

Activity Report 2014 -2015

Social Development Activities

TC bids farewell to Ms Rinzin Wangmo



Tibet Charity bids sad farewell to Ms Rinzin Wangmo who is leaving for Australia with her family.

She has joined us in February 2008 as an English teacher to teach the newcomers from Tibet who were just beginning to learn the basics of English language. After the departure of our erstwhile coordinator of the Education Section Mr. Jigme la, she took

over the extra responsibility as the Coordinator of the Section as well.

As a teacher, her method of teaching has been highly appreciated by the students. Her excellent method of teaching along with her supportive and caring nature has won her many admirers among the students. Many students who have now completed their whole English language courses owe their success to her.

As the Coordinator, she has always been very prompt in arranging volunteer teachers for each academic session well in advance. She is also very prompt in answering any queries that our volunteers might have had before joining us. She is very helpful in receiving the volunteers when they reach her and finding proper accommodation for them. She ensures that each student is accommodated in the right level of class on the basis of the entrance test that she sets. She has been the main person behind the success and smooth functioning of our Education Section.

As a staff she has been excellent with the way she deals with her colleagues. She has always been a very dedicated, sincere and hardworking member of Tibet Charity.

A simple farewell function was held to bid farewell to her where the Director and other

volunteers present expressed their gratitude to her for all the good work she did while she was here. She too expressed her thanks to Tibet Charity for providing her with the wonderful opportunity of serving the Tibetan community thereby gaining precious experience in life. She said that she has always felt that Tibet Charity has been her second family. Though we would all miss her service and presence, we nevertheless wish her all the best in all her future endeavor. We wish her and her family all the best in their new home in Australia.

The CEO and Project Manager of BBF visits Tibet Charity Dharamsala



Ms Ghyslaine Calmels Bloke, the Chief Executive Officer and Ms Brigitte Auloy, the Project Manager of Brigitte Bardot Fondation, France visited Dharamsala from 9th September to 12th September 2014.

They were warmly received at the airport by the Director, Tibet Charity India. From there they went straight to meet His Holiness Karmapa where they discussed issues relating to animal welfare. They agreed to work together in the future for the benefits of the animals which would include educating the public regarding caring for animals.

From there, they visited the animal care centre of Tibet Charity where they were welcomed with traditional Tibetan scarf by the staff. They were then shown around the centre. They were highly impressed by the manner in which the clinic was maintained. They praised the staff for their compassionate handling of the animals in the clinic.

In the morning of the second day, i.e. on the 9th September 2014, they got an opportunity to meet His Holiness the Dalai Lama. While speaking highly of the global activities concerning the animal rights and their welfare around the world, he asked the members of BBF to continue their good work for the animals. He thanked BBF for supporting animal activities of Tibet Charity and urged them to see the possibility of taking such programs to places beyond the vicinity of Dharamsala as well.

They then attended the celebration of [World Rabies Day at Tibet Charity](#) which was preponed to coincide with their visit. They invited the whole staff of Tibet Charity for dinner at Chonor House.

In the morning of the 11th, they visited TCV School where they were received by the President of TCV Schools. He showed them around and explained brief history of the school. At the end they decided to sponsor some children from the school.

They then went to meet the Deputy Director of State Animal Husbandry Department and thanked the Department for supporting the animal care program of Tibet Charity. From there they went to see a sick donkey at a monastery. After asking Tibet Charity to follow up the treatment and care required for the donkey, they went to see the Animal Care Center run by Dharamsala Animal Rescue.

In the evening, the staff of Tibet Charity hosted a dinner in their honour. After the dinner, the Director of Tibet Charity thanked BBF for supporting our animal care programs for the last many years. He thanked the two visiting dignitaries for taking time out of their busy schedule to visit Tibet Charity.

Ms Ghyslaine and Ms Brigitte Auloy thanked Tibet Charity for giving them a wonderful reception and for doing wonderful job; both for animals and humans. They felt highly impressed by the family like atmosphere among the staff. They promised not only to continue their support but also to broaden the cooperation.

Before they left on the 12th, they took some time to go around town with the staff members of Tibet Charity Animal Care Section who were in the town vaccinating stray dogs.

We felt greatly honoured to have them in our midst.

Tibet Charity Teachers' trip



On Sept 20th all the English teachers from Tibet Charity were kindly invited to take a tour of some of the Tibetan Buddhist sites located in the valley area close to McLeod Ganj. At 7.00 am we assembled in front of Tibet Charity office and met the Director Mr. Tsering Thundup who saw us off

on our adventure. The day was warm and sunny and promised a good trip.

Our first destination was about a two hour drive through the towns of Dharamsala, Palampur and Baijnath to the Tibetan settlement at Chauntra. The traffic was light and we had a good chance to see some of the rural scenery and interesting small towns along the way. At Chauntra, we arrived at the Sambhota Tibetan School just as morning assembly was finishing and the children were moving into their classes. We were met by the Headmaster who escorted us on a tour of his facility, allowing us to visit several class rooms, a dormitory room and the kitchen with its huge cooking pots. He was most helpful in answering any of our questions about the school. The kindergarten children sang a lovely song for us. They seemed very healthy, happy and interested in having visitors to their class.

We then travelled a short distance along the road to arrive at Dzongsar Khyentse Chokyi Lodro Institute. Here we walked around the temple area, admiring the garden with its beautifully scented roses and enjoying the peace of the area. Inside the temple itself, everyone exclaimed over the very spacious interior decorated richly with paintings, exquisite fabric hangings and beautiful statues. The temple and the square were magnificent but strangely empty. There were two monks cleaning the temple floor but aside from them we saw no one else.

Returning to our taxi, we proceeded to the village of Bir where we had a welcome stop for lunch at a shady roof top café. As we were eating, all of us remarked how different the small rural towns were from McLeod Ganj -- much cleaner and the traffic proceeded at a much slower saner pace.

After lunch, the next scheduled stop was the monastery of Palpung Sherabling at Bir. The road approaching the monastery was rough and very narrow but the resulting slow ride was compensated by the chance to observe the natural beauty of the area we were travelling through. Soon enough we started to see the blue prayer flags signaling the approach to the monastery. We were pleased to find out that we had arrived just at the start of a teaching. We followed the crowd entering the temple and Tenzin Tsephel was able to arrange that we received blessings, scarves, and red cords from the Rinpoche. Unexpected but very much appreciated.

Unfortunately the necessity to push onward to finish our schedule and also because the teaching was only available in Tibetan, we reluctantly left the temple area behind but we were able to take a short time to view the collection of large Stupas close by.

Our final destination was Doegy Gatsal Ling Nunnery. Founded by Tenzin Palmo, a British nun, this nunnery and its temple have been built quite recently in order to provide a place of learning and study for women seeking Buddhist instruction. The temple is small but exquisitely filled with images of the Taras in the Thangka wall paintings. The nunnery, although quite small yet is well laid out, spacious and very clean and peaceful.

Finally we made the return trip to McLeod through the small towns – now with the shop fronts open and people everywhere. We arrived in McLeod just in time to have the skies open and the rain poured down on us. After a wonderful clear and sunny day this was a surprise ending to our journey.

Many thanks to Tsephel for her organization in navigating us through our trip and for answering our many questions with patience and good humour. Thanks also to Tibet Charity for the day's tour which provided both more insight into Tibetan culture and a very pleasant day spent getting to know our peers.

Staff make a trip to Tso Pema



To commemorate 10 years of Tibet Charity in India, the hard working staff of Tibet Charity proceeded to holy town of Rewalsar (Tib: Tso Pema) in the morning of 4th October 2014.

The main reason for making this trip was to thank the staff for 10 years of hard work in the service of others. The occasion was also used to offer prayer to the Godly beings who have supported us in our endeavor to support others for 10 long years. Special prayers were said and auspicious flags were hoisted to seek Their blessings and support in the future as well.

We started from here in the early hours of 4th and made a straight trip to Sherabling (a monastery in the wilderness) after making a short halt for breakfast. We were fortunate,

which we presume is a good omen; to witness special rituals which we were told would go for 9 days. We felt blessed to have some reincarnated lamas participating in the ritual.

Feeling purified, we made our onward journey to Rewalsar with short stop at Bir where some shopping was done.

We reached Rewalsar quite late but the time we got to offer our prayers and offer food to the fish, monkeys and dogs nullified every hardship we encountered on our way.

After making some circumambulations around the holy lake early in the morning, we made our trip to the Padmasambhava cave atop the hill where Guru was said to have meditated. The staff hoisted the prayer flags along with scores of other prayer flags after which the staff gathered inside the cave to say prayers for the good of all sentient beings.

An old hermit there offered breakfast to all the members of the staff.

We also paid short visit to the newly constructed statue of Guru Padmasambhava.

We remembered the contributions of all those staff who have taken the journey with us at some point of time but are not with us at the moment. We thank them as well.

The tiring return journey was made thereafter. When we finally reached home, we were all fully exhausted but the memorable trip was something which will be cherished by all for long time to come.

Tibet Charity (India) celebrates 10th Anniversary



Tibet Charity (India) celebrated its 10th founding anniversary at the TIPA auditorium on 27th October 2014.

Sikyong Dr. Lobsang Sangay was the chief guest and Mr. Penpa Tsering, Speaker of the Tibetan Parliament-in-Exile was the guest of honour. The ceremony was also attended by dignitaries

including members of the Tibetan Parliament, Secretaries of Home, Education and Health, and sponsors and donors of Tibet Charity.

The Director welcomed the dignitaries and expressed the importance of celebrating such occasions at times to acknowledge and thank the sponsors, well-wishers, volunteers and staff for their immense contribution towards the programs initiated by Tibet Charity in 10 years time for the benefit of the poor and downtrodden.

He read out, in brief, the activities of Tibet Charity during the last 10 years under different sections of the Organisation namely Education, Healthcare, Social Development and Animal Care.

Speaking at the ceremony, Sikyong Dr. Lobsang Sangay said: “During the past ten years, Tibet Charity has worked closely with various Departments of the Central Tibetan Administration and has made contributions in providing scholarships, organising health awareness programs, initiating animal care programs and supporting other welfare programs.”

He lauded the organisation’s exemplary work in social service particularly in areas where the Tibetan administration has been unable to reach. “There are lots of things that the Tibetan administration can do to serve the Tibetan community. Then there are certain things that we have not been able to reach out to, this is where Tibet Charity has been most effective.”

“It is not easy to conduct such large scale social service in a community. There are lots of bureaucratic as well as administrative hurdles. However, despite all the challenges, Tibet Charity has sustained their services for over ten years which I believe is a truly remarkable achievement. Therefore, I commend Tibet Charity for all the hard work put forth by the organisation to support the Tibetan community,” he exclaimed.

Sikyong also underscored the importance of service to society. He said that a kind heart alone is not sufficient. “We need to have the willingness to serve. One can be kind hearted but if there is no service to humanity, your productivity or contribution is limited,” he said.

“His Holiness the Dalai Lama always advises us to inculcate in ourselves the passion to serve humanity. Therefore, I believe that Tibet Charity’s programs of helping the poor and elderly Tibetans, and providing health care to homeless and injured animals are true compassion in action,” he added.

Speaker Penpa Tsering, in his address, spoke briefly about the notable works of Lakha Rinpoche, the founder of Tibet charity. He also spoke about the importance of responsible leadership in an organisation to successfully carry forward a project and lauded the work done by the Tibet Charity team.

He particularly applauded Tibet Charity’s program of looking after the poor and elderly Tibetans in and around Dharamshala. “Today, there are a lot of elderly Tibetans who stay alone. Their children have gone abroad for economic reasons leaving their elderly parents

alone in their homes. Therefore, just sending money is not enough. The elderly need support in their daily life. So, the service provided by this organisation in looking after these elderly Tibetans are truly immeasurable,” he said.

Lakha Rinpoche, the founder of Tibet Charity and a former member of the Tibetan Parliament, talked about his objectives of initiating the organisation. “I fled Tibet after the brutal occupation of Tibet by China. After reaching India, I felt that I cannot afford to remain basking in this new found freedom. I realised that I had to do something for my fellow Tibetans and that’s how Tibet Charity took shape,” he said.

Ms Gunver Juul, a board member of Tibet Charity in Denmark delivered the vote of thanks. Some cultural programs were presented on the occasion by the students of Tibet Charity Open Basic Education program and the artistes of Tibetans Institute of Performing Arts. The celebration received wide media coverage in both Tibetan and international newspapers and televisions.

Staff receives blessings from His Holiness



Various activities commemorating 10 years of Tibet Charity in India, starting from pilgrimage to Rewalsar to the official anniversary function had a pleasant ending when His Holiness the Dalai Lama gave a special audience to the staff of Tibet Charity in India.

In the morning of 17th November 2014, all the staff in their traditional Tibetan dress, had the very precious opportunity of meeting and getting blessed by His Holiness the XIV Dalai Lama outside his residence.

The Director presented a copy of the 10 year anniversary magazine and also submitted 10 year activity report to His Holiness.

His Holiness thanked the staff and all those associated with Tibet Charity India during the last 10 years of service to the poor and downtrodden. He urged all concerned to continue the good work for the benefit of others.

At the end, His Holiness posed for a group photo with the staff which will become a lifelong souvenir for us all.

There can be no more apt ending to the year that marks 10 years of our service to a nation in exile.

Director visits Tibetan settlements, Bylakuppe

Director, Mr. Tsering Thundup Ia, visited Tibetan settlements, Dekyi Larso and Lugsum Samdup Ling, in Bylakuppe from 14h to 17th January 2015.



He visited the Tibetan settlements primarily to assist the animal welfare activities initiated by Vets Beyond Borders, Australia (VBB) in the region. Vets Beyond Borders, Australia has been carrying out animal welfare activities, mainly Animal Birth Control and Anti-rabies vaccination for the stray dogs, in the region for the past many years.

Though their initiatives have yielded considerable result in the region in terms of controlling dog population and rabies, a need was felt to get more involvement from the community to ensure better result.

Director, on arrival, invited the settlement officers of the two Tibetan settlement officers and the administrator of Tsojhe Hospital in Bylakuppe under Department of Health of Central Tibetan Administration, who is responsible for health issues in the region, for a meeting. The meeting was also attended by the project manager of Vets beyond Borders, Ms Bronwen Evans and Mr. Rinchen from Tibet Volunteer for Animals.

Various issues related to animal welfare activities were discussed with special emphasis on ensuring better success of animal birth control and anti-rabies vaccination programs. All the participants came up with very good ideas so as to gain more participation from the community and make the program yield better result. All promised better cooperation for the success of the program and benefit of the animals in the region.

I am very grateful to Brigitte Bardot Fondation, France for kindly funding this visit.

I thank the two settlement officers and the administrator of Tsojhe Hospital for playing excellent hosts during my stay and above all promising all necessary support and cooperation to the good works of Vets Beyond Borders.

I thank Ms Bronwen Evans and other staff of VBB in Bylakuppe for all their good work for the animals and agreeing to work with closer coordination with the community.

The Director visits Denmark

The Director visited Denmark on the occasion of His Holiness the Dalai Lama's visit to the nation at the invitation of Tibet Charity Denmark.



He had the great fortune of attending His Holiness's meeting with the members of the organising associations and thereafter His talk to the Tibetans who have come to listen to Him on the 10th of February at Bella Centre, Copenhagen.

He also attended His Holiness's public talk on 'Strength through compassion and connection' on the 11th and His teaching on the 'Eight verses of training the mind by Geshe Langri Thangka' on the 12th.

On the 13th he met with the Board members of Tibet Charity in Denmark and discussed various issues related to the activities of Tibet Charity in India.

He takes this opportunity to express his heartfelt gratitude to all the persons related to organising this visit of His Holiness the Dalai Lama to the country. He congratulates them for the thorough success of the visit.

He also wishes to thank various members of Tibet Charity Denmark for working so hard during the period of His visit and otherwise for the benefit of Tibetans in exile.

Lastly but not the least, he wishes to thank Tibet Charity Denmark for making this visit possible and giving him this opportunity to attend the teachings of His Holiness and to meet the hard working board members of Tibet Charity Denmark.

Education Development Activities

A workshop on documentary film making organized



Ms Parveen Kaur, a production manager for international and travel documentaries, conducted a workshop on 'Documentary film making' for the students of Tibet Charity Education Section from 7th October to 22 October.

16 students participated in the workshop where the students were taught various aspects of film making. After thorough explanation of the intricacies of the film making to the students theoretically, the students were divided into a three groups. The three groups started filming on the activities of Tibet Charity in its three sections namely Education, Healthcare and animal care.

After doing the necessary editing, the final product of the documentary film on Tibet Charity was shown to the guests at the celebration of 10 year anniversary of Tibet Charity in India. It was very much appreciated by one and all and it proved to be an excellent beginning to the function. The audiences were immediately made aware of the various activities of Tibet Charity in India.

We thank Ms Parveen Kaur, who has worked on televisions shows Discovery Channel, Fox Sports, National Geographic Channel etc., for coming all the way from Singapore to share her knowledge on film making to our students. She is currently working at 'News Asia'.

We also thank the students for their active participation and for making an excellent documentary film on various activities of Tibet Charity.

Education Section closes for winter vacation

Tibet Charity Education Center (TCEC) where the students are taught English and computers closes for winter vacation from 1st December 2014 till 2nd March 2015.



The closing session was marked by a simple closing function attended by the students, staff and students of Tibet Charity English and computer classes.

Ms Tenzin Tsephel, the In-Charge of TCEC welcomed all those present at the function. She thanked the volunteers for coming from across the globe to teach English to the

students of Tibet Charity which mainly consist newcomers from Tibet along with some learners from inside India and some South Asian countries. She appreciated the dedication and hard work of the volunteers and wished them all the best in their lives.

After her, the volunteers shared their experience of working at Tibet Charity. They all praised the students for their enthusiasm to learn a new language and the excellent discipline they maintained in the class. They all felt that they learnt more than what they actually taught. They requested the students to keep practicing what they have learnt here during their language classes.

The Director also thanked the volunteers for sharing their precious time here with us for the benefit of the students here.

At the end of the function, the students who topped the exam in their respective classes were awarded. Special certificates of appreciation and traditional Tibetan scarf were presented to the volunteers as a mark of our appreciation for their great contribution in helping us in helping others.

After the function, tea and snacks were served to all the students and the volunteers.

We thank Tibet Charity Denmark for their kind support in enabling us to run this program with great success. We thank all our volunteers of the past and present with whose help many new comers from Tibet are now able to communicate freely where they are settled around the world.

Workshop on Intensive Reading organised

The five day's Extensive Reading Program for English learners, who were mostly new comers from Tibet, concluded on 26th December 2014 with a small closing tea session.



On the occasion, the Director thanked the resource person Ms Sophie Muller for her contribution towards development of interest among the participants in reading which in turn will help them improve their knowledge of English language. He explained how grateful we are to her for the support she has rendered in getting the Tibet Charity library started. Besides raising fund to get the library started, she also brought number of books for the students to read. This time she helped us in grading the books according to the difficulty level so that it will be easier for the readers to find the books according to their level.

Ms Sophie Muller thanked the students for being wonderful and eager participants. The participants offered traditional Tibetan scarf and thank you cards to the resource person as a token of their gratitude for this wonderful opportunity. The students also thanked Tibet Charity for hosting this workshop.

The students thanked Ms Sophie for the role she played in developing interest among the students in reading books. They loved the entertaining and friendly atmosphere created by her during the workshop. They all promised to read more books in future which they are sure will help them gain mastery over the language. They exchanged their contact address with the teacher so that they can approach her when they feel the need for guidance.

True to what they said, we must say that the students have learnt a great deal through this Extensive Reading Program.

We thank the resource persons and all those involved in making this reading program a great success.

After the workshop, she discussed means to improve the functioning of the library in future. She promised all necessary support in doing so.

We thank Ms Sophie once more and also thank all those who have supported her in ensuring the success of this workshop.

Classes of Education Section resumes after winter vacation



A new session of Tibet Charity English language and computer classes began with a simple opening program on 2nd March 2014. More than 60 students attended the program despite very bad weather.

During the function, Ms Tenzin Tsephel, the coordinator of TC Education Section welcomed the volunteers and the students

to the 1st academic session of the year.

The Director also thanked the volunteers for coming here to teach the students of Tibet Charity who are mostly new comers from Tibet. He further said, "As these students have never been to any school back in Tibet, whatever little knowledge they gain here at Tibet Charity Education Section is their first introduction to any kind of formal learning. So volunteers are going to play a very important role in the lives of these students".

The volunteers then introduced themselves and they all expressed their joy for getting this opportunity to teach the students here.

We thank Tibet Charity Denmark for their continuous support in enabling us to run these classes.

The strengths of the classes are as under:

English Classes:

S. No.	Classes	Strength	Teachers
1.	Beginners	24	Ms Tenzin Tsephel
2.	Elementary	24	Ms Amanda
3.	Pre-Intermediate	20	Ms Jane Ramen
4.	Intermediate	16	Ms Marielle Butter
5.	Upper Intermediate	10	Ms Margaret Coghlan
	TOTAL	94	

Computer Classes:

S. No.	Classes	Strength	Teacher
1.	Basic/Intermediate	18	Ms Lobsang Tenzin

Health Care Activities

World Blood Donor Day Celebrated



Along with the international community, World Blood Donor Day was observed here on 16th June 2014 (with the delay of two days to adjust with the preoccupied schedule of some of our guests).

World Hepatitis Day Observed

Tibet Charity observed World Hepatitis Day on 28th July 2014.



To mark the day, the Health section of Tibet Charity, put up posters and banners to create public awareness about the disease. Information leaflets giving information related to the disease was given to the public.

Besides the above, free screening was done to check if they have the disease or not. 102 people came for the screening out of which 10 people were found to be infected with the disease. Those that were found to be positive were advised to go for further checkups. Those that did not have the disease were asked to go for immunization program.

Like last year, we are very grateful to Dr. Khana and his team for providing us with the manpower and the facilities for screening free of cost.

World Rabies Day inaugurated at TC in advance

Tibet Charity (TC) was off to a flying start on Wednesday, with a host of special guests and dignitaries both from the local and wider communities as well as from abroad. It was a great honour to welcome Ms Ghyslaine Calmel Bloke and Ms Brigitte Auloy, the CEO and Project manager respectively of the Bridget Bardot Foundation, France (BBF), TC Animal Section's principal financial sponsor.



Ms Yeshey Dolma hosted the event by first introducing the director of TC, Mr Tsering Thundup, who gave the welcome address in which he outlined TC's approach to the eradication of rabies, its history and the extent of the TC programme. In the 7 years since the projects launch there have been sustained and remarkable achievements in controlling the dog population and dog related problems in the region. He credited BBF, TCV School, the state Animal Husbandry Department, WVS England, Animal SOS Denmark and the volunteers for the success they have had so far.

There followed a number of informative and inspiring talks from our guest of honour and special guests; the key supporters, sponsors and senior officials connected with the TC programme.

Guest of Honour, Mr Tsewang Yeshi la, the President of Tibetan Children's Village School (TCV), gave a moving account of a 'rabies incident' in TCV school in 1988 when he had to rush 14 possibly infected children to Delhi (12 hours away) as no treatment was available at that time. Now, he said, rabies has been unheard of in the region thanks to rabies eradication program by Tibet Charity. He also outlined the great strides and cooperation with TC since then.

Ms Brigitte Auloy, Project Manager, BBF, having just met with HH the Dalai Lama, one of the patrons and inspiration of their foundation, modestly and comprehensively described the BBF projects worldwide and particularly in India. She emphasised that the work being undertaken in Dharamsala is a cooperative effort and thanked all participants and

volunteers. Feeling impressed by the works of Tibet Charity, she promised to broaden the collaboration with TC India.

Dr Tseten Dorjee Sadhutsang, Chief Medical Officer, Tibetan Delek Hospital, Dharamsala educated the public on 'Rabies and Humans: Causes, Symptoms & Prevention'. He explained how anti-rabies vaccination program by TC in the region has benefitted the people in the region as no rabid dog bite cases has been reported in the hospital for last 7 years. He proposed TC to educate the local medics on ways to treat the patients when rabid dog bite cases are reported to them.

Dr. V C Katoch, Deputy Director of Animal Husbandry Department, Dharamsala talked on "Rabies in Animals: Causes, Symptoms & Prevention". While appreciating the good works of Tibet Charity in the fields of animal welfare, he promised full cooperation from the Department in tackling animal related issues.

Finally, an eloquent vote of thanks was made by Ms Tenzin Namsel, coordinator of TC Healthcare section, prior to the inauguration of the 2014 Mass Anti-Rabies Vaccination programme by Dr V C Katoch who vaccinated the first 'volunteer'.

Paula steps up!

You could be forgiven for thinking that Paula - Tibet Charity hound in residence - has a needle stuck in her backside every day. Not a yelp, whimper or even a look of anxiety crossed her face when up she went to be the first dog to have the anti-rabies vaccine in this year's round of several hundred vaccinations. I suspect Paula may have already spotted the tea and snacks and decided considerable 'street cred' would mean more than usual 'snack rewards'. She was right...thanks to the kind and caring nurses of the TC Healthcare Section. There followed, into the capable hands of Drs B N Sharma and Sujay Sharma, other willing participants...though some seemed a little more surprised by the experience than Paula.

A wonderful sunny morning was enjoyed by all, concluding with tea, snacks and informal discussions.

First Aid training organized

Like every year, this year too, a team of experts from St' John's Ambulance Wales conducted First Aid training for the staff and the students of Tibet Charity India.



During the course of the training, the trainees were taught how to handle cases relating to suffocation, drowning, heart attacks etc. before the patient is rushed to the hospital. They were also taught to handle common day accidents at home and in one's surroundings.

We thank the team from St. John's Ambulance, Wales for coming to teach our staff and students every year. Though these teachings will, no doubt, be a big help in saving precious human lives before the patient is rushed to hospital, this will all the more benefit our home nurses who visits the homes of elders around here where such minor accidents are quite common.

We also thank them for kindly donating equipments and dressing materials to our clinic every year.

Free sugar and blood pressure level tests conducted

Starting from the World Diabetes Day on 14th November 2014, the Health Care Section of Tibet Charity organized free health camp for ten days at various places in and around McLeod Ganj, Dharamsala.



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

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

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

1. Blood Pressure statistics (831 people checked):
- 2.

S. No.	Date	Place	No. of patients checked	Normal (< 120/80mm of Hg)	Pre - Hypertension (120/80-139/89mm of Hg)	Hypertension (>140/90mm of Hg)
1.	14/11/2014	McLeod Ganj	195	112	26	57
2.	18/11/2014	OPH TCV	61	40	5	16
3.	20/11/2014	Upper TCV	146	93	16	37
4.	21/11/2014	CTA Gangkyi	323	246	30	47
5.	21/11/2014	Mentseekhang	106	68	18	20
		TOTAL	831	559	95	177

2. Blood Sugar Statistics (831 people checked):

S. No.	Date	Place	Patients Checked	Normal (RBS: 80-120 mg/dl)	(Above 120 mg/dl)
1.	14/11/2014	McLeod Ganj	195	164	31
2.	18/11/2014	OPH TCV	61	47	14

3	20/11/2014	Upper TCV	146	135	11
4	21/11/2014	CTA Gangkyi	323	288	35
5	21/11/2014	Mentseekhang	106	76	30
		TOTAL	831	710	121

Free massage camp organized

The Health section of Tibet Charity organized two days free massage camp in the main hall of Namgyal monastery on 13th and 14th November 2014.



The main motive of organizing this camp was to bring some relief to the patients especially the elders who have frequent complaints relating to muscular and joint pains. More than 50 patients have benefitted during the two day camp.

The massage technique used by the Home nurses during the camp is named Clinical Body massage. It is a Japanese technique taught to the home nurse by well know masseur in Japan Mrs. Izumi Egawa. The nurses have been using this technique during the home visits to the sick and elders in and around McLeod Ganj. This is known to bring great relief to the elders, especially those with muscular and joint pains.

We thank Mrs. Izumi Egawa for her personal presence on the first day and we thank Namgyal Monastery for kindly allowing us to use their hall and other facilities related to the camp.

Animal Care Activities

ABC Camp organised at Bir and Chauntra

On the request of the school authorities and the general public at Bir, the Animal Care Section of Tibet Charity organized 7-day Animal Birth Control camp at Bir and Chauntra from 6th to 12th May 2014.



Bir, which is around 65 km from here, had hosted many such camps in the past and has been successful in keeping the dog population in the school under control. But recently, many dogs were dumped inside the school campus at Chauntra and the village at Bir from neighboring villages thus causing a sense of alarm among public there. They could have easily dumped these dogs elsewhere but they chose more humane way of checking the dog population and the problems caused by rising dog population under control. They chose to go for Animal Birth Control program rather than dumping these dogs elsewhere.

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

Our vet team consisting of Dr. Surender, Mr. Lobsang Thukjey and our volunteer vet Sarina Fetcher left here on 5th May and they started ABC program for dogs on the 6th . During the course of the camp, they sterilized 25 dogs. Besides sterilizing the unsterilized dogs, they gave anti-rabies vaccination to more than 250 dogs.

Tibet Charity is very thankful to Brigitte Bardot Fondation, France for kindly supporting our Animal Care programs. We thank Ms Rinzin Dolker la and Tibet Charity Denmark for kindly funding the salary of our regular vet. We thank all the staff and students of TCV Chauntra and the general public of Bir for helping them in catching dogs and looking after them after the operations.

Tibet Charity joins ABC Camp at Spiti



On the request of Nature Conservation Foundation in Mysore (NCFM), two staff of Tibet Charity Animal Care Section joined 10 days Animal Birth Control Camp (ABC) at Spiti from 20th to 30th of May. It has been said that the alarming rise in the stray dog population in the region has posed serious threat to the livestock. Besides the domestic animals the locals rear, the stray dogs have been a cause of concern for the existence

of the snow leopards as well.

This camp has been hosted by NCFM as a follow up of the ABC camp organized last year in which we quite many stray dogs were sterilized. The last year initiative, they said, was possible largely due to the participation of Tibet Charity, Dr. Nyzil Massey and Dharamshala Animal Rescue. Dr. Dakpa Tenzin, who was our veterinarian, then, participated in that camp.

This year Dr. Surender and Mr. Lobsang Thukjey (paravet) has represented Tibet Charity in this novel cause.

We thank NCFM for giving us the opportunity to be a part of this wonderful initiative and for bearing the whole costs of our staff's stay during the camp. We thank the local villagers for playing an excellent host and for extending whole hearted support during the period of their stay there.

Rabies vaccination programme 2014 successfully concludes

Tibet charity Animal Care Section have continued their good work this September by vaccinating more than 850 dogs against rabies – a disease that is deadly to both people and animals.



The campaign began at Tibet Charity House in McLeod Ganj with the official opening ceremony to mark World Rabies Day. Providing education about rabies to the local population is an important part of

the programme. For this reason, free vaccinations were made available for pet dogs brought to Tibet Charity House on the 10th September following the opening ceremony.

In order for mass vaccination to prevent rabies, 70% of the population needs to be inoculated. This task is made possible by the caring staff of the Tibet Charity Animal Care Section. They know the stray dogs well through their work providing veterinary care and carrying out sterilization programmes. This coupled with the kindness shown by the local people towards stray dogs and their commitment to supporting the initiative, the majority of dogs are easy to find and vaccinate. The injection itself is quickly administered under the skin and causes minimal discomfort to the animal.

In ten days, staff and volunteers from the Animal Care Section covered large areas in the region to carry out vaccination of stray dogs. Since children are at higher risk from dog bites, the areas visited included three TCV schools, where a lot of stray dogs are looked after. Each stray dog is marked with paint to indicate when they have been vaccinated. This is useful for the team to keep track of which dogs have been done, but also shows the extent of the work being done to the local people, thereby strengthening the initiative.

The collaboration between the local veterinary surgeons and doctors is essential to the success of eradicating this awful disease. We were interested to listen to Dr Tseten Dorjee Sadhutsang, Chief Medical Officer of the Tibetan Delek Hospital Dharamsala, discussing the “One Health” concept. This worldwide strategy promotes the importance of considering human and animal health together, as there are many diseases which affect both.

As veterinary surgeons from the UK, we are very impressed by the work being carried out as a result of the excellent collaboration between Brigitte Bardot Foundation and Tibet Charity. We are both humbled and heartened by the devotion of these people to animal welfare. We look forward to seeing Tibet Charity expand their good work both to a wider region and to large animals in the future.

The details of the dogs vaccinated are as under:

S. No.	Date	Place	No. of dogs vaccinated
1.	10/09/2014	Tibet Charity House	35
2.	11 - 13/09/14	McLeod Ganj/ Baghsu	245
3.	14/09/2014	TIPA/Tushita Area	105
4.	15/09/2014	Upper TCV/Naddi Area	115

5.	16/09/2014	CTA/Mentseekhnag Area	130
6.	17/09/2014	Norbulingka/Sidhbari	110
7.	18/09/2014	Sherab Gatseling/Sarah	30
8.	19/09/2014	Shugseb/Tirlokpur	20
9.	20/09/2014	Lower Dharamsala	60
10.	21/09/2014	TCV Gopalpur	108
11.	26/09/2014	TCV Suja	15
		TOTAL	973

- Submitted by: Amy Gillespie BVMS MRCVS and Charlie Arnold BVM&S MRCVS
(volunteer vets)

Tibet Charity Joins ABC camp at Bodh Gaya

Like last year, this year too, we had the privilege of taking part in the veterinary camp organised by His Holiness the 17th Gyalwang Karmapa at holy town of Bodh Gaya from 2nd to 8th December 2014. The camp was organised in keeping with the vision of His Holiness to relieve the suffering of all sentient beings.



Mr. Lobsang Thukjey, an experienced and trained vet attendant from Tibet Charity participated in the camp. Though the camp concluded on the 8th, he was requested to stay back for few extra days to look after the dogs that required post operation care.

Besides Tibet Charity, there were vets and experts from the Sikkim Anti-Rabies Animal Husbandry Division [SARAH]. A team of volunteer vets from Australia and England also joined in conducting surgical sterilisation, anti-rabies vaccination and general treatment for dogs.

We thank His Holiness Karmapa and SARAH for giving us the opportunity to serve the animals at the camp. We also thank Fondation Brigitte Bardot, France for kindly providing the necessary financial support to run the camp.

