

Tibet Charity Activity Report (2017 – 18)

Education Section

1st Session of Tibet Charity English Language Classes began:

The 1st session of Tibet Charity English Language classes (March – May) began after three months of winter vacation. A simple opening ceremony was held to mark the start.

The opening ceremony was attended by the new batch of qualified and experienced volunteer teachers who have come to teach English for the next three months. Two volunteer vets from France also attended the function.

At the start of the function, Ms. Tenzin Tsephel, the coordinator of Tibet Charity English Section welcomed the volunteers who have come from various part of the world to share their valuable knowledge with the students of Tibet Charity. Our volunteers included Ms. Marlene King Adams, Mr. Noel King Adams and Christine Squires from Australia. Our Vet volunteer for French Class is Mr. Robert Verite from France

Teachers took turns to introduce themselves to our students. They all expressed their hope to help our students in the best possible way.



Mr. Tsering Thundup la, the Director of Tibet Charity offered welcome ‘khataks’ to our new volunteers and thanked them for coming to Tibet Charity to help our students. He requested the students, who are no doubt hard working and disciplined, to make the best use of their time here.

The opening function was followed by the Director’s meeting with volunteers and students separately familiarizing them with Tibet Charity rules and regulations.

Volunteers’ Trip to Bir Organised:

Tibet Charity organized a day long excursion for the volunteer language teachers Ms. Marlene King Adams, Mr. Noel King Adams. Mr. Neal and Mr. Robert Verite who accompanied by the

Volunteer Coordinator Ms. Tenzin Tsephal enjoyed a day out visiting schools and monasteries around Bir and Chaundra. It was a lovely day outside of the classrooms and enabling us to explore the beautiful surrounding areas.



The volunteers had a wonderful time spending time with children in the local schools and witnessed the magnificence of the monasteries in the surrounding regions.

1st Session of English Language Classes Concluded:

0/05/2017: A simple closing function marked end of the first semester of Tibet Charity language classes. The function was attended by the volunteers, students, and the staff of Tibet Charity.

Miss Tenzin Tsephel, the Coordinator of the Education Section of Tibet Charity began the function with a welcome speech. She thanked the volunteers for kindly imparting their knowledge to the students with great love and dedication.

Two attending meritorious students from each class were awarded with prizes and scarf by their respective teachers.

The volunteers then took turn to share their experience. They all expressed their joy for the opportunity they had in meeting the wonderful and enthusiastic students of Tibet Charity. They were of the opinion that they learnt much more than what they taught. Some of the teachers became emotional when they explained how much they're going to miss the students



Some students also stood up to thank the teachers. They appreciated the excellent teaching method of the teachers and their friendly relation with the students. They all said that the teachers created very cordial atmosphere while teaching.

As a token of gratitude for the teachers, 2 students sang some songs one of which was composed specifically for the occasion.

The Director then presented mementos to the volunteers along with certificates of appreciation. He also thanked the teachers for their hard work and dedication.

3rd Session of Language Class began:



The third and final session of Tibet Charity Education Section commenced from 4th September 2017.

A simple opening function was organized during which Ms. Tenzin Tsephel, the Coordinator of the Education Section, welcomed all the volunteers who have come here to teach English and French to the students of Tibet Charity. Most of our students are newcomers from Tibet but we also have students from different Asian countries. There are some students from the Himalayan region of India.

The Director offered traditional scarf to the volunteers and thanked them for the kind decision to teach the students here. It must be mentioned that all those who volunteer for us come here at their own expense. No fee whatsoever is taken from Tibet Charity. He urged the students to make the best use of the opportunity that they have got to learn new language from highly experienced and qualified teachers.

The volunteers then introduced themselves and all expressed their joy for the opportunity that they have got to teach the students of Tibet Charity.

The function concluded with a group photo followed by the serving of some refreshments to all the volunteers and the students.

There were 75 students who have enrolled to study English.

Animal Care Section

Animal Birth Control and Anti-Rabies Vaccination Camp organized at Paonta Sahib:

The Animal Care Section of Tibet Charity organized the Second 13-day Animal Birth Control (ABC) and Anti-Rabies (A-R) camp for the street dogs at Paonta Sahib, a small town in the North Indian state of Himachal Pradesh, from 10th to 23rd of April, 2017. It was initiated with a simple opening ceremony on 10th April, 2017 which was attended by various dignitaries from around the town.

After the grand success of the previous year's ABC and A-R Camp, the prime objective of this camp was to ensure that regular checks are maintained on the health of the stray dogs and that they were being regularly vaccinated.

The team stayed at Paonta Sahib for two weeks during which time they helped sterilize up to 150 stray dogs and vaccinate even more.



Animal Birth Control Camp at Rewalsar and Chauntra concluded successfully:

The Animal Care Section of Tibet Charity successfully concluded Animal Birth Control ((ABC) and Anti-Rabies Vaccination (A-R V) Camp at Rewalsar and Chauntra.

The team first went to Rewalsar where hoped to sterilize at least 150 dogs with support from the local administration and the public. But unfortunately our team received very poor support from the local community because of which we had to cut short our program there. In spite of the difficulties, our team stayed there for 5 days during which time they sterilized 35 dogs out of which 26 were females and 9 males.

On the request of the school administration at TCV Chauntra, our team then went to the school and organised one week's camp there. There they received wonderful support from the administration, staff and the students of the school. With their kind support, we succeeded in sterilizing not only all the dogs inside the school campus but also dogs in the surrounding village and town. In Chauntra, we succeeded in sterilizing 70 dogs out of which 47 were females and 23 males. We thank the school administration, staff and the students for their kind support.

Besides the above, our team went to Bir and neighboring areas to give anti-rabies vaccinations to the stray dogs. In total, they vaccinated 253 dogs in the area. We thank volunteers at Bir for supporting us, as always.



World Rabies Day Celebrated:

Like every year, Tibet Charity celebrated World Rabies Day on the 28th of September 2017.

A small public awareness function was organised on the day at Tibet Charity House. The function was attended by Dr. Tseten Dorjee la, Chief Medical Officer of Delek Hospital as the Chief Guest. The Deputy Director and the Assistant Director of State Animal Husbandry Department Dharamsala were the Guests of Honor on the occasion. Various schools and monastic institutions also sent their representatives to the function.

Mr. Tsering Thundup, Director Tibet Charity gave the welcome and introductory speech. He briefly outlined the history of Tibet Charity Animal Care programs starting from 2006. He explained how Tibet Charity has succeeded in controlling the dog population and the spread of rabies in the region with kind support from State Animal Husbandry Department and other NGOs in the region. Except for a lone rabid dog that bit some people few days back, no rabid dog bite case has been reported since we started our program in 2006. He thanked all for their support in making this possible. Above all he thanked Brigitte Bardot Foundation, France for funding our program and Tibet Children's Village School for kindly providing us the space to run this program.

Dr. Ajmer Singh Dogra, the Deputy Director of State Animal Husbandry Department lauded Tibet Charity for their programs for the benefit of the stray dogs. He promised full support to Tibet Charity in carrying out its activities for the control of dog population and rabies in the region. He suggested better coordination among the NGOs in the region working for common goal.

Dr. Tseten la also said that there has been no rabid dog bite related cases at Delek Hospital since the time Tibet Charity started its program in 2006. He said that he always admired Tibet Charity for their various socially beneficial programs that helps both the animals and people in need. He thanked all those who are associated with the good works of Tibet Charity. Helping the innocent animals, he said, is putting compassion into practice.

During the function different individuals and associations were felicitated for adopting street dogs and for their work for the welfare of the street animals.



At the end of the function, the Deputy Director, Animal Husbandry Department inaugurated the 10 days' Mass Anti Rabies Vaccination program by giving the first vaccination to our house dog Paula. This was followed by vaccination program for the pet dogs in the region.

Bir Animal Care Team presented Jamtse Award:

Bir Animal Care team consisting of 8 dedicated members were selected for this year's Jamtse Award. Following members form the team: Mr. Kunchok Lodoe, Ms Penpa Lhamo, Ms. Kunchok Wangmo, Mr. Rangzey, Ms Sonam Dolker, Ms Tselha, Mr. Karma Choesang and Ms Tashi Yangzom. Dr. Tseten Dorjee la, the Chief Medical Officer, Delek Hospital gave away the trophy and cash award to Mr. Kunchok Lodoe who represented the team at the function.

The group was formed to assist the team of Tibet Charity when they reached there for the first time in 2008 to organise Animal Birth Control and Anti-Rabies vaccination program for the dogs in the region. They provided excellent support to our veterinary team in catching the dogs and feeding them after the operation. Though our team left after the camp, their association with the dogs in the region continued. They continued to look after the sick dogs in the region with minimal outside support. Many a time, they spent money from their own pocket to give the necessary treatment to dogs in need. As and when the need is felt, they raised money to take sick animals all the way to Palampur Veterinary College and Tibet Charity Animal Clinic in Dharamsala to provide the best treatment to the dogs. They also ensured that these dogs are taken back after recovery. Every time Tibet Charity organises ABC camps in the region, they are always there to help our team. If Bir and its surrounding areas have seen less sick dogs and less rabid dogs, they are one of the reasons behind it.

Tibet Charity salutes them for their wonderful work and sheer love and dedication for the welfare of the animals.

Jamtse Award was started in 2016 to identify and felicitate groups or individuals who work for



the welfare of the animals. Workings for the welfare of the animals constitute taking care of sick animals and arranging necessary treatments besides feeding them. This has been started to recognise their good work and to encourage more people to work towards the welfare of the innocent animals. The first recipient of this award is Ani Sonam Tsering from Dharamsala.

Mass Anti Rabies Vaccination Concluded:

In our effort to control the spread of rabies in the region, we have been organising mass anti rabies vaccination program for the dogs in the region every year starting from 2006. We have had great success in curbing rabies in the region as the Chief Medical Officer of Delek Hospital rightly said, " Since Tibet Charity started its mass rabies vaccination program in 2006, there has been no rabies related cases reported in Delek Hospital. I think the credit should be given to Tibet Charity to a large extent."

Starting from 28th September 2017 which is World Rabies Day, we started vaccinating dogs in Dharamsala and its adjoining areas. The mass vaccination program concluded on 8th October 2017. In total, 925 dogs were vaccinated this year.



We thank Brigitte Bardot Foundation France who has funded this program since the start. We also thank Tenchoe la (Gangkyi area), Bhutti la (Gangkyi area), Wooser la (TCV area) and Ms Julie (McLeod area) who have helped us during this campaign. We are very grateful to Mr. Jamie and Ms Ellie from England who not only volunteered to work for us at the clinic but they also extended their stay by three days so as to help us in the mass vaccination program.

In total 925 dogs were vaccinated in 10 days.

Healthcare Section

World Health Day Observed:

7th April, 2017 is a day that is celebrated across the world as World Health Day. On this occasion, Tibet Charity was keen to observe this important day, and to that extent marked the day by conducting a workshop presided over by Mrs. Jacquie Kilty, a professional psychologist. She instructed students on the nature of depression and how to identify it. The possible symptoms and the most helpful solutions were also discussed during the course of this workshop.

She informed the participants that Tibet Charity would be starting a scheme at Tibet Charity clinic, which would offer counselling sessions for free. She persuaded them to not suffer in silence but to take advantage of the new service and to share their problems with a professional therapist. This could go a long way in ensuring and sustaining the wellbeing of one's mental health which is as important, if not more, as an individual's physical health. It was a truly enriching and informative session for the participants



Acupuncture Camp organized at Tsughakhang:

Tibet Charity organized a 2-day acupuncture camp at Tsuklakhang in McLeodGanj on the 27th and 28th of April. The charity hosted a team of visiting practitioners from the CEDRE institute in France, training in traditional Chinese medicine including acupuncture.

The team was led by Patrick Shan and included fellow teachers and a number of students including doctors implementing their training in Western medicine and students specialising entirely in traditional Chinese healing techniques.

Those taking advantage of the free expertise included members of the local Tibetan community as well as Indian and foreign tourists visiting the temple.

Over 101 patients were treated for a variety of ailments; however the main concern remained knee and shoulder problems that are particularly common in the town.



Body Massage Camp Organised:

Health section of Tibet Charity organized a two day massage camp in collaboration with Mrs. Izumi Egawa from Japan. The massage camp was conducted at Norbulingka clinic on 29th and 30th of May.



In total 49 people came for the massage, 17 on the first and 32 on the second day. The major complaint of the people who came for the massage were pains related to knee, joint, neck and back, and then they were given massage accordingly.

The camp was a success and it got positive response from all the people who came for the massage.

World Blood Donors Day Observed:

Every year on the 14th of June, countries around the world celebrate World Blood Donors Day. This event celebration was first started in the year 2004 aiming to raise the public awareness about the need for safe blood donation voluntarily and unpaid by the healthy person. Tibet Charity observed the World Blood Donors Day on 14th of June. The day was celebrated by organizing a camp in the main square of Mcloed Ganj.

A camp was put up in the main square and distributed pamphlets which contain the importance and the benefits of donating blood. Then names of the voluntary donors were collected and total 31 donors came to register their names. The blood donors were called when in need of emergency blood donation for the patient in need.

We would like to thank our donors who have always supported this good work of helping others in need.



Workshop on nutrition organised:

One day Workshop on Nutrition was organised at Tibet Charity on 24th July to spread the word about healthy eating. Volunteers Dr Giza from Mexico and nutritionist Teresa from the USA gave instruction on the food groups, how the body metabolizes food & what food choices to make to maintain health and avoid chronic illness with special emphasis on Hypertension, Diabetes, Cholesterol and Gout. Those attending, 65 of them, analyzed their own physical statistics and were guided towards making their own healthy eating plan. Everyone enjoyed a nutritious lunch prepared in front of them in accordance with the principles being shared.

At the end of the day guests were given vegetable seedlings potted up to take home and get their own kitchen gardens off the ground.



World Hepatitis Day Observed:

The Health Section of Tibet Charity observed World Hepatitis Day on 28th July 2017. Ms Jigme Choekyi used powerpoint presentations and video to educate the public regarding the spread, risk factor, symptoms and treatment of the disease. The presentation concluded after answering the questions from the audience.

It may be mentioned here that Hepatitis B is one major reason for the cause of death among the Tibetans. It is therefore imperative we take this issue more seriously and takes necessary steps to avoid the spread of the disease in the community.



Massage Camp at Norbulingka Organised:

The Healthcare Section of Tibet Charity organised a massage camp on the 22nd August as requested by the staff of Norbulingka Institute. This request has been put up by the administration at Norbulingka Institute as most of the staff working there are engaged in daylong manual works which puts great deal of strain on their muscles and back. The staff have reported considerable relief after receiving such massages from the trained masseur of our healthcare section.

42 people with varying joint and muscular pains received massage on the day.

It has been a pleasure for us to have got the opportunity to help these who are mostly artisans at the Institute and are in great need of some relief



World Heart Day Observed:

Tibet Charity along with Tibetan settlement office Dharamsala observed World Heart Day by organising a camp at the main temple to check the blood pressure measurement. 454 people came for the checkup. However, very few of them have known cases of hypertension and therefore are under treatment. Those, who are newly diagnosed as having high blood pressure, were advised to monitor and consult a doctor for further checkup and necessary treatment, if required.

With this camp, we hoped not only to identify people with unknown case of hypertension but also to create awareness among the public to maintain one's blood pressure under control. The



importance to keep one's BP under control was explained.

Social Development Section

Free Shoes Distributed:

In the month of April, as an activity of its Social Development sector Tibet Charity distributed shoes amongst some of the elderly and underprivileged of McLeodGanj.

These individuals consisted of people who were in much need of this basic necessity. With funds partially provided by St. John Ambulance and funds from Tibet Charity, 20 pairs of shoes were distributed.

The Tibet Charity team personally approached every underprivileged individual with queries regarding their shoe sizes before making the purchase and handing it over to them.

Arrangements were made to ensure that the shoes reached the persons who were unfit or unable to collect the shoes themselves whereas, the rest collected their pair of shoes from the Tibet Charity office.

We would like to extend our gratitude to Debra Chrystal from the United States for providing the elderly with socks which were distributed along with the shoes.

We are extremely thankful to St. John Ambulance for the kindness they extended and their support in this noble cause of helping the needy.



A man taken for a tour round McLeod Ganj:

99 year old Tashi Dorje lak, a local elder in failing health who is ordinarily housebound, finally got to visit the Dalai Lama temple today and to enjoy the sunshine that the town is basking in now that the monsoon has passed. Our Home Nurses, who have been visiting him at home for many years, fulfilled his wish to see the temple just one more time at this late stage of life.

His long term personal helper carried him up the steep stairs outside his home to a waiting taxi which took him to the temple. The nurses then set him down on a wheelchair and led him through the complex. Inside, Tashi Lak came across some of the old friends he had not seen for years. He made offerings in the temple.

When the visit was done the nurses didn't put him in a taxi but instead wheeled him back through the town as he had requested. Tashi marveled at the changes that had taken place in the rapidly developing town that had remained hidden from him for so long.



Ration distributed to the needy:

With kind support from Debra Chrystal from the States, we have distributed some food items to the poor and needy Tibetans in McLeodganj. This is the third year in a row that we could do it. The ration that we distributed this year included rice, flour, salt, sugar, tea leaves, different kind of pulses (dal) etc.

First we identified the people in need and the home nurses then went from door to door distributing these items. Around 35 people were shortlisted to receive these items.

These items were all presented to us by Ms Debra Chrystal who buys them from online shopping sites and write Tibet Charity as the addressee. Besides these, we have also received some jackets, socks, sweatshirts etc. which shall soon be distributed among the people in need



Winter Clothes Distributed:

After the distribution of the ration, the staff of Tibet Charity went around distributing winter clothes to some of the poor and needy in and around McLeodganj, Dharamsala.

Like the ration, these winter clothes were donated to us Ms Debra Chrystal from USA. This year clothes distributed consisted of jackets, sweaters, caps and socks. This is not the first time she did this. She has been donating clothes for the last few years as Christmas gifts to the poor elders in the region.

Our home nurses, who go from house to house looking after the sick and elders who are living alone in the region, identified somewhere around 25 elders who require help and care. Our staff therefore gave these winter clothes to around 14 elders as of now. Some of the people who receive help from us have already left for Bodh Gaya. They will be given these clothes once they return.

