



With the 2008 Olympics in Beijing a little over one year away, we are presented with a unique opportunity as exiled Tibetans and Tibetan supporters. The Chinese government sees the Beijing Olympics as an opportunity to authenticate their claims of freedom and justice for everyone who lives in China and Chinese controlled territories. As much as the Olympics is a platform for China to deceive the world, it is equally a platform for Tibetans to expose China's lies.

Although China has guaranteed freedom of expression to the world's media reporting on the Beijing Olympics, they are also preparing to control and crush any riots that may (will) ensue during Beijing Olympics in 9 seconds. Tibetans aren't the only people displeased with the Chinese government. Minorities in China such as East Turkistan, Inner Mongolians, and other marginalized groups like the Chinese peasants and unemployed migrant workers, plus repressed religious groups like Falun Gong and underground Christians will be "raising hell" alongside Tibetans.

Tibet Support Group's (TSG) meeting in Brussels declared August 8, 2007, as the International Day of Action to mark the one-year countdown to the 2008 Olympics in Beijing. TSG is planning an inter-

national run for Tibet, a Tibetan Olympic Team, and a soccer match between Tibetan and Indian soccer teams in Delhi.

To that end, Tibetan communities around the world are requested to assist TSGs in launching and successfully completing a Tibetan Freedom torch relay to coincide with China's official torch relay. China's official torch will begin in Greece and tour Chinese controlled areas such as Tibet, Taiwan, Inner Mongolia, East Turkistan and Hong Kong. The route of the torch through all of the regions seeking either autonomy or independence is a deliberate attempt to authenticate China's claim over the land and its people. The Tibetan Freedom torch relay will challenge China's claim and draw attention to Tibet's freedom movement.

TWA would like to urge all Tibetans and Tibetan supporters from around the world to take advantage of the opportunity presented at 2008 Olympics in Beijing. We should take advantage of the international spotlight on China and turn the world's attention to the real issues; issues of religious repression, lack of freedom of expression, human rights violations and abuses and atrocities committed by the Chinese government against Tibetans over the past five decades.

ITSN Meeting in Brussels



From 11-14 May, the International Tibet Support Network (ITSN) gathered for the Fifth International Conference of Tibet Support Groups in Brussels, Belgium. The Department of Information and International Relations in the Central Tibetan Administration of Dharamsala, India, hosted the event in collaboration with the Friedrich Naumann Stiftung, Germany, and the Belgian Inter-Parliamentary Group for Tibet.

Priority objectives addressed at the conference included: strengthening government and parliamentary support for Tibet; disseminating current and accurate information to Chinese people inside and outside of China; increasing access to information on Tibet for people in China

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and Tibet and to raise global awareness of China's crackdowns on freedom of expression; protecting the human rights of Tibetans by holding the Chinese government to domestic and international legal obligations; and highlighting the movement of Chinese people into Tibet with the goal of mitigating this transfer.

One of the most urgent objectives discussed is the Olympics Campaign.

Three major resolutions were passed: **On 8 August 2007**, Tibetan organizations around the world will hold an International Day of Action to mark the beginning of the one-year countdown to the Olympics.

The Creation of Team Tibet was the second major resolution. After recruiting athletes to join, Team Tibet will apply to the International Olympics Committee. Eventually, celebrities, current and former athletes, and prominent people will be invited to join.

A Torch Relay will also be organized to follow the Chinese Government's official Olympic Games torch relay around the world.

The aim of the Olympics Campaign is to place Tibet and Tibetan issues in the spotlight of global awareness.

Over 300 participants from 145 Tibet support groups and 36 Tibetan associations from over 50 countries attended the conference. His Holiness the Dalai Lama cancelled his attendance after Belgian authorities informed him about objections from Chinese authorities. Dr. B. Tsering Yeshe la, President of the Tibetan Women's Association (TWA) Central Executive Committee, attended as a representative of TWA. Her term for the

steering committee of ITSN had ended, but she was invited to remain for one additional year. Dr. B. Tsering la was also asked to co-chair the human rights campaign working-group.



Celebrating Panchen Lama's 18th Birthday

On 25 April 2007, the Central Association for the Panchen Lama organized a special meeting with ten organizations and esteemed individuals to address the Panchen Lama's campaign.

The following resolutions were passed in order to advance the campaign:

1. To make a documentary biographical film on the 10th Panchen Lama's life.
2. To make an appeal to international secular leaders to release Panchen Lama from Chinese confinement and allow him to continue with his education program as the Panchen Lama.
3. To approach the international court of law to raise this issue for his immediate release.
4. To consider their poor health conditions and to work towards immediate release of Chadral Rinpoche and Jhangpa Chunglay through organizing campaigns.

Also on 25 April 2007, the Tibetan Women's Association organized the second Free Panchen Lama Concert at Tipa Hall. TWA introduced two esteemed individuals at the concert. They were Venerable Lobsang Dorjee la, Director of the Panchen Research Center and chief guest of the concert, and Nandini Thapa, a friend and supporter of, and a generous donor to TWA.



Ten singers performed to the packed concert hall. TWA apologizes to those who had to be turned away.

Earlier that morning, TWA and Regional TWA- Dharamsala, organized a signature campaign at the McLeod Ganj bus stop. A 15 meter banner with handprints on it was laid out for Tibetans and Tibet supporters to sign. TWA sent the banner to Mr. Jampa Phuntsok, the Chairman of Tibet Autonomous Region.



Commemorating Panchen Lama's Disappearance Day

May 17, 2007, marked the twelfth year of abduction of the 11th Panchen Lama, Gedhun Choekyi Nyima.

Determined to control religion in Tibet, Chinese authorities kidnapped six-year-old Panchen Lama and his family just three days after His Holiness the Dalai Lama recognized him as the 11th Panchen Lama on May 14, 1995. More than a year after the disappearance of Gedhun Choekyi Nyima, the government of the People's Republic of China finally admitted that they were holding the 11th Panchen Lama and his family "in protective custody".

TWA is acutely concerned about the fate and well being of the 11th Panchen Lama. To mark this sad day and to urge the immediate and unconditional release of Gedhun Choekyi Nyima and his family, TWA organized three candlelit vigils from three different areas in Dharamsala; one





Acharya Yeshe Phuntsok (ATPD) lighting the first candle of vigilance for Panchen Lama's immediate release.

from Mcleod Ganj to the main temple, another from lower Dharamsala to Kachari and the third from Gyutoe temple to Norbulinga.

His Holiness the Dalai Lama has jurisdiction in the identification of the Panchen Lama and the installation of Gedhun Choekyi Nyima, as the real Panchen Lama should be allowed to proceed without delay. He must be allowed to return to Tashi Lhunpo Monastery, and be established as the rightful holder of the Panchen Lama lineage and given the proper monastic education.

TWA calls on PRC to respect the religious freedom of the Tibetan people, including our right to identify all religious leaders.

The Director of the Tibetan Center for Human Rights and Democracy (TCHRD), Mr. Urgen Tenzin, Ven. Yeshe Phuntsok, member of Parliament, and Mr. Sonam Topgyal, former Prime Minister of the Central Tibetan Administration attended the candlelit vigils as the Chief Guests for the three different locations.

More than 300 people participated in the vigil and everyone also circumambulated His Holiness the Dalai Lama's residence as a part of the vigil procession.

RTWA's marked the day of Panchen Lama's disappearance internationally. (please refer to the pages 8-10 for more information).



RTWA Kollegal

Kollegal is one of the biggest Tibetan settlements in the south of India. Past executives of TWA repeatedly attempted to start a regional chapter in Kollegal, but during the initial stages of its formation, Kollegal refused to allow the establishment of any non-governmental organizations besides the two that already existed. Representatives of TWA's previous executive team visited Kollegal in August 2003 and met with all 22 villages in Kollegal. They found that 98% of Kollegal's residents approved of starting a functioning regional TWA in the area. When the matter was brought up at the Local Assembly the same month, they could not take any decision regarding RTWA in Kollegal as some members of the Local Assembly were absent at the meeting. They promised to discuss the matter at their next meeting in February 2004. At that meeting, a majority of Local Assembly members decided they did not want a RTWA in Kollegal.

To reinforce our effort towards conceiving a RTWA in Kollegal, regional TWA's started petitioning the Local Assembly members of Kollegal. Tenzin Dolma, representative of central TWA, visited Kollegal in August 2006 to lobby each Local Assembly members. Villages A, B and T of Kollegal wanted to start a RTWA and amongst the 33 supporting members, they elected 6 executives.

The first event that RTWA Kollegal organized was a campaign at Mysore city on the Panchen Lama's birthday, April 25, 2007 along with RTWA Bylakuppe and Hunsur. RTWA Kollegal's participation and leading role at the campaign was not taken lightly by the Tibetan Welfare Office at Kollegal. To calm the situation and to reach a verdict on the legality of RTWA

Kollegal, Tenzin Dolma and central TWA's President, B. Tsering Yeshe, embarked on a yet another trip to Kollegal. After much lobbying and many meetings, the Welfare Officer of Kollegal promised that he will support the formation of RTWA in Kollegal and will bring up the matter in their next Local Assembly in August 2007. The legality of RTWA in Kollegal is still undecided. For the time being, until the Local Assembly legitimizes the RTWA in Kollegal, it will continue to be a full functioning and an important NGO in the area.



Intern Spotlight



Suzanne Rizzo is a recent intern at TWA Central Executive Office who will be in Dharamsala until mid-August. She is about to enter her last year at Wellesley College in the United States. Suzanne majors in women's studies and anthropology, and plans to attend graduate school in anthropology in the future. She spent last summer in Warsaw, Poland, interning with the Polish Federation for Women and Family Planning. Before coming to India, she spent a semester studying at the University of Cape Town in South Africa and teaching HIV/AIDS education to young people in Cape Town's townships. She is excited to be in Dharamsala learning about the Tibetan women's movement and contributing to the Tibetan liberation struggle.



International Mother's Day

Tibetan Women's Association celebrates International Mother's Day every year on May 13th. This year, TWA invited Mrs. Brij Bhalla to teach us recipes for delicious Indian cuisines and in the afternoon, Chef Ngawang Norbu, Head Chef of Hotel Tibet, taught us how to prepare tasty Tibetan dishes. In total, Mrs. Brij Bhalla prepared 5 items and Chef Ngawang Norbu prepared 10. All of the food was vegetarian. The entire cooking session was videotaped and broadcasted on the local cable network.



(Left) Brij Bhalla working magic with Indian dishes.

(Right) Ngawang Norbu preparing 10 delicious Tibetan cuisines



TWA also showed the documentary movie, *Gyalyum Chemo, The Great Mother*, at Yongling Day School at 7:00 pm on the same day. This movie captures the journey of a woman from being a simple peasant in a remote area of Tibet to being the most coveted mother in Tibet, the mother of His Holiness the Dalai Lama. More than 500 people attended the movie.

The film, directed and produced by Rosemary Rawcliffe, had never been shown in India before. *Gyalyum Chemo, The Great Mother*, won a national award for best documentary in the United States.



48 hours Music Demonstration at Jantar Mandar, New Delhi



On 13 June 2007, Mr. Dorjee Tsering, a music teacher from T.C.V. Selakui, Dehra Dun, performed Mudrel Tibetan music for 48 hours in New Delhi for Tibetan liberation.

Indian supporters from the Tibet Support Core Group, members of Regional Tibetan Youth Congress-Delhi, and the Refugee Tibetan Settlement officer demonstrated their support by attending the opening ceremony.

Other supporters included the Central Tibetan Women's Association, Regional TWA-Delhi, and Indo-Tibet Coordinator. Ms. Tsering Deckyi, representative of Central TWA and spokesperson for Mr. Dorjee Tsering, announced that the demonstration would be an annual event.

In a letter to the Chinese government, Mr. Dorjee Tsering urged:

1. Negotiations with His Holiness the Dalai Lama to resolve the Tibetan struggle through his Middle way approach without any pre-condition.
2. Permission for H.H. the Dalai Lama to visit the important Buddhist pilgrimage sites in Tibet and China, and to allow him to

meet with the millions of Tibetans in Tibet.

3. The release of all Tibetan political prisoners that are being held in Chinese gulags for fighting for free speech and basic human rights in Tibet.
4. That Tibetan musicians be allowed to express their thoughts and feelings freely in their songs and lyrics.



Nandini Thapa

India has supported and provided home to thousands of Tibetan refugees over the past five decades. India has become the hub of Tibet's freedom struggle and the likes of Nandini Thapa have not only morally supported us, but financially contributed to our movement. The Tibetan Women's Association would like to thank Nandini Thapa for her generous donation of Rs.40,000. We hope Nandini Thapa and others like her will serve to strengthen communal ties between Indians and Tibetans.

Nandini Thapa was born on 26 January 1968 in Singapore, where her father was serving with the British Gorkha Rifles in the Indian army.

In 1986 she graduated from Government College, Dharamshala, with an honors degree in geography. She also holds a Masters degree in English from Government College, Dharamshala; a Masters in English Philosophy from Shimla; a Bachelors in education from Chennai; and an MBA from Delhi.

She married an army officer in 1992 and has worked in a variety of fields since then. She has taught both at primary schools and in girls' colleges and worked in the insur-





Nandini Thapa

ance sector of Life India Corporation. She is a Chairman Club Member of the Million Dollar Round Table (MDRT), President of the Rotary Club Pathankot in Punjab, and creates jobs for the unemployed by working with various insurance companies such as ICICI, BAJAJ ALLIANCE, and RELIANCE.



Stress

Stress is an unavoidable part of life that greatly affects the physical and mental well-being of everyone. Due to the variety of roles and responsibilities women assume, stress affects women differently than men.

Some researchers believe that women 'tend and befriend' when coping with stress. This means that they protect and care for loved ones while also seeking out social support. Women's bodies produce oxytocin, a chemical believed to have a calming effect and promote these responses, at higher rates than men's bodies. Estrogen, which is more prevalent in women than in men, boosts the effects of oxytocin. Men, however, have more testosterone than women, which blocks the production of oxytocin and leads to greater hostility and withdrawal during stress.

Any change in one's life leads to stress. Stress can be either short-term (acute) or long-term (chronic). Common acute stressors include noise, crowding, isolation, illness, hunger, danger, imagining a threat, or recalling a bad memory. Common chronic stressors are difficult personal situations, loneliness, financial worries, the death of a loved one, changes in job or residence, illness, and sleep difficulty.

Everyone reacts to stress differently although common symptoms are headaches, sleep disorders, constipation/diarrhea, energy loss, weight change, difficulty concentrating, short temper, decreased sexual desire, upset stomach, job dissatisfaction, low morale, neck/back pain, depression, and anxiety.

Women often carry more stress than they should, and many are unaware of their stress levels. To healthily cope with stress:

- Relax. Take time for yourself every day.
- Sleep for 7-9 hours every night.
- Maintain a health diet which includes plenty of fruits and vegetables.
- Exercise. Physical activity relieves tension and improves your mood.
- Turn to friends for support and advice.
- Set limits and realistic goals for yourself. Don't be afraid to say NO.
- Helping others can improve your sense of self.

Use these tips to manage your stress so that it doesn't have a negative impact on your life.

* This article has been informed by: <http://www.4woman.gov/faq/stress.htm>

To schedule an appointment with a counsellor, please contact Delek Hospital at 1892-222053/223381. For any further queries, please email Delek Hospital at delek@sancharnet.in



Quotable Quotes

The fastest way to change society is to mobilize the women of the world.
Charles Malik, former President of the United Nations General Assembly

We may encounter many defeats but we must not be defeated.
Maya Angelou

Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose.
Helen Keller

If we are to achieve a richer culture, rich in contrasting values, we must recognize the whole gamut of human potentialities, and so weave a less arbitrary social fabric, one in which each diverse gift will find a fitting place.
Margaret Mead

As long as you keep a person down, some part of you has to be down there to hold her/him down, so it means you cannot soar as you otherwise might.
Marian Anderson



Kesang Yangkyi Takla



Born in Tibet on September 15th, 1944, Kesang Yangkyi Takla has tirelessly devoted her life to the Tibetan cause.

After completing her education at the Gorkha Tibetan School in Lhasa (1953), and then at St. Joseph's Convent, Kalimpoing in West Bengal (1954-61), she worked as a secretary and interpreter at the Department of Home and Rehabilitation, Dharamshala (1962-63).

From 1963 to 1966 she served as secretary and interpreter at the Tibetan Children's Village (TCV), Dharamsala.

A list of her foundational education includes: an Indian School Certificate issued by the University of Cambridge, UK; Bachelor of Arts studies at St. Bede's College, Simla (H.P.), and a Certificate of Distinction in Special Intensive General Administration from Cornell University, Ithaca, New York, USA.

In 1967 she married Phuntsok Tashi Takla (1922-1999), the esteemed Tibetan diplomat and scholar who was involved in major changes in the Tibetan history since the 1950's.

The impressive record of her service to Tibet includes: the administrative secretary and accountant at the Tibetan Children's Nursery in Shimla (1967-68); the administrative secretary and accountant at the Library of Tibetan Works and Archives (1970-77); the administrator of Delek Hospital (1978-82); the secretary of the Department of Health (1983-88); representative of His Holiness the Dalai Lama in the London-based Office of Tibet (1989-1997); (the first) representative of His Holiness the Dalai Lama in Taiwan (1997-1999); and the secretary of the Department of Information and International Relations (2000-01).

In January 2002, she was re-appointed as the Representative of His Holiness the Dalai Lama in the Office of Tibet, London, which is the official agency of His Holiness the Dalai Lama and the Central Tibetan Administration for Northern Europe, the Baltic Countries.

In October, 2006 Kesang Y. Takla, the sole woman cabinet minister of the Central Tibetan Administration, was administered the oath of office by His Holiness the Dalai Lama.

She left her position as His Holiness the Dalai Lama's representative in the United Kingdom and Northern Europe, and joined Central Tibetan Administration based in Dharamsala as the Minister of Health.

Kesang Yangki Takla and her amazing achievements as a Tibetan civil servant, offer great inspiration to all those dedicated to advancing the Tibetan cause.

Namgyal Lhamo Takla



Namgyal Lhamo Taklha was born in 1942 to Lhasa, Tibet. She is the granddaughter of D. Namgyal Tsarong, Commander General of Tibet and one of the chief forces for modernization in old Tibet. She did her primary school in Paygoong School, Lhasa, Tibet, and finished her high school from Mt. Hermon School, Darjeeling, India.

Namgyal Lhamo Taklha herself, has also contributed greatly to the continued development of Tibetan society in exile through the various positions she has held.

She has acted as translator and interpreter at the Bureau of His Holiness the Dalai Lama in New Delhi from 1962 to 1965. From 1966 to 1971, she worked at the Office of Tibet, Geneva, Switzerland.

Later, Mrs. Taklha worked in the Export and Sales department at Tibetan Arts and Crafts in New York, USA from 1971 to 1974. She then served as an assistant book-keeper at the Boardroom, New York till 1978.

From 1980 to 1985, Mrs. Taklha was the translator and secretary to the Director of Tibetan Medical and Astrology Institute



Dolma Gyari



(Men-Tse-Khang) and she later served as the Director of Men-Tse-Khang from 1986 to 1988.

Mrs. Namgyal also served on the Advisory Board of the central Tibetan Women's Association from 1985 to 1988.

Much of Mrs. Taklha's work has been focused in the area of public health and rehabilitation. She served as the General Secretary of Central Tibetan Administration's Health Department

Late in 2000, she became the Director of Ngoenga School for Tibetan Handicapped Children and still continuing her service to the community. She is also serving as the Director of Songtsen Library based in Dehradun. Mrs. Namgyal is currently also the Director of Drekung Nunnery.

Besides the extensive work, she has accomplished also as a government health-care professional.

Mrs. Taklha is also a published author and Hollywood film consultant. Born in Lhasa: The Autobiography of Namgyal Lhamo Taklha, was published by Snow Lion Publications in 2001.

In her acclaimed autobiography she recounts her childhood in Tibet before the Chinese occupation and also shares stories from her life in India, Switzerland and the United States.

Namgyal Lhamo Takla's multifaceted talents have made her an invaluable asset, not only to the Tibetan Government in Exile, but to the entire Tibetan community.



Dolma Gyari Drawu was born in Kalimpong, India, in 1964 and now resides in Dharamsala, India. She studied at the Central School for Tibetans, Darjeeling, and graduated class X in 1981. Mrs. Gyari has a Bachelor's degree in Political Science from Punjab University, Chandigarh. After graduation, she studied for three years at the Campus Law Centre, Delhi University.

Her political activism started young; she was actively involved in Regional Tibetan Youth Congress (RTYC) of Darjeeling during her school years. When she joined Punjab University, Mrs. Gyari volunteered to run and was elected for the post of Joint Secretary of RTYC during her first year in college. She did not limit herself to fight only for Tibet's cause; she was also involved in the GLOBAL 86 youth anti-apartheid movement in Chandigarh.

Dolma Gyari served on TYC's Central Executive Committee as Information Secretary from 1986-1989 and as Joint Secretary 1989-1991. She resigned before the expiration of her second term at TYC after she was elected to the Assembly of Tibetan People's Deputies. She has been serving on the Tibetan

Parliament for the past 16 years as one of ten female members out of the 43 parliamentarians. When asked about female representation in parliament, she asserted that the quality of the parliamentarians is more important than the quantity. Mrs. Gyari believes that each current female parliamentarian's achievements and contributions to Tibetan society are highly commendable.

She currently serves as an interim co-chair of the International Movement of Parliamentarians for Democracy. She was elected to the Eleventh, Twelfth and Thirteenth ATPD and is presently the Vice-Chair Person of the Assembly. During these sessions Dolma Gyari was elected Deputy Speaker, the first woman ever to serve in this position.

Mrs. Gyari feels strongly for the lack of enough channels or avenues for the talented and skilled young Tibetans in exile. She says the current system needs to be altered so that it can utilize the talents of Tibet's youth. Her prime concern is that some Tibetans tend to forget that we live in exile and that we feel like we have a fully functioning government. She worries that all of our energy and time goes into fulfilling the requirements of living life in exile instead of fighting for our right to return to Tibet.

Tibetans' identity as a refugee inspires her to work harder each day, yet Dolma Gyari is equally inspired by the works of other great women like, Late Mrs. Tutan Dhundup, Jetsun Pema, and Taring Rinchen Dolma. All of her accomplishments and hard work for the Tibetan struggle make Dolma Gyari an admirable role model and inspiration to so many Tibetans.



Bylakuppe

25th April: Celebrated Panchen Lama's birthday and organized events with 6 NGO's. Fliers were distributed and UNCRC was also petitioned. And candle light vigil was also organized in the evening.

Dalhousie



25th April: Celebrated Panchen Lama's birthday. Prayers were said for Panchen Lama's release and pamphlets distributed.

29th April: Prayers for Pawo Thupten Ngodup and butter lamps were offered.

25th April: A sangsol was conducted in the morning of the 25th for Panchen Lama's release. RTWA members organized a Tibetan folk dance in the evening. Debate, art and poetry competition was also organized amongst the students of TCV Model School.



Painting Competition Winners



26th April: Request letters regarding tightening the security for His Holiness the Dalai Lama's safety were sent to the Prime Minister of India, Chief Minister of Himachal Pradesh, Private Office of His Holiness the Dalai Lama and Central Tibetan Administration's Department of Security.

17th May: Marked Panchen Lama's Disappearance day by fasting for 24 hrs. RTWA Rajpur also petitioned People's Republic of China and Tibet Autonomous Region's Officials. A candle light vigil was observed in the evening.



Dhasa

24th April: Organized signature campaign for Panchen Lama's release at Mcleod Ganj's bus station.

25th April: Collaborated with 3 other NGO's and organized "Run for Panchen Lama". Students from Lower TCV, Upper TCV, Sherab Gatsel Ling school and general public participated in the run.

13th May: RTWA along with other NGO's organized the Tibetan traditional game, tug-of-war, to support Team Tibet.

14th May: Celebrated belated International Mother's Day by providing a 2 hour workshop on women's health for the students of Sherab Gatsel Ling school.



17th May: RTWA and RTYC commemorated the day of Panchen Lama's arrest by hosting an open discussion on the current situation of the Panchen Lama. The main facilitator was Jamphel Monlam, Program Officer of Tibetan Center for Human Rights and Democracy. RTWA also assisted Central TWA in the three candle light vigils held at 3 different locations in Dharamsala.

25th May: RTWA members helped the old age people of Jampa Ling in washing their clothes and blankets.

30th May: RTWA members stitched prayer flags and put them up at Lhagyal Ri for the long life and good health of His Holiness the Dalai Lama.

17th May: Marked Panchen Lama's arrest with candle light vigil, distribution of fliers and petitions sent.



Darjeeling

25th April: Celebrated Panchen Lama's birthday with prayers and Sangsol (fire-puja.)

Deckyiling

16th May: Sponsored a board calling for vegetarianism, a movement spearheaded by the Tibetan for a Vegetarian Society.

Deckyiling, Dhondupling (Clementown) & Rajpur

24th April: Went to Scholars Home and the President of Deckyiling talked on Tibet and on Panchen Lama for an hour. Pamphlets, bookmarks and stickers on Panchen Lama were also distributed.





31st May: On the fifteenth of the fourth month in Tibetan lunar calendar, RTWA Dhasa organized an awareness talk on Buddhism at Tsukla Khang. About 200 students from Upper TCV attended. A cultural exhibition was also displayed.



Gangtok

25th April: Celebrated Panchen Lama's birthday. Candle light vigil in the evening. Close to 300 people attended the vigil.



Herbertpur



RTWA Herbertpur praying for the Panchen Lama's immediate release



Kollegal, Hunsur and Bylakuppe

17th May: Panchen Lama's disappearance day was commemorated by the three RTWA's at the Dalai Lama's palace in Kollegal with sangsol and prayers. Candle light vigil in the evening was also observed.

23rd May: RTWA's from the three regions along with 4 RTYC's observed May 23rd as the black day in the history of Tibet when the Tibetan delegation headed by Ngapo Ngawang Jigme were forced to sign the infamous 17-Points Agreement at gun point by the Chinese. A peaceful procession was organized in Mysore city to mark this day and to bring awareness to the Tibetan plight.

Mainpat

25th April: Celebrated Panchen lama's birthday.

17th May: Organized protest in Ambicapur market for the Panchen Lama's release, sat for a 24 hr fasting, and ended in the evening with a candle light vigil.



Manali

16th April: RTWA Manali helped pay for hospitalizing an old woman who could not have afforded a medical treatment on her own.



25th April: Panchen Lama's birthday. candle vigil

29th April: Pawo Thupten Ngodup. Burning butter lamp and prayers.

3rd May: Bathing and washing clothes of old age community.



Mundgod

25th April: Marked Panchen Lama's birthday. A debate was also organized by RTWA and RTYC.

29th April: Marked Pawo Thupten Ngodup's self-immolation day and organized prayers.

17th May: Organized demonstration in Hubli city and called for the immediate release of the Panchen Lama and sent petitions to the United Nations Human Rights Council and the Prime Minister of India.

24th May: Marked the month of Saga Dawa. Prayers were also organized for His Holiness the Dalai Lama's long life.

5th June: Marked the Environment Day with a public meeting of discussion and



question and answer session on health and environment. They also awarded the local environment workers.



RTWA Mundgod praying for His Holiness the Dalai Lama's long life and good health.

Mussoorie

17th May: Candle light vigil attended by TCV students and public over 1000 people. The event was later telecasted on the local channel.



Norgyeling (Bhandara)

April and May: RTWA Bhandara organized workshops on Tibetan history and Tibetan Buddhism every Sunday and on May 4th and 5th.

25th April: Celebrated Panchen Lama's birthday. Organized a demonstration in Nagpur and candle light vigil followed in the evening.



29th April: Marked Pawo Thupten Ngodup's self-immolation day with sangsol and prayers.

Orissa

25th April: Marked Panchen Lama's birthday with prayers and sangsol. Also organized candle light vigil in the evening.

Saga Dawa 15: Bought 184 cows and 20 bulls from butchers and released them. Also bought many fishes and let them free in the river.

Pokhara Tashi-Ling and Tashi Pakhiel (Nepal)

25th April: Marked Panchen Lama's birthday and organized prayers for his immediate release.

29th April: Offered butter lamps for Pawo Thupten Ngodup.



RTWA Pokhara giving cooking and computer workshops

Puruwala

25th April: Marked Panchen Lama's birthday with sangsol in the morning and candle light vigil in the evening.



Rajpur



31st May: Spared many fishes in the river for His Holiness the Dalai Lama's long life.

Rawangla

25th April: Organized sangsol, said prayers and held candle light vigil for Panchen Lama's birth day.

17th May: To mark Panchen Lama's disappearance day, organized prayers and drawing competition from 5th to 8th graders.

Shimla

25th April: RTWA and RTYC celebrated Panchen Lama's birthday. Also organized signature campaign and peaceful procession.



12th to 20th May: RTWA organized prayers for the long life and good health of His Holiness the Dalai Lama.

Tashiling Pondoh

25th April: Marked Panchen Lama's 18th birthday with RTYC. Also, petitioned Human Rights Council in Geneva for the immediate release of the Panchen Lama.

29th April: Organized prayers for Pawo Thupten Ngodup and marked his self-immolation day with RTYC.



If you have any comments, critiques, or suggestions about the content or formatting of this newsletter, please write to the editor at editor@tibetanwomen.org or call 1892-221198/221527

