

IXTH TIBETAN BUDDHIST NUNS' EMPOWERMENT LEADERSHIP TRAINING JANGCHUP CHOELING NUNNERY - MUNDGOD

(2ND-10TH APRIL, 2017)

Since April 2017



TIBETAN WOMEN'S ASSOCIATION successfully hosted the IXth Tibetan Buddhist Nuns' Empowerment Leadership Training at Jangchup Choeling Nunnery, Mundgod, South India from 2nd-10th April, 2017.

The training was attended by thirty nuns from Jangchup Choeling Nunnery, Mundgod. The main focus of the training was on basic leadership skills and to educate the participants about gender issue. Every year, we host this training with the hope that the participants would be able to execute practical projects in their daily lives to enhance the individual as well as group responsibilities. This training is one of the most sought-after trainings as this training focuses on empowering the Tibetan nuns in and around India.

PRE-TRAINING PREPARATIONS

The TWA's coordination team reached Mundgod at around the midnight of the 31st April, 2017 and on the wake of 1st April, 2017 they headed towards the nunnery to observe the training venue and strategize the one week training for the nuns. With the help of RTWA, Mundgod, and the nuns from Jangchub Choeling Nunnery, we were able to get the training venue polished for an effective one week and got the participants registered for the training while few other nuns from the nunnery along with RTWA, Mundgod distributed the training kits we had brought for the participants.

Vice April 09017)

DAY 1-3:

INTRODUCTIONS

ORIENTATION

GENDER SENSITIZATION:

(2ND -4TH APRIL, 2017)



The first half day of IXth Tibetan Buddhist Nuns' Empowerment programs sponsored by Science Meets Dharma, Switzerland, started with an introductory remark by the President of TWA, Mrs. Dolma Yangchen, covering the introduction of TWA and the roles and responsibility of our Association and its aims and objectives since its foundation. The trainees were then guided through the importance of the Annual Buddhist Nuns' Empowerment Program,

its objectives and expectations. The introduction was then followed by a short speech by the Head of the Administration, Jangchup Choeling Nunnery, Ven. Lobsang Youdon on the overall expectations from the workshop.



The session was then taken up by TWA's Project Officer, Ms. Tenzin Choezin with the assistance of General Secretary Ms. Tsering Choezom led the introductory session/Ground Rules/Group Division/Orientation Round and the pairing of secret friends.



1st April 2017

From the next half of the first day till the third day of the training, Ms. Tenzin Choezin led the training on intensive Gender Sensitization program for the nuns. The training began with the question: 'Is there Gender Equality in the Tibetan community?'

and the answers as it follows made spaces for us as trainers and trainees to discuss the clear cut differences between sex and gender which further enabled us in making it easier for the participants to understand the Gender socialization and its cultural impact on Gender discrimination and inequality through its very grass root perspectives. The training was made very participatory in nature and was inclusively fun filled with activities and discussions all till the end of it. And the question of Gender Equality in our community and beyond still remained a topic of concern in our sessions that followed thereafter.

3

**'If individuals become more compassionate,
it will influence others and so we will change the world'**

-His Holiness the 14th Dalai Lama

APRIL

11th April - 09017)

DAY 4

BUILDING EFFECTIVE COMMUNICATION SKILLS:

(5TH APRIL, 2017)



On the fourth day, Ms. Tsering Choezom (General Secretary, TWA) led the training on 'Building Effective Communication Skills' for the nuns. And the training was less of a listening and more practices on the ground, therefore the nuns enjoyed it thoroughly and alongside they had lessons to grab from these activities. We are quite affirmed to say that the nuns had the simplest form of training as per our module. We tried facilitating the nuns on

these very important topics so that they will be able to learn to slowly converse in a less conflicting communicational way in the near future.

DAY 5:

'PUBLIC SPEAKING SKILLS'

(6TH APRIL, 2017)



On the fifth day, after the group requisition received from the nuns, we initiated a slight change in the schedule and added one more day of training on 'Public Speaking skills' which was initially not in the plan. Ms. Tenzin Choezin led the session for a day, dealing with the basic skills to deliver speeches or talks in public.

DAY 6-7:

CONFLICT RESOLUTION:

(7TH AND 8TH APRIL, 2017)



The sixth and seventh day was led by two renowned trainers of our Tibetan Community on Conflict Resolution. Mr. Karma Lekshey and Mrs. Yangkyi from Tibetan Centre for Conflict resolution which we believe is one of the most important topics for training in our community and the other communities at large. Starting from minor conflicts between two individuals to a larger group, a lot of con-

flicts can be resolved with the individual's choice to do so through the non-violent communication. Therefore, as per our observation, the nuns have had a very intensive learning platform and vice versa.

DAY 9:

PRACTICAL OUTBOUND PROGRAM:

(9TH APRIL, 2017)

The nuns were divided into four groups and were told to pick up any subject to work on practically for their projects, and were given a minimum budget to use and made to work effectively on the lessons that they have learnt from the training and they were also given a platform to project their team work, leadership abilities and time management skills.



DAY 10: FAREWELL: (10TH APRIL, 2017)



The last day of the IXth Buddhist Nuns' Empowering Leadership Training was wrapped up with a farewell Session where the nuns were asked to give us Oral/written feedback about the training and the trainers, and then it was followed by a short concluding remarks from the president of TWA, revelation of secret friends, distribution of certificates and in the end, a farewell dinner for all the working committee members of the nunnery, partici-



pants, RTWA-Mundgod and the TWA team. And as the saying goes, 'All is well that ends well' We believe that through this training session organized by the Tibetan Women's Organization that this end will have new beginnings in the lives of the nuns and we are more inspired to further expand the leadership training to a broader audiences from different nunneries in the near future.

Conclusion:

(A Note of Thanks)

Tibetan Women's Association is ever grateful to our financial partner Science Meets Dharma, Switzerland, for supporting us financially to host this training every year. And we also thank the administration of Jangchup Choeling Nunnery, Mundgod for their hospitality, support and for giving the nuns the opportunity to participate in the training. Lastly, but not the least, we extend our heartfelt thanks to each and every one who is connected with the IXth Tibetan Buddhist Nuns' Empowerment Program. We are grateful to each and every person connected with this Training. TWA always looks forward to organising more empowerment programs and to lead on the issue of Women's Empowerment through various programs that will reach out to Tibetan women and nuns.

9

Responsibility

- 1. Being in control of your own behaviour**
- 2. Being trusted with important tasks**
- 3. Having your work finished on time**
- 4. Doing your part when working as a team.**

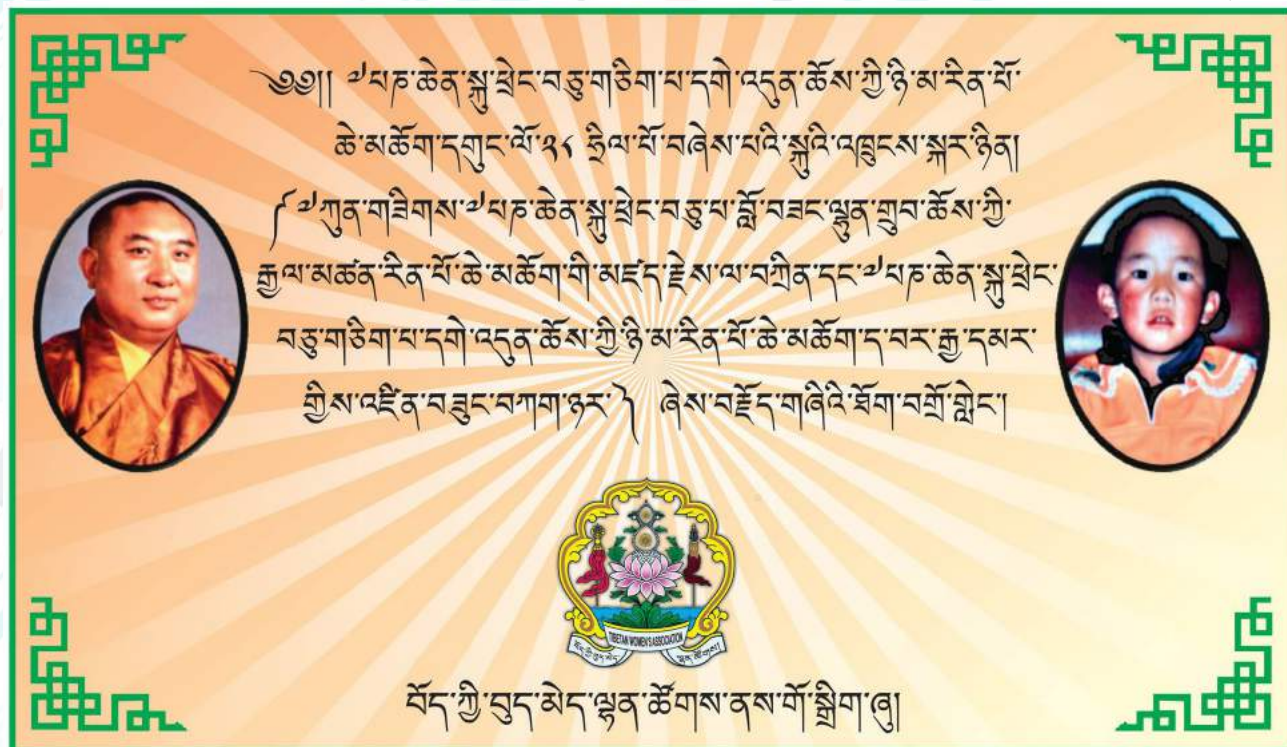
'The price of greatness is responsibility'

-Winston S. Churchill

HIS HOLINESS THE XITH PANCHEN LAMA'S 28TH BIRTHDAY

-25TH APRIL, 2017

25th April 2017



Gedhun Choekyi Nyima, the XIth Panchen Lama was born on 25th April, 1989. He was just six years old when He was recognized by His Holiness the XIVth Dalai Lama as the XIth Panchen Lama's reincarnation. He is the second most revered spiritual leader in the Tibetan Buddhist tradition. Just a few days after His recognition as the XIth Panchen Lama, He and His family members were taken into custody by the Chinese authorities on 17th May, 1995 and since then He and His family members disappeared.

Tibetans, Tibet supporters, Human Rights organizations and world governments have consistently urged China to release Gedhun Choekyi Nyima, but these appeals continue to go unheeded.

For more than two decades the Chinese author-

ities have denied requests from governments and the United Nations for access to Gedhun Choekyi Nyima and His family, claiming that He was leading a normal life and does not wish to be disturbed.



Central Tibetan Women's Association (TWA) organized a Panel Discussion about the Xth and XIth Panchen Lama at Hotel Tibet, Mcleod Ganj, Dharamshala on the 28th birthday of the XIth Panchen Lama, Gedhun Choekyi Nyima.

Voice April 09017

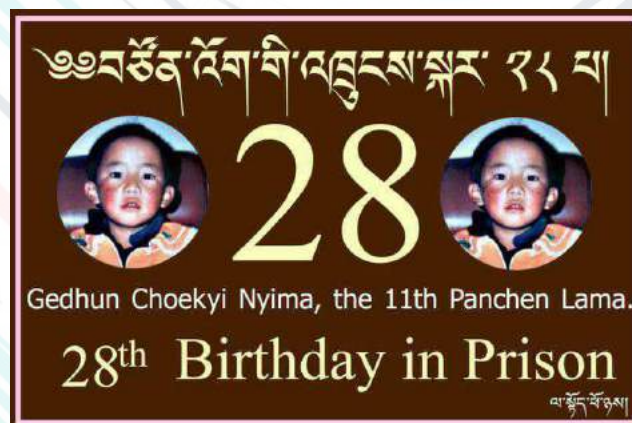


The two panelist Former political prisoner, Ven. Bhagdo and Tibetan Centre for Human Rights and Democracy Director (TCHRD), Tsering Tsomo, spoke on the works carried out by the Xth Panchen Lama and the enforced disappearance of the XIth Panchen Lama respectively.

Despite severe political clampdowns, credit of survival of Tibetan culture, religion and language in Tibet goes to the Xth Panchen Lama, who tirelessly worked towards the preservation of the Tibetan identity' said Ven. Bhagdo.

'The enforced disappearance of Gendun Choekyi Nyima boils down to three present situations inside Tibet. It shows the oppression and lack of freedom of religion in Tibet, and secondly it shows China's practice of the political interference in reincarnation of high lamas. Lastly, through Human Rights perspective, it proves the illegal nature of the case,' said TCHRD director, Tsering Tsomo.

We, the Tibetan Women's Association and its global networks call on the Chinese government and the Chairman of the Tibet Autonomous Region (TAR) to disclose the whereabouts of the XIth Panchen Lama of Tibet.



RTWA Dharamsala celebrated the XIth Panchen Lama, Gedhun Choekyi Nyima's 28th birthday with the general public of Dharamsala.



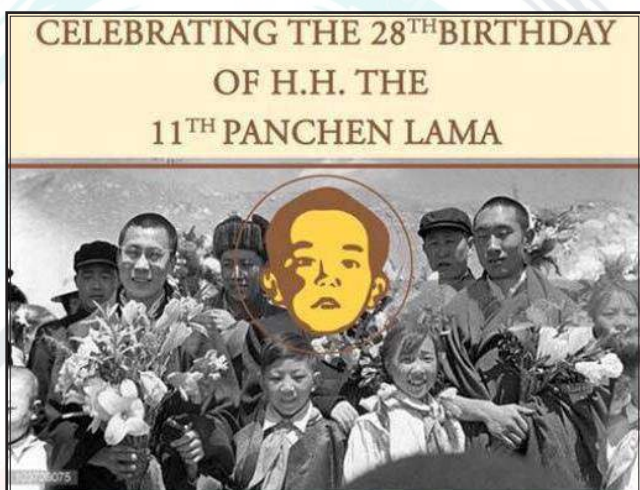
RTWA Manali members along with the Tibetan Association in Manali celebrated the 28th birthday of the His Holiness the XIth Panchen Lama by displaying Tibetan Cultural dance to the Public and the anniversary came to an end with a candle light vigil in the evening to call for the release of Panchen Lama at Mall Road.

APRIL



Since April 2017

RTWA Jampaling along with Regional Tibetan Youth Congress organized a Sangsol (Incense burning ceremony) and a prayer gathering with the people of the settlement, which was followed up by another prayer in the afternoon session at 4 PM with Khenpo Ngawang Choephel La from Taklung Monastery as the chief guest along with other monks, Jampaling RTYC and general public. They prayed for Panchen Lama's good health, well-being and quick release from the Chinese brutal custody.



9

RTWA Bylakuppe organized a press conference and held a prayer gathering, which was attended by the general public to mark the XIth Panchen Lama (Gedhun Choekyi Nyima's) 28th birthday.



RTWA NY-NJ organized a prayer meeting and offered traditional white scarf to the Panchen Lama's photo to mark His 28th birthday.

APRIL



RTWA Bhandara celebrated the 28th birthday of His Holiness the XIth Panchen Lama with the people of their Settlement at their Community Hall by organizing a prayer gathering and the birthday celebration was concluded with a candle light vigil.

great martyrs who have sacrificed their lives for Tibet and Tibetan cause. Tibetan tea and sweetened rice were served to the people gathered at the function.



RTWA Shimla celebrated the 28th birthday of His Holiness the XIth Panchen Lama, Gedhun Choekyi Nyima, with the Tibetan Community and the students and teachers of Central Tibetan School in Sanjauli. RTWA, Shimla offered sweetened rice, tea and ladoos to the participants and organized a candle light vigil in the evening from Shree Punjab office to D.C office.



RTWA AND RTYC, Paonta Cholsam Shichak organized a program to mark the 28th birthday of His Holiness the XIth Panchen Lama, Gedhun Choekyi Nyima. Tibetan National Anthem was sung with the music band of STS Paonta followed by a prayer session and one minute of mourning for the



Voice April 2017

RTWA Odisha offered 'Sangsol' (incense burning ceremony) in the morning with the people of their Settlement and the school teachers and students. The Settlement Officer RTPIE graced the event as the Chief Guest. The occasion was concluded with three cultural dances performed by the RTWA members.

11

RTWA Rajpur organized a function to celebrate the XIth Panchen Lama's 28th birthday followed by a Peace March in the evening.

RTWA Ravangla, along with the people of Tibetan Settlement Ravangla gathered together to celebrate the Panchen Lama's 28th birthday. They organized Sangsol (Incense burning ceremony), Mani and Molam for the release of Panchen Lama.

**In order to satisfy one human stomach,
so many lives are taken away.
We must promote vegetarianism.
It is extremely important'.-----**

His Holiness the 14th Dalai Lama

APRIL

22ND ANNIVERSARY OF HIS HOLINESS THE XITH PANCHEN LAMA'S ABDUCTION BY THE CHINESE GOVERNMENT: 17TH MAY, 2017.

འཛམ་གླིང་མི་མང་རྒྱལ་སྤྱོད་གནད་རོགས་པ།

༢༡ ཟ࿳་ལོ་ ༡༩༩༥ ལྷ་པལ་ ཆེས་ཀྱི་ རྒྱ་ལོ་ ༡༠༡༨ ལྷ་པལ་ ཆེས་ཀྱི་ བར་མཆོག་ཆེན་མོ་ལྷ་མོ་ལྷ་མོ་ སྤྱོད་ཀྱི་ འདུན་ཆོས་ཀྱི་ ཉི་མ་རིན་པོ་ཆེ་མཆོག་ རྒྱ་དམར་གྱིས་བཙན་ཁྲིད་བྱས་ཏེ་ ལོ་ངོ་ ༢༢ ཉིན་པོ་འཁོར་གྱི་ཡོད།

བོད་ཀྱི་མཆོག་ཆེན་མོ་ལྷ་མོ་ལྷ་མོ་ སྤྱོད་ཀྱི་ འདུན་ཆོས་ཀྱི་ ཉི་མ་རིན་པོ་ཆེ་མཆོག་གི་ཕུང་ལོང་དམག་ རྒྱ་གར་གྱི་མི་ལོན་པའི་འདུན་ཆོས་ཀྱི་ ཉི་མ་རིན་པོ་ཆེ་མཆོག་གི་ཕུང་ལོང་དམག་ རྒྱ་གར་གྱི་མི་ལོན་པའི་འདུན་ཆོས་ཀྱི་ ཉི་མ་རིན་པོ་ཆེ་མཆོག་གི་ཕུང་ལོང་དམག་



Tibet's 11th Panchen Lama Missing since 1995.

17th May 2017 marks the 22nd year of abduction of Tibet's 11th Panchen Lama, Gedhun Choekyi Nyima by the Chinese authorities.

Where is Tibet's 11th Panchen Lama, Gedhun Choekyi Nyima ?

• CHINA ALONE CAN ANSWER

བོད་ཀྱི་སྤྱོད་ཀྱི་འདུན་ཆོས་ཀྱི་ ཉི་མ་རིན་པོ་ཆེ་མཆོག་གི་ཕུང་ལོང་དམག་



Tibetan Women's Association

On 28th January, 1989: The Xth Panchen Lama Choekyi Gyaltsen passed away (The sudden demise of the Xth Panchen Choekyi Gyaltsen was suspected as a planned murder by the Chinese Government).

On 25th April, 1989: His Holiness the XIth Panchen Lama, Gedhun Choekyi Nyima was born at Lhari Zong of Nagchu District of Tibet to Mr. Kunchok Phunstok and Mrs. Dechen Choedon.

On 14th May, 1995: His Holiness the XIVth Dalai Lama publicly announced Gedhun Choekyi Nyima as the reincarnation of the Xth Panchen Lama Choekyi Gyaltsen at the age of five.

On 17th May, 1995: Just after three days of recognizing His Holiness the XIth Panchen Lama as the reincarnation of the Xth Panchen Lama by His Holiness the 14th Dalai Lama, six years old Gedhun Choekyi Nyima was kidnapped for no crime and it was purely for political reasons. He is the world's youngest political prisoner. There is not a bit of news about the whereabouts of Gedhun Choekyi Nyima, His family members and His care-

takers ever since the then former Secretary of the Communist Party of China Committee of Tibet Autonomous Region Zhang Qingli said in his statement that His Holiness the XIth Panchen Lama was doing well.

17th May, 2017 marks the 22nd anniversary of disappearance of the XIth Panchen Lama, (Gedhun Choekyi Nyima), His family members and His caretakers.

We call upon the United Nation's Human Right's Commission, leaders of the world and Tibet supporters to put pressure on the Chinese Communist Government to let the Tibetans and the world know the whereabouts of the world's youngest political prisoner, His Holiness the XIth Panchen Lama, Gedhun Choekyi Nyima of Tibet and to release Him and His family members without any further delay and conditions.

Tibetan Women's Association would like to reiterate that we will not give up our efforts in the search and release of Tibet's XIth Panchen Lama, Gedhun Choekyi Nyima. We hope and pray that XIth Panchen Lama and His family members are all safe and in sound health.



Tibetan Women's Association, Central in-collaboration with the Regional Chapter of Dharamshala organized a Peaceful Protest Rally from Tibetan Matyrs' Pillar, McLeod Ganj, Main Temple to Kacheri. The Peaceful Protest Rally was attended by a large number of Tibetans.



On the 22nd anniversary of Tibet's XIth Panchen Lama, Gedhun Choekyi Nyima's abduction by the Chinese authorities, besides the activities carried out by TWA Central and its 58 Regional Chapters across the world, the TWA's President, Mrs. Dolma Yangchen and General, Secretary Tsering Choezom along with the Regional Chapter of Samyeling Delhi submitted appeal letters on 17th and 18th May, 2017 to the President and Prime Minister of India and other embassies and consulates of various countries in Delhi for their support in the release of Tibet's XIth Panchen Lama at the earliest.

They also participated in the candle light vigil program organized by the Regional Chapter of Samyeling, Delhi in the evening.

13th May 2017

13

MAY



RTWA Bhandara along with the Settlement people gathered in front of Theckchen Choeling Monastery to pray for the XIth Panchen Lama's well being. The President read out the statement about His Holiness the XIth Panchen Lama and the School Headmaster gave a speech on Panchen Lama. The Vice-President and the General Secretary went to the city in the afternoon to give statement of Panchen lama, which was translated into the local language, to the reporters and the general public for awareness about His Holiness the XIth Panchen Lama's abduction by the Chinese Government and His whereabouts.



RTWA Kollegal, Bylakuppe and Hunsur organized a Peaceful Demonstration and a press conference at Mysore city to call upon the Chinese Government to release the XIth Panchen Lama without any conditions.

RTWA Bylakuppe organized a press conference to make awareness about His Holiness the XIth Panchen Lama's 22nd anniversary of abduction by the Chinese authority and held Panchen Soldhep (Prayer) for the quick release and the well being of His Holiness the XIth Panchen Lama.



Five May 2017

RTWA Dalhousie organized a peace rally in Dalhousie from 5pm to 8pm. The March took place from Upper Bakrota to Subash Chowk and back to G.P.O Chowk, Dalhousie. They chanted slogans for the release of the XIth Panchen Lama and urged the world leaders to put pressure on the Chinese Government to release the world's youngest political prisoner.



15

RTWA Dekyiling Along With RTWA Dehradun and TYC of Doon jointly organized a candle light vigil around Dehradun city to mark the 22nd year of abduction of Tibet's XIth Panchen Lama, Gedhun Choekyi Nyima by the Chinese authorities.



RTWA Manali marked the 22nd year of abduction of the XIth Panchen Lama by the Chinese Government by organizing a prayer service and distributed tea and bread to all the people gath-

MAY

RTWA Kollegal, Bylakupee and Hunsur organized a peaceful demonstration and held a press conference in Mysore city and raised awareness about the missing Panchen Lama. They urged the Chinese Government to let the Tibetans and the world know about Him and His family members' whereabouts.



W



RTWA Shimla members lit 1,000 butter lamps and prayed for the quick release of Panchen Lama to mark the 22nd anniversary of His abduction by the Chinese authorities.



RTWA Jampaling organized a candle light vigil on the 22nd anniversary of His Holiness the XIth Panchen Lama, Gedhun Choekyi Nyima's abduction and for all the Tibetan Self immolators.



RTWA Dhondhupling and TYC of Doon jointly organized a candle light vigil and called for the release of His Holiness the Panchen Lama. Mr. Ajay Sharma Ji was the Chief Guest of the anniversary.

17th May 2017



RTWA NY/NJ organized a signature petition and distributed brochures at Times Square, New York and raised awareness about the missing XIth Panchen Lama of Tibet.



17



RTWA Rajpur members organized a prayer gathering on the 22nd anniversary of the abduction of His Holiness the XIth Panchen Lama.



MAY

5th June 2017

WORLD ENVIRONMENT DAY,

5TH JUNE, 2017



18



Tibetan Women's Association celebrates the 'World Environment Day' on 5th June every year to create global awareness to the general public about the importance of environment and to make them aware of how to take positive environmental action to protect nature and the planet earth. This year the theme for the 'World Environment Day' is 'Connecting People with Nature'. TWA created awareness on the importance of being with the Nature and requested the public to seriously get themselves involved in saving the nature. The theme encourages the people to think how important the nature is to us and naturally makes them to connect with nature and safe-guard the nature and mother earth for our own benefits as well as for the benefits of the future generations.

JUNE



Voice June 2017



19

RTWA Dhondupling celebrated the 'World Environment Day' by cleaning the Sangthik Society Area.



RTWA Delhi in a public area cleanliness drive action on the World Environment Day. They clean public places every month.

JUNE

SAKA DAWA

**(A MONTH HONORING
THE BUDDHA'S BIRTH,
ENLIGHTENMENT AND
DEATH)**



26th May - 24th June

In 2017, Saka Dawa observation took place from May, 26 – June, 24. The entire fourth month of the Tibetan lunar calendar is Saka Dawa. The full moon day of Saka Dawa, (the 15th day of the month) is the most revered day for Buddhist followers as on this full moon day, we celebrate the birth, enlightenment and death (parinirvana) of the Buddha Shakyamuni. It is the holiest month of the year and a peak time for pilgrimages and making offerings and chanting prayers. The merit of any good deeds that you perform during this month are considered to be multiplied many times over — by as much as one hundred million times x2 — so it is an excellent time to dedicate ourselves to all kinds of spiritually positive actions.

Many Buddhist holidays are determined by moon phase rather than date, so the dates change every year. Further, the same holidays are observed at different times in different parts of Asia, resulting in, for example, numerous Buddha's birthday dates.



Voice June 2017

RTWA Samyeling members conducted prayers for 16 whole days at Samyeling Temple Ground along with many monks and lay devotees. Most of the monks were invited from a monastery in Varanasi to recite the holy texts of 'Kagyur and Tengyur'. RTWA Delhi Samyeling executives served foods as well as refreshments to all the attendees through out the prayer sessions. They also distributed Sharbat (Chilled juice) to all the passers-by on the Highway to quench their thirst on 15th day (Full Moon) of Saka Dawa.



21



RTWA Tsering Dondhen freed 110 birds on the 8th day of Saka Dawa for the long life of His Holiness the Dalai Lama and His Holiness the Panchen Lama. RTWA members provided juice to the public at Nala Pain Chowk and near Doon hospital in the morning. The people of the Settlement gathered in their Settlement Hall on the 15th day of Saka Dawa and recited 24,54,500 Manis and 1,860 Dolmas to prevent obstacles in His Holiness the Dalai

Lama's life. One hundred butter lamps were offered every day in solidarity to the self-immolations for all the living beings on the following auspicious dates: 8th, 10th, 11th, 12th, 13th, 14 and 15th of the Saka Dawa month.

JUNE



RTWA Tsering Dhondhen members took the elderly people above the age of 60 on a pilgrimage tour to five different monasteries in Doon.



RTWA Dalhousie members offered mineral water to all the passers-by as a gesture of love and to promote compassion to all human beings during the month of Saka Dawa.



RTWA Dharamsala lit butter lamps for all the sentient beings, especially for all the Tibetan Self Immolators who have sacrificed their precious lives for the cause of Tibet and Tibetan people. They also distributed water to the general public on the 15th day (Full Moon Day or Buddha Purnima Day) of the Saka Dawa.



15th June 2017



RTWA Shimla members invited Mr. Anand Kumar, a professor of Shimla University, as the Chief Guest on the 15th day of Saka Dawa (Full Moon Day) and the occasion was wrapped up with several cultural dance shows performed by RTWA members.

23



RTWA Bir members lit butter lamps during the month of Saka Dawa and they offered food to the general public on the occasion of the Buddha Purnima (Full Moon Day) of Saka Dawa.

JUNE



RTWA Dhondupling members celebrated Buddha Purnima by jointly organizing a program with Doon Buddhist Committee and Doon Buddhist Society at Ranger Hostel in Doon Valley on Wednesday, 10th May, 2017. RTWA Doon members served sweetened rice, tea, juice and laddu (Indian traditional sweet) to all the guests and the general public. The chief guest of the occasion was the 42nd Sakya Trizin Ratna Vajra Rinpoche. Rinpoche gave teaching on Buddhism. The program was followed by Dharma Song, Several Tibetan folk songs and dances and a Ladhakhi folk dance. The program was concluded by serving dinner to the Public.



RTWA Ravangla members along with the people of Ravangla Settlement assembled together at their Settlement Hall to accumulate Mani, Sa-Chu-May-Lung-Jung-Way-Bhar-Chey-Ki and Sangchoe-Molam (Names of different prayers) from 26th May to 5th June, 2017. They served breakfast, lunch and dinner to all the people who attended the ten days' prayer gathering.



Five June 2017

25

RTWA Rajpur conducted a cultural show on the 15th day of Buddha Purnima to the general public.

RTWA Bhandara released fishes for His Holiness the Dalai Lama's long life on the occasion of Buddha Purnima.

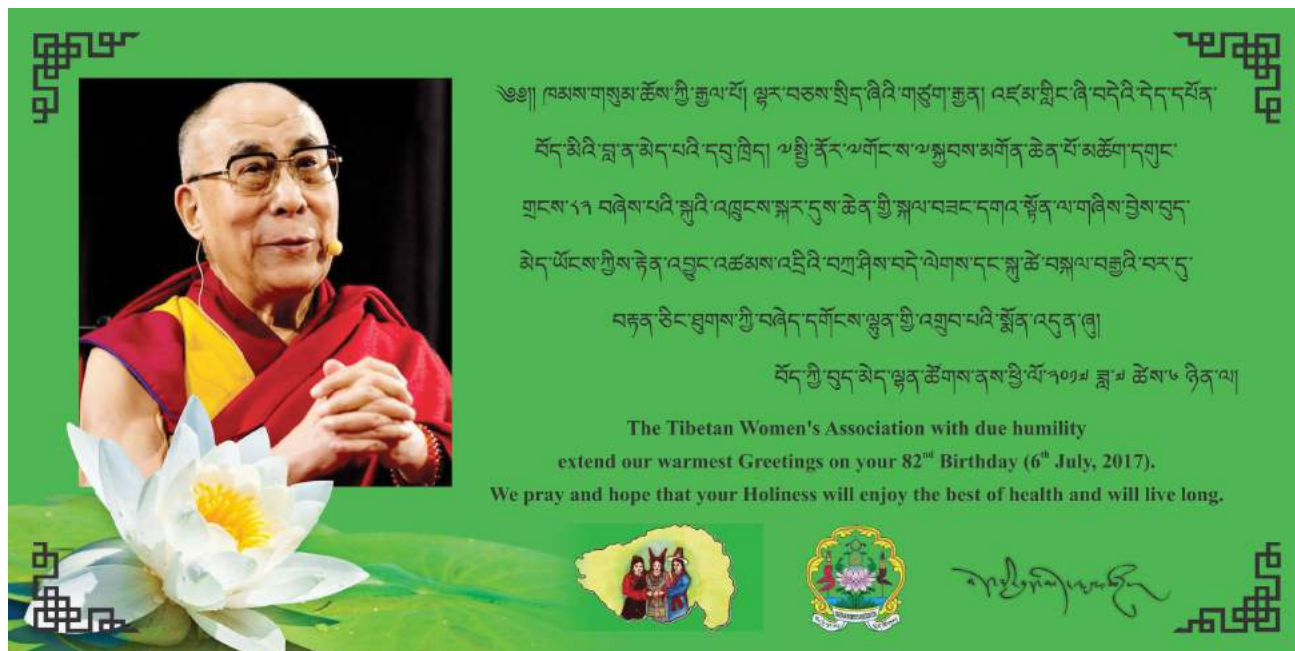
**In order to satisfy one human stomach,
so many lives are taken away. We must
promote vegetarianism. It is extremely
important'.-----**

His Holiness the 14th Dalai Lama

JUNE

HIS HOLINESS THE XIVth DALAI LAMA'S 82nd BIRTHDAY

6th JULY, 2017



༄༅། ལམས་གསུམ་ཆོས་ཀྱི་རྒྱལ་པོ། ལྷ་མ་བཅས་སྤྱི་དཀྱིལ་གཙུག་རྒྱུན། འཛམ་གླིང་ནི་བདེ་དེད་དཔོན་
བོད་མིའི་སློན་མེད་པའི་དབུ་ཁྱིམ། ལུ་མྱེ་རྩེ་ལ་གོང་ས་ལ་སྐྱེ་བམ་མགོན་ཆེན་པོ་མཆོག་དགུང་
གྲངས་ ༨༢ རེའི་སྐྱེ་ལོ་འཁྲུངས་སྐར་དུས་ཆེན་གྱི་སྐུ་ལ་བཟང་དགའ་སྟོན་ལ་གཞིས་བྱེས་བྱས་
མེད་ཡོངས་ཀྱིས་རྟེན་འབྲུང་འཆམས་འདྲིའི་བཀའ་ཞུས་བདེ་ལེགས་དང་སྐྱ་ཆེ་བསྐུལ་བརྒྱུ་བར་དུ་
བརྟན་ཅིང་ཐུགས་ཀྱི་བཞེད་དགོངས་ལྷན་གྱི་འབྲུལ་པའི་སྟོན་འདུན་ལ།
བོད་ཀྱི་བྱད་མེད་ལྷན་ཆོགས་ནས་བྱི་ལོ་ ༡༩༩༩ ལྷ་མ་ཆོས་ལ་ཉིན་ལ།

The Tibetan Women's Association with due humility
extend our warmest Greetings on your 82nd Birthday (6th July, 2017).
We pray and hope that your Holiness will enjoy the best of health and will live long.



T

ibetan Women's Association distributed sweets (laddu) to various Indian offices, Banks, NGOs, Tibet Support Groups and Police stations around Dharamshala on the occasion of His Holiness' 82nd birthday. Visited residents of Prof. Parman-anda Sharma, Ram Swaroop (former President of Indo-Ti-betan Friendship Association), Kamla Bhasin (Indian Developmental Feminist activist, poet, author and social scientist), Abha Bhaiya (Chief Functionary Jagori Rural Charitable Trust) and Kamla Patayal (former Councilor of MCD).

This is the most important occasion where, TWA tries to reach out to all the Non Tibetan officials and Tibet Support Groups to rejoice His Holiness' birthday together.



Vive (April 2017-September 2017)



27

RTWA Dalhousie organized Trungkar Basket Ball tournament for three consecutive days.



RTWA Dharamsala members served sweetened rice and tea to the general public on the occasion of the 82nd birthday of His Holiness the XIVth Dalai Lama.

JULY



RTWA Nainital members conducted a long life prayer for His Holiness the Dalai Lama on His 82nd birthday which was followed by planting 82 trees in accordance with His Holiness' age. The program was wrapped up with cultural dances performed by the RTWA members to the public in the evening.



RTWA Odisha organized a program and offered sweetened rice and tea to the general public on His Holiness the XIVth Dalai Lama's 82nd birthday. They distributed prizes to the students who excelled in their exams.

RTWA Ravangla members organized a function to celebrate His Holiness the XIVth Dalai Lama's 82nd birthday and the Chief Guest cut the cake and the RTWA members distributed the cake among the guests.

TIBET ADVOCACY COALITION TEAM RAISED ISSUES ON HUMAN RIGHTS VIOLATION IN TIBET, TIBET'S RIVERS AND DEMOLITION OF LARUNG GAR

25th-27th July, 2017



View (April 2017-September 2017)

29

Tibet Advocacy team met 14 Members of the Indian Parliament, Environmentalist and Directors and Secretaries of different embassies of different countries in this year's Tibet Advocacy Week from July 25th to July 27th 2017 at New Delhi. They also met the Chief Minister of Delhi, Shri. Arvind Kejriwal. Tibet Advocacy Coalition team is a collaboration of three Non-Governmental organizations of Tibetan Women's Association, Students for Free Tibet and International Tibet Network. These three teams briefed the above mentioned high level people on the severe situations inside Tibet in relevance to fundamental rights, freedom of expression, peaceful assembly, religion and restriction of privacy.

Human Rights: For years the Chinese government has harassed human rights activists and sometimes intimidates, detains and interrogates them. On 14th July, 2017, the world witnessed a high profile Human Rights Activist (Mr. Liu Xiaobo) died prematurely in Chinese custody as he was gravely ill in detention and was denied adequate medical care even though he was a Chinese citizen. Mr. Liu Xiaobo's untimely demise is similar to two other prominent

JULY

critics of the Chinese government who became so gravely ill in detention that they also died. In 2014, Cao Shunli, a Chinese activist who attempted to take part in China's 2nd Cycle Universal Periodic Review in Geneva, died in a Beijing hospital after being arbitrarily detained for six months. In July 2015, Tenzin Delek Rinpoche, a highly respected Tibetan Buddhist leader, was held for over 13 years following a trial that fell far short of international standards, died in detention despite the repeated concerns for his medical condition and appeals for his release on medical parole. There are many other Tibetan political prisoners under the Chinese custody who have done nothing wrong other than just raising their voice on the basic rights of advocating on Tibetan Language like Tashi Wangdue and there also are those whose detention reasons are unknown and vague yet they are at high risk of severe torture and other ill-treatments in prisons.

Tibet's Rivers: Tibet is known as the 'Water Tower of Asia', it serves as the source of fresh water for 11 major Asian river systems flowing into some of the most densely populated countries like China, India, Vietnam, Cambodia, Laos, Thailand, Burma, Bangladesh, Nepal, Bhutan, and Pakistan. Tibet's environment, particularly Tibet's rivers, is a geostrategic concern for South and South East Asia.

Larung Gar: Tibet Advocacy team also raised awareness about Larung Gar, the largest Tibetan Buddhist center in the world,

situated in Serthar region of Eastern Tibet. The resident monks and nuns of Larung Gar are struggling to preserve their homes today as Larung Gar is undergoing wide-scale demolitions by Chinese authorities who plan to down size it by 50% and evict half of its 10,000-plus residents. Chinese authorities already destroyed 4,725 monastic dwellings last year alone aiming to reduce the residents to 5,000 by this September. Last November, UN Special Rapporteur questioned China on Larung Gar and Yarchen Gar and sought Response to Eight Areas of Concern in Tibet to which China hasn't responded till date.



The Advocates with Indian Members of Parliament Shri Anurag Singh Thakur and Ninong Ering

The respective Members of Parliament, Environmentalists and Directors and Secretaries of the Embassies showed their keen interest on all the concerned issues and promised advocates to raise those matters at the higher level. Since, Tibet's Rivers feed over 1.4 billion Asians which constitute about 20% of the world population felt serious issue if further faced ecocide in Tibet under Chinese's power projects, damming and mining activities. They made sure to bring the topic in the lime light. The embassies also assured to give their full supports to Tibetans living in western parts of the world.



Tibet Advocates with Delhi CM Shri Arvind Kejriwal/Advocates at Tapie Economic and Cultural Center in India.

'seven social sins':

- Politics without principles.
- Wealth without work.
- Pleasure without conscience.
- Knowledge without character.
- Commerce without morality.
- Science without humanity.
- And worship without sacrifice'----

Mahatma Gandhi

Vive (April 2017-September 2017)

31

JULY

TWA CELEBRATES RAKSHA BANDHAN EVERY YEAR

7TH AUGUST, 2017



RTWA Kollegal, Hunsur and Bylakuppe members tied Rakhi to Superintendent of Police, District Commissioner, Media and many other Indian officers in Mysore.



RTWA Hunsur members tied Rakhi to Indian government officials and Tibet Supporters.



RTWA Nainital members visited District Magistrate and other dignitaries and presented them with rakhis and offered laddus on Raksha Bandhan day. They also sent rakhi to the previous District Magistrate, who was very helpful and caring for the Tibetan Community.



RTWA Dharamsala celebrated Raksha Bandhan by tying rakhis to the local Indian leaders.



RTWA Poanta Sahib members celebrated Raksha Bandhan Day by tying rakhis to the local Indian leaders.



RTWA Dhondupling along with other RTWAs of Doon celebrated Raksha Bandhan by tying Rakhi to Mr. Trivendra, the Chief Minister of Uttarakhand and to some other Indian leaders including the heads of the police stations of Doon Valley to have a good and friendly relationship with the Indians like brothers and sisters.



Vive August 2017



RTWA Ravangla executive members celebrated Raksha Bandhan by tying rakhis and distributing ladoos to Army Officers and other dignitaries of Ravangla.

winston churchill

**'I am fond of pigs.
Dogs look up to us.
cats look down on us.
Pigs treat us equals'.-----**

33

AUGUST

10th September 2017

***TIBETAN WOMEN'S ASSOCIATION CELEBRATES
ITS 33RD RE-FOUNDING ANNIVERSARY AT
HOTEL NORBU HOUSE, MCLEOD GANJ,
DHARAMSHALA:
10TH SEPTEMBER, 2017.***



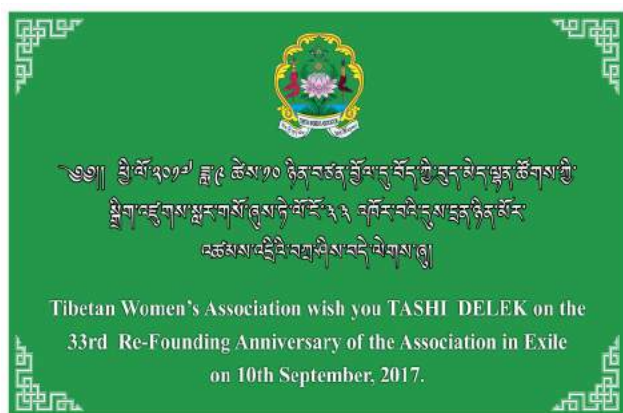
***The Chief Guest for the occasion was His Eminency
the VIIth Kyabje Yongzin Ling Rinpoche.***



Tibetan Women's Association invited Mr. Lobsang Yonten la, (an ex-service man of CTA and also an ex-political prisoner) to give a brief talk on how the 'Tibetan Women's National Uprising Day' started against the Communist Chinese occupation of Tibet in 1959.



The TWA's advisor Kasur Rinchen Khando Choegyal la was requested to give a brief talk on how the Tibetan Women's Association was re-established in exile.



Some more photos of TWA from the 33rd Re-founding anniversary function.

10th September 2017



RTWA Tsering Dhonden marked the 33rd Tibetan Women's Association's Re-founding anniversary on 9th September, 2017, Sunday at Tsering Dhonden Hall. Their Camp leader was the Chief Guest of the anniversary. They organized a Sangsol (Incense Burning Ceremony) at 7:30 am which was followed by offering of white scarf (Khata) to the portrait of His Holiness the 14th Dalai Lama. The Tibetan National anthem was sung and one minute of mourning was observed in remembrance of and in gratitude to our martyrs who sacrificed their lives for Tibet and Tibetan Cause. They also sang Tibetan Women's Uprising Song (Bhoemey Langlu). They offered tea and sweetened rice to the guests and general public while reading the statement prepared from Central Tibetan Women's Association.

RTWA Tsering Dhondhen urged 'Tibetan Winter Sweater Sellers' the importance of being friendly with Indians around them. The anniversary program was wrapped up with a sincere and warm request to public in teaching one's children to learn and speak pure Tibetan Language and to behave well in their lives.



RTWA Dalhousie celebrated 33rd Re-founding anniversary of Tibetan Women's Association at their local Community Hall. They organized Sangsol (Incense burning ceremony) at 7 am and then the actual program started at 9:30. Their Settlement Officer, Rapten Tsering La, Dr. Tsering Chonzom la and the local Assembly President, Mr. Phurbu Damdul la were the Chief Guests. They started the program with one minute of mourning for the



martyrs, who sacrificed their lives for Tibet and Tibetan cause. The statement prepared by Central TWA was read out which was followed by the Chief Guests' talk on Women Empowerment. The program was wrapped up by thanking the guests for attending the anniversary and for their speech.

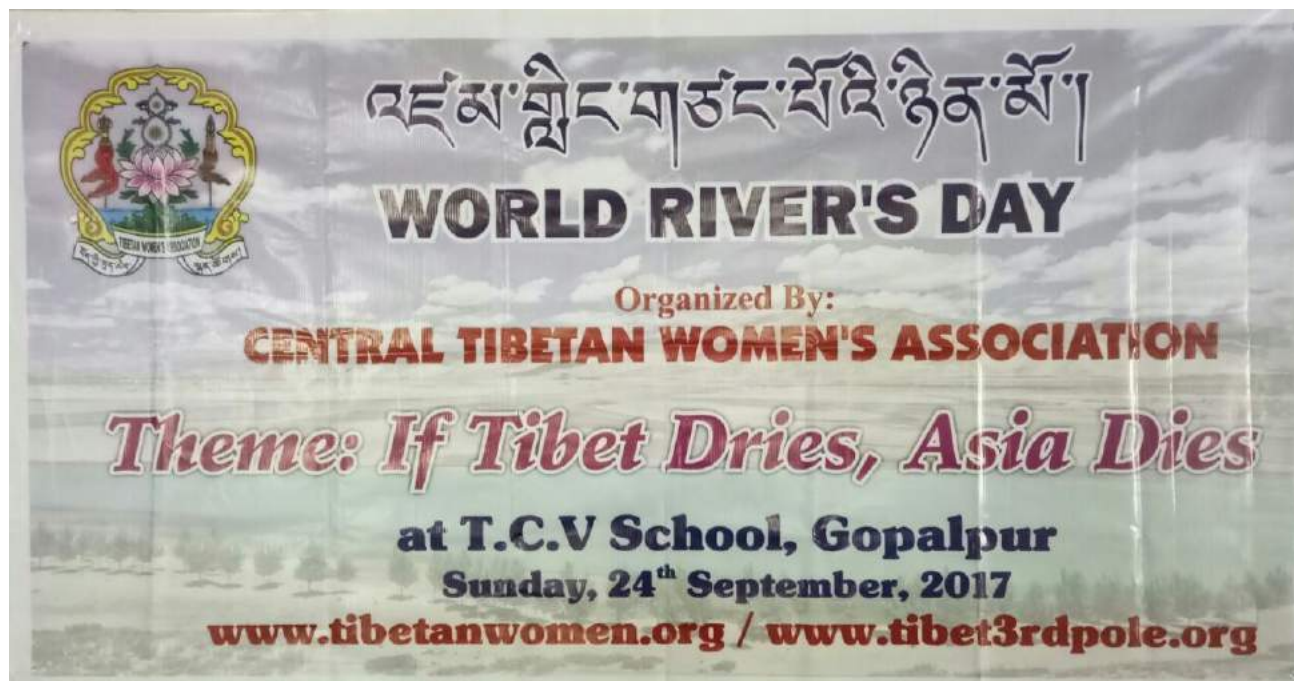
11th September 2017



RTWA Ontario organized a function to observe the 33rd Refounding Anniversary Commemoration with community leaders and members. The members of RTWA Ontario served cake and tea to everyone present at the function. They also read out the statement sent by **Central Tibetan Women's Association**.

Vice (April 2017-September 2017)

TIBETAN WOMEN'S ASSOCIATION GAVE AWARENESS TALK ON TIBET'S MIGHTY RIVER'S AT TCV SCHOOL, GOPALPUR ON 24TH SEPTEMBER, 2017 WORLD RIVERS'DAY



World Rivers' Day is celebrated globally on the last Sunday of September every year. It is the celebration of world waterways wherein to give awareness on the significance and values of the rivers around us. The rivers in every country are on the verge of threat and they are being polluted with the modernization resulting in the harmful effects of our own fresh drinking water source. Thus, each and every citizen in the world should have the responsibility to keep the river systems clean and healthy so as to ensure the good health and hygiene of every human, plant and animals sustaining on this earth.



Environment and Development Desk Officer Ms.Dawa Dolma and Vice President Ms.Tsering Dolma organized a presentation and discussion for class 12 students of TCV School, Gopalpur on World Rivers' Day with the theme ***"If Tibet Dries, Asia Dies"***.

World Rivers' Day



Vice (April 2017-September 2017)

We visited the school with a mission to educate the young students to have knowledge and awareness about the importance of Tibet's rivers to the Asian nations and the world as well. Tibet being the roof of the world is a source of fresh water to many downstream nations and yet due to various Unsustainable Developments initiated by China and climate changes deteriorates Tibet's fragile Environment and pollutes its river systems.

The actual program started at 10 AM on Sunday, 24th September, 2017 at TCV, Gopalpur hall with a brief introduction about Tibetan Women's Association by Vice President, Ms. Tsering Dolma followed by screening of a short video clip about Tibet's rivers and then Environment officer, gave a detailed presentation about the significance of Tibet's rivers to Asian downstream nations.

***F*ollowing are the various topics presented before the students:**

- *World Rivers' Day* is celebrated in order to bring awareness about values of rivers around the globe which is on the verge of threat. They are the habitats of many organisms.
- *Various names* for the Tibetan Plateau are: Asia's Water Tower, Rain Maker, Roof of the World, Ice Box of Asia, Asia's Fresh-Water Bank, Third Pole and Western Treasure House.
- *Importance* of the '3rd Pole' in which Tibet is home to the largest storage of fresh water outside the Arctic and Antarctic.
- *Water Tower* of Asia and its downstream nations where Tibet's rivers feed 1.4 billion Asian people which constitutes over 20% of world population.
- *Present situation* of Tibet's Rivers under the China's excessive mining, damming, water diversion and hydro power projects, unsustainable developments and increasing number of tourists in Tibet.
- *Forced Resettlement* of Tibetan Nomads where under the Resettlement Scheme, Tibetan traditional nomads are being removed from their nomad zone in the name of over grazing and shifted into towns where they are provided with very limited space

39

World Rivers' Day

for housing with no space for herding and grazing their yaks and sheep.

- **C**hina's Mismanagement of Tibetan Rivers results in threats to Asia's water security, relocation of over 23 million people around the globe due to damming, retreating of Tibet's glaciers which is the main sources of water to mighty rivers like Machu, Dri-chu, Zachu and the Four major rivers.
- **T**here are certain solutions and recommendations to address the threats to Tibet's rivers which includes stopping mining activities, damming for water diversion and Hydro Power Projects and halt traditional nomad's resettlement. China's water treaties must rise above the narrow national strategic goals and economic development and must respect traditional Tibetan lifestyles and their reverence to environment. Tibetan plateau and Asia's ecosystem must be considered as a common ecosystem by the world at large.



After the presentation, the students were divided into 10 groups in order to educate them further and also to check how much they have learned and understood from the presentation. It is really appreciative of them by actively participating in the discussion and showing their full enthusiasm with their creative messages and slogans about environment and rivers.

**'If you really think the ENVIRONMENT is less important than the ECONOMY,
try holding your breath while you count your money!-----**

Dr. Guy Me Pherson

OTHER ACTIVITIES

1st April, 2017



RTWA Dickyiling members joined the public to welcome the Honorable President of Tibet, Dr. Lobsang Sangey la during his official visit to Deckyiling Tibetan Settlement. They also attended his public gathering address and they got an opportunity to speak on both 'Tibetan Women's Day' as well as 'Tibetan Women's National Uprising Day' during the question and answer session.

2nd April, 2017



RTWA DHONDUPLING members along with Tibetan Women's Football and Welfare Society conducted 'Never Give Up Cup' for Girls' Football Championship Match among four teams in Clement Town. Superintendent of Police, Sweety Aggarwal was the Chief Guest.

4th April, 2017



RTWA Delhi executives along with the representative of His Holiness the Dalai Lama, Kungo Dhongchung Ngodup and all the other executives of different NGOs attended the inauguration of the new Police Assistant Booth by the Chief Guest Shri Jation Narwal, (IPS) as well as (DCP) Deputy Commissioner of Police of North District, Delhi in the evening. The Majnu-Ka-Tilla area Assistant Commissioner of Police (ACP) as well as the Station House Officer (SHO) and many other high dignitaries attended the function. RTWA DELHI executives arranged the edibles and the drinks and served at the function. They thank the Gyatue office (Gyatue Staffs), Residents' Welfare Association (RWA) for

Vice (April 2017-September 2017)

41

Others Activity April

sponsoring the construction of the new Police Assistant Booth for the safety of the general public. We hope there will be less criminal activities and the people of this area will have more safety with the construction of this new Police Assistant Both.

4th April, 2017



RTWA Shimla executives joined the Ram Narm Puja which was also attended by Mr. Rajesh, the head of Hindu Jagran and Mr. Manoj Thakur, the Commissioner of Shimla. The puja (Prayer) was conducted by Vishwa Hindu Parishad at Shimla Ram Mandir.

6th April, 2017



RTWA Shimla executives along with the RTYC members jointly thanked Dr. Mahesh Yadav, a long time friend and a great supporter of Tibet and Tibetan cause. He drew a portrait of Prime Minister Narendra Modi with his blood to show his support for Tibet and Tibetan Cause at Shimla Ridge Maiden at a local press conference.

17th April, 2017



RTWA Delhi executives organized prayer sessions for 2 hours daily from 7 am to 9am (from 8th April to 17th April, 2017) at Samyeling Temple Ground for His Holiness' long life for ten days as according to circular received to Settlement Welfare Association from Department of Religion. RTWA Delhi Samyeling executives served breakfast to all the devotees.

21st April, 2017



103rd Gaden Tripa Kyabje Jetsun Lobsang Tenzin Rinpoche

RTWA Manali organized prayers at Toe Ngari Monastery and Nyingma Monastery for the late 103rd Gaden Tripa Kyabje Jetsun Lobsang Tenzin Rinpoche who passed away at 11:45 pm on 21st April, 2017 in Max hospital in Delhi. He was not well for a few months. May His rebirth take place swiftly.

23rd April, 2017



RTWA Dhondupling held a prayer assembly and lit hundreds of butter lamps for the late 103rd Gaden Tripa at Tashi Khyil Monastery, Clement Town.

Vive (April 2017-September 2017)

43

Others Activity April



23rd April, 2017

RTWA Ontario executives were honored to meet Ku-ngo Penpa Tsering la in Toronto. They spoke to Ku-ngo la about immigration issues affecting the Tibetan Community, the need for year-round Tibetan language classes for kids and adults, and culturally sensitive supports for people with mental health issues.



28th April, 2017

RTWA Dhondupling held a prayer assembly and lit hundreds of butter lamps for the Tibetan martyrs who have sacrificed their precious lives for the cause of Tibet and Tibetan people.



30th April, 2017

Tibetan Women's Association (TWA) Introduces A New Regional Chapter at Dharawali, Dokham Tibetan Settlement In Dehradun, Uttarakhand.

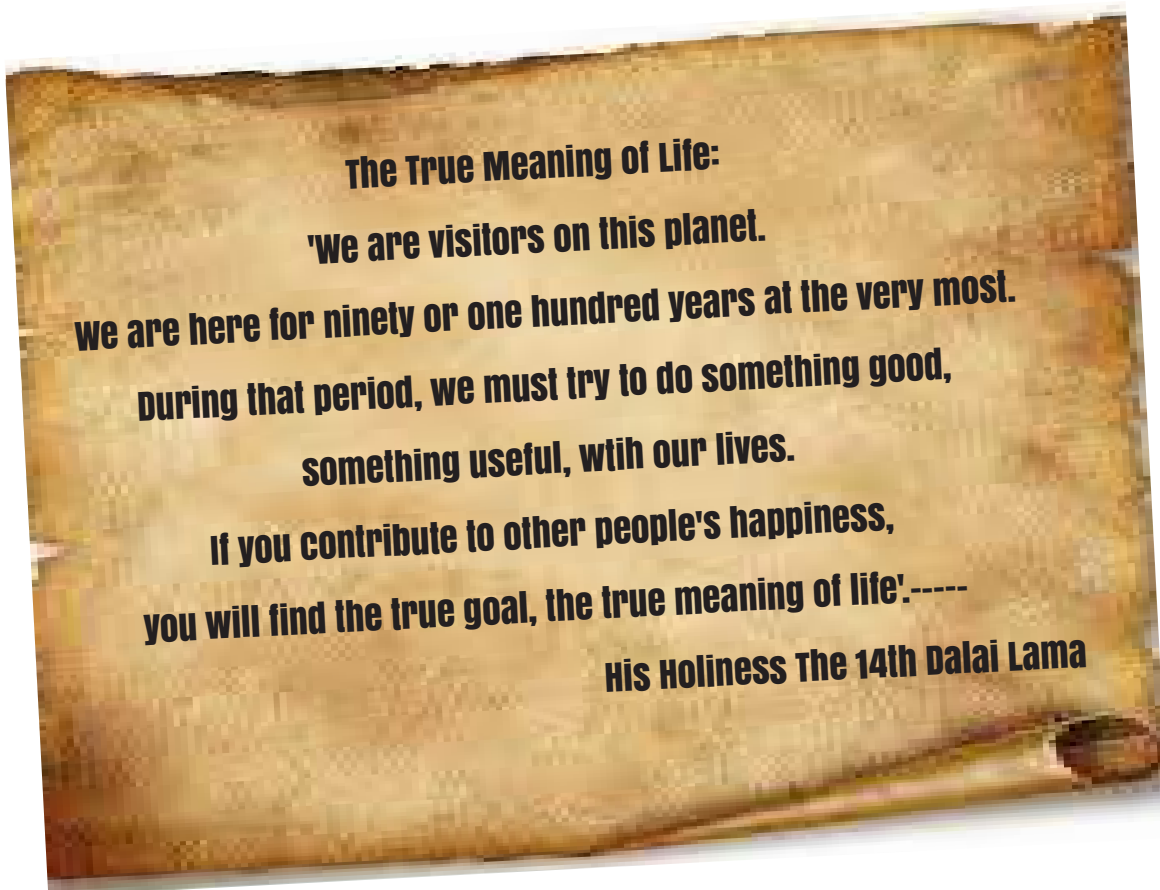
The President of Central Tibetan Women's Association reads out the Oath to the newly elected RTWA Dharawali members and they repeat the Oath after the President.





Vive (April 2017-September 2017)

The newly elected RTWA Dharawali members with the Executive members from Central TWA.



Others Activity April

13th May, 2017



RTWA Ontario held Annual Mother's Day celebration in Toronto. Gyalton Nyila was their Chief Guest of the occasion as she was one of the Re-Founders of Tibetan Women's Association in exile. They honored the oldest Amala (mother) present at the function with a gift generously donated by a community member and they also recognized and thanked all the Amalas (mothers) who volunteer at all the Tibetan Community events for their hard works and dedications.

Training On Gender Sensitization

18th-19th May, 2017



TWA's Project Officer, Ms. Tenzin Choezin successfully led Two half days of training on Gender Sensitization for Fifteen trainees of Tibetan Career Centre from 18th-19th May, 2017

Ms. Tenzin Choezin gave a talk on Gender Equality in the Tibetan Community on the 40th International Museum Day's talk series on the afternoon of 19th May, 2017. She said, 'Whenever the topic of Gender comes, there is a note of confusion and controversies at times but I am glad that this issue is becoming an important topic to discuss on'.



19th May, 2017

RTWA Kollegal organized a prayer session for Gedhun Jamyang Losel la, the 149th Tibetan to self-immolate in protest against the oppression conjured by the Chinese Government. The prayer session started from 8:30 am to 11:30 am. They served tea and bread to the more than 100 people who gathered at the prayer session.

24th May, 2017



Tibetan Women's Association's President Dolma Yangchen and Public Relation Officer Kal-sang Youdon met with the delegations of European Parliament assistants led by Ms. Rigzin C. Genkhang, EU Advocacy Officer in Brussels. The meeting was very successful, with the discussion on the situation inside and outside of Tibet. Meaningful exchange of suggestions on various issues concerning Tibet and Tibetan people were done.

25th May, 2017



RTWA Ravangla members along with RTYC Ravangla requested Gyaltsap Rinpoche of Ralang Monastery to kindly give three different initiations and Mani Lung to the general public and as accepted by Rinpoche, they welcomed Him and arranged for the initiations and the Mani Lung for the people of Ravangla Tibetan Settlement.

News (April 2017-September 2017)

31st May, 2017



RTWA Hunsur members welcoming the Chief Minister of Karnataka Shri Siddaramaiah.

**Watch your thought, they lead to attitude.
Watch your attitudes, they lead to words.
Watch your words, they lead to actions.
Watch your actions, they lead to habits.
Watch your habits, they form your character,
it determines your destiny.**

1st June, 2017



Vice (April 2017-September 2017)

Central Tibetan Women's Association (TWA) in collaboration with Tibetan National Sports Association (TNSA), Dharamsala held the first ever Press Conference on Tibetan Women's participation in Football Tournament on 1st June, 2017 at Hotel Tibet. Mr. Passang Dorjee, the Executive Secretary of TNSA Dharamsala, Former Executive Secretary, Mr. Kalsang Dhondup la, Vice-President of Central Tibetan Women's Association Miss Tsering Dolma, and the girls who participated in the Women's Football Tournament spoke at the Press Conference. We thank all the Media and Tibetan Journalists for attending our press conference.

49

3rd June, 2017



RTWA Delhi members had the privileged to visit Shri George Fernandes' residence to wish Him on his 87th Birthday. Shri George Fernandes was a long time supporter and a close friend of Tibet and Tibetan people. General Secretary of His Holiness' office in Delhi, Arya Tsewang La delivered birthday greetings speech on behalf of Central Tibetan Administration (C.T.A). It was so heart touching to have a glimpse of Him in a state of coma. We, the Tibetan people are all indeed very much indebted to Him for his long time contribution towards our cause. We wish and pray that George Sir may come out of coma and recover soon from His long term illness.

Others Activity June

7th June, 2017



Central Tibetan Women's Association in collaboration with the **Tibetan National Sports Association** organized the 2nd Women's Football Tournament from 4th to 8th June, 2017 at Tibetan Children's Village Football Ground, Upper Dharamsala. The final match was played between Amritsar Team and Jalandar JNV Team on 8th June, 2017. The match was won by Jalandar JNV Team. The President of Central Tibetan Administration, Dr. Lobsang Sangay was the Chief Guest and he gave away the trophy to the winner of the final match, Jalandar JNV Team.

We congratulated all the participants of the 2nd Women's Football Tournament.

8th June, 2017



Tibetan Women's Association organized a fund raising to extend our heart felt condolence and to stand in solidarity with them to support the Sri Lankan Tibetan Buddhist Brotherhood Society in their effort to rebuild new lives, as they were affected by the disastrous flood where thousands of lives and property were destroyed. We sincerely thank all those who donated generously for this cause.

11th June, 2017



RTWA Delhi members along with Bharat Tibet Sahyog Manch (BTSM) of Delhi Chapter organized a Peace March Rally around New Aruna Nagar Colony to spread awareness to the general public to boycott Chinese goods and buy goods that are made in India. Almost all the Chinese goods are produced by prisoners and low paid labourers. They thank BTSM for organizing this Peace March rally and supporting this cause.

17th -21st June, 2017

Tibetan Women's Association in collaboration with Operation Groundswell led a Five Day program for the Operation Groundswell participants to different NGOs in Dharamsala. Operation Groundswell is a Canadian non-profit organization which organizes educational backpacking programs in many different countries, including India. Dharamsala was chosen as their location for their program because it offers participants a particular political and religious perspectives. Dharamsala, being the Tibetan capital in exile and the centre of Tibetan Buddhism in India, their group is able to gain exposure to the unique community, their culture and religion.

17th June, 2017



View (April 2017-September 2017)

51

Others Activity June



The co-leaders of the program and Ms. Tenzin Choezin allowed them to visit various NGOs around Dharamsala starting from Tibetan Women's Association-Tibetan Youth Congress-Lha Charitable Trust-International Tibet Network-Students for a Free Tibet and National Democratic Party of Tibet. The five NGOs gave one hour each to introduce their organizations and further culminated interesting interactive sessions.

18th June, 2017



The whole OG group went to Tibetan Centre for Human Rights and Democracy where Ms. Tenzin Dawa briefed them on the Human Rights situation inside Tibet, which was then followed by Geshe Lhakdor la's one hour talk on 'Perspective of Buddhism on Gender Equality'.

19th June, 2017

OG group went to Mentsee Khang and TMEI gave a short presentation on the Tibetan Medicine, after which Mr. Tempa Gyaltsen la from Tibet Policy Institute gave an hour's presentation on the 'Critical Environmental Situation Inside Tibet and Its Global Impacts'.

20th June, 2017



Vice (April 2017-September 2017)

The whole team went to Dolma Ling Nunnery to learn about the Tibetan Nuns' Project which was initiated by Tibetan Women's Association. Ven. Lobsang Dechen la intensively detailed the initiation of this project and the further culminations of its visions as of now. After that, they took a round of the Nunnery with Ms. Dolkar Lhamo la and toured around Norbu Lingka- the heart of Tibetan Culture.

53

21st June, 2017



Others Activity June

The Operation Groundswell tour, the first half day was dedicated towards getting the students trained on Conflict Resolution by Mrs. Sonam Dechen la (Associate Director) of Tibetan Centre for Conflict Resolution.



During the afternoon session, they went to Tenzin Tsundue la's residence to listen to him talk about Patriotism, Writing and Creativity



Ms. Tenzin Choezin led an hour's session on 'Gender Equality' for the students and received some feedbacks from them. The Five days' Operation Groundswell tour was concluded with a farewell dinner for the whole group.

20th June, 2017



Tibetan Women's Association welcomed a group of students from Arkansas University, USA led by Geshe Thupten Dorjee and Robert Duane Howard to our office in Dharamsala and interviewed the President of TWA Dolma Yangchen on 'Personal Women Empowerment and Status Of Women in Tibet and Exile'. It was a pleasure to meet the group and share our experiences and being able to answer their queries on various topics relating to the Tibetan community.

30th June, 2017



RTWA Hunsur conducted a cultural dance show during PWD minister's visit to their settlement

9th July, 2017



Vice (April 2017-September 2017)

RTWA Ravangla members along with the general public celebrated the birthday of Gyamtse Rinpoche of Ralang Monastery with much pomp and show.

10th July, 2017



Tibetan Women's Association received 21 students from Taiwan Students Group led by Students for Free Tibet (SFT) Taiwan and SFT India. TWA's President highlighted the TWA's history and its activities in exile.

10th July, 2017



In the afternoon, we received another group of 10 students from Loyola University, USA led by Mr. Michael Smith. The actual facts of the situation inside Tibet and also the important role of TWA in exile were discussed with them.

55

'To read without reflecting is like eating without digesting'.-----

Edmund Burke

Others Activity July

14th July, 2017



Tibetan Women's Association in collaboration with the Tibetan Center for Human Rights and Democracy's (TCHRD) India- wide democracy advocacy program called 'Mangtso'. TWA team participated in the inauguration of the program at Sarah College for Higher Studies, Dharamshala. TWA's President stressed on the importance of Democracy and citizens' responsibility.

56

14th July, 2017



RTWA Ontario executives hosted dinner and karaoke for Tibetan Women's Soccer Team members at Shangrila restaurant. They were pleased to provide pocket money to all the players as a small token of their appreciation for their hard work and dedication. They wish Team Tibet all the best in their future endeavours!

15th July, 2017



Vive (April 2017-September 2017)

The Five major NGOs of Dharamsala namely: Tibetan Women's Association, Tibetan Youth Congress, Gu-Chu-Sum Movement of Tibet, Students For Free Tibet-India and National Democratic Party of Tibet organized a Candle Light Vigil to mourn for the demise of late Liu Xiaobo, Human Rights Activist and a Nobel Peace Laureate who died under Chinese suppression on 13th July, 2017. We paid our deepest condolence to his wife Liu Xia and his family. At the same time, the people gathered there also mourned for one minute for Pawo Tenzin Choeying (19 years old) from Central University for Tibetan Studies (CUTS), who set himself on fire on 14th July, 2017 and he was recovering in a hospital.

57

19th July, 2017



RTWA Chauntra members washed clothes of a senior citizen named Mrs. Sonam Lhadon la on 7th June, 28th June and 19th July and they took the senior citizens of Chauntra old age home to Chauntra.

Others Activity July

22nd July, 2017



Tibetan Women's Association lit butter lamps for late Pawo Tenzin Choeying la, a young student from Central Tibetan University in Varanasi, who set himself on fire for the cause of Tibet on 14th July, 2017. We extend our heartfelt condolences to his parents and relatives. We were deeply saddened by his untimely demise.

22nd July, 2017



RTWA Dhasa conducted a candle light vigil for late Pawo Tenzin Choeying la on 22nd July, 2017, which was attended by a large number of people. They extended their heartfelt condolences to his parents and relatives.

23rd July, 2017



Vice (April 2017-September 2017)

Tibetan Women's Association Vice President Tsering Dolma and Public Relations Officer Kalsang Youdon paid homage to late Pawo Tenzin Choeying on behalf of the Association and extended our heartfelt condolence to the parents and relatives.

23rd July, 2017



RTWA Mussoorie and RTYC Mussoorie jointly organized prayers for late Pawo Tenzin Choeying la at Thekchen Choeling Monastery with general public and school students.

24th July, 2017



RTWA Dalhousie, Regional Middle Way People's Campaign, Dalhousie and RTYC, Dalhousie organized a special prayer for Martyr Tenzin Choeyin, a student of Central Tibetan Varanasi University.

59

**A lie gets halfway around the world
before the truth has a chance to get its pants on'.-----**

Winston Churchill

Others Activity July

24th July, 2017



RTWA Rajpur members organized a candle light vigil for late Pawo Tenzin Choeying la and late Pawo Passang Dhondup La who self immolated for the cause of Tibet and Tibetan People. The residents of Rajpur assembled to pray for their souls to rest in peace. They also offered money to the monasteries in and around Rajpur to do prayers for the two late Pawos.

24th July, 2017

09



RTWA Deckyiling held a candle light at RTYC DEKYILING and RTWA DECKYLING hall for late Pawo Tenzin Choeying la. Due to heavy rainfall, they could not hold the candle light March outside.

**I did not become a vegetarian for my health,
I did it for the health of the chickens'. -----**

Isaac Bashevis Singer

25th July, 2017



Vice (April 2017-September 2017)

Tibetan Women's Association Vice-President Tsering Dolma and Public Relation Officer Kalsang Youdon paid respect on behalf of TWA to the mortal remains of Pawo Tenzin Choeying before it left for Dharamsala from Delhi for the general public to pay their last respect and for cremation.

26th July, 2017



61

RTWA Dalhousie offered deep condolence on the demise of Tenzin Choeying, a young student of Central University of Tibetan studies in Varanasi, who set him self on fire for the cause of Tibet on 14th July, 2017 . We paid our respect for his sacrifice and lit candles and prayed for him to reborn again as a Tibetan.

Others Activity July

29th July, 2017



RTWA and RTYC Poanta Sahib along with an Indian NGO took initiation in laying the bricks and cleaning up the area of an Indian hospital.

30th July, 2017



The Tibetan Women's Association Central Executives attended the First Anniversary of RTWA, Tso Pema (Rewalsar).



31st July, 2017
RTWA Dharamsala along with TCHRD organized a program to generate awareness on democracy and to collect ideas from the people about how we need to improve our society. A total of 43 people participated in this program.



31st July, 2017

RTWA Dharamsala organized a candle light vigil for late Pawo Passang Dhondup la, aged 49, who offered his precious life for the cause of Tibet and Tibetan people by self immolating on 29th July, 2017 in Dharamshala.

1st To 4th August, 2017



Tibetan Women's Association is happy to report that Operation Groundswell group of 11 students visiting Dharamsala twice every year to learn about Tibetan culture, religion, political situation and exile community completed its 4 Days Educational Tour program with the enthusiastic participation from the students studying in different Universities of USA, Canada and UK.

Visit (April 2017-September 2017)

1st August, 2017



The first day of the program started by visiting and getting introduced to various NGOs around Dharamsala led by Ms. Dawa Dolma, Environment Officer, TWA along with the OG group leaders Sarah and Taylor.

First session of the day was with Tibetan Women's Association followed by Tibetan Youth Congress, Lha Charitable Trust, International Tibet Network, Students for a Free Tibet-India and then concluded the day with Gu-Chu-Sum. All the NGOs gave one hour duration to brief about ones organization followed by question and answer session. The Group had their lunch at Soup Kitchen from Lha Charitable Trust.

Others Activity September

2nd August, 2017



On the second day, the group was made to gather at Settlement Office Environment hall and Ms. Tsering Tsomo La, the Director of the Tibetan Centre for Human Rights and Democracy joined the group to talk about Human Rights Violation inside Tibet followed by a brief meeting with Ama Adhe La who is an ex-political prisoner. Ama Adhe La shared her story of torture and repression in Tibet under Chinese occupation with the group and it was one of the best sessions according to them.

3rd August, 2017



The third day began from Tibetan Nun's Project, Dolma Ling where the Co-Director, Ven. Lobsang Dechen La showed the group a video clip detailing about the Tibetan Nun's Empowering Projects and then gave further explanation on the same topic by her. They were then taken around the nunnery followed by a tour around the museum and craft centers at Norbulingka Institute. The afternoon session was with Ms. Tenzin Choezin, the Head Consultant at Tibetan Career Centre where she gave an inspiring talk about the Gender Equality in Tibetan Diaspora. She wrapped up with an informal discussions listening and responding to the gender equality from the respective participant's country followed by question and answer.

4th August, 2017.



Vive (April 2017-September 2017)

On the last day of the Operation Groundswell Educational tour, the group was trained half day about Conflict Resolution by Mrs. Sonam Dechen la, the Associate Director of Tibetan Centre for Conflict Resolution at Settlement Office Environment hall. Afternoon session was with Mr. Tenzin Tsundue La, a Tibetan Activist, Poet and a Writer. Tsundue La focused on Tibet's issue not being aware and solved due to globalization wherein China is economically one of the most powerful countries in the world therefore there exist several trade allies for them and on the other hand Tibet doesn't have the power to play that globalization card.

The participants of the Four Days Operation Groundswell Educational tour to Dharamsala were given an adieu with a feedback session followed by a farewell dinner for them.

65

13th August, 2017



RTWA Ontario members organized a day's trip to Niagara Falls and African lion safari and about 50 senior citizens and other community members participated in the trip. It was their first trip to both these places for many of the senior citizens and they really enjoyed the beauty of nature and animals. They had a pot-luck picnic lunch and held gorshey (circle dance) in the park.

Others Activity September

15th August, 2017



Tibetan Women's Association wishes 'Happy 70th Independence Day' to all our Indian brothers and sisters. We are proud of our gallant soldiers who protect the nation's borders and we pray that almighty God will protect our soldiers who protect us tirelessly through thick and thin. Jai Hind! Jai Tibbat!!!

15th August, 2017



RTWA HUNSUR congratulates our Indian brothers and sisters on the occasion of their '70th Independence Day'.



Vice (April 2017-September 2017)

RTWA Delhi Samyeling wishes all our Indian brothers and sisters on this proud moment of their '70th Independence Day'.

67

18th August, 2017



RTWA Odisha and RTYC Odisha took part in the protest rally organized by the RSS Party of India and the protest was held in order to inform the general public to ban the Chinese products and not to buy Chinese products. The rally started from Chandra Giri via Luhagiri to Mohona from 9am to 2pm. The total of about Six Hundred people took part in the protest rally.

Others Activity September

25th August, 2017



RTWA Ontario members conduct annual lhakar gorshey outdoor program every Wednesday from June to October. This is their signature campaign program and the Tibetan community, both young and old like this program. They received great feedback from the community.

25th August, 2017



RTWA Hunsur and RTYC Hunsur arranged Tsewang Tsedup initiation for the general public from Gadhen Tri Rinpoche.

The world will not be destroyed by those who do evil,

but by those who watch them without doing anything!---

28th August, 2017



Vice (April 2017-September 2017)

RTWA Kollegal members conducted a prayer assembly for late Pawo Tenzin Choeying La on the 4th week of his passing away in collaboration with other government and non-government organizations from the region.

They also held the same prayer for late Pawo Passang Dhondup la, who self-immolated at Dharamsala on 29th July, 2017. All the monks and people of the settlement joined the prayer. They served morning tea and lunch to all the people who attended the prayer gathering.

69

31st August, 2017



Tibetan Women's Association had a pleasant meeting with Carl Schlyter (MP), The Green Party, and Member of Swedish Tibet Friendship Group of Parliament, Mattias Bjornerstedt, President, Swedish Tibet Committee and Jamyang Choedon, President, Tibetan Community of Sweden, Vice-President of Swedish Tibet Committee. We interacted on our activities and ongoing projects.

Others Activity September

1st September, 2017



RTWA Jampaling visited Jampaling Old Aged Home once in every month to clean their surroundings and to take care of their health and hygiene.

On 2nd September, 2017



RTWA Jampaling in collaboration with RTYC Jampaling celebrated the 57th anniversary of Tibetan Democracy Day by offering food to general public on Saturday.

10th September, 2017



Vice (April 2017-September 2017)

71

RTWA Jampaling members run and take the responsibility of 'The Noodle Project' presented to them by 'Lo Driktsu Well-being Organization'.

'Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are'-----

John Wooden

Others Activity September

22nd September, 2017



Tibetan Women's Association's In-charge of Stitches of Tibet (SOT) Mrs. Kalsang Youdon and the tailoring teacher, Mrs. Tsering Paldon with the trainees of the 15th batch on completion of 18 months' training, received audience with His Holiness Kirti Rinpoche.

30th September, 2017



Tibetan Women's Association's 15th Batch of Stitches of Tibet (SOT) completed their full 18 months Tailoring Course on 30th September, 2017. Stitches of Tibet is one of the most renowned projects of TWA where maximum of 10 women are given free tailoring course for one and half year. TWA initiate this project with the mission to facilitate the women in our society to become self-reliant. We are positive that this 15th batch had a meaningful and a valuable time with us and hope that these 18 months of tailoring course will shape their lives. We wish them all the best in their future endeavours.

Since April 2017

73

APRIL