

## **Introduction:**

The office of Tibet Charity India, a unit of Tibet Charity Denmark started operations on 1<sup>st</sup> of Jan. 2005, though the formal inauguration of the building happened in Sept. 2004.

Tibet Charity India is now a registered body under the constitution of India.

## **Staff:**

Presently Tibet Charity has 8 staff members.

<b>Sl.No.</b>	<b>Names</b>	<b>Designation</b>
1.	Tsering Thundup	Director
2.	Tsering Lhamo	In-charge, TC Health Section
3.	Jigme Tenzin	In-charge, TC Youth Center
4.	Tsering Chokey	Accountant-cum-office Secretary
5.	Sonam Dhargyal	Computer Instructor
6.	Nyima Lhanzey	English Teacher
7.	Dolma Bhum	House Overseer
8.	Sonam Choekyi	House-Keeper

## **Tibet Charity Activity:**

Activities of Tibet Charity, India can be broadly divided into four main sections:

- a) Educational Development Program.
- b) Self Sustainable Business Development Foundation.
- c) Social Development Program.
- d) Health Care Program.

### **a) Educational Development Program.**

#### **Education Seminars and workshops:**

- A career counseling and motivational workshop was conducted to assist the college students at Chandigarh in choosing their career on the basis of their abilities and skills. The workshop also helped them to realize their own strength, thereby developing their self-confidence.
  - i) Resource people were invited from England to guide the students on motivational development.
  - ii) We also had experts from Punjab University guiding the students on career options in relation to the subjects the students are taking.
  - iii) The workshop was attended by around 50 students. The students felt that the workshop benefited them greatly.

### Science Teachers Workshop:

- Workshops to help the science teachers were held at TCV Bylakuppe (31st Oct. - 4th Nov. 05), TSTS Gangtok 24th Sept. - 29th Sept. 06, CST Chauntra (1st of Oct. – 5<sup>th</sup> Oct 07) and THF Mussoorie (15th Oct- 19<sup>th</sup> Oct. 2007).
- The workshops were aimed at developing new teaching skills in science education. By providing new knowledge and techniques to these teachers, we hope to stimulate more interest in science among our students.

Sl.No	Date	Venue	Participating Schools	No. of participants
1.	31st Oct.- 4 <sup>th</sup> Nov. 05	TCV Bylakuppe	CST Mundgod	4
			CST Bylakuppe	2
			CST Chandragiri	2
			CST CVP Bylakuppe	2
			CST Kollegal	2
			CST Gurupura	2
			CST Mainpat	1
			CST Camp 6, Mundgod	1
			CST Gothangaon	1
			<b>TOTAL</b>	<b>17</b>

2.	24 <sup>th</sup> - 29 <sup>th</sup> Sept. 06	TSTS Gangtok	CST Darjeeling	2
			CST Kalimpong	2
			CST Sonada	2
			CST Ravangla	1
			CST Tenzingang (Bomdilla)	1
			TSTS Gangtok	2
			Namyal High School, Kathmandu	2
			Songtsen Bhrikuti School, Kathmandu	2
			Lekshed Tsal School (Pokhara)	1
			Mt. Kailash Middle School (Pokhara)	1
			<b>TOTAL</b>	<b>16</b>

3..	1 <sup>st</sup> -5 <sup>th</sup> Oct. 2007	CST Chauntra	CST Chauntra	2
			CST Simla	2
			CST Dalhousie	2
			TCV Upper Dharamsala	2
			TCV Lower Dharamsala	2
			TCV Gopalpur	2
			TCV Suja	2
			TCV Chauntra	2
			<b>TOTAL</b>	<b>16</b>

4.	15-19 <sup>th</sup> Oct. 2007	THF Mussoorie	THF Mussoorie	5
			TCV Selakui	2
			CST Mussoorie	2
			CST Herbertpur	2
			THF Rajpur	2
			TNMF Clementown	2
			CST Paonta Sahib	2
			STS Dekyiling	2
			TOTAL	19

School Project:

- We have provided considerable assistance to various schools in meeting their requirements. The details of our projects in the schools are as following:

Sl.No.	Name of the schools	Projects
1.	CST Sonada	i) school play ground ii) Green/display board iii) Stationery iv) Toiletries v) Raincoat/Gumboot/Umbrellas vi) Library books vii) Games/sports equipments viii) Uniform/ second hand clothes.
2.	STHS Bhuntar	i) Supplementary Diet ii) Computer Project iii) Drinking Water Project iv) water heating system/firewood v) Winter clothes for 30 children vi) Educational tour vii) Kitchen Garden
3.	CST Bir	i) Library Books ii) School Furniture
4.	TCV Chauntra	i) Kitchen Garden
5.	CST Puruwala	i) Green Boards ii) Desks & Benches
6.	CST Paonta Sahib	i) Green boards
7.	STSA Gangtok	i) Teaching aid & library books ii) Green boards
8.	CST Tenzingang	i) Mattress/pillow with cover/ bed sheets ii) Emergency hostel fund
9.	STS Shillong	i) Second hand clothes
10.	Miao	i) Ceiling fans

### Scholarship:

- We have been able to provide scholarships to several students to help them pursue further studies. We have selected the students on the basis of their needs. The students who have received scholarship are as following:

<u>Sl.No.</u>	<u>Name</u>	<u>Course</u>
1.	Kunga Phuntsok	Bachelor of Arts
2.	Jampa Topden	Bachelor of Physical Education
3.	Tenzin Chodak	LLB
4.	Lobsang Youdon	General Nursing
5.	Rinzin Dolma	General Nursing
6.	Tenzin Jampan	LLB
7.	Pema Dorjee	Bachelor of Physical Education
8.	Tsering Choedon	LLB
9.	Tenzin Jordan	B Sc Biotechnology
10.	Rinzin Dolma	General Nursing
11.	Tenzin Dickyi	Computer education
12.	Tenzin Kelsang	B.Sc Nursing
13.	Thinley Choedon	B.Sc Nursing\
14.	Tenzin Choyang	Beautician
15.	Tenzin Sengkey	Bachelor in Computer Application
16.	Pema Choedon	Teachers' Training Course
17.	Nyima Choedon	Office Secretary
18.	Karma Chokey	B.Sc Nursing\
19.	Ngawang Dolma	B.Sc Nursing
20.	Tsering Youdon	B.Sc Nursing
21.	Jigme Tsetan	MCSE + CCNA course
22.	Rinzin Wangmo	Physiotherapy
23.	Tashi Dolma	General nursing
24.	Tenzin Saldon	Diploma in General Nursing and Midwifery course

### Kitchen Garden Project:

- With the hope of encouraging the schools to develop their own Kitchen Garden to produce their own fruits and vegetables, we have provided the schools with necessary financial and technical assistance to set up kitchen gardens including financial and expertise.
- The schools where the assistance was provided and where the Kitchen Garden is successfully being maintained include C.S.T. Chauntra, T.C.V. Chauntra and S.T.S. Bhuntar.
- We hope to include some more schools very soon.
- We believe the kitchen garden program will teach students new skills and develop a sound work ethic.

### Tibet Charity Youth Center:

- In the Organization house we conduct classes for the early school leavers and the recent arrivals from Tibet. In the classes we teach them basic English grammar and conversation.
- We have also been able to start computer classes for school graduates to help them in future employment. Along with the school graduates we also provide computer training to the students of Tibet Charity Youth Center.

### Youth Center English Class:

Sl.No.	Session	Total Strength
1.	April-June 2005	87
2.	July-Sept 2005	103
3.	Oct.- Dec. 2005	108
4.	April- June 2006	78
5.	July-Sept. 2006	90
6.	Oct. –Dec 2006	110

### Youth Center Computer Class:

Sl.No.	Session	Total Strength
1.	April-June 2006	10
2.	July-Sept. 2006	10
3.	Oct. – Dec 2006	10

## **b) SELF SUSTAINABLE BUSINESS DEVELOPMENT PROGRAM:**

### **Setting up of small-scale industry**

- In order to help the budding Tibetan entrepreneurs to setup businesses of their own and at the same time provide employment to unemployed Tibetan youth, we have assisted in the establishment of the Tibet Beads Project below the Youngling school.
- The Tibetan Beads Project is doing very well and has been able to provide employment to around 20 unemployed Tibetan youths.
- Seeing the success of the project we hope to have more such projects coming up in the near future.

### **Business related workshops:**

#### Workshop on VAT and Account Keeping:

- With the introduction of the VAT (Value Added Tax). Tibetan shopkeepers faced great challenges in understanding it. We held a workshop for the Tibetan business people in Dharamsala where a local Charter Accountant spoke on the subject.
- The workshop concluded after clearing up many of the misconceptions about the introduced tax. The workshop also emphasized the importance of staying on the right side of the law while doing business.
- We also taught merchants the importance of book keeping.

- Similar workshops were organized at Chamunda and Dalhousie.
- Total no. of participants in each of these three places are as under:
  - i) Dharamsala : 83 participants
  - ii) Dalhousie : 76 participants
  - iii) Chamunda : 54 participants

Workshop on space management:

- A workshop was held in November last year for the shopkeepers at Dharamsala. It is important that the customers are able to orient themselves in the shop to increase one's sales. The workshop focused on the proper use of lighting, colours, display system etc.
- Besides lessons in the House, the Resource persons (from Denmark) and the participants visited some shops in Mcleodganj to gain practical lessons in goods display, space managements etc.

Business Awareness Program:

- Tibet Charity funded Business Awareness Program organized by Department of Finance (D.O.F) under C.T.A. The main aim of this program is to encourage the Tibetans to take up more sustainable businesses than to rely upon the small seasonal sweater selling business they are engaged in at the moment.
- The need for the change is felt especially after continuous problems faced by the Tibetan sweater sellers in various Indian towns year after year.
- We have covered all the Tibetan settlements in the South including the ones at Bylakuppe, Hunsur, Kollegal, Mundgod and some settlements around Dehradun including Dekyiling, Puruwala and Paonta Sahib.
- This year we have funded a similar program to be organized in the Tibetan settlements at Orissa, Mainpat, Bhandra and Ravangla.
- During such workshops, besides the speakers from D.O.F., local officers from District Industrial Society were invited to highlight the opportunities available in their region with assistance from State local govt.

**c) SOCIAL DEVELOPMENT PROGRAM**

Community Development Program:

- Tibet Charity undertakes various development programs in many Tibetan Settlements. As part of these programs we undertake such works as: repairing of drainage system, repairing of residential houses of the poor and needy, providing winter clothes etc.
- Some of the assistance provided to the settlements are:
  - a) Kullu Tibetan camp - Repair of drainage system
  - b) Bir Tibetan Society - Office furniture
  - c) Miao - Water project, Dress and bedding material for OPH, welfare and relief fund and emergency aid to poor people
  - d) Tezu - Water and other projects related to OPH
  - e) Tenzingang - Emergency aid to poor people and emergency welfare fund.

Helping the Old and Needy:

- As part of our “Adopt a Grandparent” program, we now have the following number of grandparents being adopted under this program:

Old Age sponsorship care:

<b>Sl.No.</b>	<b>Place</b>	<b>Number</b>
1.	Bhandra	5
2.	Bir	8
3.	Bylakuppe	12
4.	Chauntra	5
5.	Clement town	9
6.	Darjeeling	6
7.	Delhi	1
8.	Dharamsala	32
9.	Gangtok	1
10.	Kalimpong	1
11.	Kollegal	2
12.	Miao	1
13.	Mundgod	20
14.	Orissa	12
15.	Puruwala	4
16.	Ravangla	4
17.	Rewalsar	2
18.	Simla	7
19.	Solan	3
20.	Tashijong	3
21.	Tenzingang	1
22.	Tezu	7
	<b>TOTAL</b>	<b>146</b>

- Director’s visit to the old people being supported by Tibet Charity:  
The Director has visited almost all the Tibetan settlements where we have adopted grandparents. During the visit he enquired after the well being of the grandparents. He also passed on any message from the sponsors to the adopted grandparents and vice versa.
- During such visits he also inspected the projects being supported by Tibet Charity, be it in the schools or the settlements. At the same time he also discussed other issues requiring support.
- We take this opportunity to thank CTA and the concerned authorities in the places visited for their kind hospitality and cooperation.

#### **d) HEALTH CARE PROGRAM**

- Besides providing medical care, attention and education to the locals in and around Dharamsala plus some of the schools, we have provided financial assistance to schools and individuals in need of medical aid.
- Mrs. Tsering Lhamo, a nurse by profession and in charge of the health section under Tibet Charity, provides health talks and workshops to institutes and groups.
- We provide home nursing training to a few unemployed youth which also include a local Indian. The main aim of this program is to train these young students so that they can provide free health care to the old and sick, who do not like to go to the hospitals for their treatment. They shall also be trained to take these patients to the local hospitals in case of emergency. Once trained Tibet Charity intends to employ them under its administration. These home nurse trainees have been visiting around 25 old, sick and needy people in and around Dharamsala as per requirements put up by the Tibetan Welfare Office Dharamsala. They also visit OPH at Dharamsala twice a week to look after the general hygiene of the inmates. Another job they do they has been attending to the sick patients at Delek Hospital having no one looking after them.
- We have been taking the needy patients with sever eye problems to private hospital in Kangra at our own expense.

#### Upgrading of school dispensary:

- We have helped schools in upgrading their dispensary by providing them with medicines and equipments.

The schools which received aid from us in upgrading their dispensaries are:

- a) CST Chauntra,
- b) STHS Bhuntar
- c) STS Porkriabong and
- d) TSTS Gangtok.

#### **HELPING PATIENTS COMING TO CHANDIGARH:-**

- Chandigarh has been the preferred place for people in the northern region to seek advanced medical treatment. However, many of the people who go Chandigarh, have no knowledge about the place and the hospitals. Tibet Charity is paying some volunteers to provide necessary assistance to the incoming patients.
- Besides paying for their requirements Tibet Charity has also arranged accommodation so that these poor patients can stay free of cost during the period of their treatment. We, of course, expect those who can pay to pay the nominal charge so that the money received from them could be used for emergency medical purposes.
- As well as paying for the rooms, we also pay for some minor expenses such as call charges and local travelling charges of those helping these sick patients under Tsering Dolkar.
- Some money is kept in reserve as emergency medical fund for patients with very poor financial background.



## Screening for Type 2 Diabetes and Health Talks on the Disease organised.

TC Health Center organised Diabetes screening and an information campaign on the Disease in the monasteries, nunneries, schools, institutes and for the public at the Tibetan Welfare Office Hall at Mcleodganj. Many more people were also attended to at Tibet Charity Health Centre when they came here after hearing about our program.

Days before the blood screening for sugar level, health talks were given emphasizing the risk factors, proper food habit and lifestyle to prevent diabetes.

The screening and information campaign on the disease was carried out by Mrs. Gunver Juul, the Health Section In-charge of Tibet Charity Denmark, Mrs. Margrethe from Denmark and Mrs. Tsering Lhamo la and her group of Home Nursing trainees.

S.No	Date	Place	No. of people tested	No. of people with confirmed high sugar level
1.	3rd – 5th April	Gadhen Choeling Nunnery	152	7
2.	3rd- 5th April	Shubsey Nunnery	10	2
3.	7th – 9th April	Mcleod Ganj	156	10
4.	12th-13th April	Namgyal Monastery	74	11
5.	16th-18th April	Dolmaling Nunnery	140	8
6.	16th-18th April	Norbulingka Institute	69	5
7.	19th-20th April	Kriti Japa Monastery	66	1
8.	26th-27th April	TCV Dharamsala	177	20
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## ANIMAL WELFARE PROGRAM

- Tibet Charity has been organizing various animal welfare programs, both in and around Dharamsala. The program includes immunizations, sterilization and treatment for parasites and other infections.

So far we have organized field camps at Bir, Chauntra and the following places:-

- TCV Upper Dharamsala.
- TCV Gopalpur,
- TCV Suja
- Institute of Higher Tibetan Studies, Sarah
- Rewalsar
- Norbulingka
- Sherabling
- Sidhpur

Sl.No	Schools	Sterilization	Rabies vaccination	Other Treatment
1.	I.H.T.S Sarah	11 dogs & 1 cat	15 dogs	4
2.	T.C.V Suja	11 dogs	20 dogs	3
3.	T.C.V Dharamsala	5 dogs	65 dogs	6
4.	T.C.V Gopalpur	20 dogs	30 dogs	2
1.	Rewalsar	22	45	5
2.	Norbulingka	17	15	10
3.	Sherabling	4	12	6
4.	Sidhpur	18	20	4
	TOTAL	109	222	40