

Activity Report 2013-2014

Social Development Activities

Lakha Rinpoche visits Dharamsala

Most venerable Lakha Rinpoche, the founder and Chairman of Tibet Charity, visited Dharamsala from 30th October till 8th November with a group of visitors from Denmark, Sweden and England. Mrs. Pia Lakha la also accompanied Rinpoche on the trip.

During the period of their stay here, they visited Tibetan Children's Village where they were received by the General Secretary of TCV Schools who briefed the group about the history of the school and educational programs. Many from the group decided to take up sponsorship cases of some children who are mostly new comers from Tibet.



They also visited Old People's Home at Dharamsala. The group joined the elders during their Morning Prayer session. At the end of the prayers, Rinpoche gave a short speech to the elders emphasizing on the need to lead a meaningful last years of one's life for the benefit of all sentient beings. He requested the younger staff of OPH to treat the elders with love and respect. The group then went around OPH meeting the elders and observing their way of living.

The group was given a talk on Tibetan medicines by a Tibetan medical doctor of Tibetan Medical and Astrological Institute (TMAI). TMAI also invited the group for a lunch.

The speaker of the Tibetan Parliament in Exile took time out of his highly busy schedule to meet the group and explain the history and nature of Tibetan Democracy in exile especially in the context of the renunciation of all political power by His Holiness the Dalai Lama. He also took some time to answer questions posed to him by the members of the group.

The group also paid a visit to Tibet Charity where they were warmly received by the staff and the students of Tibet Charity. Rinpoche gave a short talk to the students with emphasis on the need to understand one's role as a Tibetan in exile and the need to follow the directions of His Holiness the Dalai Lama. The Director briefed the group about the various programs initiated by Tibet Charity for the benefit of the poor and needy Tibetans.

Rinpoche also got the opportunity to meet His Holiness the Dalai Lama in His residence.

Education Development Activities

OBE is officially launched

Tibet Charity officially inaugurated their new Open (OBE) Basic Education program on May 8th 2013 at their headquarters in McLeod Ganj. On a glorious sunny spring day under the shade of a canvas awning, the Director, Mr. Tsering Thundup, welcomed the guests and the students of Tibet Charity's English language and OBE programs.

The function started by reading the message from His Eminence Lakha Rinpoche, the founder and Chairman of Tibet Charity. In his message, he thanked Central Tibetan Administration (CTA) and all others who have helped Tibet Charity in successfully running its program for the welfare of the others.

He reserved special thanks to Tibet Charity and its dedicated staff for working so hard for the welfare of the others in spite of various obstacles.

The Director then continued the proceedings with a speech outlining the OBE program and stressed its' importance in giving those adults who have missed out on basic education, a chance to go on to further education and to compete successfully in the job market. He thanked Youth Empowerment Scheme under Department of Homes, CTA for kindly sponsoring the students to attend the classes under OBE program.



Dr. Gunver Juul of Tibet Charity Denmark, who is currently running a training workshop for Home Nurses at the TC Health Clinic, represented Tibet Charity Denmark. True to her holistic approach she reminded students of the primary importance of good health to support them in their studies. She moved on to praise the Director for "thinking outside the box" and for constantly finding new ways to help the Tibetan community in exile and for his persistence in seeing schemes through.

The Secretary, Department of Homes, in his address introduced various programs initiated by Youth Empowerment Scheme under CTA for the Tibetan youths with special emphasis on the new arrivals from Tibet in order to make them independent and self reliant. This collaboration with Tibet Charity, he hoped, will go a long way in providing recognized quality education to the students who never had the opportunity to go to any normal school while in Tibet.

Chief Guest for the occasion Mrs Gyari Dolma lak, Minister of the Department of Home of the CTA, in a moving address the Minister reminded her audience of their shared heritage. She urged the students to make the most of the great opportunity that the OBE course offered them. She thanked India for being such a generous host and friend of the Tibetan people. She ended by thanking both the overseas and resident volunteers who she acknowledged "have taken time out from their lives to help the Tibetan community". She presented 'khataks' to all the volunteers present to express her appreciation.

Tibet Charity wants to thank National Institute of Open Schooling under MHRD, Govt. of India for giving accreditation to Tibet Charity Basic Education School. We thank YES under CTA for kindly sponsoring the students of OBE classes.

Tibet Charity students in their own words #1

Tibet Charity students were interviewed on the day of the OBE program inauguration on May 8th 2013. The students featured are studying English or computers at the charity's school in Dharamsala. A second film featuring OBE students is currently in production.

In the film they speak about their lives and education before coming to Tibet Charity, their reasons for studying and their hopes for the future. The interviews are in English and in Tibetan with subtitles.

Visit: <https://www.youtube.com/watch?v=QXTpQFcOB0g>

Tibet Charity Basic Education School Library opens

Tibet Charity Basic Education School Library was opened for its students, staff and volunteers on 6th August 2013.

The need to have a library for the benefit of the students eager to improve their English and explore the

vast storehouse of knowledge was always felt. The need and the desire to read books became all the more after Sophie Muller and Mathew White, both teachers in Japan, organized Extensive Reading Program for the students of Tibet Charity English Language Classes. This workshop has really motivated the students to develop interest in reading.

We then started working on looking for support to start the Library. Thanks to Tibet Charity Denmark, we have a hall that could be converted into a library. We found the support we required to start the library from Sophie Muller and Mathew White who, besides leaving the books used for the Workshop behind, donated some money to make book shelves in the library.



With their kind support we could thus get the library started. Students have already shown keen interest in reading books and borrowing books from the library. Besides the two mentioned above, we wish to thank Extensive Reading Foundation, its participating publishers, and Extensive Reading SIG Japan for kindly making contribution towards the support rendered to us by Sophie Muller and Mathew White.

We take this opportunity to request for donation of more books for the library.

First Result Declaration Function of TCBES

The first ever result declaration of Tibet Charity Basic Education School (TCBES) was held in the main hall of Tibet Charity on 27th September 2013.

The result declaration function was presided over by Mr. Kunchok Dhundup la, the Chief Coordinator of Youth Empowerment Support (YES) under Central Tibetan Administration, Dharamsala.

The Director in his welcome speech congratulated those who have fared well their half yearly examination and urged those who have not done so well not to lose heart and to work harder. He thanked YES for kindly providing financial support to the students to get enrolled in this noble project of Tibet Charity.

Mr. Kunchok Dhundup la congratulated Tibet Charity for coming up this wonderful program of providing educational opportunity to the new comers from Tibet who have never been to any normal school and those who are little too old to start from the basics in normal Tibetan schools. Through this program by Tibet Charity, these students can now hope to go for further studies besides getting access to many job



opportunities that are available for the students having some basic recognized educational certificates. He requested the students to ensure regular attendance in their classes so that they don't miss important lessons. He also promised continued support as long as the students have the desire to study.

It may be mentioned here that Tibet Charity Basic Education School is the only nationally recognized institution in the Tibetan community as the whole state of Himachal Pradesh providing basic education to the students under National Institute of Open Schooling, Govt. of India. Under this program, the students can get education equivalent to class VIII in a normal school within a maximum period of three years if they study hard. After that they can finish class XII in another two years which means they will be ready for university level studies within a maximum period of five years. For many who arrive from Tibet, this opens up a lot of opportunity for them for pursuing higher studies or exploring job opportunities in departments and institutions.

The final examination will be held in March next year after which they will receive certificates from NIOS Delhi which will be recognised all over India.

English Language Class enters the video record.

As volunteer teacher Magda Ksiazak from the USA comes to the end of her 10 week stint with Tibet Charity Education Section, we take a look at one of her classes.

The film shows excerpts from a 2 hour Elementary level EFL lesson, delivered by Magda on October 21st 2013.

Visit: <https://www.youtube.com/watch?v=qbgZwrX0Urw>

Health Care Activities

New therapeutic technique for TC nurses

Dr Karen Jensen gave a training courses for the nurses of the Tibet Charity Health Clinic in Dharamsala in Cranio-Sacral therapy. The course ran for 45 hours over 10 days from May 6th till 16th.

The course was attended by the Home Nurses working locally and by Tibet Charity nurses working in Tibetan settlements in Arunchal Pradesh and Ladakh.

They were joined by nurses from the Old People's home at the local TCV school. This new therapy relieves chronic pain and promotes mental well being and vitality.

Visit: <https://www.youtube.com/watch?v=DZD515dEKJI>

Dr Juul's ever popular clinic returns

Dr Gunver Juul, Board Member of Tibet Charity Denmark, came back to Dharamsala after a 2 year absence and once again ran her holistic homeopathic clinic.

She has a very good reputation among local people and there was much demand for her services.

She saw an average of 6 patients a day at the Tibet Charity Health Center starting on April 24th, 2 days after she arrived in town. She was still seeing patients on May 16th, the day she left.

Dr Karen Jensen of TC Denmark came with her this time to run a training course for the nurses.

Visit: <https://www.youtube.com/watch?v=5XEJAKxG6q0>

Tibet Charity celebrates World Blood Donors Day



Tibet Charity joined global community in honouring the blood donors by observing World Blood Donors Day on 14th June 2013. Dedicating the day to all the blood donors around the globe in general and members of Tibet Charity Blood Donors Club in particular, a simple function was organized at Tibet Charity house at 10 a.m. in the morning. The Secretary, Department of Health, CTA Dharamsala Mr. Sonam Choephel Shosur la was the Chief Guest on the occasion and Dr. Kunchok la from Delek Hospital attended as a special invitee. Besides them, many guests, blood

donors, students and staff of Tibet Charity also joined the function.

The Director, Mr. Tsering Thundup welcomed all those attending the function and he lauded the members for joining Tibet Charity Blood Donors Club and helping us in ensuring timely blood transfusion to patients in need.

Ms Tenzin Namzey, the In-Charge of Tibet Charity Health Section gave a brief account of the activities of the Club during the last one year. She said that during the period of one year, membership of voluntary blood donors has exceeded 160. She also said that since June last year, 104 members have

donated blood to patients in various hospitals around Dharamsala. Both donors and recipients of blood included people of different nationalities.

Dr. Kunchok la explained how blood donation has made it easier for the doctors at the hospitals. He also explained the benefits of donating blood and the advantages of direct donation over receiving blood from blood banks. He felt that Tibet Charity Blood Donation Club is like a human blood bank which he felt could be some kind of unique initiative.

The Chief Guest lauded Tibet Charity for its various charitable activities including the animal care activities. This blood donation initiative he said is an extra feather to the glory of Tibet Charity. He profusely thanked Tibet Charity and all the blood donors for this noble work.

New members of the club and the donors who donated blood since last year were felicitated by offering them traditional Tibetan scarf.

The function concluded with the vote of thanks from Ms Yeshey Dolma la, the office secretary.

Free Blood Pressure and Sugar screening camp organised

The Health Care Section of Tibet Charity organized free health camp for ten days at various places in and around McLeod Ganj, Dharamsala.

The main objective of the free health camp was to create awareness among the public regarding the causes, prevention and control of diabetes and blood pressure. Creating awareness among the public has demanded important attention as rapid increase has been noticed in the number of people having high blood pressure and sugar level.



Besides creating awareness among the public, free BP and sugar level checkups were done. The persons having high risk of blood pressure and diabetes were advised to go to Delek hospital for further checkup.

We thank Margrethe Larsen from Denmark for kindly supporting us with strips and needles used for sugar level tests. Without her support, it would not have been possible for us to go for large scale checkups.

Details of the checkups are as under:

1. Blood Pressure statistics (906 people checked):

Date	Places	No. of patients checked	Normal ($< 120/80$ mm of Hg)	Pre - Hypertension ($120/80-139/89$ mm of Hg)	Hypertension ($> 140/90$ mm of Hg)
25 th – 26 th June & 1 st – 3 rd July	General public at McLeod	383	119	169	95
5 th & 8 th July	Upper TCV School	255	106	86	63
9 th July	CTA Staff	290	207	44	39
11 th July	Rogpa Care Center (Staff)	11	11	Nil	Nil
15 th July	Yongling School	52	36	12	04
	TOTAL	991	479	311	201

2. Blood Sugar Statistics (955 people checked):

Date	Place	Number of Patients	Normal (RBS: 80-120 mg/dl)	Random blood sugar between 120 - >200 mg/dl
25 th – 26 th June & 1 st – 3 rd July	General public at McLeod	355	293	62
5 th & 8 th July	Upper TCV School	249	235	14
9 th July	CTA Staff	289	263	26
11 th July	Rogpa Care Center	11	11	Nil
15 th July	Yongling School	51	48	03
	TOTAL	955	850	105

Mass Hepatitis B screening camp organized

On seeing the massive demand from the public, we had to organise one more camp on 11th August 2013. On that day we checked 186 people out of which 20 were found to be Hep B positive. So in total we checked 544 people out of which 56 were Hep B positive which means 10.2% of the people we checked had Hep B virus..

To coincide with the World Hepatitis Day on 28th July 2013, the Health Care Section of Tibet Charity organized free Hepatitis B screening camp at Tibet Charity with kind support from Khana Lab and Clinic, Dharamsala.



Hepatitis B is a major cause of death among the Tibetans yet the awareness related to the disease is far from satisfactory. Many people are unaware of its causes and effects. This lack of knowledge regarding the disease is leading to more casual approach towards the disease because of which more and more people are likely to get effected if concerted effort is not made to educate the public regarding disease.

So Tibet Charity approached Khana Lab and Clinic to conduct free screening camp so that the public may be encouraged to come for check up. Those coming for checkups were given leaflets containing information related to the disease.

In total 358 people were checked on the day and 36 people were found to be carrying the virus. Those whose test showed negative were advised to go for vaccinations in consultation with their doctors. Those who were found to be carrying the disease were given further checkups and necessary advises were given according to the findings of the report.

Tibet Charity wishes to thank Dr. Khana in particular and its entire staff for spending the whole day here with us in screening the public and using their equipments and facilities for doing the tests at no cost whatsoever.

We take this opportunity to urge the public to be more aware of the disease and take all necessary precautions to avoid the spread of disease.

Animal Care Activities

ABC camp in Norbulinka gets off the ground

With The arrival of 2 volunteers vets from Denmark, we could finally go ahead with the Animal Birth Control Camp at Norbulinka. Tibet Charity was responding to calls from local residents to do something about the growing dog population. The Camp offered a 2 day birth control program on April 30th and May 1st, with the Danish specialists in attendance. 8 sterilizations and 4 castrations were completed.

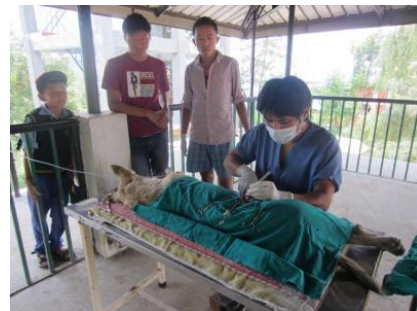
Animal Birth Control is of course a service offered all year round at our Animal Section at TCV.

Tibet Charity wishes to thank the Brigitte Bardot Fondation France for funding the camp and Animal SOS Denmark for meeting the accommodation expenses of our veterinary volunteers for the duration of their time with us. We also wish to express our gratitude to our 2 new volunteers, the first ones of 2013.

ABC Camp organized at TCV Suja

On the request of the school authorities, the Animal Care Section of Tibet Charity organized 4-day Animal Birth Control camp at TCV Suja from 17th to 20th June 2013.

TCV Suja, which is around 65 km from here, had hosted many such camps in the past and has been successful in keeping the dog population in the school under control. But recently, many dogs were dumped inside the school campus from neighboring villages thus causing a sense of alarm among the staff and the students of the school. They could have easily dumped these dogs elsewhere but they chose more humane way of checking the dog population and the problems caused by rising dog population under control.



They thus requested Tibet Charity Animal Care Section to carry out sterilization program for these dogs so that the dog population doesn't increase to alarming population thus putting the staff and the students of the school to risk.

Dr. Dakpa Tenzin and Mr. Lobsang Thukjey left for TCV Suja on 16th June and they started ABC program for dogs on the 17th. During the course of the camp, they sterilized 18 dogs. Besides sterilizing the unsterilized dogs, they also provided anti-rabies vaccination to 38 dogs in the school.

Tibet Charity is very thankful to Brigitte Bardot Fondation, France for kindly supporting our Animal Care programs. We also thank Deb Jarret, USA for supporting the salary of our veterinarian because of which we are in a position to carry out ABC and other animal care activities on a more regular basis. We thank all the staff and students of TCV Suja for playing an excellent host to our vet team and for helping them in catching dogs and looking after them after operation.

ABC Camp organised at TCV Gopalpur



On the request of the school authorities, the Animal Care Section of Tibet Charity organized 4-day Animal Birth Control camp at TCV Gopalpur from 17th to 20th June 2013.

TCV Gopalpur, which is around 30 km from here, had hosted many such camps in the past and has been successful in keeping the dog population in the school under control. But recently, many dogs were dumped inside the school campus from neighboring villages thus causing a sense of alarm among the staff and the students of the school. They could have easily dumped these dogs elsewhere but they chose more humane way of checking the dog population and the problems caused by rising dog population under control. They chose to go for Animal Birth Control program rather than dumping these dogs elsewhere.

They thus requested Tibet Charity Animal Care Section to carry out sterilization program for these dogs so that the dog population doesn't increase to alarming population thus putting the staff and the students of the school to risk.

Our vet team consisting of Dr. Dakpa Tenzin, Mr. Lobsang Thukjey and Mr. Jampa Dhamchoe left here on 30th August and they started ABC program for dogs on the 31st . During the course of the camp, they sterilized 17 dogs. Besides sterilizing the unsterilized dogs, they also provided anti-rabies vaccination to all the dogs in the school.

Tibet Charity is very thankful to Brigitte Bardot Fondation, France for kindly supporting our Animal Care programs. We also thank Deb Jarret, USA for supporting the salary of our veterinarian because of which we are in a position to carry out ABC and other animal care activities on a more regular basis. We thank all the staff and students of TCV Gopalpur for playing an excellent host to our vet team and for helping them in catching dogs and looking after them after the operations.

World Rabies Day Observed

Like every year, this year too, Tibet Charity joined global community to observe World Rabies Day. Though the day is observed globally on the 28th, we had to pre-poned it by a day so as to accommodate the preoccupations of our guests on the 28th.

We organized a simple public awareness function so as to educate the public about the risks of Rabies to human and their pets. Dr. K.C. Katoch, the Assistant Director of the Animal Husbandry Department, Dharamsala graced the occasion as the Chief Guest for the function. Dr. (Lady) Rangjung Dolma from Delek Hospital was invited as the Guest of honour. Besides the two, the function was attended by vets from Animal Husbandry Department, our volunteers, staff, students and many other guests.



The Director, Mr. Tsering Thundup la, welcomed the guests and explained briefly how Tibet Charity Animal Care Section (TCACS) was first started. He also explained how much success TCACS has achieved in such short span of time in controlling stray dog population and in controlling the spread of rabies among the stray dogs in places in and around Dharamsala. He mentioned that since Tibet Charity started Anti-Rabies vaccination program for the stray dogs in 2007, not even a single rabid dog cases has been reported in the region. He thanked the contributions of Brigitte Bardot Fondation, France, TCV School Dharamsala, Worldwide Veterinary Service, Animal SOS Denmark, Tibet Charity Denmark and Deb Jarret for ensuring the smooth functioning of the vet clinic. He also thanked the local Indian and Tibetan administrations for their kind cooperation and guidance.

Dr. Rangjung la commended Tibet Charity for this noble initiative and she was particularly impressed by the Blood Donors program of Tibet Charity.

The Chief Guest for the day, Dr. Katoch expressed his happiness for having the opportunity to be associated with the animal care activities of Tibet Charity since the start. He expressed profuse appreciation of the good works of TCACS in not only controlling the dog population but also in taking proper care of the general health of the stray dogs. He promised full cooperation from the side of the State Animal Husbandry Department in ensuring the success of animal care program of Tibet Charity. After the formal function, Dr. Katoch inaugurated our 10 days anti-rabies vaccination program by giving the first vaccination to a stray dog adopted by Tibet Charity.

After the function was over, free anti-rabies vaccination was given to the pet dogs in McLeod Ganj. Before we wound up our free vaccination program for the day, 64 pet dogs received free anti-rabies vaccination.

Mass Anti-Rabies Vaccination program concludes

In our attempt to make Rabies a history in the region, the Animal Care Section of Tibet Charity carried out 10 days' mass vaccination program for the stray dogs in the region starting from 28th September which is also a World Rabies Day.

Our veterinary team consisting of two vets, two para-vets and two assistants went from village to village and from door to door looking for stray dogs and vaccinating them. In their attempt to vaccinate as many dogs as they possible could, they had to climb hills, cross streams on foot and work tirelessly from dawn to dusk. Many in the team got bitten by dogs but still then they faced every difficulty with strong determination and focus to achieve their noble goal.

Last year we vaccinated little more than 700 dogs but this year, we could cover more area and hence vaccinate more number of dogs. This year our vet team vaccinated 865 dogs in 10 days' time which meant that on an average they vaccinated 80 dogs a day.



It may be mentioned here that since we started our anti-rabies vaccination program in 2007, the areas covered by us had no rabid dog cases. This fact has been verified by the Chief Medical Officer of Delek hospital who said, 'Before Tibet Charity started A-R program, Delek hospital used to get patients with rabid dog bites coming to the hospital but since

2007, no such case was reported."

We have thus far achieved in making rabies a history in the region and this would not have been possible without the kind support we have received from our sponsors, volunteers and our vet team.

We therefore thank Brigitte Bardot Fondation, France for their kind financial support which enabled us to provide free vaccination to all the stray dogs in the region for last so many years. We thank all our volunteers, both past and present, for their wonderful contribution towards making the anti-rabies as well as ABC program a big success.

Mrs. Maneka Gandhi visits Tibet Charity Animal Care Section

Former minister and current member of Indian parliament, Mrs. Maneka Gandhi visited the Animal Care Section of Tibet Charity on 6th October 2013.



Being a strong lover of animals, she took special time out of her busy schedule to pay a special visit to the animal care section of Tibet Charity. During the visit, she enquired about the functioning of the clinic and special programs being taken up by Tibet Charity for controlling the dog population and rabies among the street dogs. When she was explained about the works being done by Tibet Charity, she commended TC for its good work. She suggested that we could have better coordination with the State Animal Husbandry Department and the NGOs around here to achieve better success in controlling the stray dog population in the whole of Kangra district.

She promised all help necessary in ensuring the smooth functioning of the Animal Welfare programs initiated by us.

Before leaving, she took time to answer some questions posed to her regarding the problems related to monkeys in residential areas. She felt that monkeys aren't problems for humans but the opposite as humans have cut down trees and their natural habitats to build more houses. In such a situation, she felt that it is natural for the monkeys to wander into human territory for food and shelter. Only solution she felt is to plant more trees, especially fruit trees.

She also took some questions related to Indian politics.

Tibet Charity joins ABC initiative at Spiti Valley

Animal Care Section of Tibet Charity joined Animal Birth Control initiative by the village heads at Spiti valley from 15th October to 19th October 2013 along with Animal Husbandry Department, the Forest Department, Animal Rescue Dharamsala and locally active NGOs like the Kaza Welfare Society and the Nature Conservation Foundation.

In view of the growing population of stray dogs in Spiti valley and the menace they cause, there has been a call for action from across villages, in the valley. The greatest damage, so far, has been the damage caused to livestock – some villagers have stopped rearing small-bodied livestock (sheep and goat, mainly). There have also been reports of damage to wild animals including blue sheep and snow leopard. Kaza has also seen a rise in incidents of dog bites.



Studies carried out in the valley point to a dog population in the range of 650-750 dogs, with approximately 77% of this population concentrated in the towns of Kaza and Rangrik. Given the rising concern over this matter, a collected effort was carried out in Kaza to conduct an Animal Birth Control camp.

The Kaza Panchayat (Village level administration) guided the operations at the camp:

1. Kaza town was divided into 3 blocks and residents in each block were requested to bring, at least, one stray dog for sterilisation on a pre-decided day.
2. Two volunteers were identified within each block took the responsibility of scheduling the operations of the dogs within the block.
3. The set up for the operations were maintained and run by local volunteers along with staff from the Nature Conservation Foundation. All operations were carried out by doctors of the Animal Husbandry Department and from the doctors from Animal Rescue, Dharamshala and Tibet's Charity (4 doctors, in all).

4. After the operation, each dog was taken back by the person bringing it in and was responsible for taking care of the dog for at least the next 4 days (as requested by the Kaza Panchayat).
5. All dogs were treated humanely at the camp:
 1. All male dogs were sterilised and given rabies shots.
 2. Some females were sterilised (several were pregnant), but all were given rabies shots.
 3. Pups were given rabies shots.

The camp was carried out in three separate towns of Spiti – Kaza, Quilling and Kibber. By the end of it, we sterilised over 100 dogs and vaccinated over 175 dogs for rabies.

While this camp was largely successful, controlling the dog population will require for the initiative to continue, even if at a smaller scale. However, we need to focus on large camps at least twice a year, and to be carried out in Kaza and all other towns.

The entire programme was co-financed by the Panchayat, the local administration and involved NGOs.

Documentary of the 2013 10-day Rabies vaccination program.

This year the Rabies Vaccination outreach program by TCACS was documented on video. Volunteer and filmmaker Neil Pollick produced this half hour report of the 10 day program on behalf of Tibet Charity.

The footage was shot between September 27th and November 9th.

Visit: <https://www.youtube.com/watch?v=VWR5NN5MR1c>

World Diabetes Day Observed

The Health of Tibet Charity observed World Diabetes Day on the 14th of November 2013.

On the day, Tibet Charity organized a special public awareness program for the public of McLeod Ganj at Tibet Charity House.

Ms Tenzin Namsel explained that diabetes is a group of disease characterized by high blood glucose concentration resulting from defects in insulin secretion, insulin action or both. She mentioned the risk factors of diabetes which includes family history of diabetes, obesity, physical inactivity, prior history of gestational diabetes, hypertensive patient and hyperlipidemia (an excess of fat or lipids in the blood).

After explaining in details the various types of diabetes and the symptoms related to each type, she explained what treatments are required for each type of diabetes.

She made it known that before allowing the symptoms to develop and then go for treatments, one must strive to take necessary precautions to avoid the occurrence of disease in oneself by following the right food habit and physical activeness. She advised the people to take food rich in fiber such as tsampa (grounded roasted barley – staple food of the Tibetans), unrefined atta, brown bread etc. and to stay away from carbohydrate rich food such as white bread, potatoes, maida, white sugar etc.



She suggested that one should lead an active life and do regular exercises so as to keep body weight under control.

If at all one's body starts displaying various symptoms related to the disease, one must go for medical checkup and seek doctor's advice at the earliest to avoid occurrence of major complications such as increased cholesterol level in the blood, hypertension, clots, stroke, heart attack, dialysis etc.

Ms Tenzin Namsel took time to answer volleys of questions posed by the audience.

At the end of the talk, free blood sugar lever tests were done for people who were suspected of having the disease and necessary advice were given accordingly.

St Johns Ambulance Wales Annual First Aid Training

St Johns Ambulance Wales returned to Mc Leod Ganj for the 9th year in a row and gave 2 days training in Emergency First Aid to the staff and students of Tibet Charity. The regular annual visit was once again organized by our good friend Des Kitto.

Visit: <https://www.youtube.com/watch?v=1fABqMDOIHo>

Volunteering with Tibet Charity - Vishan's Story

A video account of Malaysian veterinarian Vishan Prembaj's time with us in 2013. Vishan helped us carry out our annual 10 day rabies vaccination program. In the film he talks about his motivations and experiences during his time in Dharamsala.

Visit: <https://www.youtube.com/watch?v=NoA5pGInc8E>