

**"We are faced with the  
task of changing our times,  
to reclaim our culture, to  
reshape the spirit of the  
times."**

Albert Schweitzer

**Dear friends of Ladakh-Hilfe e.V. and Rewa Society,**

A few days ago, I came across these words by Albert Schweitzer, which are as relevant today as if they had been written for our times. Looking back at history, they give us hope that we too can make it through these turbulent times and continue to shape the world in a positive way.

Looking back, I would like to give you a brief overview of the year 2025 – of the activities and events in Ladakh – which were and are made possible by your support.

#### **Colourful activities in Kargil**

Due to the long winter, the school year did not start until 24 March this year. Our pupils flocked to the school building, full of joy to see their friends and teachers again after the long break.

This year, too, the school day was varied thanks to many activities and events. At the beginning of the school year, a new student council was elected, and our students also participated enthusiastically. On Nature and Environment Day, the pupils redesigned the green spaces and flower beds around the school and planted lots of potted plants. Everyone also showed off their skills and competed for the top spots at the annual Sports Day.

The school's own cultural diversity, which is shaped by the traditions of the various ethnic groups in the region, was celebrated at the ethnic food festival, where visitors were presented with a wide variety of dishes. The events promote an active community life and strengthen the bonds between the students.

#### **Participation in the International Paralympic Games in Delhi**

A special event this year for everyone was the participation of a group of selected students from Rewa Society Kargil in the Paralympic Games in Delhi. Full of excitement, they travelled to the distant city and met athletes from all over the world. Rich in impressions and proud of their achievements, they returned to Kargil, where they were given a fitting welcome.

#### **Monthly quality circle by Rosemarie Geenen and Heike Holz**

Our physiotherapists Heike Holz and Rosemarie Geenen, who had conducted the Bobath workshop in Leh in 2023, continued the wonderful professional support provided by Barbara Forst. In monthly online Zoom training sessions, various technical topics are regularly discussed with our employees from Kargil and Leh. During these Zoom sessions, questions about therapy recommendations or problems can also be asked.

These are then discussed as a team, using photos or short videos. This makes it possible to support the team in their daily work and improve the quality of therapy, despite the distance. Since November 2025, we have opened this format to all interested therapists from Ladakh who work in remedial therapy.

In addition to the monthly online sessions, there is also a therapy chat where questions from everyday life can be discussed at short notice and recommendations given.

### **Farzana Akhtar attends conference**

Farzana Akhtar, one of our senior physiotherapists in Kargil, was invited by us to attend the international congress of the International Alliance of Childhood Disabilities in Heidelberg. The plan was to combine this with a study visit to various institutions in Germany to give her an insight into therapeutic work in Germany. Unfortunately, her visa was rejected, so she was unable to make the trip. Fortunately, it was also possible to participate in the conference online, so we spontaneously adjusted our project plans. Heike Holz accompanied Farzana Akhtar closely and took part in the selected events online herself. This enabled us to review the topics in detail afterwards, with Rosemarie Geenen actively assisting. It was a very intensive and informative week, especially for Farzana Akhtar, who really blossomed and returned to her everyday life with a whole new lease of energy.

Many of the topics were then taken up for our monthly Zoom sessions and worked on with the entire Kargil team, so that the congress had a lasting impact on the quality of our work in Kargil.

### **Lobzang Dolma's Bachelor of Education degree**

Just over a year ago, Lobzang Dolma, a former employee of Rewa Leh and sister of one of our founding children, began studying for a Bachelor of Education in Intellectual Developmental Disabilities in Kolkata. It is a distance learning course with two to three attendance courses per year. Full of commitment and enthusiasm, she has been mastering her studies ever since and has also been able to gain experience through internships. This degree is a prerequisite if she wants to work in government institutions/schools. To enable her to meet the requirements of online study, we financed a laptop for her.

She will complete her studies next year. You can read her reports on her experiences and the progress of her studies on our website.

### **Customised wheelchair for Stanzin**

In March 2025, our founding child Stanzin travelled with his mother to southern India to receive intensive support at a centre for two months. This was financed by a Ladakhi sponsor. During their stay, the opportunity arose to obtain a customised wheelchair. We supported this unique opportunity and financed the wheelchair, which led to a significant improvement in posture and less strain on the mother due to easier handling. Overjoyed and grateful, they sent us a picture in the new vehicle.

It has been a busy and productive year, marked by intensive dialogue via the media, so that despite the many changes and transitions of the past two years, the connection remains strong and continues to bring us much joy.

We are now approaching the winter break – the peace and quiet of the long nights will do us all good.

Looking ahead to the new year, we are very much looking forward to actively supporting the work on the ground again with your financial support, promoting new ideas and implementing visions.

#### **Plans for 2026**

- Holding regular online Zoom meetings for professional development (once a month)
- Further training and qualification of employees
  - Offer qualified online training courses by subject matter experts for Kargil and Leh employees
  - Individual support for individual employees as needed and possible
  - Participation in English courses during the winter break to improve language skills
- Dispatch of experienced therapists (physiotherapists, occupational therapists, special education teachers, speech therapists) from Germany to Kargil to support the team
- Establishment of a new therapy room in Kargil (project presentation on the website)
- Public relations work through stands at events or markets
- Recruitment of new members and supporters for Ladakh-Hilfe e. V.
- Arranging therapy sponsorships for the children of Rewa Society Kargil

**In order to continue offering the children high-quality support and to realise our planned projects for 2026, we are dependent on help.**

**We would be delighted if you would continue to actively support our work with your donation.**

For further information and the latest reports, please visit our website, which we update regularly ([www.ladakh-hilfe.de](http://www.ladakh-hilfe.de)).

**Thank you very much for your loyalty and support in 2025!**  
**We wish you a wonderful holiday season and a happy New Year.**

**Johanna Klein (1st Chair)**

**December 2025**

**Sara Lücking (2nd Chair), Andrea Kramer (Treasurer) and Bernhard Dunst (Secretary)**