

Tibet Charity Annual Activity Report (1st April 2018 – 31st March 2019)

Before writing this report, I must not forget to thank all those who have been involved in these great initiatives of ours to support the poor and needy in the region. Our programs not only target the humans but we also do our best to reach out to the street animals, mainly cats and dogs.

We wouldn't have made so much progress in our effort to help others without the support of all our well-wishers and sponsors. As there are too many who should be credited for the success we have attained thus far, it would be impossible for us to name each and every one of our kind supporters. But we wish to name few of the organizations who has helped us financially to run some of our socially beneficial programs.

Tibet Charity Denmark: They are the backbone of each and every step we take. We are in fact an offshoot of Tibet Charity in Denmark. Besides sponsoring many elders and students, they cover that area of our need where sponsors dread to tread – the administrative cost. They provide us the foundation on which we work.

Brigitte Bardot Foundation, France: What Tibet Charity Denmark is to us with our human related programs, Brigitte Bardot Foundation France is to us with our activities for the street dogs. Our association is old yet strong. Everything we do here for the animals is made possible by their kind support.

Save Tibet Austria: Save Tibet has been supporting quite many elders and students through our Adopt a Grand Parent Program for a long period of time. They have also been supporting us with some projects.

Graines d'Avenir France: They too have been associated with our sponsorship and scholarship program for long period of time.

Martine & Bertram Pohl Foundation for kindly sponsoring the salary of one of our home nurses and a vet assistant.

Animal Care Section

Animal Birth Control Camp in Mandi: The Animal Birth Control Camp at Mandi began on 19th April 2019 with a simple inaugural function. The function was attended by the Chairperson, Vice Chairman, the Ward Councillors and the Health Inspector of Municipal Council Mandi. It was also attended by the Tibetan Settlement Officer of Mandi District along with some local Tibetan residents.



Mr. Pradeep Dixit, the Health Inspector at Mandi district explained his long association with Tibet Charity from his times at Paonta

Sahib. He expressed his great admiration for the wonderful work Tibet Charity continues to do for the welfare of street dogs with kind support from Brigitte Bardot Foundation France. Seeing the benefits of our camps at Paonta Sahib, he discussed the matter with his superiors who wasted no time in requesting Tibet Charity to organise such camps at Mandi. Mr. Tsering Thundup, the Director of Tibet Charity briefly explained the activities of Tibet Charity with special emphasis on its Animal Care activities. He said it's a privilege for Tibet Charity to organise such a camp in the town when Central Tibetan Administration decides to observe the year as Thank You India year as a token of its gratitude to the government and people of India for their kind hospitality towards the Tibetans since 1959.



Mr. Tenzin Namgyal, the Tibetan Settlement Officer took the opportunity to express his gratitude towards the people of Mandi district for hosting the Tibetans in their district since 1959.

Mrs. Suman Thakur, the Chairperson of Municipal Council Mandi thanked Tibet Charity for the initiative to control the dog population in the town. She expressed full support to the camp. She also promised to

extend all necessary support to the Tibetans as and when its required.

It has been decided to start catching dogs from that very evening with the target of sterilising 200 dogs in the region.

April 26th, 2018: The Animal Birth Control Camp at Mandi with a simple function to felicitate the staff of Tibet Charity, who conducted the Animal Birth Control camp at Mandi. In appreciation for their wonderful work during the period of the ABC camp for the street dogs in



the region, they were each presented with a shawl and a local cap. They expressed heartfelt gratitude to Tibet Charity for conducting the camp and Brigitte Bardot Foundation for funding the program. A total of 109 dogs were sterilised by a single surgeon in 8 days.

We once again thank Brigitte Bardot Foundation France for making such camps possible. Without their support, it would not have been possible for us to conduct so many camps and carry out Animal Birth Control programs.

We also thank Municipal Council Mandi for their kind hospitality and cooperation during the period of our stay there.

Newspapers appreciate Tibet Charity: "The team of Tibet Charity sterilized 28 dogs in 3 days", writes Punjab Kesari, a national vernacular newspaper. They also explained how two dog catchers from Tibet Charity catch dogs and hand them over to our vet attendant who prepares the dog for sterilization. He then hands over the dog to our veterinary doctor who does the sterilization. At the end of the operation, an ear is notched to mark the dog as sterilized.

पंजाब केसरी
3 दिन में हुई 28 कुत्तों की नसबंदी

पहले दिन 17 अप्रैल को 7 कुत्तों की नसबंदी की गई, जबकि 18 अप्रैल को 12 व 19 अप्रैल को 9 कुत्तों की नसबंदी की गई। तिब्बतियन चैरिटी संस्था के 4 विशेषज्ञ लोगों की टीम सहित नगर परिषद के कर्मचारी भी कार्य में जुटे हुए हैं। तिब्बतियन चैरिटी संस्था की टीम के 2 डॉग कैचर कुत्तों को पकड़कर लाते हैं और एक विशेषज्ञ उन्हें आप्रेशन हेतु तैयार कर सर्जन के हवाले करता है जिन कुत्तों की नसबंदी की गई होती है, उनके कान में वी आकार का निशान डाला जाता है, ताकि उनको पहचाना जा सके। नगर परिषद द्वारा छेड़े गया यह अभियान आगामी 8 से 10 दिनों तक जारी रहेगा। नगर परिषद का कहना है कि जिन कुत्तों की नसबंदी हो चुकी है, उन्हें कोई भी व्यक्ति कान में वी आकार का निशान देखकर पालने के लिए ले जा सकता है। नगर परिषद मंडी की अध्यक्ष सुमन ठाकुर ने बताया कि अब तक 28 कुत्तों की नसबंदी की जा चुकी है और यह अभियान 8 से 10 दिन तक जारी रहेगा।

मंडी, 19 अप्रैल (सकलानी): नगर परिषद मंडी द्वारा अब तक 28 कुत्तों की नसबंदी की जा चुकी है। नगर परिषद द्वारा तिब्बतियन चैरिटी संस्था के सहयोग से 17 अप्रैल से यह अभियान शुरू किया गया है और 3 दिन में ही 20 कुत्तों की सफलतापूर्वक नसबंदी की गई है। जानकारी अनुसार अभियान के

Note: It is 28 dogs in 2 days. Not 3 as mentioned in the newspaper.

Mass Anti Rabies Vaccination Program: Tibet Charity Clinic for Dogs completed 10 days mass anti rabies vaccination program for dogs in and around Dharamsala starting from the 28th September, which is World Rabies Day. We succeeded in vaccinated 971 dogs.



Team of five staff consisting of a vet and a female vet assistant, they walked from street to street looking for dogs and vaccinating each and every dog they came across. Many a times, catching street dogs and vaccinating them can prove to be a dangerous task. This year one of our staff got bitten on the nose by a seemingly friendly puppy.

We are also happy to have received support from locals in locating and catching dogs. We must specifically mention the staff and the students of TCV Gopalpur who have got all the dogs in one place before we reached there. We wish to thank them especially.

A dog rescued: A dog named Katruk was brought to our notice after he has been found, with badly wounded right eyeball, by some school children. After rescuing the dog, we took him to Veterinary College at Palampur as we didn't have the required instruments and expertise to check and treat the dog. On thorough examination at the hospital, they declared that the eye ball of the dog cannot be saved. Only option was to get the eyeball removed so as to relieve the pain and also to prevent further infection. The dog was taken to the hospital today where the operation to remove the eyeball has been successfully



The dog was taken to the hospital today where the operation to remove the eyeball has been successfully

completed. We were initially told that some monkeys had attacked the dog thereby causing the injury.

We thank Patrice and Danny Boudot, who were there at the time when the dog was brought to our clinic, for kindly bearing the expenses related to the treatment of the two dogs taken to the hospital today.

This is one of many such incidences we come across throughout the year.



Tibet Charity participates in ABC Camp at Bodh Gaya: Tibet Charity had the privilege of taking part in the Animal Birth Control Camp organised by Kagyu Monlam in Bodh Gaya during the winter. Dr. Anoop Singh Choudhary and Mr. Dhundup Tsering represented Tibet Charity at the camp.

We thank the organizers for giving us this golden opportunity to participate in the event and we thank Save Tibet Austria for financing this trip and the training.

Above all we thank Foundation Brigitte Bardot who are our main support for everything we do for the stray dogs.



Animal Clinic renovated: The plastic roofing of the first aid and check up section were replaced by tin roofing. The plastic roofing has developed cracked at certain areas thereby letting in rain water whenever there is a rainfall.

We are grateful to Lobsang Rika and Danny Kunsang Boudot for kindly funding the new tin roofing.

Social Development Section



April 21st, 2018: Tibet Charity organised a pilgrimage for some elders who have never got the opportunity to go out of Dharamsala for a very long time. This is organised also as a mark of our gratitude to the first generation Tibetans to reach India along with His Holiness the Dalai Lama when there was no Tibetan settlement or monasteries or institutions. Doing hard manual labour, they started everything from the scratch. As they had very difficult early life in exile, we hoped to bring some cheers in the later part of their lives.

Though we identified thirteen such elders who have no family supporting them and who have never been out of Dharamsala for a long time, only eight could actually join us as some have age related health issues that made it difficult for them to travel with us.

They were taken to Tso Pema (locally called Rewalsar) which is considered very sacred by the Buddhist because of its association with the life of great Buddhist saint Padmasambhava. There are many mystical stories related to the great Tantric Guru associated with different spots in the place.

The elders were absolutely thrilled to have got this opportunity to visit this holy place. Most of them have not been to this place for the last 14 years. One has been here in the 1960's and one has never seen Tso Pema. They said they felt completely blessed by this opportunity.

After spending a night at Tso Pema, we visited Zongsar institute on our way back to Dharamsala. They were wonder-struck by the magnificence of the monastery, something that they never saw in life.

In the evening of the second day, we reached back to Dharamsala. As they were all tired due to the long journey, we hired taxis to drop them to the doorstep of their homes.

As much as they enjoyed the trip, we enjoyed having had the opportunity to bring some happiness in their lives.

We thank Mr. Tashi Norbu from Clement Town for sponsoring this trip. We also thank Mr. Ngodup Namgyal from Leh and Mr. Tenzin Depon from Manali for making some contribution towards the same cause.

A house gets thorough cleaning: Our home nurses



assisted an elderly lady to clean her room.

We have noticed that some minor repair works are needed to be done with the house she lives to prevent rain water from entering her house. We also need to pluck plenty of holes in the wall and replace the broken window panes so as to keep her warm during the forthcoming winter.



Helping two friends meet: Though many people live less than a mile away from one another, they do not get a chance to meet often. Same is the case with two old friends. Though they live in same town (walk-able distance) yet they could not meet each other for three years due to their



age related problems. Popo Tashi Dorjee lak (98 years old) and Popo Tendar lak (96 years old), could not meet each other for three years because of the knee problems. So the Home nurses of Tibet Charity decided to make this meeting between two very close friends possible. It was the desire of both of them that they get to see each other at least once before they breathe their last. So we assisted Tashi Dorji la to his friend's house. The moment they met, they exchanged greetings with big smiles and touched each other's forehead. They spent nearly an hour together sharing talks. Then popo Tendar lak had to return back to his house as he had lots of prayer to do. They had a quality time together. We assured both the friends that we will help them whenever they want to meet each other.

House of an elder repaired before winter: After thorough cleaning of the house few weeks back, we were able to repair her room and the path leading up to her place. The broken window panes were replaced so as to protect her room from cold wintry winds. After the repair, her room was painted to give it a fresh look. But to our surprise, she had broken down some of the holes so as to enable the rats to go in and out. She not only made holes for the rats but she has also placed some food inside these holes. We therefore decided to keep the holes as they are as we need to respect her feeling for these animals.



Food Items Distributed: With kind support from Debra Chrystal (USA), we have completed the distribution of food items to 50 poor and needy Tibetans living in and around Dharamsala.



The food items distributed included 10 kg of rice, 10 kg of wheat flour, 1 litre oil, 1 kg tea leaves, 1/2 kg oats, 1 kg sugar, 1 kg of salt and 2 kg of roasted barley flour (Tsampa – Staple diet of the Tibetans).

These poor Tibetans are mostly those elders with no family support whatsoever. Many of them are living as hermits above the hills of McLeod Ganj. Though we hoped to complete the distribution much earlier, many of them have been to Bodh Gaya during the winter to receive the teachings of His Holiness the Dalai Lama. During such teachings, they also receive donations in kind and cash from the pilgrims.

We thank Debra Chrystal for her kind and constant support to these poor and needy Tibetans. She has been doing this for the last few years continuously. She has also distributed winter clothes and reading glasses in the past.

Healthcare Section



2nd May 2019: The Healthcare Section of Tibet Charity organised First Aid Training for the students of Tibet Charity language class and the monks from Namgyal Monastery.

Like every year, a group of highly specialised trainers from St. John Wales imparted the training to our students and the monks. They were trained how to deal with accidents that we encounter in our day to day lives at home or outside before the patient is moved to the hospital. These training, if implemented in the right way could save many precious lives. Some of the accidents we encounter around us may look

simple but could become life threatening if not handled in the right way.

We thank all the members of St. John Wales for training our students and the monks.

We understand that this is 100 year of St. John Wales and we thank and congratulate you for sharing your life saving knowledge with people all round the world during the last 100 years.

Acupuncture Camp Organised (8th May 2019): Our Healthcare section organised two day



acupuncture camp in a hall of Namgyal Monastery. The acupuncture was conducted by a team of experts from Humanitrad (Humanitarian Health Care in Chinese Medicine), France led by its president, Mr. Patrick Shan. Mr. Patrick is also the head of Chinese Ethnomedicine Development Research & Education, France. Humanitrad has conducted such camps in

many different countries especially in Africa and Latin America. They have been visiting Dharamsala for the last few years as well.

During the two day camp at McLeod Ganj, 159 patients received treatment for joint pains, muscular pains, arthritis, rheumatism etc. using acupuncture and cupping therapy. At the end of two days, they proposed to teach the basics of ancient form of alternative treatment methods to the home nurses of Tibet Charity. They promised to provide in depth training to these girls when they return to Dharamsala next year

We thank Mr. Patrick and his team for kindly taking out time to serve the people here in Dharamsala. Our patients on these two days consisted of Tibetans, Indians as well as many foreigners.

We also thank them for kindly training our home nurses.

We are looking forward to your visit next year and hoping to learn more from you.

Ani la gets her house cleaned: As part of our home nursing program to help the elders needing help, our home nurses went to clean the house of an elderly nun living alone at Amdo Village, McLeodganj, Dharamsala. She is 82 years old and has been having knee pain for the past few weeks because of which she has been unable to clean her house. Our nurses gave her a bath and then massaged her knees. After few days of massage, she succeeded in moving around a bit. She even came out of her house to bid our home nurses good bye and thank them for their support. There are many such elders where our home nurses go to serve on a regular basis.



World Blood Donors Day Observed (14/06/2018): Tibet Charity observed World Blood Donors Day along with the International community on 14th June 2018.



The day started with a marathon race to create awareness among the public with regards to the importance of the occasion.

After the race, a small function was observed in the hall where Dr. Tseten Dorjee Sadutshang, Chief Medical Officer of Tibetan Delek Hospital attended as the Chief Guest.

Mr. Tsering Thundup explained that international community started observing World Blood Donors Day since 2004 to express their gratitude to millions of voluntary blood donors around the world who played significant contributions in saving precious lives. He went on to explain how Blood Donation Club of Tibet Charity with 135 members to start with in 2012 played key role in meeting emergency blood requirement of the patients in different hospitals in and around Dharamsala. He requested for active support from the institutions and individuals in the region to ensure sustainability and success of the program so that many more precious lives could be saved.

Ms Jigme Choekyi, the coordinator of our Healthcare Section explained how donating blood can benefit the donors besides saving lives and bringing joy to the near and dear ones of the patient.

Dr. Tseten Dorjee expressed his appreciation of the good works of Tibet Charity in the field of community service. He explained how many patients benefited from this particular initiative by

Tibet Charity citing his own experience as a doctor in Tibetan Delek Hospital. He urged more individuals to join the club and be a part of the noble initiative. He said success of this initiative can be guaranteed only with active support from the community.

At the end of the function, registration of new members was done where 15 new members gave their names.

Reviving Tibet Charity Blood Donors Club: We started our Blood Donors Club in 2012 to help patients needing blood transfusion in the region. We started with 135 members and till date more than 230 blood donation was made. But of late we have been facing shortages of donors due to migration of initial members to places outside Dharamsala. This has caused some inconvenience to some patients. In order to help the patients needing blood without fail, we decided to revive the club with fresh members. For the purpose, we organised donors recruitment campaign in different institutions in the region. So far we have received 133 new donors details of which are as follows: Blood group A+(25), AB+ (11), B+ (52), B- (1), O+ (44). We are grateful to the administrations at Gyutoe monastery, Chime Gatsel Ling, Namgyal Monastery, IBD institute and Sherab Gatsel Ling for their cooperation.



Donate Blood And Save Life: Two members of Tibet Charity Blood Donors Club at Tanda Medical College volunteering to donate blood to save a life of a female patient. They are among many other unsung heroes of our Blood Donors Club who are just a call's distance away as and when needed.

Mental Health Counseling Program started: We are happy to have our visiting psychotherapist Ms Jackie back with us now. She will be here with us till the end of November. Like in the past, she shall be seeing and counseling people with mental health issues. She has successfully treated many people with mental and emotional problems in the past. Anyone interested in seeing her may please contact our Coordinator, Ms Jigmey Choekyi who will then allot an appointment date and time for you. She may be contacted at 70186-14703.

WORLD DIABETES DAY 2018: Every year, WORLD DIABETES DAY is celebrated worldwide on 14th November. Likewise Tibet Charity collaborated with Department of Health, CTA and Tibetan Settlement Office to organise half day free blood sugar screening camp for the public at TSO Hall. Total of 105 people underwent blood sugar test. Out of those, 17 people were diagnosed with high blood sugar level. 11 of them are already on treatment. 13 people were in pre-diabetic state. We gave diet advice and suggested those with high sugar level to



visit nearby hospital for further checkup and advice. We would like to thank nurses from TSO and health department for their kind cooperations.



Invited to give health talk: We are proud to say that Ms Jigme Choekyi la, the In-charge of the Health Care Section was invited to give a health talk to Canadian Tibet supporters by the Tibetan Settlement office. This goes on to show the amount of trust they have on our staff.

Our staff gets repeatedly invited these days to give such talk.



Visit to Hospital: As part of our home nursing program to support the elders with no one looking after them, we took 84 year old elderly person to the army hospital at Yol. Being an ex soldier, he gets all the medical checkup and treatment done free of cost. The doctor examined him and prescribed some medicines.

Education Section



Volunteers excursion: Like every year, we took our volunteer English Language teachers and the volunteer nurse for a day long sightseeing to the Tibetan Settlements, monasteries and a school in Chauntra and Bir. We were well received at Sambhota Tibetan School where the principal showed us around. At Sherabling, a monastery in the wilderness, we could join the monks during their afternoon prayer session. We were happy to be able to present some stationery and sweets to the children in the school. For this we are grateful

to Debra Chrystal in the States for giving these to us in the first place. We thank the school for their kind reception. We thank Tibet Charity Denmark for funding this trip.

This is our small way of expressing our gratitude to our volunteers for their kind service to us as volunteers.

Second session of Tibet Charity English language classes began on 1st June 2018 with a



simple opening function. The function was attended by the students, one of the volunteers and the staff of Tibet Charity. Ms Tenzin Tsepel, our coordinator, started the proceedings by welcoming the volunteers and the students. She offered special thanks to our two volunteers, one of whom could not attend the function, for coming all the way from their country to offer voluntary service to our students.

Mr. Adam W. Lickley from England then introduced

himself and explained how happy he is to be here working for Tibet Charity. He said it is his first time working as a volunteer for a charitable organization though he has rich experience as a teacher teaching English as a second language. Mr. Nicholas F. Curran could not attend the function.

Mr. Tsering Thundup, the Director too thanked the volunteers for coming to teach our students. He requested the students to make the best use of their time here with us. Though most of our students are new arrivals from Tibet, we also have many students from places such as Bhutan, Thailand, Mongolia and Himalayan regions of India.

Tibet Charity Education Section closes for winter vacation: A simple closing function was organised to mark the end of the final academic session of Tibet Charity English language for the year.

The Director and the Coordinator thanked the volunteers for their dedicated service towards our initiative to teach English as a new language to the students who have not had any opportunity to learn English with special focus on the new comers from Tibet. Their dedication and hard work is highly praiseworthy.

The volunteers too thanked Tibet Charity for giving them the opportunity to teach wonderful multinational students of Tibet Charity. They said that they learnt much more from students from different cultural background than what they have taught them. According to them, the students here are among the best they have taught.

Some students stood up as well to express their feelings. They have said how they have started as a total illiterate person when they first joined Tibet Charity. They said that they are now in a position to express their feelings to others in English. They conveyed their gratitude to the teachers who have taught them in the past as well.

During the function, mementos and Certificates of Appreciation were presented to the volunteer teachers. Meritorious students from each class were given special prizes.

The function concluded with some games and lunch for the students and volunteers.

