

Activity Report 2010 - 2011

Social Development Activities

Entertainment at door steps for the elders - 4th December 2010

Tibet Charity brought entertainment to the doors steps of the elders at Old People's Homes in Dharamsala.

Jampa Ling Old People's Home in Dharamsala located below the 'kora' road just behind the residence of His Holiness the Dalai Lama has more than 140 elders. Though they are very well looked after by the Department of Homes under Central Tibetan Administration in exile, we felt that life could be quite dull for them with not much of an entertainment.

Dharamsala has lots of cultural programs being organized at various places but at many of these places, one need to pay entry fees and some of the venues are too far away for our elders to reach.

As they have all been witnesses to number of song and dance performances in their own area in free Tibet, we decided to organize Tibetan cultural song and dance programs for them.

After getting necessary approval from the concerned administrations, we invited dance troupe from Thangtong Lhugar Tibetan Performing Arts. They presented 10 variety items for them which completely thrilled our elders and brought back the memories of their good old days in Tibet.

They completely appreciated the programs and expressed their gratitude to Tibet Charity. All of them requested us to organize such programs in the future as well.

After seeing the amount of joy it brought to our elders, I hope I can organize more such programs, at least once a year, with some kind help from our sponsors.

Donation made for flood victims in Leh - 15 September 2010

We are very happy to have made a donation to Department of Homes under Central Tibetan Administration for the relief work at Leh.

As written earlier, there was a flash flood caused by a cloud burst in Leh on the night of 5th August 2010. The flash flood caused great damage to the area leading to loss of lives and damage to house and property. The houses which were mostly made of mud were greatly damaged forcing people to stay at temporary relief camps put up by local administration.

In order to bring the lives of the effected people back to normal, we have requested our well – wishers to kindly help the relief work. Some of them have paid directly to the Department while some have paid the donation through us.

A donation has been therefore made to the Secretary, Department of Homes.

I thank the entire supporter for their kind help. Your help will go a long way in ensuring speeding up the effort to bring the lives of the effected people back to normal at the earliest. I also thank all those who have paid the donation directly to the Department of Homes.

Director visits elders at Leh - 23rd August 2010

I was in Leh in connection with the workshop for the science teachers at SOS TCV Choglamsar from 9th to 13th August 2010.

During the period, I took the opportunity to visit the elders receiving sponsorship through Tibet Charity.

Though there are 15 of them in Leh, due to the massive flash flood and mud – slide, I could meet only five of them. The rest have deserted their homes and were away on hills fearing more flash floods and mud – slides. Those that I met were all fine. They have all expressed their heartfelt gratitude to Tibet Charity Denmark for kindly finding sponsors for them. They were all very thankful to their sponsors for kindly helping them at the late stage of their lives. They have all reached a stage where they were in no position to do any kind of work to make a living. So the sponsorship money is the only source of income with which to make a living.

Of the ones I met, Sechu Bhutti (SC 0047) and Samdup Lhamo (SC0053) were the ones worst affected during the mud – slide. Both of their houses were badly damaged and both got carried away for some distance by the mud – slide during the night along with their daughters and grand – daughters. They were lucky enough to hold on to some trees till they were rescued in the morning by the army. Though they were badly bruised, they were fine when I met them. One of the grand – daughters opened her eyes only after three days in the hospital.

Mr. Lobsang Tsering (SC0044) is in a bad state of health. He has been completely bedridden for the last few months. The people in his village take turn to visit him and cater to his needs.

I am happy to inform all the sponsors that whatever amount we have sent them has reached them uncut. They all pray for the good health and long life of their sponsors.

During my visit I also visited Ladakh Animal Care Organization to see how they work. I have had a very fruitful discussion with their chairman. They promised to visit the Tibetan camps whenever required and carry out ABC and Rabies Vaccination program. I introduced the Organization to the settlement officer and the school. I also had an opportunity to give a talk on Rabies to the staff and the students of SOS TCV School.

As the place was reeling under the devastating effect of the cloud burst, people everywhere looked shocked and scared. They left their homes to live in makeshift tents. Every time at night when there is a thunder or lightning, people ran to the mountains. In such a circumstance, there was nothing I could do as the need was huge. But I was happy to have got the opportunity to donate some tanks for storage of water in the makeshift camps as per the request of the Settlement Officer. This has been possible due to the amount given to us by the Social Development Section of Tibet Charity Denmark for such emergency use.

I once again condole the deaths in Leh and express my sympathy to the families of all those who have died during that tragic moment.

I request our entire well – wishers and friends to kindly donate generously for the cause of rebuilding the affected areas.

I also thank all my friends and well – wishers who have been concerned about my safety. Lack of communication has been the biggest problem during my stay there as both the telephone line and the internet connection were the worst hit.

Glad to be in a position to reply to you all through this newsletter.

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Education Development Activities
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Tibet Charity Education Centre closes for winter break - 5th December 2010

After successful completion of two sessions of Tibet Charity Education Centre (TCEC) in 2010, the classes officially closed for winter vacation with a formal function on 15th December 2010.

Chief guest: Venerable Alag Jigme Rinpoche, ex – minister in the Tibetan Government in Exile and present member of Tibet Charity Governing Body presided over as the Chief Guest on the occasion.

Tibet Charity Volunteers visit nearby Tibetan settlements and schools - October 4th 2010

As per the suggestion and gracious support of most venerable Lakha Rinpoche, founder and Chairman of Tibet Charity, we were happy to take our volunteers to visit the local Tibetan settlements and schools in the area. We wanted to give them a feel of how the Tibetans actually live in a closed community, outside the bustling tourist town of McLeod.

It was also our way of repaying them, though in a very small way, for all the help we receive from them in the fields of education, health care and animal care. They have come from various parts of the world at their own expense with the sincere desire to help us in our endeavor to assist the Tibetan refugees and the animals here in Dharamsala.

We all gathered outside Tibet Charity house at 7 a.m. on 4th October 2010, loaded up the taxi and made the two-and-a-half hour drive to Chauntra. Upon arrival, our volunteers were given a very warm reception by the school administration. After offering us tea and snacks, we were then given a tour of the school. Students in the music class entertained us with traditional Tibetan music and songs, demonstrating their skills with all different kinds of instruments. We all left the school admiring the cleanliness, discipline, and above all else, the loving smiles of the children.

We then went to see the magnificent Zongsar Institute of Higher Buddhist studies. We were all wonderstruck by the grandeur and the beauty of the place. In spite of housing close to five-hundred monks, not even the slightest noise could be heard. We were told that they were all engrossed in their studies.

We then had our lunch in Bir, and then from there we went to see the Sherabling monastery in the forest near Battu, a small Indian hamlet. We felt blessed to be in the presence of the tranquil and serene environment of the monastery.

It was around 5 p.m. when we finally arrived home in McLeod. We were all a bit tired but the experience of the day was something we all would cherish for the rest of our lives.

I thank most Venerable Lakha Rinpoche for this wonderful suggestion. We hope to make it a regular event in the future for our forthcoming volunteers as well.

A workshop for Science Teachers organized in Leh amidst hardship - 21st August 2010

A science workshop was organized for the science teachers of some schools in and around Leh. Though we have initially expected to have 15 participants from the region, some teachers could not attend the workshop due to the disaster that struck the region on 5th August 2010.

In spite of the natural calamity that struck the region, 7 participants did actually turned up.

The workshop started with a simple opening ceremony at 9 a.m. on 9th August 2010. The Director of the school was the chief guest, which was attended by the school principal, the headmaster, the Resource persons from Denmark, the participants and the Director of Tibet Charity in India.

All the speakers on the occasion expressed their shock at the loss of life and property and expressed their condolence to the bereaved families. But in spite of the tragedy, the speakers were unanimous in saying that life must go on and we as teachers must do our best to provide the best of education to the students. As science teachers, it was our duty to make the subject as interesting and as relevant to the lives of the students as we possible could. Thus science workshop must go on despite the tragedy that struck the region.

The workshop went on for five days during which time various topics in physics and chemistry were touched. The two resource persons Mr. Gunnar Cederberg and Mr. Erland Andersen taught the teachers how to make use of the resources available locally to carry out various experiments from the textbook. They were also taught how to make the subject more interesting and how to relate various topics in the subject related to the day to day life of the students.

At the end of the workshop, the teachers and the schools expressed their gratitude to the Resource persons for explaining things to them in the simplest of ways and in a very informal and cordial environment.

They also thanked Tibet Charity for organizing the workshop and Mr. Peter Hallum for kindly funding and planning the workshop. They all felt that the workshop has been very beneficial to them and they all promised to implement what they have learnt during the workshop in their day to day teachings.

We on our part would like to thank the two resource persons for coming all the way from Denmark and sharing their experience and knowledge with the participants. They have also been part of our workshops in the past for teachers in other areas of India.

We also wish to thank TCV Choglamsar for hosting the workshop and for warmly receiving us. I must particularly thank Mr. Choegyal Tashi, the school principal and Mr. Tsering Wangchuk, the school lab assistant for working very hard in making our stay comfortable and in ensuring the success of the workshop.

I thank the two resource persons who have been associated with us right from the very first workshop we organized at CST Chauntra. They were the resource persons also at TCV Bylakuppe and STS Gangtok. Their vast knowledge and experience have greatly benefitted science teachers at all Tibetan schools as well as some local schools in India and Nepal.

Last but not the least I thank Peter Hallum for planning these workshops. His effort in raising the education standard in the Tibetan schools is highly commendable. He has been providing the schools with educational CDs and helped setting up kitchen gardens in some Tibetan schools.

With the conclusion of the science workshop at Leh, we have now covered all the Tibetan schools in India and Nepal. We hope that both the teachers and students have greatly benefitted from these workshops.

Educational Tour for School Children Funded - 26th July 2010

Sambhota Tibetan School Shillong is located in the state of Meghalaya, North-East India and was established in the year 1980. The purpose of establishing a Tibetan school in this remote place is to cater to the educational need of Tibetan children whose parents are scattered all across the North- Eastern states of India. The school has been working diligently to preserve and promote the invaluable Tibetan culture, religion and language.

Presently they have 67 students and 15 staff members. Most of the students are from remote areas of Tuting (Arunachal Pradesh) and Nepal. These students had no-where to go during the 20 days Summer Vacation because of the distance and the poor financial condition of their parents. To make their stay in the school memorable and to compensate for not being able to go to home, the school office appealed to Tibet Charity, India for some help.

We on our part felt that having to live in the confinement of the school area for 12 months at a stretch will be too much for these young minds. On top of that the school area is not so much for the children to run around. So we felt that they surely needed to go for some educational trips which will not only provide them with some entertainment outside the school campus but will also provide them to understand the world better.

The students thoroughly enjoyed the trip and in the process learnt a lot of valuable lessons about wild life, flora and fauna, waves and the law of motion. The students thoroughly lived and enjoyed every moment of their stay in the zoo as well as the water park as we can see from the report that they submitted.

The school headmaster writes, "Finally it was well worth watching the satisfied look on the face of our students after the trip and they still discuss about the trip and what they experienced during this year's memorable summer break. For your kind help and support, our school shall ever be indebted to Mr. Tsering Thundup la, The Director, Tibet Charity India, for his continued support and for helping us to impart holistic education to our students. For your kind help and guidance we shall ever be indebted to you."

Renovation of Boys Hostel Toilet and Bathroom - 21st July 2010

We are very happy to write here about the completion of Toilet and Bathroom renovation work at Central School for Tibetans, Paonta Sahib.

As per the project proposal submitted by Sambhota Tibetan Schools Society, the administration running the Tibetans schools under CTA in India, the fund was released to the school to start the renovation.

As the toilets and bathrooms are attached to the hostel, bringing down the old ones and constructing new toilets were out of question. So the main renovation has been done on the walls, floorings, tapes and pipes of the toilet and bathroom. Tiles are fitted on the wall to avoid dampness and tiles are also laid on the floorings. There is now shower bath facility for the boys and two wash basins are fitted. There are four toilets attached to the bathroom. The entire renovation was completed on 6th June 2010 to the complete satisfaction of the school children.

The toilets and the bathrooms which were initially in a bad condition giving unhygienic look and stinking smell all around is now looking neat, clean and hygienic.

The Department of Education writes “would like to thank Tibet Charity for supporting this project. With completion of this work, students are overjoyed and delighted with new fixtures and clean bathroom and toilet, which we can see from their cheerful face”.

Tibet Charity Volunteers visit nearby Tibetan settlements and schools - 6th May 2010

As per the suggestion and gracious support of most venerable Lakha Rinpoche, founder and Chairman of Tibet Charity, we were happy to take our volunteers to visit the local Tibetan settlements and schools in the area. We wanted to give them a feel for how the Tibetans actually live in a closed community, outside the bustling tourist town of McLeod.

It was also our way of repaying them, though in a very small way, for all the help we receive from them in the fields of education, health care and animal care. They have come from various parts of the world at their own expense with the sincere desire to help us in our endeavor to assist the Tibetan refugees and the animals here in Dharamsala.

We all gathered outside Tibet Charity house at 7 a.m. on 30th April 2010, loaded up the taxis and made the two-and-a-half hour drive to Chauntra. Upon arrival, our volunteers were given a very warm reception by the school administration with ‘khatas’, a traditional Tibetan white scarf. After offering us tea and snacks, we were then given a tour of the school. We were amazed to see the pupils playing traditional Tibetan religious instruments including trumpets, cymbals and drums with so much skill. Students in the music class entertained us with traditional Tibetan music and songs, demonstrating their skills with all different kinds of instruments. We all left the school admiring the cleanliness, discipline, and above all else, the loving smiles of the children.

We then went to see the magnificent Zongsar Institute of Higher Buddhist studies. We were all wonderstruck by the grandeur and the beauty of the place. In spite of housing close to five-hundred monks, not even the slightest noise could be heard. We were told that they were all engrossed in their studies.

We then had our lunch in Bir, and then from there we went to see the Sherabling monastery in the forest near Battu, a small Indian hamlet. Though we would have loved to get the blessings of His Eminence Tai Situ Rinpoche, we were told that he was not feeling well. But nevertheless we felt blessed to be in the presence of the tranquil and serene environment of the monastery.

On our way back to Dharamsala we visited Tashi Jong, a small Tibetan settlement close to Palampur. We then went to see the nunnery administered by Ani Tenzin Pelmo, a British nun who undertook rigorous retreat in the hills. She wrote about her experience in her book entitled *A Cave in the Snow*.

It was around 6 p.m. when we finally arrived home in McLeod. We were all a bit tired but the experience of the day was something we all would cherish for the rest of our lives.

I thank most Venerable Lakha Rinpoche for this wonderful suggestion. We hope to make it a regular event in the future for our forthcoming volunteers as well.

Saturday Talk 2: The Middle Way Approach - 22nd April 2010

On 18 April 2010, Mr. Thubten Samphel, the Secretary of the Department of Information (DIIR), gave a talk on the single most issue concerning all Tibetans - The Middle Way Approach - which was formulated to peacefully resolve the Tibet-issue in a mutually beneficial way for both China and Tibet. The Middle

Way Approach is the current basis on which the Tibetan Government-in-Exile hopes to resolve the issue of Tibet once and for all, but despite “nine” Talks between China and the envoys of the TGIE from 1988-2010, a resolution is hardly in sight. The Middle Way Approach was the brainchild of His Holiness the Dalai Lama, but before making it the de facto strategy of the Central Tibetan Administration (CTA), He sought the suggestions of the members of the Tibetan Peoples’ Deputies, the Kashag (the Cabinet), eminent scholars, and other experienced people. The Middle Way Approach is not an ill-thought quick-fix solution to the Tibet issue; rather it is the will of the majority of Tibetans in Exile and within Tibet, and consolidated by the indefatigable support of HH the 14th Dalai Lama.

Mr. Thubten Samphel spoke to the gathered audience of students and staff in the conference room at Tibet Charity. He has a bachelors and masters degree from Delhi University, and a M.Sc. from Columbia University, USA. He spoke of the 17-Point Agreement that Ngabo Ngawang Jigme was forced to sign under duress. When China failed to live up to its end of the Agreement, HH the Dalai Lama in 1959 reneged on the Agreement. From 1959–’79, the Dalai Lama sought for the complete independence of Tibet. Mr. Thubten Samphel spoke of the dialogue that took between Gyalo Dhundup, elder brother of HH, and Deng Xiaoping, the then-leader of the Chinese Communist Party. Deng Xiaoping agreed to discuss anything except the issue of “independence of Tibet.” The Middle-Way Approach in no way seeks the independence of Tibet, and hence it adheres to the one criterion that Deng Xiaoping laid down for discussions on Tibet’s future status.

Mr. Thubten Samphel said that the Dalai Lama issued a statement in the European parliament at Strasburg on 15 June 1988 which outlined the nature of autonomy he desired for Tibet. He said the Dalai Lama thinks the only way forward is a “mutually beneficial” approach for both China and Tibet. Genuine Autonomy for Tibet means self-determination but doesn’t include foreign policy and defense. He said Hu Yaobang, the then-General Secretary of the CCP from 1982-’87, tried to bring about liberalization both in Tibet and China; he was later ousted for his liberal tendencies. He said 1989 was a watershed year for China: the former-USSR disintegrated, the Berlin Wall fell, and the Tiananmen Square tragedy precipitated. Thereafter, China changed the tone of its dealings with the CTA from being open to being outright hostile. He spoke for half-an-hour, and solicited questions from his audience. The Middle Way Approach has many Tibetan adherents who have complete confidence in the Dalai Lama; on the other hand, many reject the Middle Way Approach and back nothing less than the unsullied, complete Independence of Tibet. We thank Mr. Thubten Samphel for graciously accepting to speak at Tibet Charity and for taking out some time from his very busy schedule.

“Saturday Students’ Activity” - 9th April 2010

On April 3rd, the Upper-Intermediate English students performed the first “Saturday Students’ Activity” of this year. The students sang two songs, solved a crossword puzzle and asked many riddles; their teacher, Jannice Tanner, who is from Toronto, Canada, led them in their singing and other activities. They started the program by singing “Imagine” by John Lennon. The whole class stood in front of the audience of about 50 students and staff in the conference room. With the help of the projector in the conference room, the lyrics of the song were projected on the white screen behind the standing performers, and the audience was encouraged to sing along. After we all finished singing, the audience was asked to finish a crossword puzzle, and the clues were “body parts.” The first clue was: “We use this to think.” Many students shouted “the brain.” The crossword puzzle was solved without much difficulty.

Next, the Upper-Intermediate students asked the audience numerous riddles. Some were quite easily solved, while others proved very difficult, and the answers had to be finally revealed by the performers for the benefit of the audience. Here are some riddles that were asked: One of the easiest was: “What has four legs and cannot walk?” Somebody shouted “chair,” another shouted “table,” both of which of-

course are correct answers. Another was: "What are the two things you don't eat before breakfast?" The answer is: lunch and dinner, which a few got right. One of the trickiest was: "Why did the girl throw the butter out of the window?" The answer is: "because she wanted to see the butter fly;" there being a play on the word "butterfly."

At the end of the program, they sang "We shall overcome" which became very popular during the American Civil Rights Movement. Once again the lyrics were projected on the screen, and we all sang along with the performers. After that the Director of Tibet Charity Mr. Tsering Thundup la said a few words of encouragement for the students present. Only 50 students or thereabout were present since it is not mandatory for students to attend the extra-curricular activities on Saturdays. The Director spoke about the importance of public speaking and said that the Saturday Students' Activity is a great opportunity for students to gain confidence in speaking in front of large groups. On Saturday 17th April, our second "Saturday Talk" is scheduled, and the topic is "The Middle Way Approach of HH the Dalailama."

Talk on "Introduction to Tibetan Govt. in Exile" organized. - 29th March 2010

At Tibet Charity, we have wanted to do something special on Saturdays for our students for sometime. Beginning this year, we will have a special program on the 1st, 3rd and 5th Saturdays. One Saturday a month, an influential and knowledgeable member of the Tibetan community will give a "talk" at 10 a.m. On Saturday March 20, the first such talk took place. Mr. Tsering Wangchuk, the additional-Secretary of the Kashag, spoke passionately for 2 hours; the topic was "An Introduction to the Tibetan Government in Exile."

He was born on March 10, 1949 in Tibet. He came to India in 1983. Over 50 students and staff attended the talk. He spoke highly of the Tibetan Govt. in Exile (TGIE) throughout his fact-laden speech. He defended the TGIE against China's criticism of the TGIE by explaining that the reasons China blames the TGIE are not fact-based but are rather Chinese propaganda. He said that China often blames the TGIE for bringing back Tibet's harsh old feudal system that was discriminating and non-egalitarian. Nothing could be further from the truth, he said. The TGIE is the one that takes care of everything for the Tibetans-in-exile, he defended.

He made references to Tibet's old system of government before China forcibly occupied Tibet. He described the three parts of the TGIE: the Executive (Kashag), the Legislature (the Tibetan Parliament-in-Exile), and the Judiciary (the Tibetan Supreme Justice Commission). He enumerated the different Departments under the TGIE. They are: 1. The Department of Religion and Culture. 2. The Department of Home. 3. The Department of Finance. 4. The Department of Education. 5. The Department of Security. 6. The Department of Information and International Relations (DIIR). 7. The Department of Health. He pointed out that during official functions, the Judge occupies the most important position, followed by the Speaker, and then by the Prime Minister (the Kalon Tripa). He said that this shows that the Judiciary occupies a more important position than the Legislature, and likewise the Legislature the Executive.

He said there are three autonomous offices under the TGIE that are integral to the proper functioning of the TGIE. They are the Election Commission, the Public Service Commission, and the Office of the Auditor General. He explained in detail what each of these three important offices does. The Election Commission is responsible for overseeing the election of the 46 members of the Tibetan Parliament in Exile, the Speaker and the Deputy-Speaker of the Parliament, the Chief Executive, and Local Assemblies with their Chairpersons and Vice Chairpersons. The Public Service Commission is chiefly responsible for the recruitment and appointment of the Central Tibetan Administration (CTA) officials and the general staff, among other vital duties. The Office of the General Audit is responsible for auditing the accounts of all the

different CTA Departments and their subsidiaries. He talked about a number of other things but we won't be able to include in this brief summary.

Tibet Charity's Opening Ceremony - 25th March 2010

On March 15, 2010, Tibet Charity celebrated the Opening Ceremony of the new academic year. The Opening Ceremony started at 10 a.m. on this beautiful morning, and about 190 students, 4 volunteer teachers from the West, the director of Tibet Charity, and the other staff members were present.

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Health Care Activities

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Helping the 'Box man' - 30th December 2010

A man, now in his late 60's, has been all the time living in a small tin house at the side of a street in McLeod Ganj. As the house looks more like a box, people call him 'Man in the box or the Box Man'. He has always been mentally unsound and living on whatever he gets from people in the area. But he never begs for anything.

Though he has got blankets and mattresses given to him by locals, they were all very wet due to bed wetting habits. This has been a cause of great concern as weather has become freezing cold at night. The wetness in the blankets has caused it to freeze thereby making it too cold to use. His fingers and toes have developed sores caused by the frostbite.

With no one willing to touch him or treat him, home nurse girls of Tibet Charity nursed his wounds. They have been regularly visiting him to change the dressings on the wound. They also cleaned the place where he lives. They dried the wet blankets and the mattresses and gave him new blankets for use. Though he is not able to thank them, the expression on his face clearly suggests his appreciation of the help.

Under the care of the home nurse girls, he is recovering well.

People in general are full of praise for the kindness shown by Tibet Charity in general and the home nurse girls in particular.

Tibet Charity Funds AIDS awareness program - 1st December 2010

Tibet Charity funded the AIDS awareness program organized by the Health Club of Tibetan Children's Village School at Dharamsala on the World AIDS Day.

The school, in the report submitted to us writes, "Here in our school(Tibetan Children's Village School, Dharamsala Cantt.) , in order to promote awareness of AIDS especially to the youngsters, Fitness Source health club of the school carried out different programs which included a PowerPoint presentation and an AIDS worksheet which was filled by students and staff of senior section . The morning program ended with a documentary about a Thai girl who became the victim of the deadly disease through ignorance. In the evening the health club members, with AIDS T-shirts on, carried out the Run against AIDS Program and went till McLeod Ganj, the nearby town. On the way they distributed the pamphlets and notes on

AIDS to the local people. The evening rally ended with refreshments to the participants. On the whole the program realized its objective of spreading the education on AIDS to the school going children as well as the general public. We are very thankful to Tibet Charity without whose support the program wouldn't have been as successful. When we asked some students about the AIDS program, they replied by saying that they got good knowledge about the disease now – especially the triangular test for AIDS. They also shared their knowledge through the program. They knew about how one gets infected with AIDS, especially about the three high risk fluids (blood, breast milk and sexual fluids) through which HIV gets transmitted. Tibet Charity has supported this program by funding the purchase of the AIDS t-shirts, getting printout of more than one thousand AIDS awareness leaflets and refreshments for the participants. We are really very grateful to Tibet Charity for their sincere and full hearted support.”

We on our part wish to thank the concerned staff and students of the school for organizing this awareness program on the disease which is slowly but surely creeping into our small community in exile as well as inside Tibet. We need to make the public aware right from the time they are in school.

We hope to join and be part of more AIDS related campaigns and programs in the future.

First Aid and General Healthcare training provided - 2nd December 2010

First Aid and General Healthcare training was provided to the home nurse staff and home nurse trainees by trainers for St John Ambulance, Wales.

They received trainings on how to save someone's life in emergency cases before the patient is taken to a hospital. They are also taught how to handle situations related to daily occurrences at home, especially with children.

At the end of the training the trainees received certificates.

This is the third such training provided by the team from St. John Ambulance Wales. Previously they provided such trainings to the students of our English and Computer classes as well.

These trainings have been a big help to them in facing various situations at home and outside.

We hope that the present trainees can implement what they have learnt here in emergency situations. We also hope to impart this knowledge to more people around here.

We thank the team from St John Ambulance, Wales for the training they provided to our home nurse staff and the trainees.

An ambulance donated to Sangye Menlha Charitable Trust Chandigarh - 21st October 2010

Tibet Charity is paying the rent of some rooms in Chandigarh which are being looked after by Tsering Dolker (Sector 15) and Sangye Menlha Charitable Trust (Naya Gaon). These rooms are rented so that the patients coming from places around Chandigarh can stay at a minimal price when they come to the city for treatments.

But we have seen that Naya Gaon is little outside the city and away from the Post Graduate Institute of Medical Science (PGI), the hospital where the patients prefer to go for treatments. It therefore becomes difficult when the patients, especially the serious ones, have to reach the hospital in a hurry with no taxis around the area.

We therefore felt that an ambulance there will be a big help for the patients, especially during emergencies and at night time. On 8th of October 2010, the ambulance was inaugurated and dedicated to the patients. With this, we are sure that the patients will be greatly benefitted.

Compassion in action - Abandoned man found help from Home Nurse girls - 16th October 2010

While the home nurse girls were visiting the sick and old people needing their care, they came across a man very sick and abandoned at the bus station. The girls immediately went forward to help him and tried to get to know more about him. Though he could say his name, he was not so sure of his age and his place of residence. He looked to be around 60.

After all their efforts to search for his family had failed, the girls took him to Delek Hospital where he was admitted. After doing necessary medical check-ups he was found to be suffering from multiple ailments.

The girls did not stop at that. They took turns during the daytime to be beside the man working as his attendant. They did everything for him from feeding to putting on the diaper (he was too weak to go to toilet) and cleaning him. Tibet Charity also hired a male attendant to look after him through the night.

He was then taken for investigation to two hospitals outside Dharamsala and was found to be HIV positive.

In the meantime the nurses continued to look for his family members as the patient seemed to have lost his memory. Finally we came to know that he was from the army. We then approached the Association for the ex-Tibetan soldiers who gladly agreed to take him to the military hospital. We were also promised that he would be admitted to an Old People's Home when he was strong enough.

However, at the military hospital he unfortunately succumbed to his illness.

Nevertheless our girls did their best and we were very well supported by CHOICE, Delek Hospital and the Association for the ex-Tibetan soldiers. We thank them all for their support.

We express our heartfelt sorrow at the loss of his life and our prayers are with the deceased so that he may rest in peace. We also pray and hope that he will have a speedy rebirth.

Tibet Charity Emergency Medical Fund - 17th July 2010

Tibet Charity Emergency Medical Fund was created in 2008 to help those patients requiring treatment for life threatening illnesses yet don't have the money to do so.

It all started with a monk into my office in the beginning of that year asking for some money to carry out some treatment for some illness. At that time as we did not have separate money for such purposes, I had to politely refuse. After a few months time I came to know that the monk has passed away.

That really gave a big jolt to me. A few thousand of rupees could have saved his life if I had the money at that point of time.

So we felt guilty for not being in a position to save the life of that monk. A life of someone is surely much more precious than few thousand rupees.

Then we discussed means to avoid such incidence in future and she came up with this novel idea of setting up Emergency Medical Fund so that people with similar problem can be helped.

Since then we have been working very hard to raise some fund for this project.

Because of their kind support, we have been able to bring hope into the lives of some people who could have easily given up due to lack of necessary fund to carry out the required treatment.

I am writing down the names of the people who have received help from us from this Fund.

Sl.no.	Name of Patients	Nature of ailment	Address
1.	Lobsang Choedak	Heart problem	Norbulingka, Dharamsala
2.	Ven. Kalsang	TB	Gangtok
3.	Ven. Yeshe Wangyal	Chronic Kidney Disease	Mundgod
4.	Gyaltzen Topgyal	Renal Failure	Mundgod
5.	Lobsang	Child Birth	Dharamsala
6.	Migmar	Gernitominary T.B.	Norbulingka, Dharamsala
7.	Tenzin Kachoe	Acute abdominal pain	Mundgod
8.	Samdup	Gall stone	McLeod Ganj, Dharamsala
9.	Mrs. Dawa Dolma	Brain Hemorrhage	McLeod Ganj, Dharamsala

Finally I can assure you that you have and will give new lease of live to many people.

Diabetes Type 2 Prevention Health Talk to the Tibetan Government Staff. - 11th May 2010

On 6 May 2010, Tibet Charity Health Care Section organized a talk on the prevention of type 2 diabetes to members of the Tibetan Government-in-exile, and the Tibetan community living in and around Gangkyi at the Gangkyi Mess. Margrethe, a nurse from Denmark and currently teaching the new batch of home-nurses here, did a PowerPoint presentation, and Mrs. Tsering Lhamo, in-charge of the Tibet Charity Health Care Section, served as a translator for people who can't understand English. During this talk, we found seven cases of diabetes, five people with high blood pressure and four people with high blood sugar levels. Those with high blood pressure and high blood sugar were given a 'health talk' about their diet by our four home nurses, who work fulltime at the Tibet Charity Health Care Section. The five people with diabetes will be given a special talk by Margrethe from Denmark on another day.

This was followed by checking fasting blood sugar of 70 people, of ages 40 and above on 7 May 2010.

World Health Day.2010 – 7th April 2010

Women's health education talk given to upper TCV girls from class 9, 10, 11 and 12. An hour of talk was followed by half an hour of questions and answers. It went on very well and the school authority has asked me to give talk on the same subject to girls of class 6, 7 and 8.

First Aid Training to the home Nurse trainees – 9th April 2010

St .John Ambulance started to teach First Aid to our new group of Home Nurses and the Students from our education section of Tibet Charity for 2days.This time Marion and Des Kitto have come. They have just come to make a survey to continue their First Aid training for another three years in Himachal Pradesh.

Training of the 2nd batch of Home Nurse girls started - 13th April 2010

After seeing the tremendous benefit the Home Nurse girls had on the old and sick in the region, Tibet Charity Health Section decided to train few more girls from areas outside Dharamsala so that the people under similar problems elsewhere could enjoy the benefit.

The Home Nurse project was first started in 2006 with 6 girls and two local Indians. The idea was to provide necessary assistance to the sick and old having no one else looking after them. It has been generally seen that people of old ages when they fall ill prefer to stay at home rather than spend times in the hospitals. When they do that they experience great many difficulties. So the home nurse girls that we have visit them and provide necessary assistance in terms of taking them to hospitals if required. They then make sure that the patients follow the instructions of the doctors. The girls also clean their homes, give them bathes, cut their nails etc. They do everything a good child is expected to do towards his/her parents when they become old or sick. More than the nursing the

Now with the new trainees, we hope to bring similar benefit to the old and sick of regions outside Dharamsala. Most of the trainees we have are from remote regions where there are no good hospitals.

The training of the second group of Home Nursing girls started from 19/03/2010 with 7 girls and the training will go on for 18 months. 5 girls are from Upper TCV, one girl from Mainpat Tibetan settlement (MP) and 1 girl is from Tenzingang, Bomdila. (AP).The 4 girls from TCV are already working with Old People's Home in TCV and now this extra Home Nursing training will help them to gain more knowledge to serve the old people more efficiently. One girl from TCV is presently without any job. Hopefully TCV will be able to provide her with a job after the completion of the training. The two girls from the Tibetan settlements will go back to work in the Old People's Home in their respective settlements after the training is completed.

During the course of their training, these girls will receive instructions and training from experts from various parts of the world besides Dr. Gunver Juul and our own Mrs. Tsering Lhamo.

Lakha Lama, the founder and Chairman of Tibet Charity met these girls and appreciated their enthusiasm to support people in need. More than the technical knowledge they receive at Tibet Charity, he asked them to develop compassionate feeling towards the sick and old.

We wish the trainees a very best of luck in their training and we hope that they will all pass out with flying colors.

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Animal Care Activities
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ABC and A-R Vaccination program organized at Chauntra - 7th December 2010

We are very happy to have organized Animal Birth Control (ABC) and Anti – Rabies vaccination program at Chauntra on the request of TCV School at Chauntra.

Three volunteer vets from England carried out the operations and vaccinations of the animals. They were ably assisted by one volunteer vet nurse and one volunteer dog catcher (both from England). Our own para - vet and vet attendant were of course there assisting and overseeing the activities.

The team was full of praise for the kind of cooperation they received from the school administration and the students of the school. They not only helped our team in catching dogs but also looked after the dogs and fed them after operations. They extended all necessary help in ensuring the success of the camp.

Our team was also assisted by Dr. Katwal, a local veterinarian in carrying out the operations and other required treatments. He also promised to do the necessary treatments of the dogs in case some complication develops after the departure of our team.

During the camp, 40 dogs were sterilized of which 19 were male and 21 females. Besides sterilization they also gave Anti Rabies vaccination to 42 dogs. We are grateful to the staff and the students of TCV Chauontra for kindly hosting the camp and extending all necessary help.

We owe our gratitude also to Dr. Katwal for joining our team during the camp and for promising to treat the dogs in case some complications develop after our team has left. Last but not the least we thank volunteer team. They have done an excellent job during their stay here.

765 dogs given anti-rabies vaccination - 14th October 2010

As part of our program to join the global community in its effort to make rabies history, we on our part carried out mass vaccination program to make the region a Rabies Free Zone.

At Tibet Charity, a small function was organized on World Rabies Day on 28th September. During the function, various speakers educated the public on Rabies and its prevention.

The function was followed by a vaccination program for dogs in places in and around Dharamsala. Our team of vets and para-vets went from street to street and door to door so that the maximum number of dogs could be vaccinated. Starting from Tibet Charity house, they went to towns, villages, schools and monasteries around here. At some places, they went on foot so that the remotest of the places around here could be reached.

They finally wound up their program on the 8th of October 2010 when they vaccinated dogs in the lower Dharamsala area. We are very thankful to the general public, the schools and the monasteries around here for their wonderful cooperation. The cooperation of the general public made the task of our team much easier.

We thank our own vet staff for working so hard during the 11 days in spite of the risks and difficulties involved while carrying out their work.

The details of the number of dogs vaccinated are as under:

Date	Places covered	No. of dogs/cats vaccinated
28/09/10	Tibet Charity House area	33
29/09/10	Mcleodganj area	127
30/10/10	TIPA road and Dharamkot area	54
01/10/10	Mcleodganj area	48
02/10/10	Forsythganj, TCV and Naddi Village	163
03/10/10	Jogiwara, Ghamroo, CTA and Mentsekhong area	43
04/10/10	Norbuling, Sidhbari and Rakkar	157
05/10/10	Lower TCV, Khanyara and Sarah	31
06/10/10	TCV Gopalpur	36

07/10/10	Tirlokpur, Dolmaling and Shugseb Nunnery	20
08/10/10	Lower Dharamsala area	53
	TOTAL	765

World Rabies Day observed in Dharamsala - 28 September 2010

World Rabies Day was observed here in Dharamsala at Tibet Charity House on 28th September 2010 along with the international community across the world.

On the day, Dr. Ashwini Gupta, the Deputy Director of Himachal State Animal Husbandry Department was the chief guest and Mr. Wangchuk Phosur, the Secretary Department of Health of Central Tibetan Administration was the Guest of Honour. The function was also attended by local vets, para-vets and large number of people from the region.

Mr. Tsering Thundup, Director of Tibet Charity briefly explained how Tibet Charity Animal Care Section (TCACS) was started and he also explained various programs initiated by TCACS to control the dog population in the region and also control the spread of rabies and other diseases among the stray dogs and cats. He outlined the programs in store in connection with the World Rabies Day which includes mass vaccination program for the dogs in the region. He explained that during the first year 700 dogs were vaccinated and last year 650 dogs vaccinated. This year he hopes more areas would be covered and more dogs vaccinated. Our target he said is 1000 dogs.

He explained the roles played by Gunver Juul of Tibet Charity in starting the TCACS and in keeping it running. He thanked the state administration, most of all the Animal Husbandry Department, Dr. Arvind Sharma and the team of local vets for their continuous support. Last but not the least he thanked all the volunteers who have been a part of our program.

His speech was followed by the speech from Dr. Ashwini Gupta, the Chief Guest on the occasion. He lauded Tibet Charity for the steps taken by it in reducing the dog population and in controlling diseases among them. He assured all necessary assistance from the side of his administration to TCACS. He then went on to explain various causes and symptoms related to Rabies and he also explained steps one needs to take in order to avoid deaths from bites of rabid dogs.

Miss Tenzin Namzey, in-charge of Tibet Charity Health Care Section used power point presentation to explain to the public various aspects related to the disease.

The morning function was followed by the start of mass vaccination program and the Chief Guest gave the first vaccination to our own dog. He was followed by the local vets. With this we started the mass vaccination program for the dogs which will go on for the next ten days.

More news on the outcome of the vaccination program will be put up after the vaccination program is over.

ABC and Rabies Awareness camps organized at Tashi Jong and Bir - 17th May 2010

Tibet Charity Animal Care Section organized Animal Birth Control and Anti – Rabies Vaccination camps at the Tibetan settlements at Tashi Jong and Bir. Along with these camps special talks were also organized

for the public where the public were educated on the importance of such camps. They were also given extensive talk on Rabies and what one needs to do if one is bitten by a rabid dog.

The camps were organized at Tashi Jong from 14th to 16th May and at Bir from 17th to 19th May 2010. At both the places our team was very well supported by the local youths in catching dogs. This has made the task of our team much easier as they need not have to waste time in catching them. The settlement offices also extended their full cooperation in providing our team with proper place to stay during their stay in the place. Nice and well ventilated rooms were provided for our team to carry out the operation.

At both the places our team of vets have carried out sterilization program on more than thirty dogs each of the two places. More number of dogs were provided anti – rabies vaccination. They also treated some dogs for some other problems as well. Two dogs were brought all the way to Dharamsala for further treatments.

The Director used power point presentation at both the places to inform the public, the importance of such camps. Mrs. Tsering Lhamo and Ms Tenzin Namzey educated the public at Tashi Jong and Bir respectively on rabies. They explained how rabid dogs can be identified and what one needs to do if bitten by a rabid dog. At both the places, people in large number including school children and monks attended these talks. The questions raised by them on the disease were also answered.

The doctors organizing these camps were Dr. Mihai Swift from England and Dr. Maria Reimann & Anette Valeur Axelsen from Denmark. They were assisted by our own staff Mr. Lobsang Thukje and Mr. Tashi Norbu. In between the camps we were provided much needed help by Dr. Arvind Sharma (Professor, Veterinary College, Palampur), Dr. Sujoy Sharma (Vet, Yol Camp), Dr. B.N.Sharma (Senior vet, Dharamsala), Dr. Katwal (Chauntra) and Dr. Catherine Schulz from Australia.

We wish to extend our thanks to all the people mentioned above and to all those who have helped us in ensuring the success of these camps and in ensuring comfortable stay for our team in these places.

Tibet Charity organized ABC – AR camp for the dogs of Lower Dharamsala area – 10th April 2010

Tibet Charity organized Animal Birth Control and Anti – Rabies Vaccination (ABC – AR) camp for the dogs of the lower Dharamsala area from 5th to 10th April 2010.

The growing population in lower Dharamsala area and the threat it posed to the human lives has been a cause of great concern to us as well as to the local administration. After a meeting with the Sub – Divisional officer and the Executive Officer of the municipal committee, Dharamsala, we decided to organize a six days' camp specifically for the dogs of the lower Dharamsala area.

Before we started the camp we carried out public awareness program using public address system. We also distributed pamphlets specifying the reasons for organizing this camp. We have also requested the support of the public in catching dogs or in locating them for us. We also sought the help of Traffic Police in allowing our vehicle to park wherever required while catching dogs during the period of the camp.

We were given full support by everyone and we were ably assisted in our work by the Animal Husbandry Department and the vets from the local area. The camp went on successfully for six days during which time 72 dogs were operated and given Anti – Rabies vaccination. Of the 72 dogs one unfortunately died due to excessive bleeding after the operation. We arranged proper burial for the dead dog with Buddhist prayers. May he gain speedy rebirth in a human form.

The doctors involved in the camps were Dr. B. N. Sharma, the senior veterinary officer Dharamsala, Dr. Sujoy Sharma, veterinary Officer, Yol, Dr. Atul Puri, veterinary officer, Kotla and Dr. Mihai Swift, a volunteer vet from England. Dr. Arvind Sharma, our consultant and a professor at Veterinary College Palampur also joined us on the last day. They were given very good assistance by our own dog catchers – cum – vet attendants. Bishan Dass too offered his service during the period of the camp. 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.

Though the camp is a good success, we need to organize such camps on a more regular basis to see some long term impact. With the kind support from our well-wishers, with the kind support from the local and volunteer vets and with the cooperation of the local administration we definitely hope to organize more such camps in the region.

Construction of new kennels for dogs completed - 12th April 2010

Tibet Charity Animal Care Section is to have completed the construction of new kennels for dogs.

In the past we have had metal cages to keep the dogs before and after operations/treatments. These metal cages are small in size which hampers the mobility of the dogs once inside the cages. The small size of these cages also makes it tough for the dogs in extreme cold and hot weather. Then during rainy season rain water tend to make way into these cages thereby soaking the dogs in the cages. So the cages were not at all found suitable and convenient for the dogs. In their attempt to escape from these metal cages, they sometimes hurt themselves and some cause great damage to the cages as well.

Seeing the disadvantages of the metal cages a need for the construction of concrete kennels were discussed with Dr. Gunver Juul during one of her visits to Dharamsala. She kindly and immediately agreed to take up the matter with the Board of Tibet Charity Denmark who lost no time in sanctioning the project.

Construction of the kennels is now completed. We have constructed seven kennels and each kennel has comfortable space for three to four dogs at a time. We now not only have more comfortable place to keep the dogs after operations/treatments but we also can keep more dogs at the same time. This would allow us to do our ABC programs on more dogs in a day.

Tibet Charity joined local Vets in organizing a Camp. - 10th February 2010

Tibet Charity organized a camp aimed at carrying out Animal Birth Control and Vaccination program for the dogs in Dhari, a small Indian village close to Dharamsala.

This camp was organized at the request of local Indian administration to curb the increasing menace caused by the growing dog population.

The Doctors carrying out the program for us were Dr. Sujoi, Dr. B.N. Sharma and Dr. Atul Puri. These three are well experienced veterinarian of local vet hospitals.

The camp went on for three days during which time more than 25 dogs were sterilized and vaccinated.

This collaboration with the local vets marks a beginning of a new chapter in the history of our Animal Care Program. Such joined collaboration will enable us to carry out animal welfare programs and organize

camp even when no volunteer vets are available. All the three vets have promised their full cooperation whenever their helps are required.

We thank the local administration and the vets for making the camp a success.

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General Activities

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Dr. Gunver Juul in Dharamsala - 20th November 2010

Dr. Gunver Juul, a governing body member and in-charge of the Health Section of Tibet Charity Denmark was in Dharamsala from 14th October to 7th November 2010.

Her visit is a much awaited event for the poor and sick people of the region. Using her unique diagnosing system, she tests people for various ailments. She not only tests them but also provides them with homoeopathic medicines for their recovery. Cases of people convalescing after long time illnesses abound in the region. Except for the first few days of her arrival, during which time she took time to meet various departments and institutions, she was all the time in the clinic with patients. During her stay here this time, she checked and treated more than 50 patients.

Some patients were even referred to Chandigarh for further necessary treatments.

She also visited the Tibet Charity Animal Care Centre to get first hand information about the progress of the centre. She expressed her happiness over the successful functioning of the Centre.

On top of that she took time to teach the new home nurse trainees who were all too eager to receive the knowledge from such a vastly experienced and knowledgeable person as her.

Like always, she spent time with the office staff to clear any pending issues between TC Denmark and TC India.

We at Tibet Charity thank her profusely for all her good thoughts and actions for the well being of poor and needy Tibetans and of course the animals.

Tibet Charity finances first edition of PADMA -- 2nd June 2010

Tibet Charity is happy to have financed the first edition of health Magazine PADMA published by KUNPHEN, an NGO working for the rehabilitation of drug addicts and working on creating awareness among the public regarding Drugs and HIV.

This magazine has been started with the sole aim of creating public awareness among the public regarding the ill effects of drug usages. The magazine also aims to teach the youth who are already into drugs the ways to get out of the addiction.

There are also quite a number of articles on HIV. Its causes and preventions are explained in a very simple way so that everyone can understand. They hope to create awareness among the public – especially the youths regarding this dreaded disease.

We are very happy to have been able to finance it as we are very much worried about the growing incidence of drug addiction among the youths and growing number of people with HIV.

We hope with the publication of this magazine, the people in general and the youths in particular will be more careful in their attitudes towards drugs and HIV.

We wish the magazine every success.

We thank Health Section of Tibet Charity Denmark for kindly funding the project.

Lakha Lama, the founder and Chairman of Tibet Charity visited Dharamsala - 6th April 2010

Most venerable Lakha Lama, the founder and chairman of Tibet Charity visited Dharamsala from 21st to 29th March 2010.

On 22nd, he visited the Animal Care Centre of Tibet Charity. He consecrated the new site and also inspected the new kennels. Rinpoche met the two staff of TCAC and praised them for the service they render to the sick animals of the region.

On 23rd he visited Tibet Charity and held a special meeting with the new home nurse trainees. In his address to the trainees, he emphasized the need to generate compassionate and humane feelings towards the sick and the old while dealing with them. He requested them to be patient with them as people tend to become quite irritable when they are old and sick. He praised them for the initiative they have taken to dedicate their lives to the service of the old and the sick. He also visited the classrooms and observed the lessons.

On 25th, he had a special audience with His Holiness the Dalai Lama. In the evening he had a dinner with the staff and the volunteers of Tibet Charity India. He thanked the volunteers for coming from places faraway and for the service they render to the Tibetan community by working as teachers or vets or nurses. He also praised the staff of Tibet Charity for the wonderful job they have been doing for the betterment of the poor and needy people and the animals.

On 26th, he visited Norbu Lingka where he met His Eminence Gyalwa Karmapa and in the evening he had a special dinner with Professor Samdhong Rinpoche, the first directly elected Prime Minister of Tibetan Government in Exile.

During the period of his stay here he also met the people of his community who sought his blessings and advice.

On 29th he left Dharamsala for Denmark.

We thank Rinpoche for the time he has spent with us. We all wish him good health and long and prosperous life.

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