaugurated a newly built meditation room.



Annual meeting 2026  
October 24, 2026 in  
Nibelungenstr. 40, 72768 Reutlingen

