Activity Report 2007-2008

SOCIAL DEVELOPMENT ACTIVITIES

Tibet Charity supports development projects in the North East (May 2007)

During the visit of the Director, Tibet Charity India to the Tibetan Settlements in the Northeast part of India, he had the opportunity to visit the elderly people being supported by Tibet Charity. At the same time he also had the opportunity to meet the people and know the problems that they face. We are very happy that we have been able to make some contribution to these areas. We hope that our contribution will bring about some benefit to the needy people in the settlements.

A. Tenzingang, Arunachal Pradesh:

1. Immediate Financial Assistance to Poor and needy Individuals:



a. Mr. Dhamchoe (66 years):

Born deaf and dumb, he has no one looking after him. After the problem in Bhutan, he first stayed at Bomdilla working as domestic servant but two years back he joined Tenzingang Tibetan Settlement. He has no house of his own. He was given one house by a relative of his but he was forcibly moved out of that house by the drug addict son of the person who gave him the house. Then thereafter that boy burnt down the house making it impossible for him to use. When we proposed to reconstruct the house he refused the offer as he was too scared to move into this house. So presently he is staying in a house of another person who has asked him to look after his field in return.



b. Mr. Dorjee Wangdue (29 years):



He was born with some mental disorder due to which no one wants to keep him at home. They have now kept him in a house which is not being used. There is nothing in this house except some old bedding materials and clothes. He roams around in the settlement begging for food. He also works as domestic servant

sometimes so that he can get something to eat. In spite of his mental disorder, he has sharp memory.



c. Mr. Tsering Dorjee (78 years):

He is very poor. He has initially been keeping donkeys to carry goods for the construction works. But later on his donkeys either died or got stolen. He thereafter shifted to Tenzingang where he was given a small plot of land. He got married to a woman who has a strong mental disorder. She can not even look after herself, leave

aside working to earn something. She is all the time sleeping or talking to herself. They have three children as well.

With no source of income and having to look after a wife and children makes it very difficulty for him to survive without some kind of help.



d. Mrs. Dawa (58 years):

After the death of her husband, who has been the sole bread earner, she has been leading a very difficult life. She is doing hard labour work to earn some money. Even then there is no guarantee that she will have something to do everyday. Sometimes she goes on for days without anything to do. Even when there is work, she

earns as little as Rs.30 per day or less.

To make the matter worse, her husband left her daughter who remains sick all the time, after giving birth to four children. So with the little money she gets, she has to feed her own daughter and her children, as there is no news from her daughter's husband. Luckily one of her daughter has got free admission in the school in her settlement.

2. Emergency Welfare Fund:

The settlement officer has been very kind in looking after the poor and needy in his settlement. Whenever any of these poor and needy people approach him for help, he has been helping them with money. Recently he has selected poor and needy old people in the settlement with eye problem. They were then sent to a hospital very far from their settlement. The office has borne the whole cost of the travelling and the treatment. Likewise he has also been helping the needy sick people to get proper treatments in the town hospitals. So some fund was donated for Emergency Welfare Fund.

B. Dhargyaling Tibetan Settlement, Tezu:

1. Water Project at Old People's Home, Tezu:

The water situation in the settlement as a whole is not very good. But the others could take the trouble to fetch water from elsewhere when the water situation gets worse. But the people in the OPH are mostly either too old as well as weak to be able to do that. So with the financial assistance from Tibet Foundation they have bought an engine that pumps up water from the main source from where the water is transferred to the overhead tank in the OPH. But as the engine is very old now and as the pipes too have become old with leakage everywhere, they are not able to store enough water in the tank.

More often that not the engine breaks down in which case they have to go for days without in the OPH as the nearest place where they can get these repaired is around four hours drive away (it can be more during the rainy season as the roads gets flooded). They have to then carry their buckets to fetch water from elsewhere. At this age it really is a tough task.

So assistant was extended to buy a new engine and replace the broken pipes. With this they are sure to have less trouble regarding water.



2. Repair of the Roof at OPH Tezu:

The Old People's Home at Tezu was constructed way back in 1986. Since then they have not able to repair the building as such though they did do some whitewashing of the building before the visit of a minister from CTA last year.

But they had no money to do anything with the roof. Therefore the roof looks very old and rusty. There are so many holes in the roof, which could cause problem when the monsoon sets in (monsoon in that part of the country can be very long with heavy rainfall). After personally inspecting the roof and seeing the need, some fund was provided to repair and repaint the roof.

3. Clothing for the elderly people at OPH Tezu:

The OPH at Tezu is a home to around 30 old people at the moment having no one looking after them.

In its initial years, they were supported by Tibet Foundation, UK but since they stopped funding the OPH, they have been facing a lot of problem in running the OPH. Their only source of income now is the individual sponsorship money they get from sponsors like Tibet Charity. With this amount they have to feed, clothe and manage the OPH. Due to shortage of fund, they have not able to provide any new clothes to the inmates for the last three years.

C. Choepheling Tibetan Settlement, Miao, Arunachal Pradesh:

1. Water Project:

(Water source that could be used to solve water problem of at least one camp) The water situation in the settlement is very bad, in fact the worst I have ever seen during my

trips to so many Tibetan settlements so far. For the whole settlement of 1500 people, they have only one small stream that works as their main water source. There too because of the poor storage condition and narrow pipes much water is wasted before they reach the main tank.

Leave aside water in each bathroom and toilet; they do not even have a single water tap

outside any of their houses. Each camp consisting of 45 families has around two water taps where water is made available two times in a day – two hours in the morning and two hours in the evening. During this time they all have to come with their bucket and wait in line to get their buckets filled.

The Department of Homes has set up a borewell pump to draw out underground water for irrigation. But after the completion of the borewell pump, they feel that the water is not enough for irrigation. They are therefore planning to supply that water to the people. They feel that with a construction of proper storage close to that well, they could store water in those storage tanks and then supply water to the nearest camp. With this they feel that they can provide sufficient water at least single camp consisting of 45 families to start with. Thereafter if the water supply is good enough, they could extend the benefit to more camps. So financial assistance was provided for the purpose.

2. Dress and bedding materials for the inmates of the Old People's Home, Miao:



The settlement runs an Old People's Home that is a home to around 20 old people. They are all those having no children or relatives looking after them. There are some that have joined the OPH from Tuting. I am told that there are many more in Tuting who have no family taking of them and hence they desire to join the OPH here.

Initially they were funded by Tibet Foundation and since they have stopped funding the OPH here they have been facing difficulty in running the OPH. They have not been able to provide them with any new clothes for the last two years and the bedding material they are using are completely worn out and not very fit for the cold winter. Assistance was provided to buy clothes and new bedding materials for the OPH.

3. Emergency Welfare Fund: Like in Tenzingang, the settlement officer here too has been providing much needed financial assistance to the poor and needy in times of need. But as they do not have separate account for such matters, he faces problem in helping them when people come to him to seek help. So to help him in helping the poor and needy, some amount was provided for emergency purposes.

The Director returns after visiting the Tibetan settlements in the Northeast India. (April-May 2007)



The Director visited the Tibetan settlements in the Northeast region of India, which are said to be the most remote of the Tibetan settlements. He started his tour by visiting Tenzingang on the 9th of April 2007. Thereafter he visited the Tibetan settlements at Tezu and Miao. During the visit he used the opportunity to meet the elderly people being sponsored by Tibet Charity and he also took the opportunity to introduce Tibet Charity as an NGO to the public.

He also got first hand information about the living condition of the people living in these areas besides hearing the problems they face in their day to day lives. He was well received in all these settlements by their respective settlement officers for whom he remains grateful to them all.

The elderly people being sponsored by Tibet Charity were very happy to see someone representing their sponsors. They have all requested the Director to thank the sponsors on their behalf and also thank all those involved in finding sponsors for them. They always pray for the long life and good health of them all.

We take this opportunity to thank all the Authorities concerned for their kind hospitality and cooperation extended to our Director during his visit to these settlements.

HEALTH CARE ACTIVITIES

Home Nurse Trainees successfully complete their training. (December)



A simple function was organised to mark the successful completion of the training of the Home Nurse Trainees on the 11th of December 2007 in the hall of TC house.



The function was attended by,

among others, His Excellency Mr. Peljor Tsering, the Minister of Health, CTA Dharamsala and The Chief Medical Officer of Delek Hospital & the personal physician of His Holiness the Dalai Lama, Dr. Tsetan Dorjee.

At the start of the program The Director of Tibet Charity India welcomed the visiting dignitaries and also apprised them of the activities undertaken by Tibet Charity.

Thereafter Mrs. Tsering Lhamo, the In-charge of Tibet Charity Health Section (India) explained how the concept of Home Nurse Program first came up and also explained how much benefit it has been able to provide to the old and sick people having no one looking after them in times of their illnesses.

Dr. Tsetan Dorjee in his speech appreciated various socially beneficial activities undertaken by Tibet Charity. He especially lauded the involvement of the Indian Trainees and staff in our program. Appreciating the roles of the Home Nurses in our society he requested them to ensure compassion and great patience while dealing with the sick people as they can sometimes be very difficult to handle with. He also ask for greater coordination among the various Governmental or Non-Governmental organizations/ Institutions so as to provide the maximum benefit to the sick and needy.

The Minister in his speech also expressed his gratitude to all the people behind the activities of Tibet Charity for their enormous contribution to the Tibetan Community. He expressed his full cooperation and support from the side of Central Tibetan Administration whenever their assistance is required. He wished all the activities of Tibet Charity in general and the home nurses in particular all the success.

Patients' rooms at Chandigarh provided with bedding and household materials: (August 2007)



In addition to the mattresses and other kitchen articles provided earlier, Tibet Charity provided the patients' rooms at Chandigarh with new beds, bed sheets, refrigerator etc. The Beds which were earlier used by the patients were



foldable beds with plastic ropes in between. This we thought was not good for the patients- especially those with back problems.

So 11 new beds were provided. Along with the beds 9 mattresses, 28 bed sheets and 28 pillow cases were provided as well. A refrigerator was also provided to keep the medicines etc.

Community outreach program started. (July 2007)





For the last 1 and ½ years Tibet Charity has been providing home nursing to young girls to assist the sick and needy among the community who have no one looking after them when they fall ill.

We are now happy to write here that after undergoing intensive training the girls have now started visiting the sick and a needy in a local area from June 1st 2007.

We mostly target the elderly and infirm having no support. Many of them are ex. Soldiers or monks and nuns having no family.

Tibet Charity supports Malaria Diagnosing Program at Tezu (May 2007)



Introduction:

(Dispensary at Tezu)

In a settlement of around 2000 people, there is a small dispensary run by the Department of Health under Central Tibetan Administration, Dharamsala. The main objective of the dispensary is to provide free medical treatment to the residents of the area in case of minor illnesses.

In case of major problems, they are either referred to the Government Civil Hospital, which is around 7kms from the settlement or to Tinsukia, around 65kms away, for more serious problems.

There are two health-workers that look after the patients coming to the dispensary. Due to the weather condition there, it has a lot of mosquitoes during the major part of the year. So problems related to the mosquitoes are quite common in the region. The most life threatening of them is Malaria.

The normal procedure of testing is by using the Malaria Parasite Smear Method, which takes around two days, as the sample needs to be taken to the nearby government hospital. Sometimes patients have expired before the final diagnosis has been made.

So they felt that Rapid Malaria Test System using "Test Tube Method" is a better option, as the presence of the parasite in the body is known immediately. Using this method not only saves time but also lives.

Tibet Charity therefore is happy to provide them with enough of these special Test Tubes to last the whole year, which will help them diagnose the disease at the earliest, and hopefully save lives.

Screening for Type 2 Diabetes and Health Talks on the Disease organised. (May 2007)

From April 2nd to May 5th, TC Health Center organised Diabetes screening and 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 at Tibet Charity Health Center when they came here after hearing about our program.



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

Our health staff gave talks on the symptoms and complications of Diabetes. Such talks were then followed by a talk on the right food and lifestyle to prevent the disease by Mrs. Tsering Lhamo. In all such talks emphasis was laid on to avoid light

sugars and the refined products such as the white flour (maida) and white sugar, which are very harmful to the body. The public took great interest in such talks and many people immediately changed their food habits.

Before any screening, we made it clear to the people that they had to be fasting on the morning of the blood sugar test. Blood pressure was also checked, since high BP is one of the risk factors for getting diabetes.



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

Since Diabetes 2 is common among Asian people, we decided to check all persons above 40, especially those who are too fat and have high blood pressure.

After the initial tests all the suspected cases were given food advice and then re-checked for blood sugar level. Those who still had blood sugar level in the second test were called again for the Oral Glucose Tolerance Test in order to determine whether they have Impaired Glucose Tolerance or Diabetes.

In TCV, we had a very good experience whereby we were convinced about the usefulness of the screening. Many of the people showing high blood sugar level during the first test showed normal sugar level in the second test after totally abandoning the intake of white sugar (sweet tea) and the maida.

This really gave the people the feeling, that they were in control of their health, and they had reason to be very happy and proud.

S.No	Date	Place	No of neonle 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 Jepa Monastery	66	1
8.	26th-27th April	TCV Dharamsala	177	20
		TOTAL	844	64

On top of the ones above, we continue to do the screening and organize health talks in places not covered so far.

Free health camp and talk on diabetes organized. (April 2007)



On the 2nd April 2007, the In-charge of Tibet Charity Health Section, Mrs. Tsering Lhamo, the In-charge of Tibet Charity Health Section India gave talks on the problems, risk factors, symptoms, and treatment in relation to diabetes.

On the next day they conducted blood sugar test on 87 nuns of Ganden Choeling Nunnery. They were quite happy about the fact that only 2 diabetes cases were

detected out of 87, even though diabetes is quite common among the people in Asia. Similar camps will be organized in Monasteries and Schools in and around Dharamsala in the future.

Home nursing classes reopened after winter vacation. (March 2007)



The home nursing classes which were closed from 16th of January to 25th of February reopened on 26th of Feb. 07. We are very glad to see both the staff and the students fit and fine back from their vacation.

The classes are now running in full swing and we do hope that they succeed in what they aspire to do and be useful to the old and sick in Dharamsala to start with.

SELF-SUSTAINABLE ACTIVITIES

Tibet Charity sponsors Business Awareness Program. (December 2007)

As part of our goals to help the business community among the Tibetans to go for more





sustainable business instead of the seasonal short term business they are involved in, Tibet Charity supported the Business Awareness Campaign and Focus Group Meetings organized by Department of Finance, Central Tibetan Administration Dharamsala.

The Business Awareness Program organized this year is a continuation of the same kind of program organized last year in all the Tibetan Settlements in the South and some around Dehradun.

This time we have covered the Tibetan settlements in Mainpat (Chattishgarh State), Gangtok (Sikkim), Ravangla (Sikkim) and Simla in Himachal Pradesh involving more than few hundred Tibetans.

In such programs besides the resource persons from the Department of Finance (CTA) the local officials from District Industries Centers were also invited to enlighten the Tibetan on the facilities and opportunities that could be made use of through the Sate or District Industries Centers.

Through such projects, we aimed to raise awareness amongst the unemployed youths and those who are involved in tiny industries about the opportunities and support available to them in the form of subsidies, registration, skill developments, finance, and so on. The project also focused on understanding the problems faced during their normal course of business by existing entrepreneurs and those in retail garment selling business so as to help them shift from unorganized to organized market, carried within the legal frameworks of conducting business.

The program was a big success both in terms of resolving their doubts and for opening the doors of opportunities available.

Workshop on VAT and Account keeping at Dalhousie (August 2007)



On the 24th of August 2006, a workshop on VAT and account keeping was conducted at Dalhousie as per the short terms goals of SSBDF Tibet Charity for the Tibetan business people at Dalhousie.

The workshop was attended by 90 Tibetans engaged in small scale business in the area. This workshop has been the most successful one so far as we have been able to invite Mr. Rakesh Bhatia, the local Excise and Taxation Officer (ETO) who has the

decision making power on problems related to taxation in the region. Many of the problems that the people have been facing since the beginning of business engagement in the area were solved during the workshop. He very clearly and politely explained all the rules and regulation related to taxation. He also promised all help possible in the future.

Other rules and account keeping was explained in detail by Mr. Himanshu, the local Chartered Accountant who was ably assisted by Mr. Sonam Gonpo la, their Tibetan advisor.

The Director took the opportunity to introduce Tibet Charity as an Association to the public with special focus on the aims and objectives of Self Sustainable Business Foundation under Tibet Charity.

In conclusion I must say that this has been a very great success that has helped them find solution to long pending problems. They have whole heartedly thanked SSBDF and all concerned for their kind assistance.

Business awareness program at Tibetan Settlements (May 2007)



Tibet Charity sponsored the Focussed Group Meeting and the Business Awareness Program organised by the Department of Finance, Central Tibetan Administrations of His Holiness the Dalai Lama.

The Program started on the 2nd of May 2006 at Hunsur, a Tibetan Settlement in the South Indian State of Karnataka and finished on the 2nd of June 2006 at Puruwala, a small Tibetan Settlement in the North Indian State of Himachal Pradesh. From day One to the last the program covered various Tibetan

Settlements such as the ones at Bylakuppe, Kollegal and Mundgod in the south and Dekyiling and Paonta Sahib in the north. In total the program benefited a few thousand Tibetans.

The program aimed at finding solutions to the various problems and challenges faced by the Tibetans, particularly those involved in winter sweater selling business in the face of changing geo-political scenario in India. By making the public aware of the challenges ahead of them in continuing the same kind of highly risky and unstable business in the future, they were encouraged to start thinking of more stable and permanent business in the long run. The program aimed at bringing the Tibetan people to the table for development of their motivation and grooming their entrepreneurial potential. The program also sought the cooperation and the expertise of the local District Industries Centre (DIC) to educate the Tibetans about the Business Opportunities provided by such Indian firms. The participants were made aware of the various aspects of global and domestic business environment & opportunities. The deserving people were also given chance to interact with the Resource Persons and the experts from DIC for one to one consultations on their business project profile.

All in all the participants found program very informative, interactive and beneficial and they all expressed their gratitude to all concerned in the organisation of the Business Awareness Program. They also urged the organisers to hold such programs more regularly to enlighten the public on the various business opportunities available.

The Resource persons/the key organizers of the Program were Mr. Sonam Dorjee, Joint Secretary and Mr. Choesang, Assistant under Secretary of the Department of Finance, CTA Dharamsala.

The Director, Tibet Charity, India attended the last lap of their tour in the North.

ANIMAL CARE ACTIVITIES 2007

Some more Veterinary Camps organised (June 2007)

As part of our animal welfare program, veterinary camps were organized at Rewalsar (a holy place for the Buddhists and called Tsopema in Tibetan), Sherabling (a quiet and peaceful monastery in the middle of a jungle close to Bir), Sidhpur (in collaboration with Dr. Barbara's clinic) and Norbulingka (an Institute dedicated to the preservation of Tibetan Arts and Craft) from 17th to 27th May 2007.

With active and positive support from the local community in these areas, all the camps were big success.

The camps were organised with the help of our Doctors. And of course our own Bishan Das proved more than useful as always. We thank all the local helpers and the volunteers for making our program a big success.

No:	Places	Sterilization	Vaccination	Other Treatment
1.	Rewalsar	22	45	5
2.	Norbulingka	17	15	10
3.	Sherabling	4	12	6
4.	Sidhpur	18	20	4
TOTAL	4	61	92	25

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Vet Camps at Tibetan Schools (March 2007)

After doing a good job in the Veterinary Clinic here in the Tibet Charity house and after the success of the Veterinary Camp at Bir, the volunteer veterinary Doctors decided to organize Veterinary Camps in the Tibetan Schools in and around Dharamsala.

Among the schools the first camp was organized at Institute of Higher Tibetan Studies, Sarah and thereafter at the TCV Schools in Dharamsala, Suja and Gopalpur.

Besides normal treatment the number of dogs and cats vaccinated or sterilized are as under.

S.No	Schools	Sterilization	Rabies vaccination	
1.	I.H.T.S Sarah	11 dogs & 1 cat	15 dogs	
2.	T.C.V Suja	11 dogs	20 dogs	
3.	T.C.V Dharamsala	5 dogs	65 dogs	
4.	T.C.V Gopalpur	20 dogs	30 dogs	

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Vet camp at Tibetan Settlements (February 2007)

A three days Animal Welfare Camp was organised at the Tibetan Settlement, Bir from the 5th to the 7th of February 2007 with the kind support from the office of the Settlement Officer, Bir Tibetan Society.

During the three days, they provided Rabies Vaccination and Ivemectin injection for the control of parasite infection to 120 dogs. Besides that they sterilized 15 dogs and treated around 100

dogs for various injuries or skin diseases.

The public there showed much appreciation of the job being done and they were seen helping the camp in bringing dogs. The Settlement Officer too called us and expressed his deep appreciation for the work done.

Seeing the magnitude of the need there, we have decided to organise one more camp with the same group on the 12th of this month.

We take this opportunity to thank the volunteers, the staff of Settlement Office, Bir Tibetan Society and the general public in Bir for making this camp a big success.

GENERAL ACITIVITIES

His Eminence Lakha Rinpoche, the Founder and Chairman of Tibet Charity visits India (October 2007)



His Eminence Lakha Rinpoche, the founder and Chairman of Tibet Charity visited Dharamsala from the 17th to 25th October 2007 along with Mrs. Pia Lakha and a group of supporters from Denmark and Sweden.



During their stay here in Dharamsala, they visited various places of interest which include the offices of Central Tibetan Administration, Tibetan Parliament in exile, Tibetan Medical & Astronomical Institute, Tibetan Children's Village etc.

They also paid a visit to the Old People's Home here in Dharamsala where Tibet Charity is sponsoring some elderly people. At Old people's Home they joined the Elderly people during their morning prayer. Ven Lakha Rinpoche then addressed the gathering on the importance of controlling one's mind from accumulating sins. He advised all to follow the teachings of Lord Buddha and His Holiness the Dalai Lama in

true spirit. They also took time to visit the rooms of the elderly people.

At the Tibetan Reception Center they interacted with the recent arrivals from Tibet.

On the 19th of October, the group got a special opportunity to meet His Holiness Karmapa, one of the most highly revered Lamas for the Tibetans after the Dalai Lama. He appreciated Tibet charity's role in helping poor and needy Tibetans both inside and outside Tibet. Thanking all the members of Tibet Charity for this wonderful deed, he requested Tibet Charity to continue its good work.

After a memorable stay at Dharamsala, the group finally left for Norbulingka on the 23rd from where they went to Rewalsar on the 25th.

We, the members of Tibet Charity India thank them for their kind visit and wish them safe and happy journey back home.

Annual meeting of Tibet Charity Governing Body held: (August 2007)





On the 30th of August 2007 at 6.00 p.m. the Governing Body members of Tibet Charity India met in the Tibet Charity house.

Wide-ranging discussions were held in relation to the

past activities of Tibet Charity. The meeting also raised certain suggestions for the further improvement of Tibet Charity activities with special regard to brining benefit to the neediest and the poorest of the people.

Tibet Charity India commiserates Mrs. Pia Lakha La on her departure. (May 2007)



All the staff at Tibet Charity, India joins hands in expressing their deepest gratitude to Mrs. Pia Lakha la during the occasion of her departure from the active membership of the board of Tibet Charity, Denmark with effect from the 9th of May 2007.

Mrs. Pia Lakha la has played a pioneering role in the formation of Tibet Charity as well as in its maintenance for the last ten years. She has played a very important role in providing assistance to the Tibetan Community in

India and Nepal.

Though her presence will be deeply missed, we have no doubt that she will continue to support us even without being on the board of Tibet Charity, Denmark. We wish her all the success in all her future endeavours.

We also take this opportunity to welcome Ms. Jette Hoffmeyen and Ms. Susanne Hvidtfeldt in the board of Tibet Charity, Denmark as persons In charge of Social Development Project and Educational Development Project respectively. We fully hope that they will be able to carry forward the good work started by Mrs. Pia Lakha la with the same kind of enthusiasm and zeal.

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