



Celebrating 71st Birthday of His Holiness the Dalai Lama

On 6th of July, as usual, all the Regional chapters of Tibetan Women's Association celebrated the 71st Birthday of His Holiness the Dalai Lama along with all other Tibetans with great festivity and joy. Every year this day is observed by Tibetans worldwide not only to rejoice in our blessings, but also to express our gratitude to His Holiness for His untiring and unwavering lifelong struggle for the cause of Tibet and the Tibetan people. It is a day to recommit ever more resolutely to the cause of Tibet.

Many of the Regional chapters of Tibetan Women's Association have organized various merit earning activities such as finding home and care for 114 cattle at Mysore Pinjarapole Society with a cheque of Rs. 20,000.00 for cattle feed. The Regional chapter of TWA, Bylakuppe served mid-day meals and sweets to children at Charity Mother Theresa's destitute home in Mysore.

Other regional Chapters of TWA have engaged in similar activities such as setting thousands of fish free, planting hundreds of trees by RTWA, Mungod, distributing blankets to the old people by the RTWA, Kathmandu, and a quiz contest among school children on Buddhist philosophy, environment and health etc in Orissa.

Congratulation to His Holiness the XIVth Dalai Lama

September has been a historic month for the Tibetans both inside Tibet and Tibetans in exile. On 7th and 13th of September, His Holiness the Dalai Lama was awarded the honorary citizenship of Canada and the Congressional Gold Medal, the highest civilian award, by the House of Representatives of the United States of America.

These awards are in recognition of His Holiness the Dalai Lama's wisdom, vision, compassion, and respect for religions of the world and above all His most pragmatic approach to resolving the issue of Tibet based on the philosophy of Middle Path and mutual benefit for all the parties involved.

On the other hand, the top Chinese leader in the Tibet Autonomous Region, Mr. Zhang Qingli recently lashed out at His Holiness the Dalai Lama as "unworthy" of the title of

"religious leader" and criticized the "Middle Path" approach of His Holiness the Dalai Lama saying it disturbed the minds of Tibetans and Tibet supporters. These awards have inspired a great deal of criticism from the Chinese government with baseless allegations against the Nobel Peace Laureate. These highest possible awards coming from countries like the United States and Canada has reaffirmed the greatness of His Holiness the Dalai Lama and served as a natural rebuttal to the Chinese leadership's criticisms.

To express our joy and gratitude to the awarding countries and to pray for His Holiness the Dalai Lama's long life and continued success in His endeavors, on 22nd September 2006, Tibetan Women's Association (Central) along with nine other Tibetan NGOs and eight welfare groups from the Local Tibetan Community in Dharamshala, organized a Sangsol followed by songs and dance performances from school children, and artists from Tibetan Institute of Performing Arts. The day was not only an occasion to rejoice and celebrate, but was also a day to call on our people for a more concerted effort in showing our solidarity in following the vision of His Holiness the Dalai Lama.

In early September 2006, in a public opinion survey in Germany, just before

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Chinese Premier Wen Jiabo's visit, 61% of German people voted His Holiness the most admired world leader followed by UN Secretary General Kofi Annan and Pope Benedict with 56% and 51% respectively. With the growing popularity of His Holiness the Dalai Lama as a world leader, it is in the best interest of China to make a reciprocal response to His Holiness's proposal to resolve the issue of Tibet in a positive manner.

TWA participates at U.N Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) Conference.

The president of Tibetan Women's Association attended the 36th Session of UN Convention on the Elimination of All Forms of Discrimination against Women (CEDAW), which took place in New York from 7-25th August 2006.

CEDAW is essentially an international bill of rights for women and a framework for women's participation in the development process. It is now an internationally accepted treaty ratified by over 184 countries. The Cook Islands has become the latest party to the CEDAW Convention having acceded to the Convention on 11 August 2006. The convention spells out internationally accepted principles and standards for achieving equality between women and men.

The convention was adopted by the U.N General Assembly on December 19, 1979, and came into force as a treaty on December 3, 1981, thirty days after the twentieth member nation ratified it. The purpose of CEDAW is to review reports from ratifying countries on implementation of the Convention. CEDAW meets annually in New York or Vienna with its members serving for a term of four years. The members serve in

their private capacity, not as government representatives. CEDAW issues an annual report on its reviews and may make recommendations to the U.N based on its review and analysis of the country reports.

The presence of a representative of Tibetan women at the CEDAW conference this year was extremely important due the fact that China, after four years, was to present its fifth and sixth (combined) periodic report to the CEDAW experts. The report was 83 pages long. After having studied the report at length, TWA prepared its own Alternative Report of 33 pages and submitted it to the CEDAW experts through the International Women's Rights Action Watch (IWRAP) Asia Pacific in mid June 2006, by whose invitation the president was able to participate in the conference.

The president submitted TWA's Alternative Report on the state of Tibetan Women in Tibet to 23 CEDAW members on the 7th of August, 2006. On that day, the president also made an oral statement at the Plenary Session and responded to the questions posed by the CEDAW members. Altogether she was able to highlight critical areas of concern of TWA of the state of Tibetan women in Tibet such as Education, Employment, Health, and Reproductive Rights.

The International Women's Rights Action Watch (IWRAP) Asia Pacific is a collaborative project that grew out of a series of workshops during the Convention held at the 1985 Nairobi World Conference on Women. IWRAP is the focal point for an international network of activists and scholars who facilitate and monitor compliance efforts under the Convention. IWRAP Asia Pacific facilitates and monitors implementation of the Convention in countries of the Asia Pacific region that have ratified the Convention.

IWRAP Asia Pacific is an independent international non-governmental organization registered and based in Malaysia. It was set up in 1993 to work towards the realization of the human rights of women through the use of CEDAW and other international human rights instruments. Over the past ten years, IWRAP has built a significant presence in at least 12 countries in Asia with work being carried out in other regions and sub-regions.

The 10th of August was the day on which China would make its presentation. The session started at 10a.m., with 41 delegations from China including SAR, Hong Kong and Macau, making their respective government reports to CEDAW experts and responding to their questions. This lasted the whole day. The time allotments were from 15 seconds to 2 minutes. As requested, the CEDAW members asked questions about such topics as Tibetan women's access to quality health care, how Tibetan women benefit from the western development projects in China and CEDAW members raised their concerns about gender-based torture in detention centers in Tibet. China's responses were vague or absent which definitely alerted the international community to the fact that China has much to answer for regarding the present unsatisfactory and distressing situation of Tibetan women in Tibet.

The whole effort made by the TWA President to make this trip and this presentation was made worthwhile when one looks at the concluding comments and recommendations made by CEDAW experts to China. If we look at remark number 27 and recommendation number 28 copied below, it is quite clear the CEDAW experts heard the voice of Tibetan women.



27. The Committee remains concerned about the disadvantaged position of rural women, in particular with regard to access to education, health, employment, participation in leadership and ownership of land. It is also concerned with the situation of rural minority women, including Tibetan women, who face multiple forms of discrimination based on sex, ethnic or cultural background and socio-economic status. While noting, with satisfaction, efforts to strengthen rural women's and girls' access to education, the Committee remains concerned that rural girls have disproportionate illiteracy and school dropout rates. It also expresses concern at the lack of health-care facilities and medical personnel in rural areas, the high maternal mortality rates and the rising costs for health care, such as user fees, which limit rural women's access to health services. While acknowledging legal protection of the equal rights of rural women to own and use land, the Committee notes with concern that 70 per cent of the rural landless are women. While noting the decrease in the rate of female suicide, the Committee remains concerned at the persistence of the high rate of female suicide in rural areas.

28. The Committee recommends that the State Party take all necessary measures to strengthen the active participation of rural women in the design, development, implementation and monitoring of rural development policies and programmes, so as to enhance implementation of article 14 of the Convention. These should include efforts to ensure that all rural girls complete the nine years of compulsory education, free of all miscellaneous fees and tuition. Urgent attention should also be given to improving rural women's free access to health care and services in all rural areas. The Committee urges the State party to further assess the reasons for the disproportionate representation of women among the rural landless and to take appropriate remedial action, including measures and steps to change customs that result in discrimination against women. The Committee recommends enhancing the availability of affordable and quality mental health and counseling services in rural areas CEDAW/C/CHC/CO/67 06-47032 to further reduce the female suicide rate. The Committee urges the State party to take a

holistic approach to eliminating the multiple forms of discrimination that ethnic minority women face and to accelerate the achievement of their de facto equality. The Committee requests the State Party to provide, in its next report, comprehensive information, including sex-disaggregated data, on the situation of rural women, including ethnic minority women, especially with regard to their educational, employment and health status and exposure to violence.



Statement by B. Tsering to the Committee on the Elimination of Discrimination against Women on the Combined Fifth and Sixth Reports from the Government of China

7th August 2006

Honorable Chairperson,

Thank you for giving me the opportunity to address the Committee. I am B. Tsering, the President of Tibetan Women's Association and I speak on behalf of Tibetan women in Tibet. The discrimination exercised against Tibetan women is a matter of great concern as they are discriminated against because of their race and gender.

The sinocization of Tibet is a grave threat to the survival of Tibetan identity. Discriminatory policies and practices are preventing Tibetans from participating in the daily social, political and economic life in Tibet.

Today, I would like to raise three critical areas of systematic gender and racial discrimination against Tibetan women in Tibet. These are Education, Employment, and Health.

1. Education

The education for Tibetans is aimed at getting them to assimilate communist ideology rather

than to preserve Tibetan culture, tradition, language and history.

Investigations reveal that Chinese culture is promoted at the expense of Tibetan culture. Tibetan children that have escaped to exile report receiving almost no education regarding their cultural heritage, but say they were constantly and vigorously indoctrinated into Chinese culture and communism. Tibetan children are forbidden to wear Tibetan clothing, observe Tibetan holidays or to eat Tibetan food. The course content and medium of instruction hinders Tibetan children in their education.

"According to the data given in Table A11 (page 73), enrollment and completion rates of school-age children in primary school, paint a grim picture of the education of Tibetan children. The enrollment rate of girls in Tibet is the lowest and drop-out rate of girls is fourth highest in the nation, the highest being Ningxia".

"It is estimated that roughly 33% of all Tibetan children receive no education at all. This is a huge figure compared to the 1.5% of Chinese children who go uneducated. According to Tibetan Center for Human Rights and Democracy's (TCHRD) 2006 Annual Report, the education for Tibetans is over-priced, and under-funded. For example, the annual fees range from 20 to 6,000 yuan (US \$3 to \$750) per month. This is unaffordable for most Tibetans, especially those in rural areas, who earn an average of 800 yuan (US \$100) per month".

An internal Tibet Autonomous Region (TAR) Party Committee document reveals that schools in the TAR are collecting as much as 13 different kinds of fees from students, six of which are not legal. A Tibetan teacher who was interviewed revealed that although the school in her area was supposed to be free, individual teachers demanded money from students or their parents.

Tibetan school children face additional obstacles such as language, and course content. Most schools in Tibet, particularly the secondary schools, use the Chinese language as the medium of instruction. This severely hinders Tibetan children's ability to learn, and their desire to learn, as the majority of them grow up in households that speak only Tibetan. As a result of not being able to understand the language, Tibetan children are

often tracked away from other students into inferior facilities and assigned less qualified teachers.

Reports state that the History of Tibet course at the University of Tibet (which is now under the direction of Chinese authorities) is taught in Chinese, despite the fact that the majority of students and teachers are Tibetan, and the course is part of the Tibetan Language Department. Tibetan identity and culture are being inexorably destroyed and Tibetan women along with them.

It is our submission that the Chinese government must comply with Article 10 of

CEDAW and eliminate all forms of discrimination against Tibetan children, particularly girls, in the field of education, especially in rural areas.

Please refer to pages 17-18 of the Summary of the Alternative Report submitted by TWA.

Employment

Since 1995, various international organizations have found evidence of widespread discrimination against Tibetans in the field of employment in Tibet, which is a gross violation of Article 11 of CEDAW. In 1996, CERD criticized China for employment discrimination against Tibetans, specifically naming discrimination based on the Tibetans' lack of understanding of the Chinese language.

Unemployment amongst Tibetans in Tibet is said to be rising at a rapid rate, as incoming Chinese settlers are receiving preferential treatment in the job market. Consequently, there is increasing poverty amongst the Tibetan community.

Many Tibetans cannot find employment if they do not speak Chinese. Tibetan women seem to be at the bottom of the employment hierarchy, behind Chinese women, Chinese men, and Tibetan men. Reports abound of Tibetan women being paid less for equal work compared to Chinese workers and Tibetan men. Tibetan women have lost jobs because they, or their family members, have been associated with political activities - what the Chinese authorities call "separatist activities".

We recommend strongly to CEDAW to ensure the Chinese government complies with Article 11 of CEDAW and eliminates all forms of

discrimination against Tibetan women in the field of employment.

Please refer pages 14-15 of the TWA Alternative Report.

3. Health

In 2004 Amnesty International listed 145 Tibetan political prisoners in Chinese prisons who were arrested for peacefully protesting the PRC's illegal occupation. It is estimated that one out of every seven of these prisoners is a victim of severe torture, and a significant number have died due to injuries sustained from torture.

According to a 1999 report by the Tibet Information Network (TIN), one out of every 22 female political prisoners in Drapchi Prison is likely to die as a result of abuse under detention. It is also noted that Tibetan prisoners of conscience have been detained due to their religious and political views. These political prisoners expressed their views peacefully but were unjustly detained and subjected to dehumanizing detention. They enjoyed no right to counsel and, in addition to gruesome torture, are subject to invasive interrogations and indefinite detention.

According to TCHRD, "most deaths due to torture are because of lack of medical care" which is in contravention to the Article 12 of CEDAW. Furthermore, TCHRD has also found that often a person is released from prison when she is close to death so that the Chinese prison authorities will not be held accountable.

Despite United Nations' decree on the right of pregnant women to special accommodation while in prison, many cases of pregnant Tibetan women being beaten until they have a miscarriage have come to light which is clear case of violation of Article 12 of CEDAW.

There have been no reports of nuns using violence in any demonstration, yet they are routinely and arbitrarily arrested and subjected to torture.

Among the nuns who underwent such torture are Ven. Ngawang Sangdrol, a Tibetan Buddhist nun from the Garu Nunnery in Lhasa, and Ven. Phuntsok Nyidron, a former Mechungri nun from Lhasa who won the Reebok Human Rights Award in 1995.

"Decisions about a Tibetan woman's reproductive future in China are made by a governing body of medical professionals and

her family. There is a birth control office in each district in Tibet responsible for the execution of the policies. Investigations show that the number of children permitted to Tibetans varies according to their region and occupation.

"Research has shown that when women in a society are educated, the birth rate decreases. If promoting a decrease in birth rate is the true goal of the Chinese government, then it would follow that its officials would educate Tibetan women in this regard. However, there is no reference to

sex education or contraception education in any of the official documents on the birth control policy in Tibet contrary to the Article 12 (h) of CEDAW which mandates access to educational information to help to ensure the health and well-being of families...

In keeping with Article 12 of CEDAW, we submit that the Chinese government should stop violating the reproductive rights of Tibetan women in Tibet.

Please refer to pages 9 & 11 of the TWA Alternative Report.

Thank you Honorable Chairperson and the experts for your attention.

Date: 10.8.2006

Honorable Chairperson and Expert members of CEDAW,

Today, as China presents its periodic report to CEDAW, I, on behalf of Tibetan Women's Association, would like to urge you to question China regarding the following issues related to women in Tibet.

1. Need clear data on political participation of minority women



- in minority-based areas of China example Tibet.
2. Percentage of minority women's (For Example Tibetan women) representation at the decision making bodies in minority based area which is mandated in CEDAW's Article 7 (b) To participate in the formulation of Government policy and the implementation thereof, and to hold public office and perform all public functions at all levels of Government; (c) To participate in non-governmental organizations and associations concerned with the public and political life of the country.
 3. On Table A11 of the report, China shows the enrollment rate of girls in primary schools is low in most of the minority-based areas, for example the enrollment rate of girls in primary school is lowest and dropout rate is fourth highest in Tibet. How China has made attempts to change this situation as is required according to Article 10 (f) The reduction of female student drop-out rates and the organization of programs for girls and women

who have left school prematurely.

Thank you very much for your attention

B. Tsering, (President)

Tibetan Women's Association

Educating the Tibetan Community on the Dangers of HIV/AIDS

India has one of the highest rates of HIV/AIDS infections worldwide. The majority of Tibetan refugees live in India and are engaged in seasonal businesses. Being a very mobile society, the need to educate Tibetans, both young and old about HIV/AIDS and how to safeguard themselves by means of organising workshops has been strongly felt.

The Central Office of TWA, Dharamsala allocated a sum of Rs. 3,000.00 to each of its regional chapters in India and Nepal as seed money to organize workshops on HIV/AIDS and Hepatitis B. The regional chapter working groups invited both doctors of allopathic and Tibetan medicine as valued resources at these workshops. The head of Sorig Research Department TMAI, Dr. Pema Dorjee-la, kindly agreed to send a circular to all the Tibetan doctors in different Tibetan settlements to cooperate with RTWA in making this project a success.

The whole project's budget is estimated at a sum of Rs. 1,11,000.00, of which Rs. 32,500.00 was granted by Chhomo Foundation based in Holland. Reports of successfully conducted workshops were received from RTWA Dharamsala, Mundgod, Dekyiling, Purwala, Dalhousie, Rajpur, Shimla, Tashi Palkyi (Pokhra), Manali, Orissa, Celment Town, Mainpat, Hunsur, Kathmandu (Nepal) and Bhandra.

RTWA in Bhandra, Gangtok, Mundgod, Haridawar and Shimla have also obtained

National Endowment for Democracy (NED) Grant and organized workshops on Democracy and Human Rights and other related topics in their own locality.

1st of July '06 observed as a "BLACK DAY"

Tibetans all over the world observed 1st July 2006, with concern, uncertainty and fear as China launched the Golmund-Lhasa railway that now connects Tibet's capital Lhasa with China's capital Beijing. Apprehensions exist despite the claims of the Chinese government that the railway brings economic prosperity and development to Tibet.

Tibetan doubtful sentiments remain justified in the context of the past decades of Chinese rule in Tibet. China's development policy in the past in poverty-ridden Tibet has served only the economic interests of the Chinese immigrants now resident in Tibet. Tibetan Women's Association (TWA) does not reject the development policies per se. However, we do condemn any policies or projects initiated in Tibet that do not stand to benefit Tibetans. It is incomprehensible how China's rail link to Tibet could provide Tibetans with all the improvements that have been denied during the past decades of occupation. This gives credence to the concern that the railway will be used as a means to consolidate Chinese control over Tibet.

The politically motivated railway will bring an increasing number of Chinese settlers into Tibet, increasing the marginalization of Tibetans and will swamp the economic and social strata of the Tibetan society. Economic marginalization of Tibetans will be further aggravated due to the dominance of highly skilled Chinese migrant workers. China's state media has in the past carried reports about how the new railroad will help transport raw materials and mineral resources from Tibet to China. China has admitted that high transportation costs had previously prohibited it from fully exploiting Tibet's rich mineral resources. Moreover,



the fact that the railway poses a serious threat to Tibet's environment has been amply demonstrated by studies carried out by experts that include Chinese scientists and researchers. With increased global warming on the Tibetan plateau, the 1,142-km railway presents grave danger to the environment especially the 550 km track built on permafrost. Experts have also highlighted longer-term harmful effects on the flora and fauna. This in turn will have devastating effects on the overall ecology of the South Asian countries where millions depend on rivers originating from the TibIt is necessary that an independent body oversee the allocation of jobs on the railway, the tourism sector in Tibet and other sundry business establishments in the years following the launch of the railway to ensure the claims made by China,z that Tibetans will be at the receiving end of the benefits, are genuine. The people, nations and the international organizations worldwide will bear close witness and act as concerned spectators to guarantee that the launching of the railway line is purely for the benefit of Tibetans without any malicious ambitions behind it.

It is with these concerns that TWA along with its 47 regional chapters in collaboration with Students for a Free Tibet (SFT), GuChuSum and Friends of Tibet, launched a worldwide observation of 1st July, as the 'Black Day'. The Campaign included wearing of black armbands as a symbol to show one's solidarity with Tibetans inside Tibet who will be the actual bearers of the adverse repercussions of the railway project.■

Touring Regional Chapters by Central Executive Members

The Central Executive committee members started their annual tour of the regional chapters on 20th of June 2006, exactly one year after its last tour by the 7th working group. The Central Executive committee members consider the annual

tour very crucial for increasing communication and co-ordination between the regional and central working groups in order to carry out their objectives. So far we have covered 9 chapters in Utranchal, 5 chapters in Himachal Pradesh, 1 in Leh Ladakh, 3 chapters in south, 3 chapters in Madhya Pradesh, and 1 Nainital. The president also had the opportunity to meet with the chapters in New York and New Jersey in USA and TWA Ontario in

For an NGO as big as TWA, communication between Central and regional chapters' working group members is very important as it enables us to keep up to date on the work of both central and regional groups. These visits also help in putting a face to the names of regional and central working committee members for better communication, understanding and co-ordination. Moreover, the visits from the Central working group boosts the morale of the regional working groups and helps gain better support from the grassroots members for their campaign activities.

During this visit, besides updating the public and TWA members on the work of TWA and future plans, we also gave activism workshops to the new regional working groups on topics such as how to write a

press release, how to make a press report, ways and means to improve communication with Central office and how to organize workshops for the benefit of local people in the field of politics, health and community service. These initiative support systems from the Central office are greatly appreciated by the regional working groups.■



Tibetan Women's Association would like to congratulate Mrs. Sonam Choedon for receiving the most prestigious award in the teaching field for the year 2005. She has made us proud.

Mrs. Sonam Choedon , a Post Graduate Teacher of the Central School for Tibetan in Darjeeling was honored with National Award for -2005 from the President of India, Dr. A.P.J.Abdul Kalam on September 2006.

Mrs. Sonam Dolma was born in Tibet in 1958, raised and educated in India. After completing her postgraduate in History and Bachelor of Education in Delhi University, she first joined as a teacher in Central School for Tibetans in Mundgod in 1985. Therefore she has 20 long years of service in the field of teaching.

In her interview with phayul.com, she has stated, "recognition of one's service is a motivating factor and of course, receiving an award from the highest Constitutional Head of such a great nation, who himself is



a great teacher and a great source of inspiration to young minds added more to the worth of this National Award". According to her, a teachers most valuable qualities are, "his/her commitment, dedication and devotion to the profession and above all the love for the students".

Her advice to the young minds were:

- The new generations should never forget the sacrifices made by our elder generations who never weakened in spite of the lack of modern education and technology
- The should remain ever grateful to the Government and the people of India who were out only supporters during her darkest period of our Tibetan history.
- Never turn a blind eye to any wrong that is taking place in the society
- Take the best of all the other cultures but must remain strongly rooted in our won culture, which gives us our identity in the world today.
- And lastly, don't run madly for material accumulation, which may blur our national goal and in the process lose inner happiness.

Vote of Thanks

Ms. Tenzin Dhardon Sharling received the prestigious scholarship of Edinburgh Department of Education, Tibetan Government in Exile. No doubt it is a matter of great joy and pride for Tibetan Women's Association (TWA), but Dhardon's departure has left a big vaccum in the office here.

Dhardon worked in the Central Executive Committee of TWA from Septembet 2005


BREAST SELF-EXAMINATION

Breast self-examination should be done once a month so you become familiar with the usual appearance and feel of your breast. Familiarity makes it easier to notice any changes in the breast from one month to another. Early discovery of a change from what is "normal" is the main idea behind BSE. The outlook is much better if you detect cancer in an early stage.


If you menstruate, the best time to do BSE is 2 or 3 days after your period ends, when your breasts are least likely to be tender or swollen. If you no longer menstruate, pick a day such as the first day of the month, to remind yourself it is time to do BSE.

Here is one way to do BSE :

1. Stand before a mirror. Inspect both breasts for anything unusual such as any discharge from the nipples or puckering, dimpling, or scaling of the skin.




3. Next, press your hands firmly on your hips and bow slightly toward your mirror as you pull your shoulders and elbows forward.




Some women do the next part of the exam in the shower because fingers glide over soapy skin, making it easy to concentrate on the texture underneath.

2. Watching closely in the mirror, clasp your hands behind your head and press your hands forward.




4. Raise your left arm. Use three or four fingers of your right hand to explore your left breast firmly, carefully, and thoroughly. Beginning at the outer edge, press the flat part of your fingers in small circles, moving the circles slowly around the breast. Gradually work toward the nipple. Be sure to cover the entire breast. Pay special attention to the area between the breast and the underarm, including the underarm itself. Feel for any unusual lump or mass under the skin.




The next two steps are designed to emphasize any change in the shape or contour of your breasts. As you do them, you should be able to feel your chest muscles tighten

5. Gently squeeze the nipple and look for a discharge (If you have any discharge during the month-whether or not it is during BSE-see your doctor) Repeat steps 4 and 5 on your right breast.



6. Steps 4 and 5 should be repeated lying down. Lie flat on your back with your left arm over your head and a pillow or folded towel under your left shoulder. This position flattens the breast and makes it easier to examine. Use the same circular motion described earlier. Repeat the exam on your right breast.







RTWA Dhondupling observing 1st July



RTWA Dharamsala, NED workshop



RTWA Mainpat, HIV & Hepatitis awareness



RTWA Puruwala, HIV/Hepatitis awareness



RTWA Deckyiling, Planting trees



RTWA Manali performing dances on H.H B' day



RTWA Shimla, H.H Birthday



RTWA Bylakuppe, H.H Birthday



RTWA Norgyeling, NED Workshop



RTWA Mundgod, distributing sabling



RTWA Orissa, NED Workshop



RTWA Rajpur, NED Workshop



RTWA Pokhara Tashiling, Health workshop



RTWA Ontario, visited by President(Central)

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