

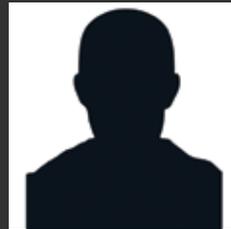
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Chronology of Self-immolation inside Tibet

TWA pays tribute to the brave souls who self-immolated to protest against the Chinese occupation and decades of oppression to crackdown the Tibetans. TWA publish the names and information of the self-immolators in its quarterly newsletter 'VOICE' to pay the homage. For this newsletter, we have continued the chronology of self-immolation from the last edition (December 2013 - March 2014). The number goes from 129-131.

129. Name: *Jigme Tenzin*
Age: *29*
Gender: *Male*
Date: *March 16, 2014*
From: *Jador, Tsekhog*
Status: *Deceased*

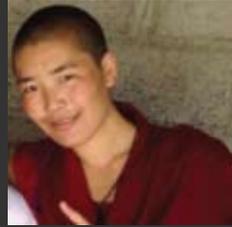


On March 16, 2014, 29 year old Jigme Tenzin from Sonag monastery in Jhador Township self-immolated. Fellow monks of Sonag monastery managed to carry the body of Jigme inside the monastery.

Following Jigme's self immolation protest, the authorities in Tsekhog immediately cut down all communication lines including all micro messaging apps to ensure that the news and pictures were not sent out.

Several monks of Sonag monastery were interrogated at the local police station. Most of them had returned to the monastery except four monks who continue to be held.

130. Name: *Dolma*
Age: *31*
Gender: *Female*
Date: *March 29, 2014*
From: *Bathang, Sichuan*
Status: *Unknown*



On March 29th, 2014, 31 year old Tibetan nun set herself on fire to protest the Chinese occupation and decades of inhumane rule in Tibet. Her name is Dolma and she is from Bathang County, Sichuan. It is reported that she burned herself alive out side of a monastery.

It is also reported that Tibetans who were circumbulating the Ba Choede monastery witnessed the self-immolation and they hurriedly put out the fire and took her to hospital. Currently her status is unknown.

131. Name: *Thinlay Namgyal*
Age: *32*
Gender: *Male*
Date: *April 15, 2014*
From: *Kardze, Sichuan*
Status: *Deceased*



On April 15th, 2014, a 32 year old Tibetan man called Thinlay Namgyal from Kardze self-immolated to protest the brutal oppression of Chinese government in Tibet. Right after the protest, Chinese security crackdown the area and tighten the security to close down the information flow.

25th Birthday celebration of His Holiness the Xlth Panchen Lama

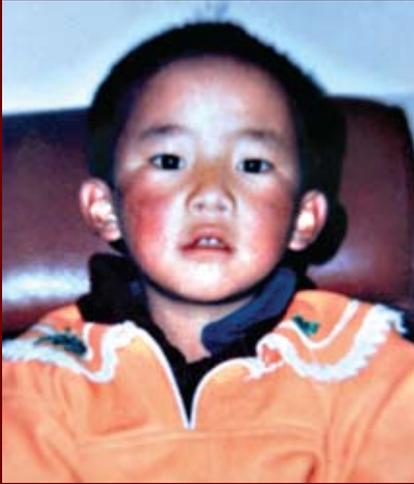
Dharamsala

April 25th, 2014:

Central Tibetan Women's Association and its 56 regional chapters across four continents celebrated the 25th Birthday of Xlth Panchen Gedhun Choekyi Nyima in their respective locations.



The TWA and its global networks call on the Chinese leadership and the Chairman of Tibet Autonomous Region (TAR) to disclose the whereabouts of the 25-year old Panchen Lama of Tibet. TWA also demands that the Chinese government provide evidence to support the statement made by Padma Choling, the former Chairman of the Tibetan Autonomous Region (TAR) saying, "Gedhun Choekyi Nyima is living a normal life".



Since the Chinese government abducted the six-year-old Gedhun Choekyi Nyima in 1995, they have denied requests made by Tibetans, Tibet supporters, human rights organizations, world governments and the United Nations to access Gedhun Choekyi Nyima and his family.

In September 2013, the United Nations Committee on the Rights of Child (CRC) in its concluding observation on China mentioned its concern over the disappearance of Gedhun Choekyi Nyima. The CRC mentioned that, “the situation of Gedhun Choekyi Nyima, who disappeared at the age of six years in 1995, and despite the State party’s information, mainland China has not allowed any independent expert to visit and confirm his whereabouts, fulfillment of his rights and well-being. Immediately allow an independent expert to visit Gedhun Choekyi Nyima and verify his health and living conditions.”

This year, to mark his 25th birthday and in remembrance of Xth Panchen Lama, Choekyi Gyaltzen, TWA organized a panel discussion on



the topic- “The indomitable spirit of the Xth Panchen Lama and significance of the 70,000 Character Petition” in TCV Day School hall, McLeod Ganj.

A panel discussion on

“The indomitable Sprit of the Xth Panchen Lama and revisiting the 70,000 Character Petition”

Speakers

 **Mr. Tsering Wangchuk,**
Consultant of Kashag, CTA

 **Geshe Monlam Tharchin,**
Member of Tibetan Parliament in Exile

 **Mr. Sertha Tsultrim,**
Member of Tibetan Parliament in Exile and Chief Editor, Tibet Express

Date: 25th April, 2014
Time: 4:30 pm
Venue: TCV Day School

 Tibetan Women's Association

www.tibetanwomen.org



The “70,000 Character Petition” is a document that systematically critiques and makes recommendations on the work in Tibet and other Tibetan areas.’ It is also one of the most important documents in modern Tibetan history. China’s former leader, Mao Zedong in 1962, denounced it as “a poisoned arrow shot at the Party” and called the Panchen Lama “a reactionary feudal overlord”.



For this panel discussion we invited Mr. Tsering Wangchuk, Consultant of Kashag; Geshe Monlam Tharchin, member of the Tibetan Parliament in Exile; and Mr. Sertha Tsultrim, member of the Tibetan Parliament in Exile and Chief Editor of Tibet Express as panelists.



Mr. Tsering Wangchuk spoke on how the current Central Tibetan Administration’s (CTA) Middle Way Approach to resolve the Tibet issue can learn from the Xth Panchen, Choekyi Gyaltzen’s, who demanded that the rights of Tibetans in Tibetan Autonomous Region (TAR) be respected. Geshe Monlam Tharchin reflected on the memoir of Xth Panchen Lama Choekyi Gyaltzen, specifically focusing on the sacrifices



he made for the Tibetan people. Finally, Mr. Sertha Tsultrim spoke on what we have to do if the Xth Panchen Lama Gedhun Choekyi Nyima is no longer alive as many international scholars and media outlets doubt his survival. The panel discussion was well moderated by Pema Choedon, TWA's Research and Media officer.

In honor of Xth Panchen Lama Choekyi Gyaltzen, TWA reprinted 500 copies of his book 'The 70,000 Character Petition'. The reprinted book was launched at the beginning of the panel discussion.

Moreover, this year TWA and its regional chapters organized massive prayers and elaborate rituals including 'Kagyur' reading to ensure the immediate release of Gedhun Choekyi Nyima from the clutches of Chinese government. These special prayers were carried according to the Tibetan astrological prediction, as the 25th birth year is the year of astrological hindrances in an individual's life.



TWA persistently demands CCP to declare Gedhun Choekyi Nyima's status by 25th April, 2015

Dharamsala

May 17th, 2014:

May 17th, 2014 marked 19 years of disappearance of Gendun Choekyi Nyima, his family and caretakers. On May 17th, 1995, 6-year-old Gendun Choekyi Nyima was imprisoned for no crime and for purely political reasons. Then he was the world's youngest political prisoner.

There isn't a bit of news about the wellbeing of 11th Panchen Lama since the former secretary of the Communist Party of China committee of the Tibet Autonomous Region Zhang Qingli's brief statement on him. Zhang Qingli said Gendhun Choekyi Nyima is doing well.

Chinese government's abduction Gendun Choekyi Nyima for many years has not lessened the faith and belief of Tibetan people in him. Moreover, TWA persistently demands the Chinese government to declare the XIth Panchen Lama's status by 25th April, 2015.

The Xth Panchen Lama Choekyi Gyaltzen died on 28th January, 1989. (The sudden death of the 10th Panchen Cheokyi Gyaltzen was also suspected as a planned murder by the Chinese government.) The 11th Panchen Lama Gendun Choeyi Nyima was born on April 25, 1989 at Lhari Zong of Nagchu District in Tibet, and was recognized as the XIth Panchen Lama by His Holiness the Dalai Lama. He is the son of Kunchok Phuntsok and Dechen Choedon. On 15th day of third month of Tibetan wood pig year (14th May, 1995) Gendun Choekyi Nyima was announced as the 11th Panchen Lama, at that time he was only six years old and now he is 25.

Participation in 'Middle Way Approach' campaign

Delhi
April 25-27, 2014:

Central Tibetan Women's Association's Administration Assistant Ani Tenzin Tselha attended a three day campaign organized by 'Tibetan People's Movement for Middle Way' at Jantar Mantar, Delhi.

During this three day campaign, she participated in a peace march, a hunger strike and a dialogue session. She also received opportunity to distribute TWA's publication on Middle Way Approach to the people and activists gathered for the campaign.



Meetings and interactions with national and international groups

Tibetan Women's Association assigns great importance to meeting and interacting with students, researchers, journalists, activists and delegates to raise global awareness of the critical situation inside Tibet. Through such meetings, TWA can increase international pressure for the improvement of human rights for Tibetans living in occupied Tibet.

From April to July of 2014, the TWA team met several student groups and activists.

May 17th, 2014:



TWA team met with Mr. Markus Hegemann and his mother, friend and supporter of TWA

May 25th, 2014



May 30, 2014



June 4th, 2014



June 5th, 2014



June 12th, 2014



June 24th, 2014



TWA welcomes Golok Jigme Gyatso

As the news of Golok Jigme's successful escape reached, representatives of TWA executives went to greet him at his temporary quarter at Tibetan Reception Center, Dharamsala.

Jigme Gyatso also helped Dhondup Wangchen in making the film 'Leaving Fear Behind', a powerful documentary film featuring interviews with ordinary Tibetan people speaking about China as hosts of the 2008 Olympics, discussing the erosion of Tibetan language, the sinification of their culture, praising the Dalai Lama, and expressing their grievances with the flood of ethnic Han migrants

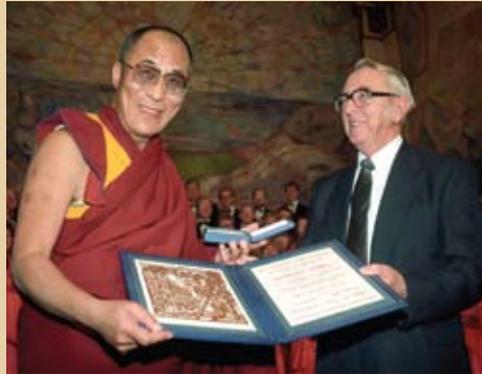


'Jigme Gyatso (also known as Golog Jigme), a Tibetan monk at Labrang monastery, was born in 1969 in the village of Ragtham in Golog Serthar (Chinese: Seda), eastern Tibet. He is well-known as a social activist, teaching children about Tibetan culture, advocating for Tibetan language, and assisting in relief efforts after a magnitude 4.9 earthquake struck Yushu, Kham, in April 2010.' - Source: ITN website

An appeal to the Prime Minister of Norway

*Dharamsala
May 2nd, 2014:*

Tibetans and Tibet supporters were disheartened to learn Norwegian government's decision to not meet His Holiness the XIVth Dalai Lama on his visit to Norway under the fear of damaging the relation with China.



Tibetan Women's Association wrote an appeal letter to the Prime Minister Ms Erna Solberg to not act under the pressure and interference of China, as Norway is one of the nations who support democracy and spread world peace and harmony.

In the letter, TWA also mentioned that His Holiness the XIVth Dalai Lama is also one of the recipients of Noble Peace Prize honored by the Norwegian Noble committee in 1989.

TWA also mentioned its appreciation for the Norwegian Noble committee's valiant decision of giving the prestigious Noble Peace Prize award to the jailed Chinese dissident Liu Xiaobo in 2010.

TWA strongly believes that appealing to government bodies for support and help for the Tibetan cause is one of our main political responsibilities.

An appeal to the leaders of Republic India

Dharamsala June 7th 2014:

Tibetan Women's Association wrote an appeal letter to Mr. Narendra Modi, the Prime Minister of India and Ms Sushma Swaraj, the Minister of External Affairs of India to raise the issue of Tibet during their meeting with the Foreign Minister of China in the beginning of the June 2014 at New Delhi.

The appeal letter specifically focused on what Chinese Foreign Ministry Spokesman Hong Lei said recently about His Holiness the Dalai Lama and the Tibetan Government in Exile.¹ Hong Lei said China is ready to talk about the future of Dalai Lama and never consider the existence of Tibetan Government in Exile. In our appeal, we have requested the Mr Modi and Ms Sushma Swaraj to bring the issue of Tibet on the table and urge China to respond to the negotiations extended by the Tibetan leadership in exile.

To date we have seen a staggering 131 self-immolations in Tibet alone. At least 107 of these protesters are known to have died. The self-immolators have repeatedly called for the return of His Holiness the Dalai Lama and freedom in Tibet. Leaders across the world and Tibetans in exile have made numerous appeals to China to examine its policies. China, however, instead of responding to these appeals, has further intensified the suppression of Tibetans in Tibet. Moreover, we are now seeing a new level of repression in the punishment of not only the families of the self-immolators, but the entire community.

TWA believes that well-coordinated and swift diplomatic action can resolve the Tibet issue and the current critical situation of Tibetans inside Tibet.

¹ <http://www.dnaindia.com/india/report-open-for-talks-but-not-on-tibet-autonomy-says-china-call-the-dalai-lama-an-out-and-out-separatist-1993879>

Unite for Tibet: an appeal to BRICS Leaders

Dharamsala
July 15th 2014



With the coordination of the International Tibet Network (ITN), Students for Free Tibet (SFT); Gu Chu Sum; Bharrat Tibbat Sayog Manch and Tibetan Women's Association (TWA) a joint press conference was organized on the first day of the BRICS Summit 2014 in Gu Chu Sum hall, Mcleod Ganj.

The joint press statement urged President Dilma Rousseff of Brazil; President Vladimir Putin of Russia; President Jacob Zuma of South Africa and Prime Minister Narendra Modi of India to take this BRICS Summit as an opportunity to formally discuss Tibet with Xi Jinping, the President of China.

Prior to this summit, under the coordination of ITN, few non-governmental organizations in India (including TWA) had written an appeal letters to the respective heads of the nations who were to attend this summit. Both the joint statement and appeal letters urged the leaders to call on the Chinese President to resolve the Tibet issue rapidly and peacefully:

- Make a public statement during the Summit in support of the people of Tibet, calling on the Chinese President to resolve the Tibet issue swiftly and peacefully.
- Urge Xi Jinping to resume dialogue with representative of the exiled Tibetan leadership to advance discussions towards a lasting solution to the issue of Tibet.





Mr. Narendra Modi,
The Prime Minister,
South Block,
Raisina Hill,
New Delhi, India - 110011

Date: 26th May, 2014

Honourable Mr. Prime Minister,

It gives us great pleasure to extend our warm heartfelt greetings and felicitations on your well deserved election to the high office of the Prime Minister of the Republic of India. Your historic win at the esteemed position with a thumping majority in itself speaks highly of you.

We wish Your Excellency and the entire team success in your future endeavour and we are sure that you will guide India to peace and prosperity with courage and wisdom through a very successful and eventful tenure as the Prime Minister of India.

Tibetan Women's Association remains thankful to the government of India and its people for their unwavering support to the Tibet issue. We trust that your kind self will continue your support for the cause of Tibet and help us bring in the much needed strength to resolve the Tibet issue in the interest of all.

Yours Sincerely,

Tashi Dolma
President
Tibetan Women's Association
www.tibetanwomen.org

The Tibetan Women's Association (TWA) is the second largest Tibetan Non Governmental Organization (NGO) based in exile India and the only Women's NGO in Tibetan history. We are today a 17,000 member organization with 56 chapters in four continents- Asia, US, Europe and Australia. TWA's slogan is 'Advocacy for Home, Action in Exile.'

Acknowledgement from Indian Prime Minister's Office

July 1st 2014: Tibetan Women's Association received a response from the High Office of the Prime Minister of the Republic India for our humble congratulation note for Shri Mr. Narendra Damodardas Modi's landmark victory.

We are highly thrilled by this acknowledgment.



World Environment Day

Dharamsala, 5th June, 10am – 5pm



'Raise your voice, not the sea level' is 2014 UNEP World Environment day's campaign. It has been entirely dedicated to the protection and conservation of small islands around the world, especially in connection to the challenges brought about by climate change. Far from the sea, Dharamsala can still be considered an ecological

island hungry for care and preservation.

To celebrate this important event, TWA, together with LHA charitable trust and Clean Upper Dharamsala Program, decided to provide an example for everyone by taking concrete action. How? 100 volunteers, armed with gloves and bags, were sent out to the dirtiest areas of

Upper Dharamsala, namely: Yongling school area, Tushita road and Tipa Road for a mass clean up aimed to encourage people not to throw their garbage in the nature.

In addition to this omplishment, in the morning students from the nearby Dharamsala Cantonment School marched on the streets of McLeodGanj with posters and banners in order to spread awareness on environmental issues.

A skit play by Art Salad followed: four artists representing the four elements danced together until a black dancer approached spreading plastic bottles among them; an action that slowly killed them. The message that this short performance wished to deliver stressed the importance of reusing and refilling one's own plastic bottles instead of disposing of them and thus causing environmental damages.





Celebration of 79th Birthday of His Holiness the XIVth Dalai Lama

July 6th, 2014:

We wish you a very happy birthday Your Holiness. May you continue to guide us through thick and thin. Thank you for being the ultimate champion of Peace and Compassion.

Under the guidance from the Central TWA and the resolution passed during the 11th Working Committee Meeting, all the chapters of TWA carried different events on 79th birthday of His Holiness the XIVth Dalai Lama.

RTWA Nainital celebrated the trunkar for two consecutive days. The first day started with a prayer gathering and sangsol offering at Gaden Kunkyopling monastery. A long life offering (Tenshug) was made onto the throne of His Holiness the 14th Dalai Lama by local leaders and NGO representatives. During the function, a cultural dance was performed by the members of RTWA Nainital for which they had practised for many weeks.

RTWA Hunsur offered prayers and lungta for His Holiness's good health and long life and also organised a cultural competition show.



RTWA Dharamshala offered sweets and fresh fruit juice to the public who had come to celebrate His Holiness's 79th birthday at the Tsuklakhang temple. They also presented variety of flowers which shall be planted into the garden of His Holiness's residence.



RTWA Delhi celebrated trunkar at TCV Days School of Samyeling Tibetan Colony. The function was joined by Tenpa Tsering la of Tibetan Beuro Delhi and many other chief guests.



RTWA Rajpur organized Tibetan Cultural Show where Tibetan youngsters and the members of RTWA Rajpur performed to various Tibetan cultural song and dance.



RTWA Shillong celebrated the 79th birthday of His Holiness the XIVth Dalai Lama by organizing a function where people from various organizations and institutions performed dances and songs.



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ཟབ་སྐྱོད་ཐོངས་ཏུག་པ།

6th Annual Buddhist Nun's
Empowerment Program

ལོ་རྒྱུ་ ༢༠༡༤ ཟླ་ ༤ ཚེས་ ༢༨ ཉམ་ ༥ ཚེས་ ༣ བར།
སྤར་པོད་གྱི་མཐོ་རིམ་སློབ་གཉེར་ཁང།

28th April – 3rd May, 2014

College for Higher Tibetan Studies, Sarah



Funded by: Science Meets Dharma
Organized by: Tibetan Women's Association



བོད་ཀྱི་སྐྱོ་སྒྲོབ་ལྷན་ཁག་གི་
ལོ་རྒྱུ་ལྟུང་ལྟུང་གི་ལྷན་ཁག་

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email: twa@tibetanwomen.org

6th Annual Buddhist Nun's Leadership Training

27th April – 3rd May 2014

College for Higher Tibetan Studies, Sarah

The week-long '6th Annual Buddhist Nun's Leadership Program', held from April 27th to May 3rd, 2014, was attended by 33 nuns from 3 nunneries based in Garoh (Shugseb Ugen Dzong), Solan (Redna Menriling), and Bhuntar (Palpung Yeshe Rabgyeling). The training highlighted basic leadership topics including communication skills, strategic thinking, team building and management, gender empowerment, women and health, and conflict resolution. The participants were also given the opportunity to observe and participate in a panel discussion, and to take part in an educational tour of the Tibetan Parliament House to receive an address by the Honourable Speaker, Mr. Penpa Tsering and the Tibetan Political Leader (Sikyong), Dr. Lobsang Sangay.

PRE-TRAINING PREPARATIONS

The pre-training preparations began by connecting with the nunneries to request that they send nuns to participate in the weeklong program. Positive responses from the contacted nunneries made TWA more confident and eager.

The Coordination Team's responsibilities included designing the program schedule; sending out invitations and applications to speakers, purchasing stationery, yoga mats, water bottles, group prizes and mementoes for trainers, panellists and guest speakers; confirming the training venue at the College for Higher Tibetan Studies (Sarah); arranging accommodation and setting the menu.

26th April, 2014 – Registration



The Coordination Team set up the auditorium with TWA and Program standees, stationery kits, tables and chairs, sound system and electric equipment. Thus, the auditorium went through the necessary transformation to become an appropriate training space for the 33 nuns participating in the week-long Program.

As the nuns reported to the training venue, the Coordination Team welcomed them at the registration desk. A simple welcome dinner saw all the trainees and the Coordination Team getting briefly and informally introduced to each other at the dining hall.



DAY ONE - 27TH APRIL, 2014



The morning yoga session was an eagerly anticipated activity, as many of the nuns were to experience yoga for the first time. The green lawn at Sarah was brightened by the colors of the yoga mats and the enthusiasm of the nuns. The yoga session was led by Mr. Choedhar Chugsang, who had been trained by the well known Yoga Master Swami Ramdev.



TWA's President, Mrs. Tashi Dolma began the training with a welcome note, greeting the nuns to the 6th series of the program. President's introductory speech laid its focus on the objectives and the history of the Annual Buddhist Nun's Leadership Program. TWA's President gave a formal introduction of the Tibetan Women's Association including its mission, ethos, significance, projects and programs.



TWA's General Secretary Nyima Lhamo led the ice breaking session immediately after, wherein the nuns were paired and given 20 minutes to introduce each other and have their partner's introduction in the form of a drawing. Nuns laughed as they introduced each other to the larger group through their drawings. The participants were then given a secret friend each whose identity was to remain unknown until May 3rd when the mystery would be revealed. After the ground rules had been set, the nuns were divided into 4 teams with a team leader and a time manager each. During orientation, Nyima briefed the nuns thoroughly on the week-long Program's schedule. Trainees were informed of upcoming activities including the participation in small study teams, meeting influential personalities, designing and presenting



group tasks, taking part in ad-hoc panel discussion and taking part in the excursion trip. The orientation created a new platform for the trainees, arousing questions, curiosity and interest.

The afternoon session was based on the theme of Gender Empowerment for Tibetan nuns. The nuns were briefed and introduced to the Eight Point Women Empowerment Policy of the Central Tibetan Administration. They were then each given a policy point to discuss and debate. TWA sees the Eight Point Women Empowerment Policy as a benchmark initiative towards empowering Tibetan women. TWA finds this proposed policy highly laudable. For this reason, TWA established its 'Empowerment Through Action' Desk to spearhead TWA's training and workshop initiatives.

The nuns were given the debating guidelines and preparation time for the abovementioned activity. The actual debate and discussion proved interactive and it was striking to see how their ideas and pointers had societal impact and sway. The discussion saw a lot of questions being raised by the nuns to themselves as individuals, and to TWA as organizers as well.

Ultimately, the organizers decided to leave the questions for the nuns to think over, in hopes that certain concepts will be reflected upon seriously and thus better understood and applied.

The session after dinner was titled “River of Life”. Before the course started, the nuns spent some time preparing a visual representation of their journey through life, including significant events and turning points; they recalled people, friends and family who have had an impact on their lives, each in a different way. Hearing everyone’s journey was captivating; many felt motivated and inspired.



It was interesting to note how some of the turning points in the nuns’ lives came from conscious decisions to make a change. However, sometimes circumstances came upon us and it is only in hindsight that they saw the gifts these circumstances had brought.

The objective of this reflective activity was to help the nuns decide where they what they want in life and their next steps moving forward. TWA hopes that the activity helped the nuns to recognize which patterns and themes of their past had proved useful, helpful and supportive, and which had not.

DAY TWO, 29TH APRIL, TUESDAY

All the participants appeared eager and excited as the day had an educational tour awaiting them. The nuns boarded taxis and headed towards Gangchen Kyishong, where the Central Tibetan Administration is located.



The first stop was the Parliament House where the nuns were addressed by the Honourable Speaker of the Tibetan Parliament in Exile, Mr. Penpa Tsering. The nuns were extensively introduced to the unicameral Tibetan Parliament in Exile (TPiE), the highest legislative organ of the Central Tibetan Administration. It was explained how the creation of this democratically elected body has been one of the major changes that His Holiness the Dalai Lama has brought about in his efforts and commitment to introduce a democratic system of administration. The nuns were then lectured on the number of Members of Parliament and the election system on the basis of the traditional provinces of Tibet. Additionally, they received information regarding the four members elected by Tibetans living in Europe, North America

and Canada; the four schools of Tibetan Buddhism and the traditional Bon faith.

The nuns were then briefed on the criteria of eligibility to contest Parliamentary elections, the tenures, number of sessions held, the composition of the standing committee, periodic tours of the members of Parliament to settlements; their responsibilities and the existence of Local Parliaments (scaled down replicas of the TPiE) established in major Tibetan communities.



The Honourable Speaker emphasized the importance of Tibetan language as the ultimate medium to master Buddhism, and therefore the need to study well and work hard to overcome the challenges of a life in exile.

The nuns visited the recently inaugurated Parliament House, and posed for a group picture with the Honourable Speaker Mr. Penpa Tsering to mark the conclusion of the Speaker's address to the nuns.

After this, the participants walked to the Lhakpa Tsering Hall in the DIIR building where the program was to continue. Before the formal session with the Sikiyong, the political leader of the Tibetans, Dr. Lobsang Sangay, the participants were concisely briefed about some of the well known women leaders of the world, Tibetan women leaders and women empowerment in general. They were also guided through the Kashag: the highest executive office of the Central Tibetan Administration, which controls executive and administrative responsibilities. It is stated in the Tibetan Charter that the seven members of the Kashag are headed by the Sikiyong, who is directly elected by the exiled Tibetan populace.



Before beginning his speech, the Honourable Sikiyong asked some questions regarding the nun's Leadership Program, the nuns and their nunneries. The Honourable Sikiyong's address to the nuns focused mainly on women, women empowerment, self-confidence, self-esteem and self-belief. The Sikiyong referred to TWA's role since 1959 which has been to work towards strengthening the entire community as the only Tibetan women's NGO. Sikiyong also spoke about women

leaders around the world with reference to past and present female ministers of the Tibetan community. He highlighted the importance of having more women in the higher ranks of leadership. The nuns were encouraged to believe in themselves, to build their self-confidence and self-esteem and to continue with their monastic education to their best possibilities. They were inspired to avail of opportunities within and beyond nunneries and to be contributing members of the Tibetan community at large.

Some of the life story and instances shared by Sikyong made the nuns feel at ease and the Q&A session was met with enthusiasm as well as a good number of questions. A group picture with the honourable Sikyong marked the end of the session and boarding the cabs, everyone returned to the training venue.

The after-lunch session named 'Women and Health care' was led by Dr. Tenzin Lhadon from the Tibetan Medical and Astrological Institute. To begin with her lecture, Dr. Lhadon presented an overview of Tibetan traditional medicine. The nuns were then exposed to facts about health issues



that specifically relate to women; a variety of tips covering general health problems, symptoms, diet and nutrition were also given.

The Q&A session witnessed many nuns putting forth their queries to seek advice and help from Dr. Lhadon. This session made both nuns and team members realize the value of Tibetan tradition and culture, as well as the significance of Tibetan medicine. Moreover, the nuns took this session as an opportunity for self-care, taking note of their health history and discussing it with Dr. Lhadon.

The second day of the program ended with a walk into the woods and with an over one-hour-long informal dialectic debate between the groups.

DAY THREE, 30TH APRIL, WEDNESDAY

Sonam Dechen, the Co-Director of the Tibetan Centre for Conflict Resolution (TCCR) was the trainer for the morning session. The Tibetan Centre for Conflict Resolution is a non-profit, educational organization dedicated to the non-violent management of conflicts in the Tibetan community and the world as a whole.



Sonam Dechen La briefly introduced TCCR to the nuns and then began her session by asking participants to brainstorm on the definition of conflict and to describe what the word felt like and meant to them. The participant's responses written on the board included: anger, war, hatred, unhappiness, stubbornness, chaos, defeat, animosity, crisis, among others. Sonam Dechen La then stated that conflict should not always be viewed as negative because viewing conflict negatively produces negative and destructive outcomes. On the other hand, she argued that perceiving conflict positively leads to the opportunity to learn about the other person or group and can prove to be one of the best means of peace-building. It was concluded that the way in which conflict is perceived that sets the tone for the possibility of its resolution. It was important to note that most of the participants never thought of conflict in a positive way and inevitably questions emerged. Sonam La continued the session by identifying the causes of conflict: such as ideology, cultural differences, needs, interest and values.



The next topic was on building Conflict Resolution skills and the nuns were asked to discuss in groups what Conflict Resolution looked like for them, how conflict is generally resolved in Tibetan culture and how Buddhist practice and philosophy can be incorporated into Conflict Resolution. The participants suggested dialogue, awareness and mutual respect to be among the paramount features of Conflict Resolution. Buddhism teaches compassion for all beings and as Tibetans the nuns recognized their privilege of being able to learn the teachings of compassion and to practice them.



The nuns were asked to think of a conflict that happened in the past, either personal or public, in order to use it as an example and create the basis for a discussion on the different ways that the conflict could have been resolved. The nuns shared their instances of conflict in their personal life and space and their suggestions on how to work it out. Sonam Dechen La finally explained to the nuns some of the effective ways to resolve a conflict; such as being aware of interdependency, building trust, finding shared goals, values and interests and finding opportunities for creative energy.

The breathers given in between the sessions kept the nuns active and the morning concluded smoothly.

Venerable Lobsang Dechen, the Co-Director of the Tibetan Nuns' Project led an afternoon session on the 'importance of Geshema Degree'. Ven. Lobsang Dechen presented an overview on how the nuns were given 'Geshema degree' referring to the years of deliberation and to how the Tibetan Buddhist nuns are finally set to receive Geshema degrees. The Central Tibetan Administration reached this historic decision in May 2012 during a meeting attended by high lamas, representatives and heads of six different nunneries and members of the Tibetan Nun's Project. A degree previously open only to monks is now available for nuns as well.



The nuns were then guided through the criterion to graduate with a Geshema Degree, the method of study and its composition, indicating that such a degree is granted on the basis of proficiency in dialectical ritualized debate. The Tibetan Nun's project has always encouraged nuns to study and it kept an atmosphere of positive competitiveness to build

their confidence. The whole idea of sponsoring the month-long inter nunnery debate competition (Jang Gonchoe) by the Tibetan Nun's Project is connected to our integral aim of assisting in the maintenance of the nuns' proficiency and skills. Another aim is to take the nun's intellectual abilities to a higher level that would help them to achieve the Geshema Degree. The group photo session marked the end of the afternoon session.

An evening with the Tibetan NGOs Leaders



The evening panel discussion was preceded by a networking dinner that included the representatives of the major NGOs based in Dharamsala. The dinner aimed to create a space for the nuns to interact with the NGO representatives.

The panel discussion saw the representatives of the four major Tibetan NGOs based in Dharamsala (Tibetan Youth Congress, National Democratic Party of Tibet, Gu Chu Sum Movement of Tibet, Students for a Free Tibet) address the nuns.



The discussion was named: ‘Youth, Leadership and Responsibilities’ and each NGOs gave an introduction to its respective organization, establishment, significance and projects. Most of the Tibetan NGOs were new to the nuns; however, during the Q&A session, keen interest and participation was shown by the trainees.

DAY FOUR, 1ST MAY, THURSDAY

TWA's General Secretary, Nyima Lhamo led the day's session whose focus was on 'Building effective communication skills'. The nuns played the game 'Finding the Animal Partner,' which underlined lessons about communication and the significant difference between animals and human beings: the enhanced ability to communicate. The nuns were then introduced to concepts of communication and communication processes through presentations, exercises, role plays and group exercises.



After lunch, the nuns were briefed on how to employ SMART communication skills (strategic and creative communication) in daily lives, how SMART communication skills make things much easier, on the importance of being SMART in everyday life and even at work when delegating, chairing, negotiating, motivating, selling, leading or disagreeing. SMART communication skills are all about getting your point across in a firm, concise and empowering manner regardless of the position being held.



The nuns then had to produce a group presentation of an award winning television commercial; each group designed a product to sell, with a jingle for the product and performed the commercial to the larger audience. What had been learned during this session is that communication goes far beyond the actual words that we say and the more important



part is not what you say, but how you say it and the way they are said. Communication skills are not about personal or positional power but they are an art, a skill and an asset to become successful in different fields.



Every breather played highlighted the importance of all elements of communications: source, message, channel, encoding, decoding, receiver, feedback and context. The most interesting outdoor game was crossing the mine bridge with the bricks as a stepping stones. It was a light-hearted and cheerful method of being strategic in communication. Every breather tested the trainees' application of strategic communication skills.

Evening session:

As the days passed, the topics discussed only got better. The evening session guided the nuns through the concept of Citizen Journalism and explained how it is based upon

public citizens playing an active role in the process of collecting, reporting, analyzing, and disseminating news and information. In teams, trainees had to discuss various social issues and decide on one issue for the group to create a photo story on the next day. The more they understood the whole concept, the more they became excited and busy preparing themselves for the next day's outbound training.



The participants found the day's topics challenging and fun as the material for discussion scaled higher throughout the day. Some of the nuns also admitted that they had never thought that these concepts to be so important before.

DAY FIVE, 2ND MAY, FRIDAY

The day's task was to go around the town, meet people, conduct interviews, research and take pictures on the selected social issue. Ultimately they had to create a photo essay on the selected social issue and make a presentation to the larger group.



Team Dzi-Thang chose poverty and education as the theme of their group presentation; the team wisely contacted staff at Tonglen institute (Children's support hostels) and planned their day ahead. As per their plans, they visited the Tonglen institute and later visited the slums and spent time with the children, trying to interact and share with love and compassion.



Pema-De did their photo essay on old age. They meet with the elderly in town, who were in much need of love, care and affection, and heard their stories. The team's message to society and youth was that the elderly must be cared for and respected. Another key message was that of being grounded and connected to our roots.



Team Thundrok-Tsokpa covered their story on "Infrastructure" with specific emphasis on roads. They walked around the town meeting locals and interacting with them, asking questions about the roads in their locality, how convenient or inconvenient the roads are around. After a thorough exploration of the town, one of the team members expressed her concern about the roads from Kotwali to McLeod Ganj, especially considering the fact that the town is the Exile Home for Tibetan Spiritual leader and a highly touristic destination.

Team Trisong's photo story revolved around 'Environmental protection'. The team spread the message through their actions: they spoke to people along the roads explaining

the importance of guarding our own environment. They actually cleaned around town and at points the locals also joined and helped in the cleaning initiative. The whole idea was to spread the message of environmental protection and respecting Mother Nature.



After the group presentation, everyone looked content and satisfied at being able to touch the hearts of many; spend time with less privileged people; and being able to understand them a little better. Everyone was happy to have connected to the universal concept of oneness as human beings. Through multiple questions, reflections and thoughts, many expressed that this had been the experience of a lifetime.

DAY SIX, 3rd May, Saturday

Miss Tsering Choedon, Advocate and Coordinator of the project on Legal Empowerment of Tibetan Women in Exile led a session on 'Legal Empowerment of Tibetan Women in Exile dealing with sexual harassment'. The session covered



the topics relevant to general Tibetans living in India, such as: Registration Certificate; Identity Certificate and other important legal documents; challenges faced by Tibetan women such as sexual harassment, domestic violence, their grievances and modes of grievance; reprisal available and access to justice etc.

The feedback on this particular session was interesting as many nuns shared what they learned and what they will take away from this session.

Closing ceremony and conclusion

A short informal presentation ceremony saw TWA's President, Ms. Tashi Dolma and Dr. Nater hand certificates of participation to the nuns. TWA's President gave the concluding note followed by an address by Dr. Werner Nater, the Managing Director of Science Meets Dharma. Dr. Nater thanked the nuns for taking the time and stepping out of their comfort zone to commit to a week-long training

program. The words of admiration and encouragement sent immensely positive feelings to everyone in the hall and TWA looks forward to taking this program to higher and greater scales in the coming years.



TWA's General Secretary Nyima Lhamo led the concluding oral feedback session 'Spin a yarn'. The oral feedback session was very productive with multiple suggestions for future work.

Social Bonding/ Outdoor Trip

After lunch, the nuns had a short outdoor trip to Tsuklakhang, the main temple, to pray and seek blessings at the Exile residence of our spiritual leader His Holiness the Dalai Lama. The nuns had a slow and easy hour at the main temple before we boarded the cabs and headed towards Gyuto Monastery.

The unplanned and never expected blessings and audience from His Holiness the Karmapa Rinpoche marked the perfect culmination of the week-long program. Many nuns got very excited and emotional. Every one of us had a brightened smile as we returned to the venue.



A farewell dinner was followed by the most awaited activity of the week-long program: revealing secret friends. It was great fun as everyone revealed their secret friends with tender hugs, laughter and exchange of gifts.

Conclusion

Tibetan Women's Association remains thankful to our financial partner Science Meets Dharma based in Switzerland for supporting us with the much needed financial impetus.

TWA remains thankful to the nunneries for availing the opportunity offered and Sambhota Tibetan Schools Society for supporting us with a yoga master throughout the weeklong program.

The nuns shared a commitment to take strident steps in their everyday lives to better and perfect their leadership skills and to hold the mantle of female leadership, to continue with

the legacy of women's leadership and thereby secure a safe and a sound future for women across the globe.

The Tibetan Women's Association remains committed to creating more platforms to empower our women to climb higher leadership scales in both personal and professional fronts. Over the week-long program, we saw and heard what needs to be changed and the women surely reflected that the much needed change is going to come from them.



Thank you very much!

Mobile Phone/ WeChat Security Workshop



In the Tibetan exile communities, people using mobile/smart phones have doubled since the last couple of years. The reason being every other day a new smart phone is introduced in the market at a fairly affordable price. At the same time, various technological tools for communication/chat apps are developed for smart phones which make the mode of communication convenient.

'WeChat' is one such app which is widely used by Tibetans inside and outside Tibet. But not many know of the risk factor which follows when using a WeChat.

Most of the trainees at 'Stitches of Tibet'-a project initiated by the Tibetan Women's Association, have their family and relatives inside Tibet and they are in constant touch with them be it sharing information about

their well-being or anything confidential. Ironically, the majority of them use WeChat which is made by a Chinese company. Considering the necessity of raising awareness (especially within the Tibetan exile communities), a half day session on 'Mobile Phone/WeChat Security' was given to the trainees. The session was led by a trainer from SFT-India/Tibet Action Institute.

Participants' Feedback:

'I use WeChat because everybody is using it but I was not aware of the security risk until now. I would definitely stop using WeChat and would

recommend the same to my friends.' – Sangmo

'I have heard people saying do not use WeChat if you share information related to politics especially with someone inside Tibet. I do not talk any political issues when I speak with my family which I thought is safe but after learning that the Chinese spy could not only monitor my phone but all the other wechat users in my contact list, I was amazed which means I am putting my friends' life into danger.' – Dolma

'Thank you for giving us this session which I feel is of great importance in our community.'
- Richoe



My days at the Tibetan Women's Association

*By Chunang Namgyal Choedon,
intern at TWA*



The Tibetan Women's Association (TWA) is the only woman NGO in the exile community. For many years now, the association has actively come forward to help and empower the Tibetan women be it socially, politically and economically. At the same time, the executives and members of TWA have always taken an active participation in the areas of social and politics.

I have always believed that working for an organization not only leads us to serve our community but it also helps us to grow as an individual. While in college, I was a member of a Student Group and was very much involved in various events and activities. Even though I am a native of Dharamshala, I never really had the opportunity to visit the Central office of Tibetan

Women's Association though I have always admired their work and dedication.

This summer, I have had the opportunity to intern with the TWA and also being a Tibetan woman, I felt there is no better platform than TWA where I can learn and share my knowledge.

My task during my internship has basically been teaching English (spoken and grammar), Math and Computer to the trainees of Stitches of Tibet –an initiative of Tibetan Women's Association. I have felt that since most of the trainees have never attended school, it was kind of difficult to make them understand if we only rely on textbook. Hence, I have implemented various teaching methods like doing some fun activities related to the lesson or make them listen to songs which would help them improve their English vocabulary.

Even though my parents are Tibetan and I come from a Tibetan family but I have never really had much exposure to the

lifestyle of a Tibetan woman. My days with the women at Stitches of Tibet helped me learn, observe and interact with Tibetan woman from different background under one roof. I have realized that Tibetan women are no different than any other women in this world where each day a woman is a victim of domestic violence, rape or any other forms of gender violence.

I believe that discrimination between a man and a woman always starts from the family. And from there, it moves toward the society. For example; women are expected to wake up early in the morning to do household chores whereas it is acceptable for men to wake up late. If a girl wants to stay late at night and have fun with her friends, she is being questioned by the elders or society. What if she is unmarried....the society would abuse her and call her names but if it is men, he is unscathed. And if she is a divorcee, she would be tormented with the society's opinion. Women always go

through such struggles/ miseries yet some remain silent for her family's sake.

But thankfully because of Buddhism, Tibetan women are not treated as badly as women from other communities. But it doesn't mean that they are secure or treated equally as men. Many of them go through different kinds of abuses and harassments. And they rarely come forward to speak about it.

So, while teaching at the 'Stitches of Tibet' I was able to interact with the trainees and learn their grievances and problems. I did my best to guide them and

share my little knowledge on how to overcome challenges in life. Interning with the Tibetan Women's Association especially with the trainees of Stitches of Tibet, has not only broadened my knowledge on women and Tibetan women in particular but has also helped me grow as a person.

I salute to all the women in the world for their love and compassion towards their family. Salute to all the women who struggle everyday yet they choose to face it with courage and resilience and overcome it. And lastly, salute to all the former and present members of the TWA for working tirelessly to empower Tibetan Women.



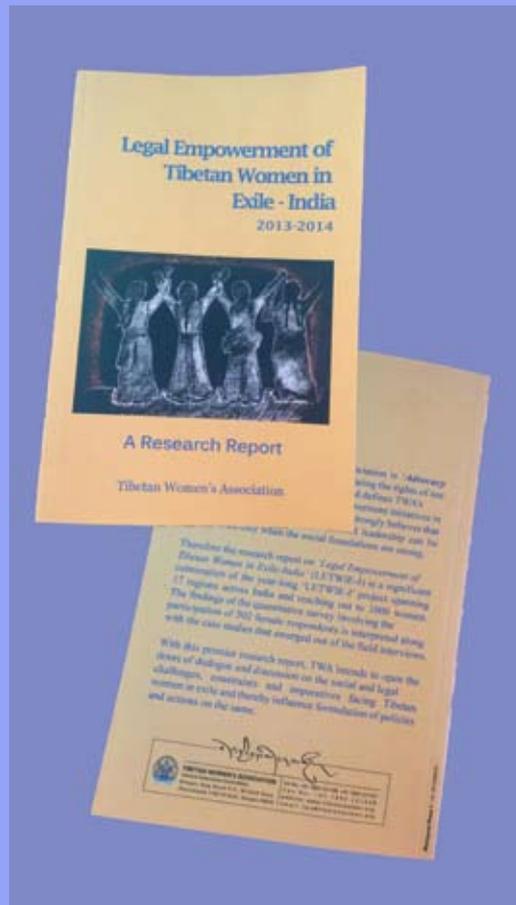
Reader's
Review on
TWA's new
research
report

Legal Empowerment of Tibetan Women in Exile-India (2013-2014)

*Review written by
Sara Boccacci
Intern at TWA*

The 'Legal Empowerment for Tibetan Women in Exile-India' is an easily readable research report which aims to outline the results of the ground-breaking project carried out between 2013 and 2014 in 16 different Tibetan settlements across India. As stated in the report: "TWA's LETWIE-I' is a direct outreach program and essentially an educational and empowerment campaign focused on educating Tibetan women in exile on their legal rights and safeguard measures".

This book marks an important achievement for the Tibetan community, as it is the first time that important issues of gender violence and discrimination have been



successfully tackled and practical action been taken.

The Report is divided into 5 chapters, including a preface and appendix.

The first chapter titled: 'Introduction and rationale' gives an introduction to the work of TWA since 1959 and to the reasons that urged TWA to take measures for the legal education of Tibetan women in exile covering themes ranging from domestic violence to the importance of legal certificates.

It also presents the outline of the project as it was organized into 2 phases: an initial general survey that targeted 502 women together with a 2 days workshop which comprised of over 1000 women, and a 2 days symposium held in Delhi on the 3rd and 4th February 2014 which involved law students, legal experts, feminist activists, grassroots leaders, stakeholders, representatives of civil societies etc.

The book continues with the 'interpretation of survey

results', which presents survey's findings in the form of graphs. The 50 initial questions have been scaled down to the most relevant 17, which cover six key areas: Demographics, Level of Education, Marital Status, Legal Documentation, and Awareness of Legal Measures protecting Women, and Attitudes towards Institutional Support Mechanism for Women.

It follows with a short collection of personal stories of discrimination and abuse as experienced by the women interviewed. It is stated in the report that: "field interviews aimed to a better understanding of the actual situation as well as past instances of violence and discrimination". This section of the report gives indeed a human face to the numbers of the survey, and helps the reader gain a deeper comprehension of the way certain issues are thought of and faced in today's Tibetan community.

Chapter 4 is titled 'Symposium Discussion' and

brings together excerpts from the speeches presented during the 2-days-long conference held in Delhi at the conclusion of the project. The symposium can be considered the culmination of the year-long project and successfully assembled students, activists, experts and representatives of institutions. The inspirational talks and discussions led to the creation of action plans for individuals and for civic engagement that were voted and then adopted. Such plans are presented in the following chapter which furthermore comprises of recommendations for the future work of CTA and TWA.

To conclude, the current legal provisions that apply to Tibetans in exile in India had been listed in the appendix, and include: protection of women under indian law, sexual harassment, sexual harassment at the workplace, assault, rape, child molestation, child sexual abuse, eve teasing, domestic violence; guidelines to making legal certificates

and guidelines to filling a FIR were also included. The list is comprehensive and it is composed of the material that was presented during the workshops.

Without the intention of distracting from the freedom struggle, for the first time this compelling report brings awareness on internal issues that cannot be ignored anymore. A must-read for anyone wishing to deepen one's knowledge on Law, gender and violence as it is in today's exiled Tibetan community.

End

TWA
at 33rd
Kalachakra

TWA social initiatives at the 33rd Kalachakra

*Ladakh,
July 2014*

Advocacy for Homeland and Action in Exile stand as the bottom-line





The Tibetan Women's Association and its global network of regional chapters successfully organized a series of actions during the 33rd Kalachakra initiation offered by His Holiness the Dalai Lama in Ladakh from July 03-14, 2014.



Pertaining to TWA's slogan; 'Action in Exile', 160 women members hailing from 30 regional chapters based in India and Nepal were officially recruited by the Kalachakra Organizing Committee to provide organizing, security, disciplinary and social services during the two-week Kalachakra event that saw a gathering of over 1,63,000 devotees from 73 countries.



160 representatives from The Central Tibetan Women's Association (TWA) and Regional committees from across India and Nepal participated in the educational and social events to serve the global gathering at the 33rd Kalachakra. TWA's participation lasted from the 3rd to 14th July at Jewel Tsel Ground. Kalachakra is one of the most attended Buddhist teachings, people all over the world gather making it a big global event.

TWA's office led the social initiative by approaching Ladakh Buddhist Association and All Ladakh Gonpa Association through Kongpo Association and Jonang Association. In order to make the initiative more effective our representatives who were based in Sonamling Tibetan Settlement consistently met with the organizers of the 33rd Kalachakra.

The meetings with the main organizers of 33rd Kalachakra resulted in TWA representatives volunteering and helping out the organization committee in various task, such as with security purpose, women help desk, medical, registration, reception, information centre and maintaining decorum at the global gathering. TWA representatives were guided by the



chief officer of Sonamling Settlement, Mr. Dhondup Tashi and the efforts of TWA representatives were appreciated in great depth by the local leaders and the organization committee.

The Tibetan Women's Association and its global network of Regional Committees were successful in volunteering and organizing series of the events during the 33rd Kalachakra offered by His Holiness the 14th Dalai Lama held in Ladakh form the 3rd of July to 14th of July, 2014.



TWA
at 33rd
Kalachakra

TWA Public Events at the 33rd Kalachakra

*Ladakh
2014*

TWA organized a series of public discussions oriented towards advancing public discourse on democracy, gender, women's leadership, women and health and Tibet's environment. The events catered to the general public and particularly Tibetan women who have converged in Ladakh for the Kalachakra program.

POLITICAL:



On July 5, TWA organized a public talk titled 'Significance of Women's Political Participation in Exile Tibetan Democracy.' Mr. Penpa Tsering, Speaker of Tibetan Parliament in Exile (TPIE); Ms. Dhardon Sharling, Member of TPIE and Ms. Tenzin Palkyi, Asia program officer of National Endowment for Democracy (NED) and women empowerment activist engaged the mass audience on the vitals of democracy-women's political participation. Around 260 people have turned up for the event.



Our first speaker Ms. Tenzin Dhardon Sharling spoke about the first ever mock election carried out in 2010 by Tibetan Women's Association and how this project inspired other women's group. She also pointed out that Tibetan democracy in exile provides a better meaning for women's rights compared to many other democratic countries and hence every Tibetan woman should take the opportunity and empower themselves.

Second speaker Ms. Tenzin Palkyi discussed about the importance of providing equal opportunity for both girl and boy to build their confidence from their own home. She said women should take more part in local groups in their own community and most importantly women in higher leadership position should guide and provide opportunities for younger women.

Third speaker Mr. Penpa Tsering said that there is lot of opportunities for women in Tibetan community and women should take these opportunities and be aware of their responsibilities. He also pointed that we must change people's old way of thinking and empower both men and women to see a better community.



The panel discussion concluded with question and answer session which saw good number of interesting questions coming from the audience. TWA believes such initiatives are vital in empowering and educating the Tibetan community; ultimately in strengthening the whole community.

HEALTH:



On July 7 and 8, TWA organized an exclusive training program for Tibetan women devotees. Doctor Tenzin Lhadon, Tibetan Medical and Astro Institute spoke on traditional medical practice relating to women and health. More importantly she cleared many myths concerning women's health.

Dr. Tsering Lhadol popularly known as Ama Shema, a Ladakh based obstetrician trained the women participants on women's reproductive health, parenting and pre-natal and post-natal child care. She also spoke on adolescent health, womanhood and menopause.



ENVIRONMENT:

A blue rectangular poster with white text and decorative corner symbols. The top line of text is in Tibetan script. Below it, the English title reads: "Tibet, the Earth's Third Pole and its implication on Asia's Future Sustainability". At the bottom left, the event details are listed: "Venue: Camp no 1 community hall", "Date: July, 2014", and "Time: 6 pm". At the bottom right, there is a small logo and the text "Organized by Tibetan Women's Association".

TWA also aimed to achieve advocacy at the international level and to this end, on July 13, TWA organized a panel discussion titled 'Tibet the Earth's Third Pole and its implication on Asia's Future Sustainability.'

The panel of experts included; Dr. Chewang Norphel, an environmental scientist; Zamla Tenpa Gyaltzen from Tibet Policy Institute of Central Tibetan Administration and Dhardon Sharling, member of TPIE and co chair of

International Tibet Network. The 2- hour event discussed how in the age of climate change, Tibet's environment is under threat thus posing greater threat to Asia and how this could be averted.

Mr. Chewang Norphel, gave a presentation on the importance of Himalayan glaciers and how he built artificial glaciers in Ladakh. He also screened a short documentary on artificial glaciers and the audiences were amazed with this new concept called "Artificial Glacier"



Mr. Tempa Gyaltzen gave a brief update on the current status of Tibet's Environment and his presentation focused more on Tibet's sacred mountains and environment conservation. He pointed out that it is very important to have a Tibetan perspective when we discuss Tibet's environment on International platforms.

Ms. Dhardon Sharling focused on campaigns and advocacy work on Tibet's Environment led by Global Tibet movement, its impact and its future cause of action. She said even though we were late in advocacy of Tibet's environment on international platform, we still have a long way to go and there is so much more left to do.



The event was concluded with many questions from the audience. One of the participants shared her thoughts on the importance of such discussion and pointed out that being a Tibetan; we must take interest and be aware of Tibet's environment.

DONATION RECEIVED THROUGH REGIONAL TIBETAN WOMEN'S ASSOCIATION FOR 33rd KALACHAKRA

S.NO.	NAME	AMOUNT
1	Pokhara Tashiling	18,480.00
2	Gangtok	34,951.00
3	Delhi	30,001.00
4	Kalimpong	23,072.00
5	Dharamsala	8,210.00
6	Bylakuppe	33,195.00
7	Herbertpur	7,960.00
8	Mundgod	5,470.00
9	Tsering Dhonden	14,775.00
10	Shillong	34,892.00
11	Dhondupling	6,000.00
12	Ponda Sahib	8,120.00
13	Bhandra	6,555.00

April to July, 2014

14	Nainital	21,260.00
15	Manali	8,860.00
16	Mussorie	8,750.00
17	Dickyiling	21,100.00
18	Hunsur	7,030.00
19	Rajpur	10,890.00
20	Shimla	26,110.00
21	Puruwala	5,690.00
22	Orissa	26,240.00
23	Dalousie	11,240.00
24	Bir	9,530.00
25	PokharaTashi Pakhiel	8,500.00
26	Kathmandu	148,984.00
27	Kollegal	33,440.00
28	Pokhara Jampaling	13,970.00
29	Mainpat	5,000.00
30	Darjeeling	2,010.00
TOTAL DONATION -----RS.		600,285.00

**RECEIPT AND PAYMENT OF TIBETAN WOMEN'S ASSOCIATION
AND LEH - JANG TIBETAN YOUTH CONGRESS DURING 33rd
KALACHAKRA AT LADAKH**

R.no.	V.no.		Receipt	Payment
1		TWA	600,285.00	
2		8 TYC	92,845.00	
3		Ladakh TWA and TYC	146,744.00	
	1	Uniform	49,890.00	
4	2	Tempo fare from Manali to leh (2 way)	337,800.00	271,800.00
	3	Tempo fare		88,200.00
	4	Room at Manali		4,040.00
	5	Printing & Stationery		2,212.00
	6	Donation book Printing		6,000.00
	7	Food & Refreshment		52,890.00
	8	Cook Wages		50,900.00
	9	Hall Charge		185,000.00
	10	Banner		9,400.00

R.no	V.no.		Receipt	Payment
5	11	Medical Expenses		6,550.00
	12	Ladakh Show Income	192,743.00	
	13	Cutural show prize		7,030.00
	14	Hall charge		4,495.00
	15	Cultural show dress hire		6,030.00
6		TIPA Show	59,521.00	
	16	Travelling		31,580.00
	17	Matress		5,250.00
	18	Bucket & Jug		2,085.00
	19	Volunteer trip		116,914.00
	20	Farewell Dinner		8,110.00
	21	Miscellenouse		1,955.00
			1,429,938.00	910,331.00
		Cheque RS. 231,800		
		Cash RS. 287,807		519,607.00
		TOTAL -----RS.	1,429,938.00	1,429,938.00

Balance Cash Rs. 519,607/- handed over to Ladakh RTWA & TYC

Record of Activities undertaken by TWA's Regional Chapters

April - July, 2014

DHONDUPLING, CLEMENTOWN



May 17th 2014: The people of Dhondupling settlement gathered for a prayer session in the evening which was led by candle light procession to mark the 19th year of His Holiness the 11th Panchen Lama, Gendun Choekyi Nyima's abduction.

April 25th 2014: The regional Tibetan Women's Association of Dhondupling organised a modest function to celebrate the 25th birthday of the 11th Panchen Lama. The function saw participation of people from

the settlement and monks from 3 different monasteries. The guest of honour during the function was Alag Rigda Rinpochey. A prayer session was organised the next day. April 16th 2014: Signature campaign for the release of Tulku Tenzin Delek.



DEKYILING

April 16th 2014: Signature campaign for Tulku Tenzin Delek's release was carried throughout the Doon valley by members of RTWA Dekyiling.

April 25th 2014: Prayers were offered early morning on the 25th birthday of Gendhun Choekyi Nyima followed by a peace march in the evening.

June 5th 2014: Planted several hundred plants to celebrate the World Environment Day.

June 13th 2014: Released fish into the river on full moon day.

July 6th 2014: RTWA Dekyiling celebrated the 79th Birthday of His Holiness the XIVth Dalai Lama by organizing a function and prayer session.

DELHI



7th April 2014: RTWA Delhi along with other NGOs of Samyeling Delhi organised a small function at Samyeling Tibetan colony's temple ground during which the RTWA executives served the attendees with water. After the function, the NGOs hold a signature campaign for the release of Tulku Tenzin Delek Rinpoche. Later in the evening, they organised a candle light vigil at Samyeling Tibetan colony around 6 pm.

15th April, 2014: A candle light vigil and a prayer gathering for Thinley Namgyal, aged 32, who self immolated himself in Tibet, took place at Samyeling Tibetan colony which was organised by regional Tibetan Women's Association with RTYC Delhi.

17th April; 2014: The executives of regional Tibetan Women's Association, Delhi visited a family who needed

some financial help for their daughter's treatment. The RTWA donated Rs 5000 to the mother who will use the money for her daughter's treatment.

25th to 27th April 2014: The regional Tibetan Women's Association – Delhi, not only participated but was one of the key supporters during the protest and hunger strike rally organised by the Tibetan People Movement in New Delhi for 3 consecutive days.

17th May 2014: The day marked the 19th years since the 11th Panchen Lama, Gendhun Chokeyi Nyima was abducted by the Chinese government. RTWA Delhi organised an event in the centre of the city where many lay people attended the event including monks. A special prayer and butter lamps were also offered for those who have set themselves on fire for the just cause of Tibet. Many Tibetan and Indian dignitaries were invited to the event. Later that day, 2 executives visited the UN office, Embassy of China, the U.S. Embassy and the President's office of India to hand over a petition relating to the release of the 11th Panchen Lama.

DHARAMSHALA



April 16th 2014: The regional Tibetan Women's Association did a signature campaign for the release of the 11th Panchen Lama. Many Indian tourists and westerners showed their support towards the campaign by signing the petition.

April 25th 2014: Early morning on the day of Panchen Lama's 25th birthday, the regional Tibetan women's association in Dharamsala offered prayers for his long life. In the evening, in collaboration with other NGOs, they had a cake cutting ceremony with the students of TCV Day School.

May 13th 2014: A candle light vigil was observed for Phakpa Gyaltzen, 32, who died on the spot after stabbing himself and jumping from a building in protest against Chinese mining activities in Chamdo, Tibet.

May 17th 2014: Tibetans in Dharamshala marked 19 years since 11th Panchen Lama Gedhun Choekyi Nyima's disappearance and appealed for his immediate release. A day of campaign for his release was observed with a visual freeze action depicting a 6 year old Panchen Lama behind bars.

June 2nd 2014: Dhasa Tibetan Women's Basketball Tournament that started on 25th May 2014 as initiated by the Women's Empowerment Desk, CTA, concluded on 2nd June 2014. RTWA Dharamsala team won the tournament which was played against the Tibetan Women's Soccer Team. 8 teams took part in the tournament.

July 6th 2014: Executives of RTWA Dharamshala offered sweets and fresh fruit juice to the public who had come to celebrate His Holiness's 79th birthday at the Tsuklakhang temple. They also presented variety of flowers which shall be planted into the garden of His Holiness's residence.

RAJPUR

April 16th 2014: This year marks 12 years of imprisonment for Tulku Tenzin Delek Rinpochey, a well known Tibetan

Buddhist leader who is also widely known for being an advocate for environmental conservation inside Tibet and for working to develop social, medical and educational institutions for Tibetan Nomads in Eastern Tibet.



The executives of RTWA Rajpur organized a daylong event demanding the immediate release of Tulku Tenzin Delek Rinpochey. A petition was also sent to the UN Human Rights Council in Geneva, Switzerland.

April 25th 2014: His Holiness the 11th Panchen Lama's 25th birthday was celebrated amongst the people in the settlement. Butter lamps and special prayer offering was made for his long life.

May 17th 2014: In commemoration of 19 years since the disappearance of Gendhun Choekyi Nyima, the 11th Panchen Lama, RTWA Rajpur organized a special prayer session. Press Statements were distributed. In the evening, the Tibetans assembled for a candle light vigil.

June 5th 2014: On the world environment day, the RTWA Rajpur planted trees and was also involved in a mass cleaning campaign.

June 6th 2014: According to Tibetan calendar, the month of June is considered as an auspicious month wherein Tibetans perform many religious activities and prayers following till the full moon day. As an act of compassion and for the long life of His Holiness the Dalai Lama, the RTWA Rajpur bought hundreds of fish from fisheries and set them free into the Haridwar River. The same day, they organised a special prayer session from 7pm to 12am (midnight) attended by local Tibetans from the settlement.

July 6th 2014: During His Holiness's 79th birthday, the RTWA Rajpur organized Tibetan Cultural Show where Tibetan youngsters and the members of RTWA Rajpur performed to various Tibetan cultural song and dance.

KATHMANDU, NEPAL



April 25th 2014: The 11th Panchen Lama's 25th birthday was celebrated with elders from the old age home. Incenses were lighted and prayers flags were tied on the beautiful hills of Kathmandu.

May 26th 2014: A special prayer offering was performed for His Holiness the 11th Panchen Lama, Gendhun Choekyi Nyima by RTWA Kathmandu.

May 27th 2014: RTWA Kathmandu organized a special prayer offering for His Holiness th XIVth Dalai Lama for three days.

June 6th 2014: On Sakadawa, RTWA Kathmandu invited Buchen to read the opera of Dowa Sangmo (a famous Tibetan opera) to old aged Tibetans in the old age home.

LADAKH



April 25th 2014: The people in Ladakh celebrated His Holiness the 11th Panchen Lama's 25th birthday at the Ruthok Choedingling monastery. Early morning, the local Tibetans assembled for a special prayer offering.

June 13th 2014: The members of RTWA Ladakh along with local Tibetan women cleaned and painted a stupa which is an hour bus ride from Choglamsar. There were 3 buses packed with volunteers who left Choglamsar early morning around 6 am. It took them the whole day to clean and paint the big stupa. Tea and lunch for the volunteers were arranged by the people of Basgo.

MIAO



April 16th 2014: The executive members of RTWA Miao organized signature campaign for Tulku Tenzin Delek's release. The campaign was held inside the settlement's premises from 8 to 9:30am. Later they went to the main town where many Indians showed their support.

April 25th 2014: A sangsol and prayer gathering was performed on the 25th birthday of His Holiness the 11th Panchen Lama.

HUNSUR



May 19th 2014: The executive members of RTWA Hunsur went to all the camps to meet and give small token of money to all the former members of RTWA who are above 80years old. The gift was a symbol of appreciation for all the great works done by them.

June 5th 2014: The RTWA Hunsur had a modest function in the morning which was attended by local leaders and the people from the settlement. Trees and flowers were planted in the locality. Later the same day, they visited the Old Age Home to meet with women who are above 70 years of age and gave them a small amount of money as a token of love and appreciation.

June 13th 2014: A special long life prayer by Khen Rinpochey was arranged by the members of RTWA Hunsur for public.

June 24th 2014: A representative of RTWA Hunsur along with local leaders from the settlement went to congratulate Mr Pratap Simha, the new Member of Parliament from Mysore Constituency.

July 1st 2014: A Tibetan Cultural Song and Dance Competition was organized by RTWA Hunsur with the message to preserve the rich culture of Tibet. There were participants from different groups and each of them performed really well. The event was a huge success.

July 6th 2014: On the 79th birthday of His Holiness, they offered prayers and lungta for His Holiness's good health and long life.

NAINITAL



April 25th 2014: Even though the current whereabouts & status of the 11th Panchen Lama is not known, Tibetans throughout the exile communities celebrate his birthday every year. On his 25th birthday, Tenshug, long life prayer offering was made for the 11th Panchen Lama Gendhun Choekyi Nyima by the President of various NGOs in Nainital which was then followed by the offering of ceremonial scarves by public. Tea and sweet rice along with a big cake was served to the people.

May 17th 2014: It's been 19 years since the 11th Panchen Lama was abducted by the Chinese authorities on May 17th 1995. This year to commemorate the day, the regional Tibetan Women's Association in Nainital organised a candle light procession in their locality. Flyers were distributed amongst the masses.

July 6th 2014: Under the guidance from the Central TWA and the resolution passed during the 11th Working Committee Meeting, all the chapters of TWA carried different events on His Holiness's 79th birthday.

For RTWA Nainital, the day started with a prayer gathering and sangsol offering at Gaden Kunkyopling monastery. A long life offering (Tenshug) was made onto the throne of His Holiness the 14th Dalai Lama by local leaders and NGO representatives. During the function, a cultural dance was performed by the members of RTWA Nainital for which they had practised for many weeks. The birthday was celebrated for two consecutive days during which the RTWA members helped serve tea and snacks to the public. A special fundraising event was also carried by them.

MUSSOORIE



June 5th 2014: The executives of RTWA Mussoorie marked the World Environment Day by cleaning up the surrounding in and around Lhagyari.

June 6th 2014: Cold drinks and fruit juice were distributed for free to all the visitors at the Buddha Temple on Sakadawa.

SHILLONG



April 25th 2014: RTWA Shillong celebrated the birthday of Panchen Lama Gedhun Choekyi Nyima by organizing a public gathering and prayer session.

July 6th 2014: RTWA Shillong celebrated the 79th birthday of His Holiness the XIVth Dalai Lama by organizing a function where people from various organizations and institution performed dances and songs.

TIBETAN WOMEN'S ASSOCIATION

Advocay for Home, Action in Exile

The Tibetan Women's Association (TWA) was originally founded on March 12, 1959 in Tibet. On this day – known as Tibetan Women's Uprising Day– thousands of Tibetan women in Lhasa gathered together to protest against the illegal occupation of Tibet by Communist China. Protesting peacefully outside the Potala Palace, hundreds of these women suffered brutally at the hands of the Chinese troops. They were arrested, imprisoned, tortured and beaten without trial. A period of transition for TWA followed this uprising when many Tibetan women were forced to flee Tibet to live in exile in India. From 1959 to 1984 many Tibetan women's groups were established in India, such as in Darjeeling, Kalimpong, Dharamsala, and Rajpur. Some of these groups initiated handicraft centers for women in their localities. These handicraft centers helped not only to preserve the arts and crafts of Tibet, but also imparted skills to Tibetan women so that they can earn their livelihood during the early refugee life.

On the 10th of September 1984, with the blessings of His Holiness the Dalai Lama, the Tibetan Women's Association was officially reinstated with 12 branches throughout India. Today, the TWA has over 16,000 members and 56 branches worldwide including branches in: India, Nepal, Europe, Japan, the United States of America and Canada. TWA sees itself as the natural continuation of our many brave sisters who sacrificed their lives for the freedom and protection of Tibet.

TWA's main objective is to raise public awareness of the abuses faced by Tibetan women in Chinese-occupied Tibet. Through extensive publicity and involvement in national

and international affairs, TWA alerts communities to the gender-specific human rights abuses committed against Tibetan women in the form of forced birth control policies such as sterilizations and abortions, and restrictions on religious, political, social and cultural freedoms.

In exile, TWA places great priority on the contributions of Tibetan women towards the preservation and promotion of the distinct religion, culture and identity of the Tibetan people. TWA serves the Tibetan community as a whole with activities addressing religious and cultural issues, educational needs, social welfare, the environment and the political participation and social empowerment of women.

To best achieve our goals, TWA functions as a democratic organization. The members of the Central as well as the Regional Working Committees are elected by their respective members for a fixed term. The headquarters of TWA is in McLeod Ganj, Dharamsala, and it is from here that TWA issues guidelines and directives to the branch offices for the coordination of their activities.

