

1. On a slow afternoon when there are not many patients, Zhaxi Tsingtsok watches her daughter playing in the yard of Dzongsar Tibetan Hospital. Tsingtsok was born in Maisudama Village where she met her husband Thinley Phuntsok, the Vice President of Dzongsar Tibetan Hospital when they were both kids.

2. Two yaks walk on a mountain in Maisudama Village. Yak is kept as a major meat source for Tibetan people. Butter made from their milk is an ingredient of the butter tea that Tibetans consume in large quantities.

3. During an empowerment, villagers come together and all dressed up in traditional clothes to wait for the monks from Dzongsar Monastery. They hold a small piece of paper or plastic bag to catch the water from lamas during a vase empowerment. The vase empowerment symbolizes purification of the body, senses, and world into the body of the deity.

4. The Vice President of Dzongsar Tibetan Hospital, Thinkley Phuntsok, sits with his family and enjoys a leisure time after attending an empowerment in the village. The hospital is closed for the rest of the day.

5. Luore Phuntsok, the president and founder of Dzongsar Tibetan Hospital, poses for a picture in the hospital on a leisure afternoon. Mr. Phuntsok holds the Tibetan medical lineage from ancient times. He has

devoted himself in preserving traditional Tibetan medicine and art in the past 30 years.

6. Dzongsar Monastery is located in Dege County in Garze Tibetan Autonomous Prefecture of Sichuan, China. It serves as an important location for the community's religion, education and medical activities. Mr. Luore Phuntsok, the president of Dzongsar Tibetan Hospital resides in the monastery and has his own office to see patients from all around the area.