

Activity Report 2011-2012

Social Development Activities

Bringing light to the remote nomadic families in Ladakh

During the visit of the Director to some nomadic Tibetan communities in Ladakh, he found out that it was difficult for the nomadic families in these regions not to have electricity at home. The only source of light for many such families was the light provided by burning firewood or kerosene lamps. Due to their constant movement with their animals from season to season, it was also not possible for the administration there to provide them with stable electricity. On top of that severity of the cold climate makes it difficult to start any kind of hydel power stations.



So lack of proper lighting system not only effects their daily works in the evenings, it also hampers the studies of the children who go to local schools.

With the hope of providing more stable source of energy to the poorer section of the people in the region, we approached Save Tibet Austria for their kind help to provide solar lanterns to these families. They kindly approved the project and decided to finance the project.

Mr. DhondupTashi, Chief Representative of the Tibetans in Ladakh wrote in his project completion report, " We are very grateful to you for arranging funds for the purchase of 70 lanterns for distribution to the most needy and poor nomadic families. The beneficiaries expressed their gratitude for your kind consideration and good gesture towards the poor people in Jangthang which will go a long way to cherish in the memories of the poor people."

I thank Save Tibet Austria for their kind help and for bringing light to many families in the remote areas of Ladakh. I also thank Department of Homes, Central Tibetan Administration and the local settlement officer and his staff for helping us in purchasing and distributing these lanterns to the needy families in the region.

Thanks to their kind support, we have been able to provide solar lanterns to 70 different families in 9 different villages as per details below:

S. No.	Location	No. of lanterns issued
1.	Nyoma	06
2.	Goyul	05
3.	Kagshung	08
4.	Sumdho	12
5.	Chumur	04
6.	Samedh	05
7.	Hanley	27
8.	Chushul	02
9.	Kharnag	07
	TOTAL *	70

Our supporters from France visit Tibet Charity India

We have been highly fortunate to have been visited by Veronique, Odile and others from Grainesd'Avenir, France.

They visited our offices and discussed projects related to Grainesd'Avenir, France. They expressed their happiness at the way we have utilized the funds received from them. They also visited our English and the computer classes, and interacted with our volunteers and the students.



During their stay here, they also visited some of the elders being supported by them through us. After visiting one such family, they wrote to us saying, "I met Tenzin Bhutti...her life is terrible. What can we do??? Do you have any advice which could help them?? Thank you very much for the great job you do!" They also witnessed a man suffering from severe liver ailment coming to our office to seek help. They showed tremendous sympathy with the man and expressed their willingness to render whatever help they can possibly provide.

We thank them for taking time to visit us in spite of their highly busy schedule and showing sympathy to the plights of needy Tibetans. We also thank Grainesd'Avenir, France for their continuous support and request them to continue supporting us.

World Environment Day observed

The staff and students of Tibet Charity India joined the general public of McLeodganj in celebrating World Environment Day on 22nd April 2011.

Tea and snacks were served to all the participants after finishing the task.

We are happy to have contributed towards keeping McLeod Ganj clean.

On the occasion, the staff and the students cleaned the areas around Tibet Charity and the path used by people for circumambulation round the hill having the residence of His Holiness the Dalai Lama.



Tea and snacks were served to all the participants after finishing the task.

We are happy to have contributed towards keeping McLeod Ganj clean.

Kitchen Gardens in Tibetan Schools



Mr. StenMelson and Mrs. NetteVelsen helped Tibetan schools in setting up kitchen garden in their schools.

From 1st to 5th April 2011, they started the kitchen garden program at SherabGatselLobling School, Dharamsala. This school is more popularly known as the Tibetan Transit School.

The school has new comers from Tibet who are little above age to go to normal Tibetan schools in India. Here in this school, besides Tibetan and English as languages, the students are taught basics in computer and other life skills.

In this school, with the help of all the school prefects and some staff, Sten and Nette worked on turning an unused plot of land into a kitchen garden. They were really amazed to see the kind of efforts the participants put in and the enthusiasm shown by them in setting up a school kitchen garden. On

occasions, they had to walk a distance to collect river sand but no one showed any sign of disinterest. At the end of 5 days, the school now has a wonderful kitchen garden. Mr. Karma Chungdak la, the Director of Sambhota Tibetan Schools Society was there to give away the certificates to the participants. He urged the students to carry forward to the good work started by Sten and Nette.

They then had a short visit to Sambhota Tibetan School Bhuntar where they inspected the well maintained kitchen garden. They were really impressed by the progress made by the school in general and the kitchen garden in particular.

From 8th to 12th, Sten and Nette started making kitchen gardens for the homes in TCV Suja with the help from the home mothers. There too the home mothers showed great interest and at the end of 5 days, they were able to build kitchen gardens outside many homes of the schools. The Director of the schools thanked Sten and Nette for their kind guidance in setting up the kitchen gardens. He thanked the two for the sincere effort to help the Tibetan community.



Sten and Nette finally left for Denmark on 14th after successfully helping the Tibetan schools in setting up kitchen gardens. Mrs. Nette took time in both the schools to educate the students on diets and nutrition.

With this we hope that schools can now have some kind of self – sustainability in providing vegetables for the school kitchens. These vegetables will be surely more nutritious and natural. We thank them for their hard work and for their kind sincere effort to be of some help to the Tibetan community.

We also thank the administrations and the concerned schools for their kind cooperation in helping us with our effort to set up kitchen gardens in their schools. We hope the schools will keep up the good work started by Sten and Nette.

Annual Meeting of the Tibet Charity India held



The annual meeting of the Tibet Charity India was held in the hall of Tibet Charity on 18th October 2011.

The Director of Tibet Charity India Mr. TseringThundup explained the activities of Tibet Charity during the last financial year. He used power point presentation to clarify the activities conducted by Tibet Charity during the year for the benefit of the poor and needy.

The audit report of the last financial year was presented, discussed and passed. The budget for the next financial year was also discussed and cleared for its necessary

approval by the sponsors.

Besides appreciating the good work of Tibet Charity in the service of a Nation in Exile, they unanimously thanked all our sponsors, well – wishers and friends for making it possible for us to do the kind of activities we continue to do for the benefit of others.

The meeting passed the following resolutions as well:

Mr. SonamTopgyal, ex – KalonTripa and Ven. AlagJigmeLhundup, ex – Kalon with CTA were unanimously elected as the Chairman and Vice Chairman respectively of the Tibet Charity Governing Body for the next three years.

Mr. TseringThundup was elected as its Member – Secretary.

It was decided to apply for the registration of the Society under H.P. State Societies Act of 2006 and Mr. TseringThundup was authorized to do the needful on behalf of the Society.

Once the registration is completed, Mr. TseringThundup was instructed to apply for the registration of our Animal Care Section with Animal Welfare Board of India.

For the welfare of the new comers from Tibet and for the good of those who could not complete their schools, it was decided to start class III, V and VIII studies under Open Basic Education Program. Mr. TseringThundup was instructed to work for its accreditation with National Open Basic Education Program.

The next Annual Meeting was decided to be held in October 2012.

Founder, Tibet Charity visits Dharamsala.

Most venerable Lakha Rinpoche, Founder and Chairman of Tibet Charity visited Dharamsala along with Mrs. PiaLakha la and a group of 23 people from Denmark and Sweden. They stayed in Dharamsala for 6 days.

On 2nd of November, the group paid a visit to the Reception Center where they met some new arrivals from Tibet. The stories that were narrated to them regarding the situation inside Tibet moved many to tears. Next day they first visited the Old People's Home where they joined the elders in their prayers. Rinpoche then gave a brief speech to the elders highlighting the need to be good human beings.

They then visited Tibet Charity India where they were received with traditional Tibetan Scarves by the Director of Tibet Charity India, Mr. TseringThundup la. They first visited the classes and they were then invited to the hall where a small function was organized in their honour.

The Director first introduced Rinpoche to the audience and he then read out the activity report of the last two years.

Two students from our Education Center spoke on how much help it has been for them to get the opportunity to learn English here in our Education Center.

Rinpoche expressed his deep appreciation for the good work done by Tibet Charity India that has brought direct benefit to the needy people and the animals in the region. He thanked all the staff including the volunteers for their dedication and hard work.



On 4th November, they visited Tibetan Children's Village where they were given warm reception by the village Director. After the site visit, the village President narrated the brief history of the village. They were all overwhelmed by the efficiency and the manner in which the children are cared for. Some from the group decided to sponsor some children in need. They were taken to Tibet Charity Animal Clinic. They were all full praise for the manner in which the clinic is maintained and the amount of help it has been able to provide to the sick animals in the region.

On 5th November, they paid a visit to the Central Tibetan Administration complex. They were given detailed description of the functioning of Tibetan Parliament by the spokesman. They were then taken to the library which houses many important literary and handicraft pieces brought from Tibet.

In between, Lakha Rinpoche separately met the Governing Body members of Tibet Charity India. He thanked them for their guidance and for being a part of TCI. He also met the staff of Tibet Charity India and expressed his deep appreciation for their good work. He urged them to continue with their efforts towards the service of the people and animals in need.

We were all overwhelmed by the presence of Most Venerable Lakha Rinpoche and PiaLakha la amidst us. We thank them for their kind visit and we request them to visit us at least once every year.

Beds donated to a hostel for the poor

As per the wishes of His Holiness the Dalai Lama to help the poor from the Himalayan region of India, Tibet Charity donated 30 beds to a hostel close by.

The students are all from the remote Lahaul and Spiti area Himachal Pradesh. As the region has no proper school, many parents send their children to government and private schools in Dharamsala. Though the students from richer families rent private accommodations, the poorer ones are left with no place to live. So an abbot from a temple in Tabo decided to start a hostel for these children. After the completion of the hostel, students were moved in.

When the Director last visited the hostel, the students were found sleeping on thin mattresses laid on the bare floor. This will make life very difficult for them during harsh winter season.

Tibet Charity then approached Elisabeth Zimmerman of Save Tibet Austria for help and as always she readily agreed to help the hostel by funding the beds.

With the kind support of Save Tibet Austria, we were able to purchase 30 new beds for the hostel. These beds were handed over to the hostel authority on 21st November 2011.



Everyone, especially the children, were so happy to receive these beds. They can now have comfortable sleep at night. We thank Save Tibet Austria for this kind gesture.

Solar Lamp Donation

A solar lamp was donated to one of Tibet Charity Health Section's patients, Ms. TseringKyi who is in her late 70's.

She has been living in poverty in a mud house below the Old People's Home in Dharamsala for a long time. As she did not get a place in the Old People's Home, she has no option but to live on her own in this mud house. Lack of lighting facilities due to technical difficulties in connecting her house to an electrical source has made nighttime extremely difficult for her. In the past, Tibet Charity tried to help her by providing candles. However, there was an incident in which she fell asleep with the candle still burning, causing her slight injuries, and her house was nearly burnt down. Thus, we have deemed candles too dangerous for her to use.



Therefore, a solar lamp is a perfect solution—and in fact one

of her only options—to brightening her nights safely.

In addition to this donation, the TC Health Section's home nurses visit her frequently and offer her emotional and medical support, as well as aiding her in keeping her modest living quarters as clean and livable as possible.

Helping Keep Dharamsala Clean!

The students, the volunteers and the staff of Tibet Charity joined the public here in McLeod Ganj in cleaning the surroundings on the occasion of World Health Day.

Tibet Charity was given the area next to Tibet Charity house, the road leading to the Temple of His Holiness the Dalai Lama and the "Kora" road for cleaning.



We started collecting the waste thrown along the roadsides and along the slopes of the hill. More than 50 sacks full of wastes were collected which were mostly plastic, tin and glass containers.

Lack of any cooperation from the owners or the staff of the guest houses close by was quite disheartening as they are the main contributors of these wastes.

All those who did join us worked really hard for almost three hours and the area looked much more clean and beautiful when the job was done.

We served tea and snacks to those who were present at the end of the work.

We thank our students, volunteers and the staff for joining us in our effort to keep the area clean.

Thank You, Sponsor!



Dearest ErdaGschwendtner,

Save Tibet Austria and Tibet Charity, I would like to take this opportunity to thank you for your generosity in providing financial help to me for my B.Sc. nursing course through the Tibet Charity office. I feel highly lucky and privileged to be the recipient of this scholarship.

My name is Ngawang Dolma. I was born in Hunsur Tibetan Settlement in south India and brought up there by my lovely parents – father Sonam and mother Chokey. It was a dream since my childhood to help needy and sick people. I thought the best way to help such people would be to become a nurse. Your kind help has enabled me to join the Manipal College of Nursing which is a prestigious nursing institute known all over India and approved by Indian Nursing Council.

I sought your scholarship because my parents are old and they are not in any position to bear the expenses of my studies. Our main source of income is farming and a petty sweater business in winter. My youngest brother is the breadwinner in my family. Knowing all my problems, you have accepted me and extended the scholarship for one more year to cover my final year of studies. I am very thankful for your kindness.

I successfully completed my B.Sc. nursing course in August of 2011. I have done my best in both theoretical and practical courses throughout the entire program. After finishing my course I have confidence to work in any hospital.

Presently I am working in the main Manipal Hospital which is a two hour journey from Mangalore, where I studied. The hospital is quite large and is ISO certified 9001:2008. The hospital has 2300 beds with multiple specialties, including oncology, cardio, nephrology, medicine, dental, orthopedics, pediatrics, geriatrics, plastic surgery, operation theaters, etc. It has been two months since I began this job and it's all running smoothly. I have selected cardiology specialty, and presently I am working in the cardiology surgical ward. Within one year I will be exposed to all the specialties. My aim is to help all the brothers and sisters who have suffered under the Chinese once we get our freedom. I will try to acquire maximum experience in the hospital. If I find time to visit Dharamsala, I am ready to contribute my best to your service.

My future plan is to do a M.Sc. in Cardiology if finances permit it. I want to specialize in cardiology. I hope I will be able to fulfill my dreams. Once again, I offer my sincerest thanks to H.H the Dalai Lama, my dear sponsor ErdaGschwendtner, Save Tibet Austria, the Tibet Charity office and all the staff members of Tibet Charity for your generous support of my studies. I am sure you will continue with your spirit. There are many Tibetan students who really need you.

Yours Sincerely,
Ngawang Dolma
TCS – 8
Staff nurse
Manipal Hospital

Education Development Activities

First Summer Science Camp For Tibetan Students

The intention of organizing this camp was to give the participants an opportunity to work using scientific methods. They were asked to observe and analyze the actual outcome of their experiments. They tried to understand some of nature's forces. Participants were given opportunity to think and wonder.

Emphasis was given on a different teaching and learning style compared to the traditional education situation. Focus was more on hands-on experiments, teamwork, group discussions and critical thinking. The focus was on asking questions instead of just finding answers.

As for the resource persons, instead of looking outside for experts, made use of the expertise we have among our teachers. Starting with the two resource persons that we had this year, we hope to create a pool of resource persons from within our own teaching community. This should give them some pride and motivation to come up with more ideas and ways of imparting knowledge to the students.

After two days of learning and group discussions, the students showed a glimpse of their innovative skills by presenting various models using scientific applications as part of their project work.



It was not only learning with fun but they had plenty of opportunity to enjoy the scenic beauty of Manali. Besides evening outdoor activities, the third day was dedicated just to relax and have fun. They were taken to Solang Valley for picnic with kind support from Manali Parents' Association who provided vehicle free of cost for the picnic.

We thank Peter Hallum for kindly funding this camp. We also thank the Resource persons for making themselves available for the students. We thank the Education Directors of TCV Schools & Sambhota Tibetan Schools as well the Principals of the participating schools for kindly allowing students from their schools to join the camp. We thank the administration and staff of Tibetan School Manali for kindly

allowing us to hold the camp in their school. Last but not the least we thank all the participants for participating in the camp and for being wonderful participants as well.

Tibet Charity Volunteers visit nearby Tibetan settlements and schools

On Saturday May 7, a group of 5 volunteer English teachers went on the daylong trip to Bir, Chauntra, and other neighboring areas where Tibetans live.

We left at 7:30 from Tibet Charity, and reached CST Chauntra School around 10:20 a.m. The school secretary showed us around the school, which has around 400 students. We went into classrooms while they were in session, and the young students were engrossed in their studies. After that, we went to Zongsar Monastery. The main temple of the monastery is impressively large, and numerous steps lead up to the main entrance, which has symbolic Buddhist paintings outside. One of the paintings depicted various hells that are in Tibetan Buddhism; another depicted the world. There is a huge bronze statue of a seated Buddha inside which is flanked by two other smaller standing statues, and the space inside the temple is large enough to accommodate several thousand people.



After that, we went to Bir and had lunch at a Tibetan restaurant. Next, we went to the Bir Tibetan Settlement office, and met the representative, Ms. TseringLhamo, who welcomed us with 'thankas' and served tea and biscuits. She explained to us the work she does, and related to us briefly the story of Bir. She then took us to the noodle factory and the prayer flag factory outside, where our volunteers bought a few prayer flags to take back home. Next, we went to TCV Suja School. There was a basketball and a football match going on, and we toured around the campus.

After that, on our way back to Dharamsala in our taxi, the teachers marveled at the beautiful landscape of the looming Himalayas in the distance, and terrace farms, trees, and gentle sloping hills outside. We got back around 7:30. We all had a lovely day, and the teachers really appreciated the trip.

Volunteer's Day Trip to Bir, Chauntra and Norbulinka

On Sunday, October 16, our six volunteer English teachers, accompanied by a staff member, who served as their guide, went to Bir, Chauntra and Norbulinka on a day long trip to see other Tibetan settlements outside Dharamsala. Tibet Charity started this 'day trip' to familiarize its volunteer English teachers to other Tibetan settlements outside of Dharamsala. Our teachers of the 2nd Semester of 2011 are: Linley and Jemma from Australia, Edward and Jane from the UK, and Dustin and Haley from the US. We left at seven in the morning from Tibet Charity in Mcleodganj, and on the way, had 'parantas', curd, and tea for breakfast at a small 'dhaba', and reached Chauntra at approximately 9.30 a.m. Our first stop on our itinerary was the Sambhota School in Chauntra.

Chauntra is a small Indian town, and it has a small Tibetan settlement there. Most of the students at the Sambhota School are from remote and less-privileged areas of the north-eastern Indian state of Arunachal Pradesh. As we walked inside the school campus, we headed towards the school office. A teacher came out of her classroom and offered us to act as our guide, and took us inside several classrooms to observe, while the teachers were teaching. We went into each classroom, and were greeted with the smiling beautiful faces of the students. They were very friendly and brimming with energy. Next, we went to Zongsar monastery.



Zongsar monastery is only a few minutes down the road. There was nobody at the monastery since everyone had gone to TCV School that is just down the road, where the son of Sakya Rinpoche was giving a teaching. We went to the TCV School next. Our teachers were very impressed with the campus

of the school. The roads and the paths inside the school were very clean, and the landscaping was immaculately well maintained. Next, we decided to have an early lunch, and then come back to Zongsar Monastery. We stopped at an Indian 'dhaba,' and had a simple vegetarian lunch. After lunch, we drove back to Zongsar monastery.

At Zongsar monastery, we went inside the main temple where there is a huge seated statue of the Buddha. We took pictures inside and outside the temple. After that, we drove back to Dharamsala, and stopped at the Norbulinka Institute. Historically, the Norbulinka was the summer palace of the Dalailama in Tibet, but here the Norbulinka is a tourist attraction and makes and sells Tibetan clothes, furniture and accessories. There is a doll museum there, and the dolls represent Tibetans from the three main regions of Tibet: Central Tibet or U-Tsang, and the two regions of eastern-Tibet, Amdo and Kham. We had tea and snacks at the café there. We toured around the complex. The Institute has beautiful landscaping of trees, shrubs, and flowers. There is a koi pond with a bridge that goes over it. Everything is very well maintained, and it is a great place for tourists to visit. In their shop, their merchandise was quite expensive. We stayed there for an hour. After that, we went to Dauladhar Hotel in lower-Dharamsala, and had tea there. After that, we returned safely back to Mcleodganj, and our volunteers said that they had a great time.

Health Care Activities

Clinical Body Care Massage training for the home nurses



The home nurses and the new trainees are receiving special training on clinical body care massage from renowned Japanese aroma therapist, Ms Izumi Egawa.

The training started from 25th March 2011 and will go on for around another 40 days. The training is for a period of two hours every day in the afternoons.

The home nurses and the students will be taught various massage techniques to cure various body pains and ailments. They will also learn how to rid people of stresses and fatigues.

This training will be especially useful for our home nurses and the students as they will be mostly looking after people of old ages with all kind of body pains and stiffness.

We wish to express our heartfelt thanks to Ms Izumi Egawa and her team for kindly taking out the time to visit us and to spend time in imparting this valuable massage technique to our home nurses and the students.

As per the goal of Ms Izumi Egawa, we hope that the girls who receive these trainings will be able to provide the benefit of the knowledge to the people under their care. We also hope that these girls will be able to spread this knowledge to many more people so that the benefit can be maximized.

Tibet Charity's medical assistance and care to 'the Man in the Box'

Tibet Charity's medical assistance and care to 'the Man in the Box' was mentioned in the Wall Street Journal.

Our medical assistance to 'the Man in the Box' by our 'home nurses' and nurses, in the later stages of his life, was mentioned in an article in the Wall Street Journal under the title: Dharamsala's 'Man in the Box' dies.

The deteriorating condition of 'the Man in the Box' was brought to the notice of our Health Section in the winter of 2010 when his bedwetting was causing painful sores. Since then, he was receiving treatment for his wounds from our 'home nurses' and nurses. He was later taken to the Tibetan Delek Hospital when his condition deteriorated. But with not much signs of improvement and also due to his reluctance to continue staying in the hospital, he was later discharged from there.



Few days after he was discharged from the hospital, he breathed his last inside the 'box.'

We at Tibet Charity pray for his early rebirth. We thank all those who have extended all kinds of help to him making our task much easier.

Graduation Ceremony held for new Home Nurses of Tibet Charity

On Saturday, July 16, 2011, Tibet Charity celebrated the graduation ceremony of its second group of 9 home nurses. Dr. Tseten Dorjeelak of Delek Hospital and Mr. SonamTopgyallak, former KalonTripa of the Tibetan Administration in Exile and board member of Tibet Charity, were the two special guests. The Director of Tibet Charity, Mr. TseringThunduplak, gave the opening speech. He said that the 'home nursing' section was started to help Tibetan patients who had come from Tibet. In his speech, he told the graduating home nurses to perform their jobs professionally and with integrity, and not to do anything to damage the good name of Tibet Charity. He told them that their job is not that of a doctors' and that they should not attempt to treat patients on their own accord without a doctor. He finally said that he hopes to meet and see the home nurse girls in the future from time to time.

Mr. SonamTopgyal la, in his speech, said that helping others is one of the main points in Tibetan Buddhism, and he said that the home nurses will be doing a very important job in their communities. He praised the job nurses do, and said that their jobs are not only very beneficial to the community and also to themselves. He said that it is very important to be a good person and have a good heart.

Dr. Tseten Dorjeelak, in his speech, praised Tibet Charity for the wonderful work that it has done in the past ten years, and said that it should have a celebration to mark its 10th Anniversary this year. He said that when he talks to Tibetan people, they greatly appreciate the work Tibet Charity does. He stressed the importance of thinking creatively to solve problems in the Tibetan community, and said that a lack of creative thinking is one of the biggest problems in our community. He told the home nurses that they will be doing an important job in their communities, and said that they will be spending more time with patients than even the doctors, and so they have a great opportunity to help patients very directly. He told the nurses that the most important thing that they can say to their patients is to ask them what their biggest health problem is since most patients suffer from many health issues.

Penpa Dolma, one of the graduating home nurses who lives in Dharamsala, also gave a speech. In her brief speech, she thanked Tibet Charity for the opportunity given to the new home nurses, and she thanked Delek Hospital for the practical knowledge they gained there. Ms. Namsel la, the person-in-charge of Tibet Charity's Health Section, thanked the two special guests for coming to Tibet Charity, and

wished the graduating home nurses well in their work. Each graduating home nurse girl was then offered a 'khata' and a small gift containing books and other items. After the formal ceremony, lunch was served. After lunch, the graduation ceremony came to an end.



On the next day, the new nurses went to see Mr. TsewangYeshilak, the President of TCV schools, and Mr. NgodupDorjeelak, the Secretary of the Department of Home of the Central Tibetan Administration. They advised the girls to perform their duties well, and spoke some words of encouragement for the benefit of the new nurses. Some of the new nurses will be working under TCV school, and others will be working under the Department of Home. Tibet Charity will provide the salaries of the nurses.

The Home Nursing program came into being after Dr. GunverJuul of Tibet Charity, Denmark, observed that a lot of elderly Tibetan patients were in need of medical help in Dharamsala. Since the start of the program, our first batch of 4 home nurses have done a tremendous job helping elderly patients around Dharamsala. We wish the 9 new nurses well in all their future endeavours.

Workshop for Home Nurses Organized

Between 29 February and 2 March, two medical practitioners from Denmark held a workshop for ten nurses and health workers from the Tibet Charity clinic and other local health centers.

Malene Rossil is trained as an allopathic nurse specializing in cardiovascular health, and as a holistic biomedical practitioner. In her first session, she focused on methods for systematizing the processes by which nurses evaluate a patient's condition, provide a treatment plan, assess the efficacy of the plan, and adjust therapies as needed. In her second session, Ms. Rossil introduced more efficient systems of documentation. In her third session, she instructed participants to bring in case studies documented in the fashion she recommended. She then led participants in evaluating the patients' situations and the nurses' approaches, and suggested augmentations and improvements to current programs. Finally, she taught participants about natural and accessible remedies for common ailments.



Karin Ylönen is trained in psycho-motor therapy, massage therapy, family therapy and cranium-sacrum therapy. In addition to aiding Ms. Rossil in recommending appropriate supplementary treatments during the case study sessions, Ms. Ylönen focused on physical exercises and techniques for maintaining the health of bodily systems. These exercises have immediately been integrated into the programs being recommended by the participants for their geriatric patients. In addition, they are also proving to be beneficial to the medical practitioners who attended the workshop themselves. In addition, Ms. Ylönen also taught participants "chair gym" exercises for those whose age and/or injuries prevent them from completing exercises in a standing position. Additionally, her sessions covered topics of self-care for medical professionals and techniques for dealing with stress, trauma and loss.

As previously mentioned, the methods, techniques and exercises presented by Ms. Rossil and Ms. Ylönen are already being implemented, and are already proving to be beneficial to patient and practitioner alike. The general sentiment among participants is that this was an extremely educational experience. Participants have expressed gratitude and a determination to continue to increasingly integrate these approaches into their practice.

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Animal Care Activities

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Animal Birth Control Camp at Bir

Tibet Charity organized a camp aimed at carrying out Animal Birth Control and Vaccination program for the dogs in Bir from the 23rd to the 30th of March 2011. There is a large stray dog population in this area, many with severe skin problems (often commented on by locals and tourists to us during our stay). There had also been several dog attacks on children both in Bir and the surrounding Tibetan schools and as always rabies is a major concern.

The team consisted of one volunteer vet and the two full time para-vets (Mr. LobsangThukjee and Mr. TashiNorbu) who work at the clinic in McleodGanj. There were also a great number of very friendly volunteers from the local area to help with the catching of dogs, and who couldn't have been more helpful in the provision of operating and recovery areas, food and 'chai' and anything that was required.



The hospitality of the locals was second to none. The team was added to on the Sunday by the arrival of Dr. Arvind Sharma (Professor, Veterinary College, Palampur), and two veterinary students who kindly gave up their time and knowledge to assist with the program.

In all 43 dogs were neutered and vaccinated over the week, including one male that they had been unable to catch for the past 2 years and who was very aggressive and had bitten several people. One small pup was discovered to have a badly fractured leg that was successfully amputated during the camp, with one of the local volunteers kindly fostering the pup for his recovery (not that having only 3 legs seemed to slow him down at all!). Three of the local stray dogs with the most severe skin problems were brought back to the clinic in McLeod Ganj for further treatment (including one very debilitated puppy) while rabies vaccinations and treatment for some of the other less severely affected skin dogs were left for the local volunteers to administer.

The camp was kindly sponsored by Brigitte Bardot Fondation, France. We thank them profusely for financing our effort to help the dog population of the region. By keeping the dog population under control and by keeping them healthy, we are also able to ensure a safer place for the people in the region. The team would like to thank the people of Bir and its surroundings, not only for being such pleasant hosts, but for their support and interest in animal care and rabies prevention. We also thank Animal SOS Denmark for their continued support and the Worldwide Veterinary Service for providing voluntary vets.

ABC Camp at Norbulingka

The Tibet Charity was kindly invited to Norbulingka between the 5th to the 7th May 2011 to help control the stray dog population in the area. This collaboration between the Tibet Charity and the people of Norbulingka from prior programmes is encouraging for the future in controlling the stray dog population there.

Three volunteer vets from the UK (Louise Golden, Charlotte Rossor and Lucinda Carr) were more than ably assisted by Mr. Lobsang Thukjey and Mr. Tashi Norbu, two para-vets from Tibet Charity without whose help these camps would not be possible. We were fortunate enough to also have the skilled help of local vet, Dr. Sujoy one afternoon. During our time at Norbulingka 29 animals were sterilised (23 female dogs, 5 male dogs and 1 female cat); these animals and 2 privately owned dogs were vaccinated against rabies.

Our first female dog to be sterilised was also found to have a transmissible venereal tumour (TVT) that will require treatment for the next month with injections. The team very skillfully managed to catch one female dog from the area that has, for the past four years, eluded capture and so has contributed to the increasing stray dog population in the area, a great success! The dogs were mainly found to be in good body condition and recovered well from their procedures. One male dog was found to have an infected skin disease and so was brought back to the clinic in MacLeod Ganj to be treated.

The whole team was made to feel very welcome and we cannot thank everyone involved enough. They not only helped our team in catching dogs but also looked after the dogs and fed them after their operations. They extended all necessary help in ensuring the success of the camp. We hope to continue with our ABC programme in Norbulingka to ensure long term success in maintaining the stray dog population.



The camp continues to be kindly funded by Brigitte Bardot Fondation, France. We thank them profusely for their continuous support in our effort to help the dog population of the region. By keeping the dog population under control and by keeping them healthy, we are also able to ensure a safer place for the people in the region. We would also like to thank Animal SOS Denmark for their continued support and the Worldwide Veterinary Service for providing voluntary vets.

ABC camp at Khanyara

Due to the increasing population of stray dogs in the Khanyara area, the Tibet Charity organized a sterilization and rabies vaccination camp at Khanyara Veterinary Dispensary in May 2011.

camp took place over three days with the first day being dedicated to catching as many dogs as possible. Local people in the area notified us of where there were dogs and even assisted in the capture process! These dogs were kept overnight before being operated on the next day. In total 15 dogs were sterilized (11 females and 4 males) and given anti-parasitic treatment along with anti-rabies vaccination. To enable observation and to provide medicines following their surgeries these dogs were housed at the dispensary that night and released successfully into the areas they were captured the following day.

Two vets from England (Charlotte Rossor and Lucinda Carr) were assisted by Tibet Charity para-vets Mr. LobsangThukjey and Mr. TashiNorbu and very kindly for half a day by local vet Dr. Sujoy. We would like to thank Dr. Vishna for his hospitality during our time at Khanyara and for allowing the Charity full use of the facilities there.

As in other areas visited, these ABC programmes can only be successful in the long term by repeat visits and the continuing education and good will of the local people.

We would like to thank our sponsors without whose continuing support camps like this would not be possible, particularly Brigitte BardottFondation, France and Animal SOS Denmark. Also thanks to the Worldwide Veterinary Service for providing voluntary vets.

Camp at Sarah



Three dogs and six cats were successfully sterilized at Sarah College for Higher Tibetan Studies through the Tibet Charity-India Animal Care Section. Volunteer veterinarians Adrienne Hou and Ailena Baum from the United States performed the surgeries with the assistance of paravets LobsangThukjee, TashiNorbu and helpers Niina Baum and Yeega.

Surgery was performed in the college's infirmary on human examination tables. Following the procedures, the animals were housed in an outdoor pen and observed for several days. They also received medications for parasite control and anti-rabies vaccinations.

The people at the college have touched Tibet Charity's veterinary team with the love and care they give to the stray animals – one student constructed a den in her apartment for a mother cat and her litter of kittens. Another resident monk helped coax a cat into a classroom to be captured for sterilization. He later brought milk for the all of the cats in the recovery pen the day after surgery.

Unfortunately, one dog died under anesthesia. She had sustained an automobile injury and was limping slightly. During the surgery, a clot of blood-tinged mucous formed within her airway and she arrested. She could not be resuscitated despite prolonged efforts. Post-mortem examination revealed areas of bruising within the lungs.

Despite this tragedy, the local people worked together with the veterinary team to provide animal care and sterilization, and recognized that to spay and neuter is to reduce suffering, disease, and unnecessary deaths caused by animal overpopulation.

In addition to the people of Sarah College, Tibet Charity- India Animal Care Section would like to extend gratitude to the Brigitte BradotFondation France without which the Animal Birth Control camps would not

be possible. We are also grateful to the Worldwide Veterinary Service England and Animal SOS Denmark for kindly helping us find volunteers and paying for their accommodation respectively.

We thank the vet team who organized this camp and the staff & the students at Sarah for their wonderful cooperation.

World Rabies Day organized at Tibet Charity India

On Wednesday, September 28, World Rabies Day was celebrated at Tibet Charity India. Dr. H. R. Sankhyan – Deputy Director, State Animal Husbandry Department, was the chief guest at the ceremony. Also in attendance were Mr. SonamTopgyal la, ex-KalonTripa and the current Chairman of Tibet Charity, and Dr. Tseten Dorjee la, the chief medical officer of Delek Hospital.



The function started around 10 a.m. with an opening speech by Ms. RinzinWangmo. She welcomed all the guests, students, and others present. After her speech, Mr. SonamTopgyal la gave a speech in which he said that in Tibetan Buddhism, compassion for animals and all living things is a central tenet. After his speech, Dr. Tseten Dorjee la of Delek Hospital gave a speech. He praised Tibet Charity for the numerous things it does for the benefit of the community. He said that the success of Tibet Charity Vaccination program can be measured from the number of people coming to the hospital with rabid dog bite cases. During the last three years, he said that there has been none. Next, Dr. Sankhyan appreciated good works Tibet Charity continues to do for the welfare of the animals and he promised total support from their side.

Next, the Director highlighted the importance of the occasion and thanked all the sponsors especially Brigitte Bardot Fondation France, local administration, dedicated staff and the public for their support in ensuring the success of our Animal Care Programs. Next, Ms. YesheyDolma, concluded the formal function with the vote of thanks.

Tea and cookies were served to everyone present. After the short tea break, there was a Power Point presentation on Rabies by Ms. Namsel, in-charge of the Health Section. After her presentation on rabies, all the dogs, numbering around 150, that were brought to the Tibet Charity House were vaccinated. Starting from that day, Dr. Malena, a volunteer veterinarian from Denmark along with Mr. Thukje, and other staff members of the Tibet Charity staff will start the 10 days' mass vaccination program for dogs in areas in and around Dharamsala. We hope to vaccinate at least 700 dogs this year.

Tibet Charity Animal Care Center Resumes ABC Program

With the arrival of volunteer veterinarians, Susan Bird and Kevin O'Leary, from England in February of this year, and the subsequent arrival of UrpuSistonen from Finland, The Animal Birth Control (ABC) Program at the clinic of the Tibet Charity Health Care Section has resumed full operations. In addition to our foreign volunteers, we also continue to receive excellent guidance and support from Dr. Sujay Sharma, our local veterinary consultant.



During their one week stay at the clinic, Mr. O'Leary and Ms. Bird neutered three dogs and spayed 10 bitches. They also treated a numbers of dogs for diseases such as manges, distemper and parvo. In one particularly striking case, they treated a dog which was brought to the clinic with many porcupine quills in his face. For the first time, a

cow was given special onsite treatment by Mr. O'Leary, who has vast experience working with larger animals.

Straight after their departure, Ms. Sistonen arrived, and will spend 10 days with us. She likewise has abundant experience sterilizing dogs.

We hope to offer further services to animals in the region throughout the rest of the year.

We are very grateful to the Brigitte Bardot Foundation of France, without the support of which, we would never have been in a position to carry out the kind of animal welfare programs we have undertaken thus far, and which we strive to continue in the future. We are also grateful to Animal SOS of Denmark for their kind assistance in paying for the accommodation of vets who volunteer for us for durations of greater than three weeks. We also thank Worldwide Veterinary Service of England for their assistance in looking for volunteer vets and who provide us with much needed tools and medicines for use in the clinic.

Last but not least, we thank our volunteers who have provided such wonderful and essential help during their stays here. They are all extremely capable and sincere. We also want to thank in advance those intending to join us in the near future and we can assure you that your services are greatly needed and will be genuinely appreciated here.

First ABC & A-R Camp 2012 organized



The Animal care Section of Tibet Charity organized the 1st Animal Birth Control (ABC) and Anti-Rabies vaccination Camp of the year at Bir from 4th to 9th March 2012. During these six days, they also covered the TCV Schools at Suja and Chauntra.

Dr. NeerjaDatta and Dr. Rebecca East from England carried out the sterilization program on the dogs with the help of our vet team, Mr. LobsangThukje and Mr. JampaDhamchoe. As always, their task was made much easier by the local volunteers who have always been a big help in catching dogs and making other necessary arrangement for the camp and the stay of our vet team in Bir.

During the camp, a total of 28 dogs were neutered (22 spaying & 06 castrations). On top of that more than 100 dogs were given Anti-Rabies vaccinations. One dog with TVT problem was brought back to our clinic in Dharamsala for further treatment.

We have been organizing such camps in Bir every year as we believe that unless we carry out ABC and A-R programs in an area on more regular basis, the dog population and the problems related to them cannot be effectively controlled.

We are very grateful to Brigitte Bardot Fondation, France for kindly supporting us financially as without their support, it will not be possible to organize such camps and carry out other animal care activities.

We thank Worldwide Veterinary Service, England for helping us in finding such skilled and dedicated volunteer vets.

We thank Dr. NeerjaDatta and Dr. Rebecca East from England for being part of this camp and for doing the operations and treatments.

We thank the local administrations and the volunteers for helping us in running the camp and making the task of our team much easier.