



DE-SUUNG ZHABTOG

Official NewsLetter of the Guardians



12TH ROYAL WEDDING ANNIVERSARY



DE-SUUNG FAMILY JOINS THE NATION ON THIS MOST JOYOUS AND AUSPICIOUS OCCASION OF THE ANNIVERSARY OF THE ROYAL WEDDING.

WE WOULD LIKE TO OFFER OUR PRAYERS FOR THE GOOD HEALTH AND HAPPINESS FOR OUR BELOVED DRUK GYALPO AND DRUK GYALTSUEN.

DID YOU KNOW?

Around 200 De-suups have volunteered for beautification and plantation work along Doebum Lam in Thimphu on 14th October.

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ABOUT THE GUARDIANS

On February 14, 2011, the De-suung Integrated Training Programme began in Tencholing, Wangdue Phodrang. De-suung, which means "Guardians of Peace," is a Royal Initiative of His Majesty The King.

His Majesty The King Commanded the establishment of De-suung in response to an overwhelming supplication from the youth for an opportunity to offer their voluntary service to the nation. Thus, De-suung was created as an avenue enabling those who wanted to volunteer their time and energy in service of the nation and people.

The Training Programme's foundation is based on the spirit of volunteerism and the positive influence of community service, integrity, and civic duty ethics and values.

De-suungs actively volunteer during disasters, participate in social service activities, and offer service to others throughout their lives. In other words, as lifelong members of the De-suung Organization, trainees progressively improve their ability to bear their daily duties and responsibilities.

• Batches Trained

59

• Female Trained

16,999

• Male Trained

24,103

• Total Trained

41,102



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FIRE TRAINING - 9TH BATCH

On the 4th of October, The opening ceremony for the 9th batch of De-suung fire service training began, with 30 De-suups set to undergo a 2-month training program, which includes a month attachment at the Changzamtog Fire Service Division, The Deputy Chief Operations Officer (Q) of the Royal Bhutan Army, Brigadier S.B.

Rai, had the honor of being the Chief Guest during the inauguration .During the opening ceremony, the chief guest emphasized the vital role that De-suung play in the community, extending beyond firefighting services.He expressed gratitude to 30 De-suup trainees who have volunteered for this training program, as well as to the Fire Service Division for their contributions during DFS training, moreover he underscored the core responsibility of each trainee, encouraging them to absorb knowledge from the highly skilled trainers at the FSD(Fire Service Division).

The training program includes :

- *pump drill.
- *ladder drill.
- *Breathing apparatus(Ba) set.
- * Smoke drill.
- * Sensitization in the community.
- *Travellers Rescue .
- * Rappelling ,lowering and hawling techniques.
- * Water rescue procedures.
- * Forest fire management.
- * Dealing with bush fires and electrical fires and
- * Road and Transport accidents.



Once certified, DFS trained De-suups become invaluable volunteers for the fire service and have actively supported RBP Fire Service in responding to numerous structural and forest fire incidents.



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A HEARTFELT THANK YOU

On the 3rd of October, nine De-suups embarked on a Search and Rescue mission after receiving a call for assistance from the police. The urgency was apparent as a tourist faced a life-threatening situation – Altitude Sickness. Within just 30 minutes, the team reached the destination, Phojo-ding, to rescue a stranded visitor.



The person expressing profound gratitude for this timely rescue is Mr. Ganesh Rai, who had a guest from Singapore. Four individuals were part of a group trekking along the Druk Path. Among them, a 63-year-old Sih Sih Chen was victimized to Altitude Sickness, (altitude sickness is caused by ascending too rapidly, which doesn't allow the body enough time to adjust to reduced oxygen and change in air pressure).



Initially, the team attempted a helicopter rescue, but unfavorable weather conditions in Paro thwarted their efforts. It was at this critical juncture that the De-suung Search and Rescue Team, led by De-suup Norbu, rose to the occasion. In Mr. Ganesh's words, "Today, I truly understood the profound purpose of De-suung. I extend my gratitude to our Majesty for initiating De-suung in our country, protecting every citizen and visitor with love and care. Our king is our Father, and our King is our hope."

This incident underscores the incredible significance of the De-suung initiative in Bhutan, highlighting its core purpose – safeguarding the lives and well-being of every citizen and visitor alike. As Mr. Ganesh reflects, "Our guest is also deeply impressed by the services provided by the entire team who helped her. She has truly discovered that Bhutan is a land of happiness."





THE TANGBI MANI FESTIVAL



The Thangbi Mani festival is celebrated during the autumn season, specifically from the 14th to the 16th day of the 8th month in the Bhutanese calendar. However, this year, it occurred from September 28th to 30th. This festival is well-known for its fire blessing ceremony, and the participants are local villagers who are lay-practitioners, known as Gomchens. The festival is held at Thangbi Lhakhang, which is situated under Chokhor Gewog in the Bumthang district. It was established by the 4th Shamar Rinpoche, a prominent figure in the Karma Kagyu religious school, in the year 1470.

I had the privilege of attending this festival after taking part in the Black Mountain Cycling Challenge race. The primary highlight of the festival is the Mewang ceremony, also known as the Fire Blessing. This ceremony takes place in an open ground, where the Gomchens conduct purification rituals. During this time, all attendees, including guests, leap over the flames to cleanse themselves of sins and negative actions. It is believed that if one successfully jumps over the flames three times, they will be protected from ill luck and misfortunes for the entire year. Consequently, individuals from various backgrounds strive to complete this ritual three times to receive blessings for the year ahead. Following the Mewang ceremony, there are mask dances and folk dances performed in the enclosed courtyard of the temple.

Mewang, the fire blessing ceremony held at the temple in Bumthang, Bhutan, is considered auspicious if one can successfully traverse the pillars of fire three times, symbolizing the purification of negativity. There were 7 male De-ssups and 3 female De-suups in total who volunteered to provide community service during the festival. Their main roles were to guide the public in order to celebrate the festival smoothly.



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TSIRANG MOENLAM CHENMO



✔ The 14th Moenlam Chenmo of Tsirang, presided over by His Eminence Tshogkyi Lopen of Zhung Dratshang, began on October 5th and ended on October 10th, 2023. This program was recited for 5 days. A total of 14 De-suup volunteers, comprising 6 Males and 8 Females, were deployed for crowd control.



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100,000 SEVEN - LINED PRAYER ACCUMULATION.



A team of 39 De-suups, comprising 16 females and 23 males, was deployed from October 5th, 2023, until October 11th, 2023, to manage the crowd and provide support during the '100,000 Seven-Lined Prayer Accumulation' event dedicated to Guru Padmasambhava. The event took place at Kuenselphodrang and was organized by the Tshokey Dorji Foundation, lasting for a duration of 7 days. Hundreds of devotees gathered on the final day.



In the words of Omniscient Mipham Rinpoche, 'There, in one lifetime reliant upon that very consent, may I perfect the hidden path of the four classes of a vidyadhara, achieve the vajra wisdom body, conserve the teachings of the Victorious Ones, and may my realization and conduct match the Lord Guru's own. May the merits accumulated this whole week for the sentient beings, as boundless as the sky, come true.'

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MANAGING VEHICLES' MOVEMENTS.



De-suups were deployed to assist the traffic police in managing vehicle movements and to provide support to the School's First Aid team during the annual school road run for Gonpasingma Lower Secondary School, situated in Zobel Gewog under Pemagatshel Dzongkhag. This event featured the participation of 44 boys and 45 girls, encompassing classes II Raining there to VIII, divided into two categories: Senior (VII-VIII) and Junior (II-VI). De-suups are always prepared to offer help and support to our community in every way possible.



NYAMRO CHRONICLES



Describing myself is one of the toughest tasks to do, but it's fascinating too, to put it to words. I believe our traits – be they positive or negative – make us the person we are to the world. When it comes to my personality, people can have different opinions because they see what they want to see in me, and that's okay. So, I would describe myself from the paradigm I see myself from in different aspects. "Tell something about yourself?" It could be one of the toughest questions when asked impulsively. However, people who like sharing their achievements and personal life with others may find it another opportunity to reveal their unique traits. But with me, the case is quite the opposite. Talking about myself has never been my thing. Yet, I would still try to describe myself in the best way I can. I would like to start with my background and then move to how I am as a De-Ssup and then what I did as one. The first thing that I would like to introduce myself is that I am nothing but just a unique kind of 'substance' made up of hydrogen, carbon, nitrogen, and oxygen, trying to leave a positive mark in the world. In the effort to do so, I have been continuously changing qualitatively. Being the second child raised by a strict late Drangpon, Dasho Minjur Dorjee, I have had quite a rough childhood. Giving up on my aspirations and wishes was a normal part of my life. Living and growing up with 6 other siblings has a massive role in my personality today. On the contrary, I have always been keen to learn new things and achieve good qualities of life. As a result, I successfully managed to land in His majesty's DeSuung program. Getting to be a De-ssup was one of my biggest dreams as well as a major goal. Besides, it gave me a chance to make my mother proud of me. Making her a proud mother has always been my dream, and I can't be happier to achieve some aspect of that dream

March 2020 I was a Red Cross volunteering with Ura De-Ssups in Bumthang Ura Gewog, keeping my village safe, it was here the Dessup IC, URA unit and other Dessups inspired and told stories about the training and trained me on "demton and Kjur". Later helped me to enroll in the upcoming dessup batch (39). Even the, then DC now RC Dessup Jigme Namgyel Ds (09)13-989 who was very confident that I would make a good De-ssup and with his support and guidance I became one, I am and ever will be grateful to him for introducing me to such a Nobel Organization.

MTC Tenchholing Wangduephodang 4th March – 23rd March 2020

After a briefing from RC Jigme Namgyel, we moved towards my toughest yet the most unforgettable 21 days. The days were longer and the night were shorter. My training in Ura was not even a salt there. The Lops were very precise and disciplined they send us to death yet didn't let us die and kept us healthy, Tisoo MTC

Community Deployment at Ura. Bumthang June – July 2020

After my training i was given a week leave to rest by RC of Bumthang Trongsa. I had started my deployment with a slow pace only 8 days in June and July 2020 serving my community. POE Duty at Singmila 4224 mts. 10 Days August 2020

One morning my Unit Gojay De-suup Khandu Wangchuk DS(17)18-9090 calls me around 0350 hrs say it's a National lockdown and assigned me area to guard and send farmers back home before they go to mushroom hunting. The same day I was send to lead four nyamros to a pass 4224 mts an ancient trail towards Lhuntshe. We took turns, day in and day out for 10 days on the 11th day I was detailed to bring my team to Ura, then we were assigned to the temporary URA check post with RBP till August end. My actual journey began On 22 Nov 2021 when I got an official letter from RC Bumthang saying that I was to join a team of 39 dessup from Thimphu lead by Dessup Norbu Drukpa Ds (40)20-11717, I was later informed that they were 40 but one dropped down at the last minute so I was replacing a guy who was way shorter and his shoes size were way smaller as Gojay Norbu states, as we were already a day's journey away from HQ he says please adjust. I was furious but again I remembered that how our supreme Commander emphasized on what is a Dessup.





Continue...

As soon as we were in Tashigang, Gojay Norbu made me his 2IC and briefed me to lead Team Merak we were 15 of us with 4 outpost attached with RBP. In this 70 plus days I had been stretched to the breaking point and crushed till my bones ached, by saying so with walking uphill for mobile tower which is charged by a solar to connect with civilization and report situations and update on nyamros. Two of my nyamros had to appear for exam in India and it was lockdown, two of my nyamros got job in Thimphu, which they had sat for interview before and had been asked to report. All went smoothly with a help from Dessup Purnima and Dessup Kinzang Tangbe (I have still not met them to thank personally) where the focal persons of Team Tashigang. I still thank them for their service. 4th Batch Special Refresher Course RBG Dechholing, Thimphu 21 Feb – 06 March 2021

After my time in Merak Tashigang I underwent rigorous training as a part of SRC. I was the last 99th dessup to enter the RBG gate. My hard work and determination back then paid off as I was elected by nyamros to lead Jigme Coy, the most notorious but interesting nyamros who were all my old nyamros from Tashigang Team. After 21 days we had our exam on both theory as well as practical where I scored 7th from 99 nyamros. The proudness was felt inside as I was the senior most dessup there. We were attached to RBA Wing 2 at Ramitey in Chukha. Here I faced various demanding situations but I emerged victorious, as I was always willing to go extra mile for my Nyamros and vice versa. 1st SRC deployment Jomotsangkha, Samdrupjongkha. May – June 2021 The Coordinator of De-ssup SRC, Former PM, Dasho Tshering Tobgay handpicked me to lead the first SRC deployment to Jomotsangkha SJ with 6 Female Nyamros and 24 Male nyamros. We were Pinned Blue or the attachment Pin at Tshelingkor, I was the FIRST SRC Blue pinner. where we bid him goodbyes. As soon we reached Jomotsangkha we were handed 9 outposts in a radius of 10 Kms. Here too I was stretched, had to walk 10 kms in the sun and sometimes in rain, just so my nyamros could have a 2 kgs of potatoes, later the unit Gojay of jomotsangkha let me use the two wheeler assigned to him. When the Supreme Commander walked all the way from Merak till Jomotsangkha, when covid struck us the hardest. Due to his Presence none of my nyamros came positive even when the red building emerged just few feet of our outpost.

I was briefed by Dasho Sisir Chhetri OSD to construct a better outpost at one of the OP. which with the help of the OC, RAF and my Nyamros completed in two day. It was housed by 2 SRC dessups and a RBP personal. The coordinator visited us to give us the Deployment Green pin. However, life had more trials in store for me. While serving as a Gojay leading my nyamros, I encountered personal setbacks. Due to the ongoing Covid Pandemic, my second wife made the difficult decision to leave me, leaving me to face the challenges alone. On top of that, my elder son endured a tragic accident, fracturing his leg and added to my worries. As if fate wasn't done testing me yet, I faced further misfortune when my house at the village was stolen not once but twice, I refused to let despair take hold on me but drew strength from the Supreme Commanders sacrifice and the unwavering support of my SRC Super Gojay Namgay Dorji and my comrades. On 28 June 2021 I became the FIRST SRC Green Pinner that too helped me a lot.

While most of my Nyamros were departing on the way I made a point to salute them for their services as the DHQ was not possible to do so. The Last Lockdown Feb-March 2022

My resilience was further tested when I was deployed to Punakha for 49 days. The picturesque surrounding of Punakha provided a temporary respite from my personal troubles, I pushed my energy into serving my country and my King. With each passing day my dedication to my duty grew stronger and my determination refused to waver, I lead a team of 12 Female and 8 male to assist the Punakha RBP for 49 Days. As I was to mobilize between the RED area and most of the outpost were housed by female nyamros the DHQ assigned me a hilux. National Accelerated Dog Population Management Phase 1. March 2022





Continue....

After completing my deployment in Punakha, I was enrolled in NADPM in Bumthang by RC as this project was an important, it was an experience never thought I would ever get as a dessup. I caught dogs, big and small, dirty and clean, washed their shits and at the end fed them too. It was more dangerous the covid as you see the target with fangs.

Million Fruit Tree Plantation April –Oct 2022/ March 2023

Another Important agricultural project, as my background is agriculture (hehe... Farmer) I with few SRC nyamros went to assist the Bumthang Ura gewog plantation group later went to Chokor gewog to assist the team there and after completing there the Coordinator Desuup Sonam Wangchuk assigned me and my SRC nyamros to Trongsa Drakteng gewog and after completing me and my nyamros and 18 additional from Thimphu we were deployed to Nabji Korphu gewog. Here me and my additional nyamros were tested of our strength as we walk in the leach, snake, blood sucking bugs and the hot weather for grueling 60 days. After the completing at Trongsa.

We all dispersed for a few months rest.

My SRC life cycle is 261 days and counting.....

My MFTP life cycle 176 days and counting.....

My NBD life cycle 76 days and Counting.....

My NADPM life cycle 17 days

My LOCAL Community life cycle is 51 days and counting.....

DSP

I am getting a skill from Desuung Skilling Program under Culinary arts and multi cousin I completed my foundational and awaiting my other two course, Intermediate and Advance.

I trained 48 women from Ura Bumthang under the women association of Ura, Bumthang after the request of Gup and approval from the RC. I introduced them on western herbs and spices, few FNB handlings, few western dishes. Thanks to the DSP.

Gelephu Sarpang SRC SBD deployment. Aug- Oct 2022

We were sent to Gelephu after a 5 day refresher course at the RBG Dechenchholing. We were divided into 6 team and I was again leading a team. It was one of my last SRC deployment. We were assigned to Gelephu RBP but my team was assigned to the RBA. After a length of 70 days we were relieved and again I was PINNED the First SRC RED pin.

After Gelephu I returned to my home town in URA and resumed my non Dessup volunteer work, coordinating clay relics for the chorten at Ura, Bumthan. Had been doing this from May 2020 till now.

When your country is calling you report no matter what your personal life ask off you, The King and the country ask, You Report, period.

- That's how I feel.

HOW BEING A DE-SUUP CHANGED ME.

Till my early fourties I was just breathing oxygen and eating my three meals. No ambition No Goals in life, just weasting my days in alchole. With obesity from eating un balanced diets. I just let my life flow.....

After the MTC and Our Supreme Commander's words I started to change from a alcoholic to a responsible citizen all thanks to my Supreme Commander.