



Annual Report

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Message from

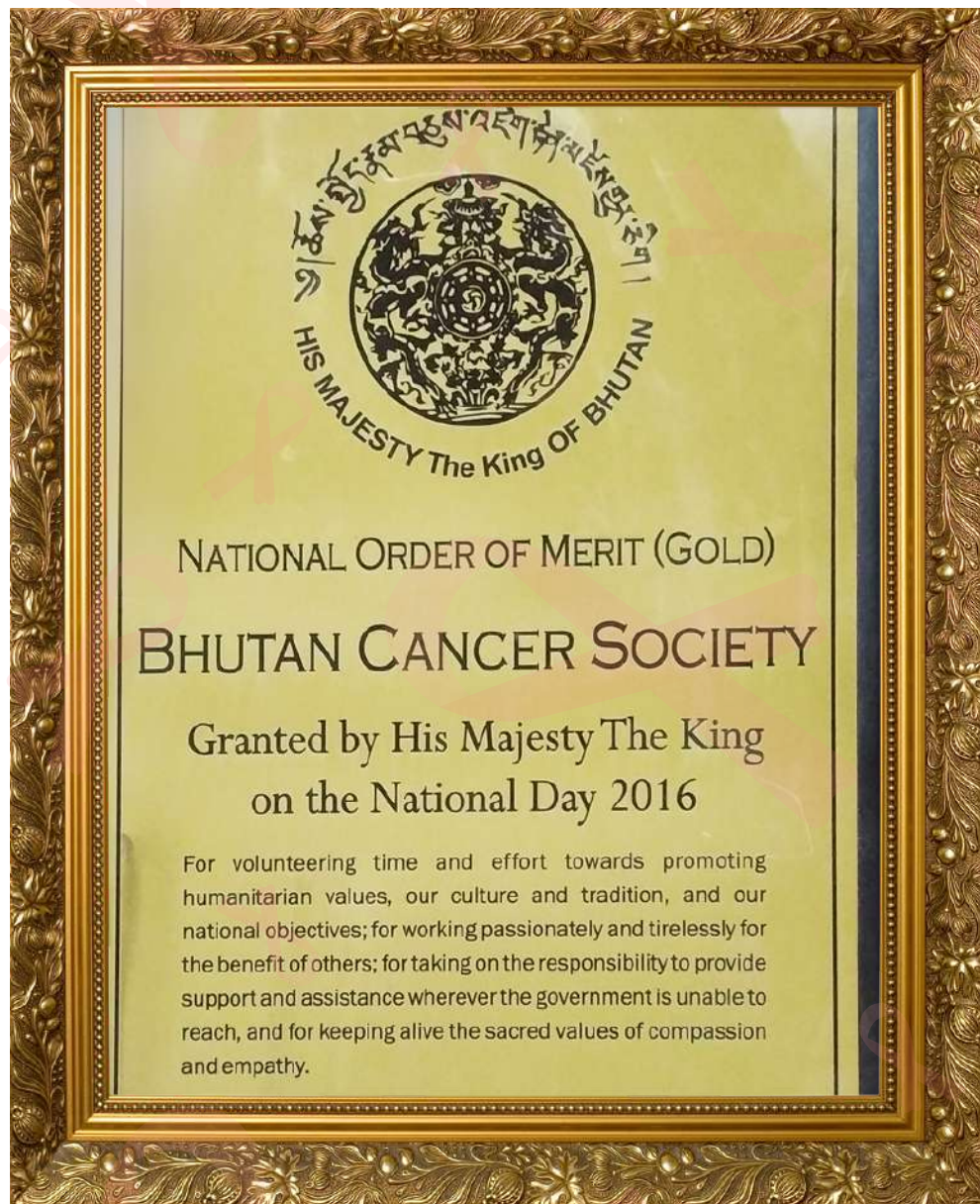
The Patron



"Supporting the fight
against this insidious disease
is the key to creating a
cancer free nation".

Her Royal Highness
Ashi Kesang Wangmo Wangchuck

Our Profile



Bhutan Cancer Society (BCS) is a Public Benefit Organization registered under the Civil Society Organizations Authority of Bhutan.

It was formally launched by its Patron Her Royal Highness Ashi Kezang Wangmo Wangchuck on 4th February 2015, coinciding with World Cancer Day.



Empower Lives. Defeating Cancer

Our

Focus Areas



1. Awareness and Advocacy - Prevention

To optimize prevention measures by improving access to knowledge and information through community-based awareness programs.



2. Care and Support

Empower and instill hope for the affected families to fight and survive cancer through improved and quality psychosocial support.



3. Research

Make available evidence-based information to healthcare providers, cancer patients and general public.



Our

Governance



Dr. Tashi Dendup
Board Director



Dr. Sangay Thinley
Chairperson



Dr. Ugyen Tshomo
Board Director



Aum Tandin Pem
Board Director

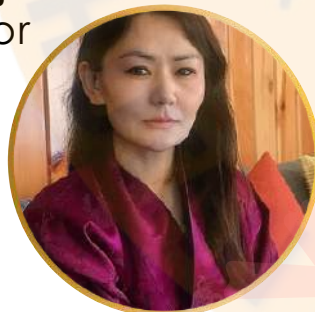


Mr. Dawa Penjor
Board Director

Board of Directors



Mr. Tsewang Rinzing
Board Director



Ms. Thinley Dem
Board Director



Aum Tshering Dolkar
Board Director



Mr. Karma Tobgay
Member Secretary

Our Team



Mrs. Pema Yangchen
Program Officer



Mr. Karma Tobgay
Executive Director

The Secretariat



Mrs. Kencho Dema
Accounts Officer



Ms. Chhimi Eden
Patient Welfare Coordinator



The National Flagship Program

As a key partner for National Flagship Program towards the elimination of common cancers in Bhutan, the BCS continued to make a significant stride in our effort towards the project's objectives in combating cervical cancer and promoting the well-being of the Bhutanese community.

Through targeted awareness and screening campaigns, the project covered a total of **847** women, resulting in a substantial increase in the number of participants attending the Colposcopy Camp.

This heightened outreach is indicative of the growing awareness and acceptance of cervical health screenings within the community.

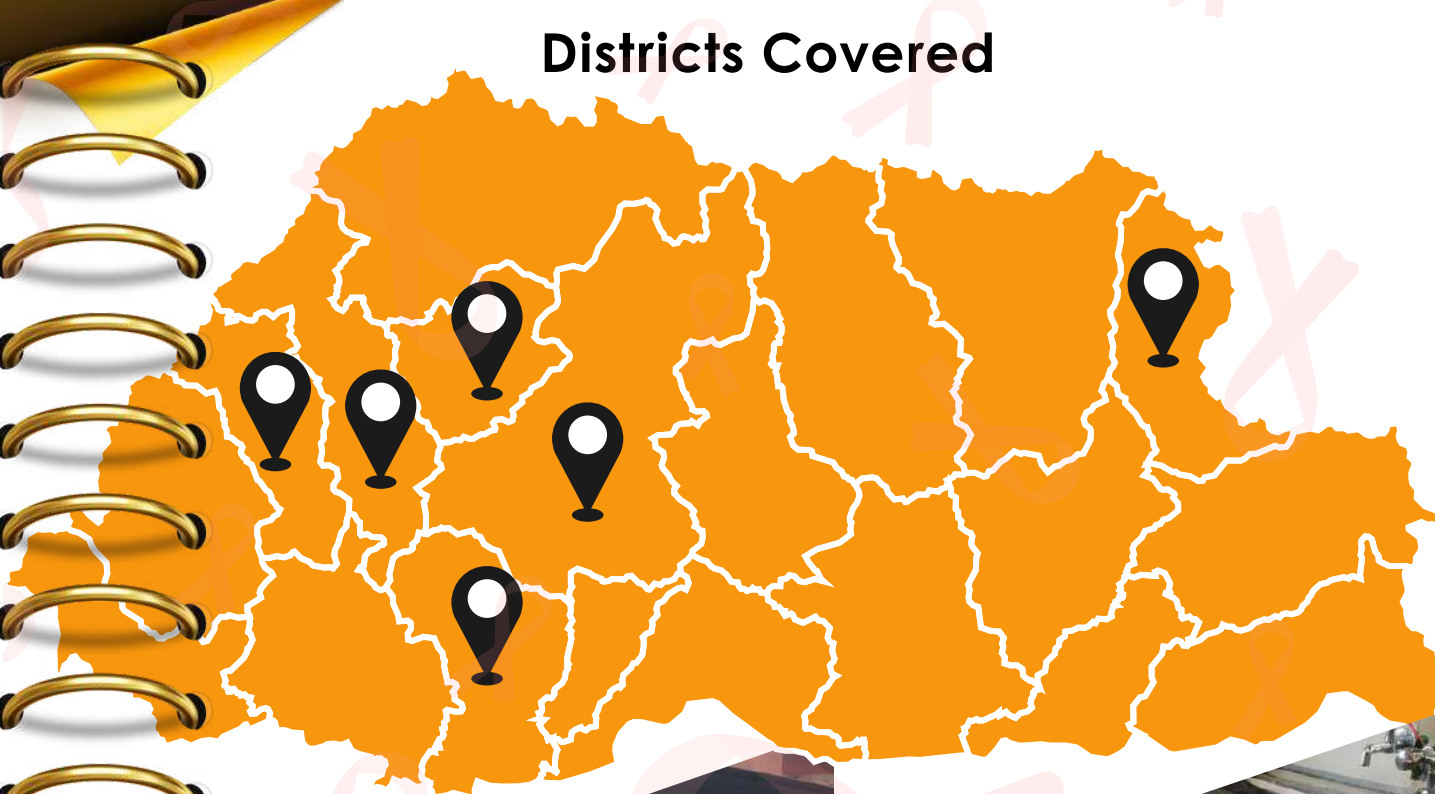
The BCS contribution for the project was enabled with the grant assistance from the Embassy of Japan in New Delhi under their Grassroot Grant Project (GGP)

847
WOMEN

Screened



Districts Covered



BCS' Contribution

Transportation

Health Equipment

Human Resource





Keeping the tradition of BCS' establishment coinciding with the World Cancer Day, the event themed "Close the Care Gap", was observed on 4th February at Memorial Chorten in Thimphu.

The Society's Royal Patron graced the event along with Her Excellency Lyonpo Dasho Dechen Wangmo, BCS' Board, government officials, Oncology & Palliative department of JDWNRH and the patients' representatives.

The World Cancer Day



The Breast Cancer Awareness Month



The Breast Cancer Awareness month was observed at Orgyen Gatsel Nunnery in Dorongthang, Lobesa.

With Preventive Actions as the event's primary focus, the participants were also serviced with basic screening for any signs and symptoms as the part of the program's early detection interventions.

50
NUNS

attended
the
event



WORLD CANCER WALK

1 Day 1 Walk 1 People 1 Front Against Cancer

World Cancer Walk is a global effort to support cancer patients, survivors, and their families as well as raise money towards cancer research.

The BCS mobilized its well-wishers to take up the 24 seconds walk challenge to rally behind the cause.

Through the event, the BCS' volunteers reassured their solidarity in pledging their Walk with us so that nobody walks the cancer journey alone.



The Cancer Awareness Months



January

S M T W T F S

Cervical Cancer

World Cancer Walk

February

S M T W T F S

World Cancer Day

July

S M T W T F S

Sarcoma/Bone Cancer

August

S M T W T F S

March

S M T W T F S

Colorectal Cancer

April

S M T W T F S

Head & Neck Cancer

Testicular Cancer

September

S M T W T F S

Childhood Leukemia

Lymphoma

Ovarian Prostrate

October

S M T W T F S

Breast Cancer

Liver Cancer

May

S M T W T F S

Brain Cancer

Skin Cancer

June

S M T W T F S

National Cancer Survival Month

November

S M T W T F S

Lung Stomach

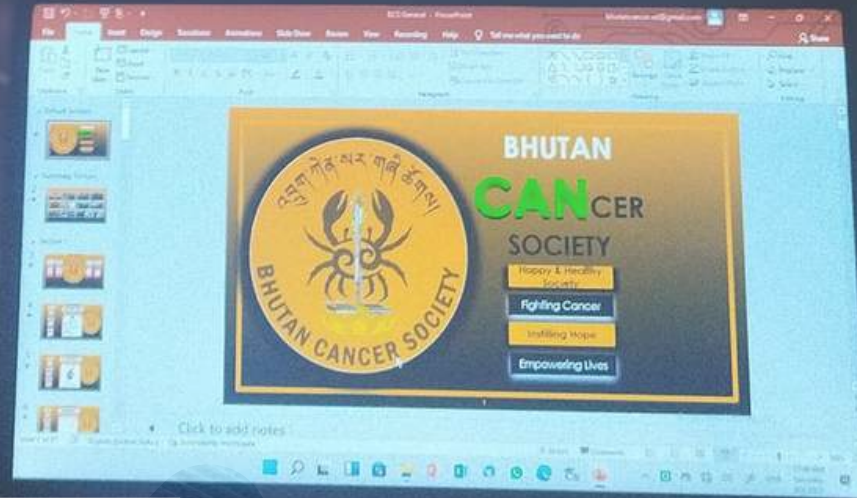
Honoring Caregivers

December

S M T W T F S

Choose Hope

The Community Engagement



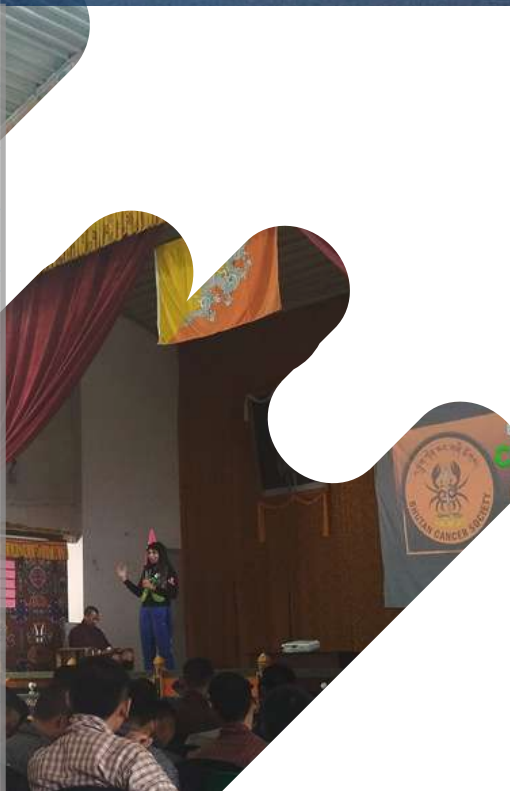
"Through partnership with the Bhutan Cancer Society, I could engage in conversations that mattered – initiating dialogues about breast health, early detection, and the vital importance of community support.

Your esteemed organization's commitment to social betterment inspired me a lot. I believe by partnering, we were able to amplify the impact and catalyze a movement that radiates awareness, positivity, and empowerment".

Isha Sandhu
Bangalore, India

As community engagement plays a crucial role in advancing the mission and objectives, the BCS raised awareness in schools across Paro, Punakha, and Thimphu.

The educational program focused on sensitizing target population about the services that BCS provides and accessible to these services.





The schools covered were sensitized on the important role that the Society plays as a CSO, and how it contributes toward the cancer control program in Bhutan.



In 2021 and 2022, the BCS established seven networks in colleges across Bhutan.

As to sustain and strengthen the networks, the BCS initiated a reorientation program covering three two clubs in Paro and one in Trongsa.

By establishing these clubs within educational institutions, the society effectively engaged with the younger demographic, empowering them with knowledge about cancer prevention, early detection, and healthy lifestyle choices.

The networks also serve as platforms for students to initiate discussions, organize events, and conduct campaigns that destigmatize the topic of cancer and encourage open dialogue within their peer groups and wider communities.

Strengthening Networks



The Care & Support

As the only Civil Society Organization in the country advocating on services and care for lives affected by cancer, the Care and Support is one priority area that the Society focuses on.

The program aims to enhance the psychosocial well-being of individuals and families affected by cancer through six prioritized support activities, which are extended to the affected families from economically marginalized backgrounds.

These supports act as a catalyst to bolster cancer control efforts in the country.

The program offers invaluable support to individuals and families affected by cancer to undergo complete treatment with reduced social burden. Thus, this intervention plays as a pivotal role in empowering individuals to overcome the disease.



Area of Support Activities

Patient Navigation



Transit Support



Logistics/Essentials



Nutritional Supplement



Assistive Devices



Review & Treatment



Portable oxygen concentrator and Anti-Bedsores mattresses are provided to terminal cancer patients.

The support is provided under the recommendation of the concerned physician and healthcare professionals.

The devices help the patients with improved oxygenation; enhanced comfort and mobility; increased energy level; reduced risk of complication and infections; and enhanced quality of life.



Record of Support Extended

Sl. No.	Area of Support	Total Amount Spent (Nu)	No. of beneficiary
1.	Patient Navigation	NA	10 Weekly
2.	Transit Support	29,000.00	7
3.	Logistics & Essentials	385,350.00	31
4.	Nutritional Supplement	129,436.00	17
5.	Assistive Devices	71,100.00	5
5.	Bereavement Support	9,000.00	3
Total Expenditure		623,883.00	63



The Patient Navigation

Under the Care and Support program, the BCS spends considerable amount of time and resources to ensure that **Patient Navigation** program is effectively serviced.

The program plays a pivotal role in easing the burden of cancer patients and their families by providing them with comprehensive support throughout their journey.

Beyond the logistical support it provides, patient navigation offers a sense of empowerment and reassurance to cancer patients and their families during what can be an overwhelming and distressing time.

By having a knowledgeable and compassionate guide to navigate the complexities of the healthcare system, patients can make more informed decisions about their treatment, leading to better outcomes and improved quality of life.

In our effort to provide this services effectively, the BCS was selected as a member to the American Cancer Society's BEACON Initiative.

The initiative offers community members to adopt standard Patient Navigation toolkits to scale up the program for improved implementation.

The BCS dedicates two days in a week by accompanying the concerned physicians and patients.



Organised by the Union for International Cancer Control (UICC) and co-hosted by the Cancer Coalition Philippines, the Asia-Pacific Regional Dialogue is the third in a series bringing together the cancer community in different regions to discuss and share learning on the topic of women's cancers.

To support the sharing of experiences and strengthening of regional networks, the BCS joined 76 participants from 55 organisations, including civil society, patient groups, cancer centres and also technical and financial partners, representing 22 countries in the region.



UICC Regional Dialogue Asia-Pacific





The Civil Society Partnership Day

The BCS participated at the ADB-CSO partnership day in Paro and pitched two projects it envisions to embark on.

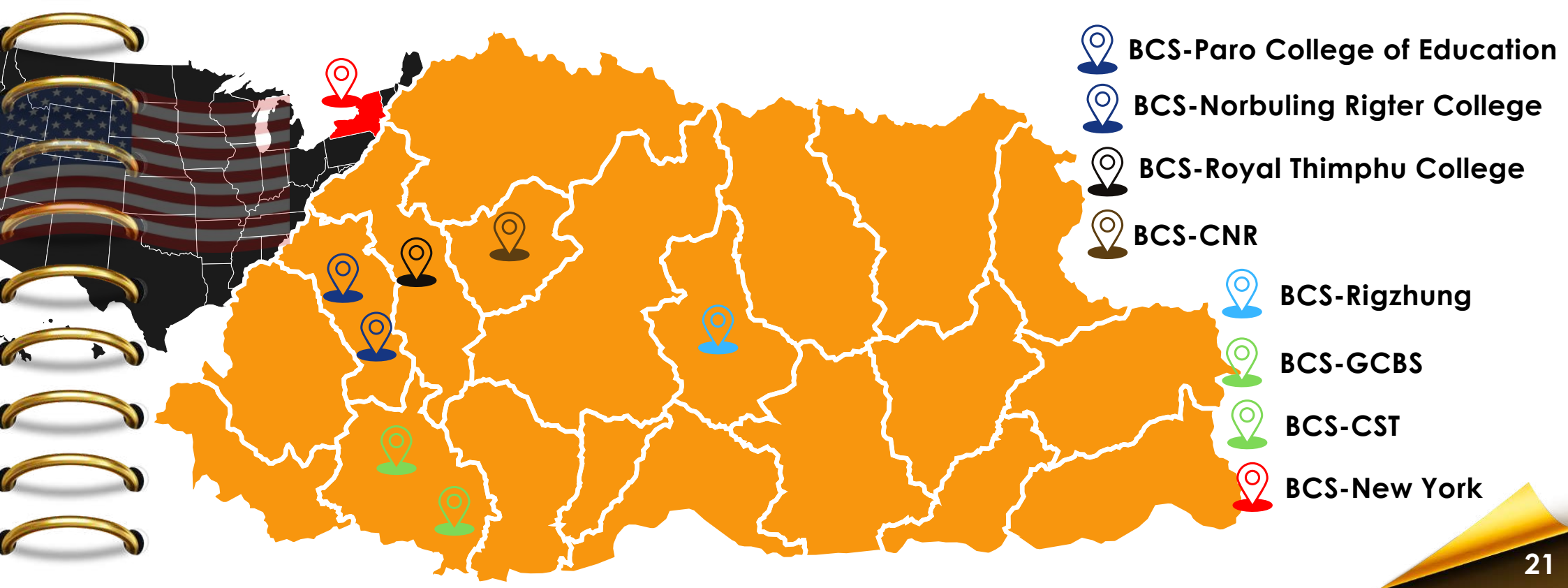
Project 1 outlined the focus on prevention actions, risk factors and early detection measures by applying four major interventions using various tools for education and sensitization.

Project 2 outlined to scale up and improve the services which are at the heart of the Society that empowers and encourages the affected families to beat and survive the disease.

The role and contribution of stakeholders (Government agencies, Academia, Media, Service Providers, Health Care Professionals, Private Entities and Communities) were presented as crucial in what we project to achieve by contributing towards the Sustainable Development Goal 3: Good Health and Wellbeing.



The Networks and Contribution





awareness programs conducted



members mobilized for
monthly contribution

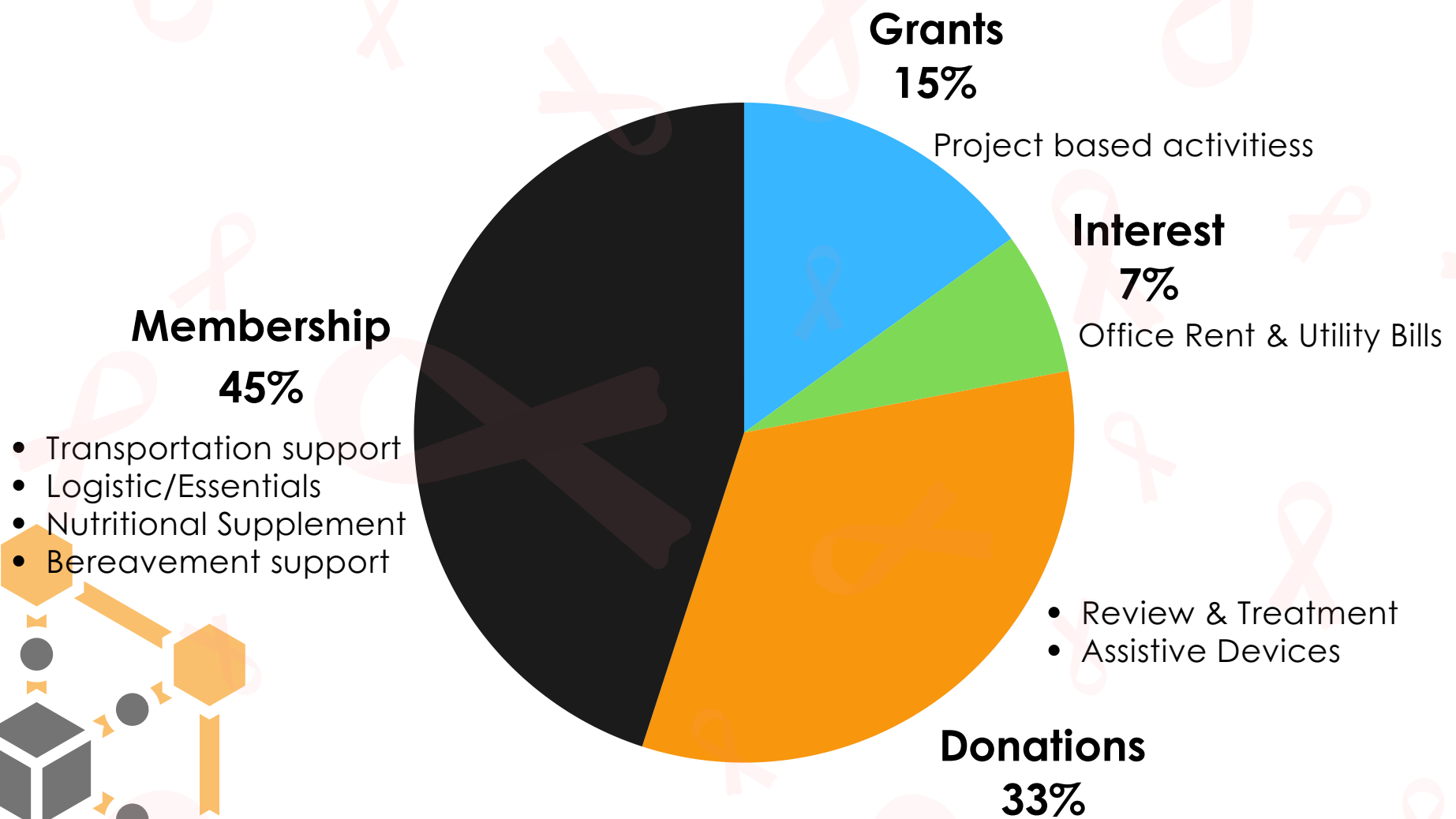


programs hosted for BCS visit

Combined Financial
Contribution
of Nu, 193,570/-



Funding Source and Utilization



Our Well-Wishers

Records of Donations Received

Kathok Sithu Rinpochoe
Nu. 100,000.00

Dasho Jigme Namgyel Dorji
Nu. 100,000.00

Dasho Singye Palden Yonten
Nu. 100,000.00

Dasho Ugyen Norbu Yonten
Nu. 100,000.00

Ashi Tenzin
Nu. 200,000.00

Ms. Sonam Yangchen
Nu. 21,100.00

Anonymous
Nu. 3,000.00

BCS-NRC
Nu. 6,160.00

Mr. Sonam Tshering
Nu. 10,000.00

BCS-Rigzhung
Nu. 3,835.00

Late Pelden Lepcha
Nu. 5,003.00

Anonymous
Nu. 5,000.00

Mrs. Yuden Dorji
Nu. 21,000.00

BCS-PCE
Nu. 5,000.00

Micro Finance Group
Nu. 3,000.00

BCS-New York
182,410.00

Mr. Raymond Wan
Nu. 254,900.00

Ms. Yangchen Dema
Nu. 10,000.00

Yeshi Peldon
Nu. 600.00

Mrs. Pema Tshomo
Nu. 10,000.00

Mrs. Karma
Nu. 1,200.00

Mrs. Choden
Nu. 1,200.00

Dr. Ruth Patricia Farren
Nu. 30,250.00

Giulia Morselli
Nu. 31,500.00

Italian Bhutan Friendship Society
Nu. 26,500.00

MBA Cohort (RIM Class of 23-24)
Nu. 10,151.00

Mrs. Dechen Zangmo
5,000.00

Tenzin Drugay,
Kelzang & Yangchen
Nu. 20,000.00

Late Dasho Gagay Lham
Nu. 15,000.00

Mrs. Chimi Lham
Nu. 1,200.00

Mr. Singye Wangchuk
Nu. 2,000.00

Mrs. Ugyen Lhamo
505.00

Ms. Singye Wangmo
Nu. 1,000.00

Dasho Bap Yeshi Dorji
Nu. 35,000.00

Mrs. Ugyen Dema
Nu. 50,000.00

Dasho P.W. Samdrup
Nu. 5,000.00

Kaysang W. Samdrup
Nu. 5,000.00

Mr. Tshering Phuntsho
Nu. 10,000.00

Mrs. Srijana Rai &
Tek Bdr Gautam
Mu. 500.00

Mrs. Sacha Wangmo
Nu. 3,600.00

Our Visionaries

Yearly Members recorded in 2023

Kinley Dorji (10 Years) Nu. 200/-				Pema Yoezer (LIFETIME) Nu. 50/-
Rinzin Dukpa (LIFETIME) Nu. 3,000/-	Tshering Lhaden (LIFETIME) Nu. 500/-	Tsheltrim Dorji (LIFETIME) Nu. 350/-	Jigm (LIFETIME) Nu. 1,000/-	Jangchub Zangmo (5 Years) Nu. 100/-
Tshetrim Dorji (LIFETIME) Nu. 500/-	Purna Bdr Gurung (LIFETIME) Nu. 500/-	Tshewang Lhaden (LIFETIME) Nu. 350/-	Tendi Zangmo (5 Years) Nu. 2,000/-	Roma Kharki (5 Years) Nu. 500/-
Deepa Chhetri (LIFETIME) Nu. 350/-	Rajini Tamang (LIFETIME) Nu. 1,000/-	Sangay Chenzom (LIFETIME) Nu. 500/-	Choden (2 Years) Nu. 500/-	Mohan Singh Rana (5 Years) Nu. 1,000/-
Thinley Choden (LIFETIME) Nu. 350/-	Tshering Wagnmo (LIFETIME) Nu. 350/-	Choeki Yangzom (LIFETIME) Nu. 1,000/-	Tawki Choden (3 Years) Nu. 1,555/-	Kesang Dema (10 Years) Nu. 2,500/-
Rinchen Zam (LIFETIME) Nu. 350/-	Tenzin Norden (LIFETIME) Nu. 350	Pema Dorji (LIFETIME) Nu. 5,000/-	Sarita Rai (5 Years) Nu. 200/-	Deki Pem (2 Years) Nu. 1,000/-
Yegay Dema (LIFETIME) Nu. 350/-	Sangay Norbu (LIFETIME) Nu. 3,000/-	Laxuman Gurung (5 Years) Nu. 350/-	Seeta Subba (1 Year) Nu. 600/-	Mamta Subba (2 Years) Nu. 2,500/-
Ngawang Lhendup (LIFETIME) Nu. 1,000/-	Chen Chen Dorji (LIFETIME) Nu. 350/-	Sonam Chuki (LIFETIME) Nu. 6,000/-	Sonam Dendup (3 Years) Nu. 100/-	Sonam Wangmo (10 Years) Nu. 600/-
Kuenzang Lhaden (LIFETIME) Nu. 500	Karma Yangden (LIFETIME) Nu. 350/-	Chogyal Tenzin (1 Year) Nu. 1,000/-	Namgay Dawa (10 Years) Nu. 201/-	Passang Chimi (10 Years) Nu. 350/-
Pema Deki (LIFETIME) Nu. 350/-	Tashi Dorji (LIFETIME) Nu. 500/-	Tshering Dendup (1 Year) Nu. 1,000/-	Namgay Dawa (10 Years) Nu. 201/-	Lungten Zanmgo (2 Years) Nu. 600/-
Namgay Bidha (LIFETIME) Nu. 350/-	Yangchen Dolkar (LIFETIME) Nu. 1,000/-	Karma Sonam Topgay (10 Years) Nu. 2,000/-	Pema Deki (LIFETIME) Nu. 350/-	Karma Wangdi (LIFETIME) Nu. 500/-
			Pem Zam (LIFETIME) Nu. 500/-	Cheni Zangmo (LIFETIME) Nu. 5,000/-

Genuinely Monthly

Monthly Contributors recorded in 2023

Ambika Rai	Choki Wangmo 'I'	Dechen Penjor	Dorji Rinchen	Jangchub Zangmo	Karma Denkar	Kesang Choden 'IV'
Anita Rai	Choki Wangmo 'II'	Dechen Tshomo 'I'	Dorji Tenzin	Jas Raj Subba	Karma Dorji 'I'	Kesang Choden 'V'
Anjal Subba	Choney Dema	Dechen Tshomo 'II'	Dorji Tshewangmo	Jigme Dorji 'I'	Karma Dorji 'II'	Kesang Choden 'VI'
Anju B Mongar	Choney Yangdon	Dechen Tshomo 'III'	Dorji Wangchuk 'I'	Jigme Dorji 'II'	Karma Dubchu 'I'	Kezang Deki
Anu Rai	Choney Zangmo	Dechen Wangmo 'I'	Dorji Wangchuk 'II'	Jigme Dorji 'III'	Karma Dubchu 'II'	Kezang Dorji 'I'
Arjun Tamang	Chungdu Tshering	Dechen Wangmo 'II'	Dorji Wangmo	Jigme Tashi	Karma Gayleg	Kezang Dorji 'II'
Ashok Tirwa	Chuni Selden	Deki Pelden	Dr. Kinzang P Tshering	Jigme Tenzin 'I'	Karma Gyeltshen	Kezang Namgyel
Beeba Gurung	Dago Tshering	Deki Tshomo	Dr. Rinzin Rinzin	Jigme Tenzin 'II'	Karma Lekzin Dolma	Kezang Pemo
Bharat Gurung	Dal Bdr Pradhan	Deki Yangden	Dr. Kinley Bhuti	Jigme Tenzin 'III'	Karma Tenzin 'I'	Kezang Tshomo 'I'
Bimal Thapa	Damchen Dema	Deki Yangzom	Duptho	Jigme Thinley	Karma Tenzin 'II'	Kezang Tshomo 'II'
Budha Raj Limbu	Darjay Tshering	Dema Dema	Duptho Wangdi	Jigme Wangchuk	Karma Tenzin 'III'	Kezang Tshomo 'III'
Chandra Maya Pradhan	Dawa Lhamo	Dema Lhamo	Gagan Thapa	Jigme Wangmo	Karma Tshering Tashi	Khagesh Subba
Chatra Maya Rai	Dawa Pem	Dema Wangdi	Gaki Dema	Jimpa Dorji	Karma Wangchuk	Khagi Maya Dhakal
Cheki Dorji	Dawa Tashi	Dendup Chezom	Gaki Lham	Jyoti Rai	Karma Wangmo	Khandu Wangmo 'I'
Cheki Wangmo	Dawa Tshering 'I'	Dendup Tshering	Garub Wangdi	Kabita Ghimiray	Karma Y Raydi	Khandu Wangmo 'II'
Cheki Yangzom	Dawa Tshering 'II'	Denka	Gathey Gathey	Kamal Shing Limbu	Kelzang Choden	Khenrub Jamtsho
Chencho Wangchuk	Dawa Zam	Devendra Rai	Gayetri Gurung	Kamal Subba	Kelzang Dema	Kinga Dema
Cheney Cheney	Dechen Chodon	Devi Maya Kapchaki	Gayzin Norden	Kanjur Wangmo	Kelzang Namgyal	Kinga Lekpa
Cheten Zangmo	Dechen Dema 'I'	Devya Sundas	Gopi Kumar Gurung	Karma	Kelzang Rabten	Kinga Pemo 'I'
Chimi Eden	Dechen Deam 'II'	Dhan Bdr Ghalley	Gyem	Karma Choden 'I'	Kelzang Thinley	Kinga Pemo 'II'
Chimi Kinzang	Dechen Dorji	Dhan Maya Pradhan	Indra Bdr Tamang	Karma Choden 'II'	Kelzang Tshering	Kinlay Yangdon
Chimi Lhamo	Dechen Gyelmo	Dharma Lal Samyasi	Indra Kr. Bhujel	Karma Choden 'III'	Kelzang Wangdi	Kinely Drukpa
Chimi Wangmo	Dechen Lhamo 'I'	Dipendra Subba	Jai Raj Thapa	Karma Choki	Kencho	Kinley Selden
Chimi Youden	Dechen Lhamo 'II'	Dori Bidha	Jambay Khandu	Karma Chopel	Kencho Dema	Karma Tenzin G
Chimmi Dorji	Dechen Lhamo 'III'	Dorji Choden	Jambay Tshering	Karma Dem	Kencho Yenten	Kinley Tshering 'I'
Choden Lepcha	Dechen Pem	Dorji Chodrup	Jampel Wangmo	Karma Dema 'I'	Kesang Choden 'I'	Kinley Tshering 'II'
Choening Delma Tenzin	Dechen Pema	Dorji Gyeltshen	Jamyang Dorji	Karma Dema 'II'	Kesang Choden 'II'	Kinley Wangmo 'I'
Choeying Dolma	Dechen Pemo	Dorji Lotey	Jangchub Lamdon	Karma Dema 'III'	Kesang Choden 'III'	Kinley Wangmo 'II'

Genuinely Monthly

Monthly Contributors recorded in 2023

Kinley Wangmo 'III'	Leki Dorji	Naveena Chhetri	Pema Choki 'II'	Phuntsho Wangmo	Rithi Maya Subba	Sita Maya Bhujel
Kinley Yuden	Leki Tshering	Nawang Eden	Pema Dorji 'I'	Phurba	Robin Rai	Sithar Wangdi
Kinley Zangmo 'I'	Leki Zangmo	Needrup Zangpo	Pema Dorji 'II'	Phurba Tshering	Samten Wangchuk	Sonam
Kinley Zangmo 'II'	Lhakey Choden T	Ngawang Chopel	Pema Jamtsho	Phurba Wangdi	Sangay Chedup	Sonam Cheney
Kinley Zangmo 'III'	Lhamo	Ngawang Dema 'I'	Pema Lhaden	Phurpa Wangmo 'I'	Sangay Dem	Sonam Choden 'I'
Kinley Zangmo 'IV'	Lodey Choki	Ngawang Dema 'II'	Pema Lhamo 'I'	Phurpa Wangmo 'II'	Sangay Dema	Sonam Choden 'II'
Kinza Lham	Lungtaen Gyatso	Ngadrup Dorji	Pema Lhamo 'II'	Precilla Gurung	Sangay Lungten	Sonam Chojay
Kinzang Choden	Lungten Wangmo	Nidup Dawa	Pema Lhazin	Puspa Chhetri	Sangay Peldon	Sonam Chojay
Kinzang Dorji	Man Maya Subba	Nidup Wangmo	Pema Norbu	Ram Kumari Ghalley	Sangay Penjor	Sonam Choki
Kinzang Lhaden	Mani Prasad Tamang	Nima Dolma Tamang	Pema Thinley	Ran Maya Rai	Sangay Phuntsho	Sonam Dekar
Kinzang Lhamo	Manish Rai	Nima Yoezer	Pema Tshering	Ratna Bdr Rai	Sangay Tenzin 'I'	Sonam Dem
Kinzang Pelden	Manju Sharma	Nima Zangmo	Pema Yangchen	Renuka Acharya	Sangay Tenzin 'II'	Sonam Dema 'I'
Kipchu Tshering	Martha Rai	Ninda Pakey	Pema Yangden	Reshma Gurung	Sangay Tenzin 'III'	Sonam Dema 'II'
Krishna Bdr Kharka	Meena Khandal 'I'	Nisha Rai	Pema Yangdon	Rigzin Dorji	Sangay Wangda	Sonam Dendrup 'I'
Kuenchap	Meena Khandal 'II'	Norden	Pema Yangki 'I'	Rinchen Choida	Santosh Chhetri	Sonam Dendrup 'II'
Kuenga Zangmo	Meto Seldon	Norzom	Pema Yangki 'II'	Rinchen Dorji	Seegay Dem	Sonam Dendrup 'III'
Kuenzang Dechen	Mina Kumari Rani	Oma Devi Basnet	Pema Yangki 'III'	Rinchen Gyeltshen	Shashi Kapoor Bal	Sonam Eden
Kuenzang Dhendup	Modhab P Bhandari	Pabi Maya Gurung	Pema Yangki 'IV'	Rinchen Lhadon	Sherab Dorji 'I'	Sonam Gyeltshen
Kuenzang Rangdel Dorji	Mohan Darjee	Padma Pradhan	Pema Yangzom	Rinchen Namgyel	Sherab Dorji 'II'	Sonam Jamtsho 'I'
Kuenzang Thinley 'I'	Mongali M Tamang	Panchi Maya Tamang	Pema Zangmo	Rinchen Pelden	Sherab Gyeltshen	Sonam Jamtsho 'II'
Kuenzang Thinley 'II'	Nado Tshering	Parmila Ghalley	Pemba Pemba	Rinchen Tashi	Sherab Jamtsho	Sonam Jamtsho 'III'
Kuenzang Tobgay	Nagdrel Lhamo	Partika Bhujel	Phub Dema	Rinchen Tshering	Sherab tenzin	Sonam Jamtsho 'IV'
Kuenzang Tshomo	Namgay Dorji	Pasang Dema	Phuntsho	Rinchen Wangmo 'I'	Shiktsha Mishra	Sonam Lhakey
Kul Bdr Saru	Namgay Lham	Passang C Sherpa	Phuntsho Choden	Rinchen Wangmo 'II'	Shushila Rai	Sonam Lhamo 'I'
Kunga Tshering	Namgay Lhamo	Passang Dorji	Phuntsho Namgay	Rinzin Lhamo	Singye Dem	Sonam Lhamo 'II'
Lachi Wangmo	Namgay Nidup	Passang Tamang	Phuntsho Rabgay	Rinzin Wangmo 'I'	Singye Dema	Sonam Lhamo 'III'
Leki Choden	Namgay Wangchuk	Pelden Gyeltshen	Phuntsho Wangdi 'I'	Rinzin Wangmo 'II'	Singye Wangchuk 'I'	Sonam Lhamo 'IV'
Leki Dema	Namgay Wangmo	Pema Choki 'I'	Phuntsho Wangdi 'II'	Rinzin Wangmo 'III'	Singye Wangchuk 'II'	Sonam Lhendup

Genuinely Monthly

Monthly Contributors recorded in 2023

Sonam Pelden 'I'	Susan Lama	Tashi Tobgay 'I'	Thuji	Tshering Penjor 'II'	Tshewang Jurmi	Ugyen Zangmo 'I'
Sonam Pelden 'II'	Susmila Tamang	Tashi Tobgay 'II'	Thuji Yonten	Tshering Phuntsho	Tshewang Lhamo 'I'	Ugyen Zangmo 'II'
Sonam Peldon 'III'	Tandin Dendup	Tashi Tobgyal	Tika Devi Ghimiray	Tshering Samdrup	Tshewang Lhamo 'II'	Ugyen Zangmo 'III'
Sonam Pelmo	Tandin Dorji	Tashi Tshomo 'I'	Tika Maya Rai	Tshering Tobgay	Tshewang Rinzin 'I'	Wangmo
Sonam Pelzang	Tandin Wangchen	Tashi Tshomo 'II'	Tsheltrim Choezin	Tshering Tshering	Tshewang Rinzin 'II'	Yanghacen Chhoedon
Sonam Pem	Tandin Wangchuk	Tashi Wangmo 'I'	Tsheltrim Yoezer	Tshering Wangchen	Tsewang Ringzing	Yeewong Lhamo
Sonam Pemo	Tandin Wangmo 'I'	Tashi Wangmo 'II'	Tshencho Wangmo	Tshering Wangmo 'I'	Tshewang Tenzin	Yejay
Sonam Phuntsho	Tandin Wangmo 'II'	Tashi Yangtsho	Tshendu Wangmo	Tshering Wangmo 'II'	Ugyen	Yeshey Choden 'I'
Sonam Sonam	Tara Devi Laabar	Tashi Yangzom 'I'	Tshering Choden 'I'	Tshering Wangmo 'III'	Ugyen Choden	Yeshey Choden 'II'
Sonam Tashi 'I'	Tashi Chenzom	Tashi Yangzom 'II'	Tshering Choden 'II'	Tshering Wangmo 'IV'	Ugyen Dorji	Yeshey Dem
Sonam Tashi 'II'	Tashi Choden 'I'	Tashi Yangzom 'III'	Tshering Choezom	Tshering Wangmo 'V'	Ugyen Jamtsho	Yeshey Dema
Sonam Tenzin	Tashi Choden 'II'	Tashi Zangmo	Tshering Delma	Tshering Wangmo 'VI'	Ugyen Lhamo 'I'	Yeshey Dorjee
Sonam Thinley 'I'	Tashi Dema 'I'	Tek Bdr Tiwari	Tshering Dema 'I'	Tshering Yangchen	Ugyen Lhamo 'II'	Yeshey Tenzin
Sonam Thinley 'II'	Tashi Dema 'II'	Tendi Gyalmo	Tshering Dema 'II'	Tshering Yangden	Ugyen Lhamo 'III'	Yeshi Choden
Sonam Tobgay	Tashi Dhendup	Tendril Zangmo	Tshering Dema 'III'	Tshering Y Lepcha	Ugyen Lhamo 'IV'	Yeshi Dema
Sonam Tobgye	Tashi Dorji 'I'	Tenzin Dema Lepcha	Tshering Dema Bhutia	Tshering Yangdon	Ugyen Lhendup	Yeshi Dorji 'I'
Sonam Tshering 'I'	Tashi Dorji 'II'	Tenzin Wangmo	Tshering Dhendup	Tshering Yangki	Ugyen Penjor	Yeshi Dorji 'II'
Sonam Tshering 'II'	Tashi Dorji 'III'	Tenzin Yangeden	Tshering Dorji 'I'	Tshering Yangzom 'I'	Ugyen Phuntsho 'I'	Yehsi Lham
Sonam Tshomo	Tashi Dubjur	Thinley	Tshering Dorji 'II'	Tshering Yangzom 'II'	Ugyen Phuntsho 'II'	Yeshi Pelmo
Sonam Wangchuk 'I'	Tashi Lhamo	Thinley Choden	Tshering Dorji 'III'	Tshering Yuden	Ugyen Rinzin 'I'	Yeshi Tenzin
Sonam Wangchuk 'II'	Tashi Namgay	Thinley Dem	Tshering Dukpa	Tshering Zangmo 'I'	Ugyen Rinzin 'II'	Yeshi Wangchuk
Sonam Wangchuk 'III'	Tashi Namgyel	Thinley Dema	Tshering Edey	Tshering Zangmo 'II'	Ugyen Tobgay 'I'	Yeshi Wangdi
Sonam Wangda	Tashi Norbu	Thinley Gyeltshen 'I'	Tshering Gyelmo	Tshering Zangmo 'III'	Ugyen Tobgay 'II'	Yethro Lhamo
Sonam Wangmo 'I'	Tashi Pem	Thinley Gyeltshen 'II'	Tshering Norbu	Tshewang Dema	Ugyen Tshering	Yok Raj Mongar
Sonam Wangmo 'II'	Tashi Pema 'I'	Thinley Pem	Tshering Om	Tshewang Dendup	Ugyen Tshomo	Younten Phuntsho
Sonam Yangchen	Tashi Pema 'II'	Thinley Samdrup	Tshering Pelden Dorji	Tshewang Dorji 'I'	Ugyen Wangchuk	Yuden Dorji
Sonam Yoezer	Tashi Phuntsho	Thinley Yangzom	Tshering Peldon	Tshewang Dorji 'II'	Ugyen Wangdi	Yuden Yuden
Sonam Yuden	Tashi Samdrup	Thinley Zangmo	Tshering Penjor 'I'	Tshewang Gyeltshen	Ugyen Wangmo	

Our Partners



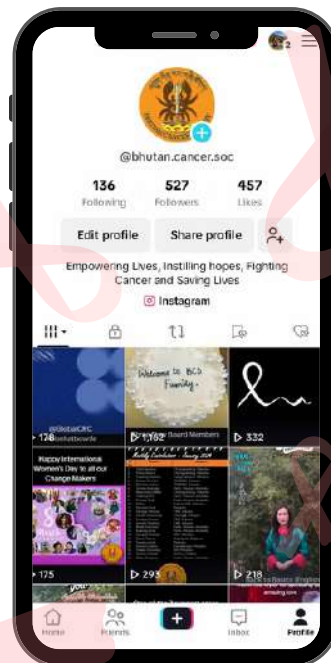
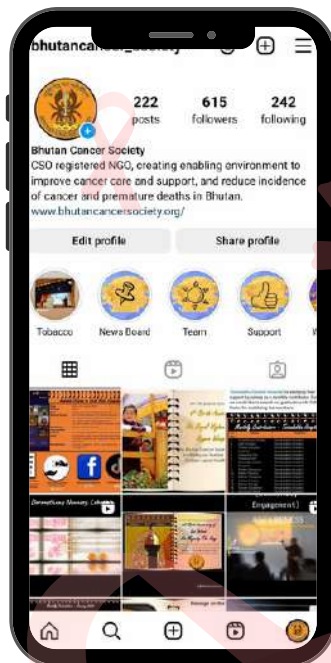
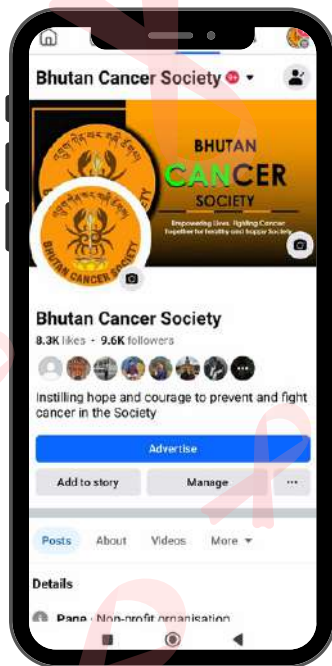
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BUILDING EXPERTISE, ADVOCACY, AND
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