

Voice



TIBETAN WOMEN'S ASSOCIATION QUARTERLY NEWSLETTER JANUARY-MARCH 2009 VOL 4 ISSUE 1

Cover Story;

BREAKING THE SCHAKLES; 50 Years of Tibetan Women's Struggle

Fifty years ago, Tibetan women, often uneducated and without political experience, spontaneously rose in defiance of tyranny. As the Chinese solidified their occupation,



Ms. Gyari Dolma, the deputy speaker of the Assembly of Tibetan People's Deputies (ATPD) lamented those that shirked responsibilities, stating vehemently that the role

over 15,000 Tibetan women assembled on March 12, 1959, speaking out for peace, justice, and freedom in a non-violent expression of resistance that marked the birth of the Tibetan Women's Association (TWA). In defense of nation, culture, and family, these women braved unspeakable horrors to emerge as the mothers of a global movement.

from around the world, and covered extensively by international media, TWA's Fiftieth Anniversary provided an opportunity to showcase not only Tibetan women and the Tibetan cause, but the empowerment of women globally.

and presence of Tibetan women in the current political struggle must be naturally arising, an involuntary expression of dedication and commitment.

Fifty years later, the struggle continues and Tibetan women continue to step forward, meeting each challenge with resilience, faith, and dedication. On March 12, 2009, the TWA honored not only the martyrs of the Tibetan Women's Uprising, but all Tibetan women; from the patriots and warriors, educators and politicians, to the mothers, doctors, and caregivers that sustain Tibetan culture and society.

The morning public commemoration began with a two-minute moment of silence mourning the sacrifices of the Tibetan martyrs, following which the attendees of the function rose up to sing the Tibetan National Anthem and the anthem of Tibetan Women's Association. The Chief Guest Mrs. Rinchen Khando la (former minister of Education; Tibetan Government-in-Exile and the 1st president of Tibetan Women's Association, India) asserted that an empowered woman will empower society, and that it will not be a tag that the women will merely don for a lifetime.

Dr. B. Tsering Yeshe, the current president of Tibetan Women's Association stirred the conscience of exiled Tibetans by reminding us of the fact that our brethren in Tibet sacrificed the most precious thing, their lives, and recalled the urgency of the time and the situation in finding a solution to the Tibet crises. TWA vice president, Mrs. Tenzin Bhuti thanked the

An all day affair held at the Tsulagkhang, the commemoration provided, for the first time, a comprehensive account of the Tibetan women's movement, a historical record that serves to preserve the legacy of the women's struggle, to honor the sacrifices made, and to educate the younger generation. Attended by roughly 1,000 individuals representing nations



Inside this Issue**Political Activities;**

Cover Story; Breaking the Shackles
 Public Commemoration
 Publications launch
 Photo Exhibition
 Photo Caption Contest
 Creative Artwork Campaign
 RTWA reports
 Documentary Screening
 Statement; Tibetan Women's Association
 Raise the Tibetan Flag Campaign
 Global Signature Campaign
 RTWA reports
 50th commemoration of Tibetan National -
 Uprising Day
 Raise the Tibetan Flag Campaign
 Global Signature Campaign
 President's Taiwan Visit
 A subdued Losar
 Serfs Emancipation Day

Educational Empowerment;

Tibetan Nubs Leadership Program
 Press Conference; Zhu Rui's book launch

International Lobbying;

UPR joint submission
 RTWA petitions the United Nations
 Meeting the Italian Delegates

Accomplished Tibetan Woman;

Mrs Kalsang Tsomo

Reflections;

March 12, comments
 Words of Encouragement

Health and Life;

Yoga for a sound body and mind

Visual Projections;

TWA Poster
 RTWA Photo Gallery

courageous women for their presence and fortitude. TWA General Secretary, Mrs. Tsering Yangzom Oshoe read TWA's official statement in Tibetan and TWA Research and Media person Ms. T. Dharon Sharling provided a public reading of TWA's statement in English.

As an expression of hope for our vision of a free Tibet, the special guests of honor, Mrs.

Publications Launch;

TWA launched seven new publications in conjunction with the fiftieth anniversary commemoration of the Tibetan Women's Uprising. Each new work was individually presented by our honored guests, and were very well received by the assembled crowd.

The books generated much interest, and were a focal point of the event displays.

The flagship release, *Breaking the Shackles: 50 Years of Tibetan Women's Struggle*, chronicles the history of the TWA and the women's movement in general. In line with TWA's continued support for the female monastic community, *Tibetan Nuns: The Status of Exiled Tibetan Nuns in India* presents, for the first time, a comprehensive account of the educational, social, and political conditions of Tibetan nuns in exile. Built primarily upon 300+ surveys conducted within the exiled nun population and augmented by TWA's own analysis and policy prescriptions, this volume work provides some of the first research into this neglected field.

Dedicated always to the liberation of the Tibetan people in Tibet, TWA also released a completely updated and revised fifth edition of its seminal work on Chinese birth control policy and the violation of Tibetan women's fundamental reproductive rights. Exhaustively researched, *Tears of Silence: A Report on China's Birth Control Policy in Tibet* explores the present day realities for Tibetan women within Tibet, detailing official Chinese policy, continued human rights abuses, and the tragic implications upon Tibetan society.

Neeru Vora (Gandhian and Tibet supporter), Ms. Zhu Rui (Chinese scholar) and Mrs. Rinchen Khando la released a dove each, symbolizing the liberation of the Tibetan people who have withstood the decades of Chinese Government's repressive rule and restoration of peace and freedom inside Tibet. ■

In honor of the sacrifices and struggles of



Tibetan women through the years of the occupation, TWA launched two new publications centered upon the lives and experiences of women who defied Chinese authority. *A Voice that Remembers: The Life Story of Ama Adhe* is the first Tibetan language translation of the biography of

Tibet's longest serving female political prisoner. Chronicling her youth, arrest, 27 year incarceration, and subsequent escape into exile, this volume provides an essential piece of Tibetan history and speaks for a generation of women born in Tibet who continue to fight for freedom and justice.

Light in the Abyss: The Drapchi 14 details the lives of Tibet's famed 'singing nuns', providing biographical material on all fourteen nuns, including information on their current situations. *In Memory of the Martyrs: The Autobiography of Noryon Dewang*, is the account of one of TWA's founding mothers. It chronicles her birth in Tibet in 1921, and her rise as a resistance leader in exile and champion of women's rights.

TWA also presented Chinese journalist Zhu Rui's *Response to China's 'White Paper on the Protection of Tibetan Culture'*, a scathing indictment of official Chinese propaganda and the gross distortions of truth that constitute the core of Chinese government publications. Presented in Chinese language and aimed at furthering understanding of Tibetan culture within the Chinese population, this work draws extensively from Zhu Rui's firsthand experiences as a journalist posted in Lhasa. ■



Photo Exhibition;

In fifty years of continuous resistance to the Chinese occupation of Tibet, stories have become legends, events have been enshrined in the annals of history, and ordinary women have become heroines. As part of the fiftieth anniversary commemoration of the Tibetan Women's Uprising Day, the Tibetan Women's Association unveiled a new photo exhibition charting the women's movement, from its spontaneous birth in 1959, to the continued resistance today. As an integral part of Tibetan history, this essential knowledge of the legacy of Tibetan women is important not simply as academic documentation, but as a fundamental part of Tibetan identity and self understanding.

Of unprecedented scope, the photographs included everything from rare documentation of the 1959, March 12 Uprising, to the initiatives and programs undertaken this year. From domestic and international politics, to social welfare and cultural preservation, the exhibition exhaustively illustrated all aspects of the TWA mission. Not limited to activities sponsored by the Central office, photographs documented the consistent dedication of Regional chapters as well, both within India and internationally. The exhibition was broken into two large divisions, the first centering upon explicitly political activities and included everything from direct protest activism, to representation at international conferences and United Nations assemblies, to awareness and lobby campaigns.

The second section was itself further subdivided into Social, Cultural, Environmental, Health, and Education

highlight the enduring situation within Tibet. Aimed at creating greater awareness of not only the women's movement, but also the Tibetan freedom struggle, the photographs addressed continuing human rights abuses, enduring repression, and the illegal nature of China's occupation. As a link between the heroics of Tibetan women in times past, to the continued struggle of Tibetan women today, the photo exhibition brought together many generations of the Tibetan community in exile.



activities. From documentation of TWA's vocational training schools, to workshops on leadership and general wellness, to campaigns for environmental clean-up and the sponsorship of traditional music, dance and art, the photographs provided an intimate view into the expansive reach of TWA into Tibetan exile society. Committed to the empowerment of Tibetan women worldwide and dedicated to benefiting Tibetan society as a whole, these small, grass-roots scale activities and initiatives complement political undertakings by tackling relevant issues within local communities.

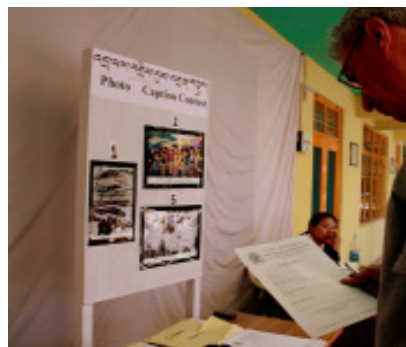
Opened at a ribbon cutting ceremony by TWA's first president and champion of the Tibetan cause Rinchen Khando la, the exhibition was attended by a broad range of Tibetan women, from students, to professionals, to the original leaders of the exile community. Packaged and sent to Regional chapters around the globe, this exhibition will soon bring the historic struggles and triumphs of Tibetan women to an international audience.

While serving as a historical review of TWA activities, the photo exhibition also served to

The photo exhibition provides a complete illustration of TWA initiatives and accomplishments in domestic and international politics, social welfare, and cultural preservation arenas. ■

Photo Caption Contest;

A picture speaks a thousand words. TWA, in its earnest and genuine bid to ensure the thoughts and opinions reflected in print express the sentiments of the public, organized a photo caption contest, thrown open to the multitudes of the March 12 marquee. The three pictures traces 50 years of Tibetan women's struggle against a repressive and brutal regime,



and it projects the consistent efforts of Tibetan women as a steadfast presence, spearheading the peaceful resistance.

the selected 15 caption for each photo features in the 20th anniversary special issue of 'DOLMA' magazine, in Tibetan and English. ■

TWA is proud to announce more than 100 entries in both English and Tibetan language and



Creative Artwork Campaign;

Paint, brush, canvas; this provides perhaps the most powerful medium of personal expression. The simple act of applying color and design is an action of fundamental creation and a solidification of personal meaning, purpose, and emotion where there was none before. Oftentimes, this singular activity can capture the thoughts and feelings of an entire society, and give expression to the frustrations and hopes of people across the world.

Following the opening program of the fiftieth Women's Uprising Day, the Tibetan Women's Association gave free artistic reign to any who wished to participate. Whereas the majority of events embodied an academic top-down approach, the creative art work campaign sought to include all members of the community and allow the participation of all who were willing. The goal was to provide a medium through which participants could express, for themselves, what the Tibetan cause and Tibetan women's struggles mean on an individual level.



The Central office provided all supplies, from sketch materials, to one-meter-by-one-meter blocks of white canvas, and paints and brushes. The community responded enthusiastically, with upwards of fifty talented artists illustrating thirty canvas blocks.

The participants themselves served as an inspirational example of the diverse unity of the Tibetan cause. Of all ages, situations, and ethnicities, the painters included students from the Tibetan Children's Village, professionals in town, and also travelers from around the world. However, all were joined by a shared vision of freedom in Tibet and the empowerment of Tibetan women.

Finished pieces were as varied as the participants themselves, covering a range of

styles from idyllic landscapes to the post-modern. Subject and content were equally diverse, some chose to paint appeals for justice, others, stirring calls of resistance and defiance, still others concentrated on the peaceful contemplation of the beauty of Tibetan culture, religion, and people.

Originally planned as a travelling showcase banner, TWA decided that the artwork would be best exhibited in Dharamsala on a long term basis. Hung in its entirety for several days at the Tsulagkhang, the five to ten finest pieces will be framed and gifted to the Tibetan Government-in-Exile and local organizations, to be displayed in offices and buildings around town. One special piece will be selected, framed, and dedicated to His Holiness the Dalai Lama.

The creative artwork campaign served as an opportunity for all those committed to the Tibetan cause, and freedom and justice in the world, to create an enduring statement of purpose and motivation. An outpouring of encouragement, the diverse demographic of participants revealed broad, cross-cultural support for the Tibetan cause, as people, from all walks of life, came together in shared vision and shared creation, joined together in the expression of defiance and hope. ■

Reports from the Regional Chapters;

The 49 regional chapters of Tibetan Women's Association commemorated the '50th anniversary of National Tibetan Women's Uprising Day.' RTWAs spread across the globe organized various campaigns and activities to mark the historic day.

RTWA Dharamshala observed the day with a protest demonstration; starting from the main temple in Mcleod Ganj to Kachari square in Lower Dharamsala. In the evening they organized a candle light vigil where the film 'Women of Tibet; A Quiet Revolution' was screened.

RTWA Bhandra marked the day by singing the Tibetan national anthem and the TWA anthem.

The gathered crowd observed a one-minute silence to mourn the deaths of the Tibetan martyrs, followed by a public speech and a mass recitation of prayers. In Pokhra (Nepal) the TWA regional chapter organized a Sangsol offering followed by an event that marked the hoisting of the Tibetan National Flag. The attendees observed a minute of silence for their fellow brothers and sisters who sacrificed their lives for the just cause of Tibet and for the Tibetans inside of Tibet.

The executive members of the regional chapter of TWA Kathmandu (Nepal) made a public reading of the TWA's March 12 statement and organized a peace rally; shouting slogans to call on the Chinese Government to respect international laws, and requesting the international community to support the Tibetan

cause. Despite the threat of police arrest, the members were able to deliver the copies of the TWA's March 12 statement to 14 diplomats in Kathmandu.

The regional chapters in Bylakuppe, Hunsur and Kollegal organized a peaceful protest rally in Mysore, lit butter lamps and offered prayers in the town hall. Later they organized a peace rally followed by a mass recitation of prayers for the Tibetan martyrs.

RTWA Ladakh organized a peace march where over more than 900 women participated. RTWA London organized a prayer meeting and the gathered crowd sang the Tibetan National Anthem and the TWA Anthem. RTWA Italy's president lobbied the members of the Italian Parliament to pass a resolution on Tibet. ■



Documentary Presentation: *A Quiet Revolution*

As men and women, lay and religious, Tibetans and foreigners of the world united as one, on the eve of March 12, 2009, shouting words of resilience that echoed the streets of McLeod Ganj, India, and holding candles in hand, the sincere energy of peace radiated through the temple grounds. These dedicated supporters came together to mark the 50th anniversary of the Tibetan Women's Uprising. Around seven o'clock, hundreds of people flooded the main gates of the temple to watch the screening of, *A Quiet Revolution*.

This documentary compiled stories and thoughts of many influential women leaders in

Tibetan exiled community. Together, these women illustrated their views on women's rights in exile, along with recommendations on how to advance the women's rights movement. The crowds' reaction to the film was that of sincere appreciation and interest. The powerful message of the documentary, and the women who told their stories, provided a lesson to both men and women to come together in unison. The film called for all to support the Tibetan cause, not as inferiors or superiors, but as equals, shoulder to shoulder in the pursuit of peace and perseverance. Gazing about the courtyard, there was a profound look of hope and passion in their eyes. There was complete silence in the crowd as people sat, focused and concentrated upon the message. Every word

in the documentary was processed and ingrained into their minds.

As the candles illuminated the temple walls, hundreds of people left the temple that night changed, some with more passion to fight for the cause and some with sincere respect for what the women of exile have done for their rights and families in Tibet. A Tibetan woman working at the *Lha* charity organization stated afterwards that "until I watched '*A Quiet Revolution*' I had a low self-esteem as a Tibetan woman, but not any longer." The day-long event set the stage for a new phase in the Tibetan freedom struggle where young Tibetan people, especially Tibetan women, are geared up to take the leads and strive hard till the Tibet crises sees a practical solution. ■

Tibetan Women's Association honors Fifty Years of Tibetan Women in the Freedom Struggle**Statement**

Today, March the 12th, 2009 is a historically significant date for Tibetan women across the globe as they stand in observance of the 50th founding anniversary of the National Tibetan Women's Uprising Day in Lhasa, Tibet. In chronicling 50 years of struggle, from the 1st National Women's Uprising Day to the 50th, the story of Tibetan women elucidates the consistent efforts, perseverance, and selfless dedication that characterize the integral role Tibetan women have played in the Tibetan freedom struggle.

Over the last fifty years Tibetan women have displayed courage in the face of the Chinese Government's illegal occupation of Tibet and heroism in exposing the numerous atrocities perpetrated upon Tibetan people. Since its inception in 1959 in Lhasa, Tibet, the Tibetan Women's Association has worked unceasingly to mobilize the political struggle and to preserve and promote Tibetan culture and religion. TWA has played a major role in building and sustaining the identity of Tibetan women and serves to instill within women the spirit of dedication both to Tibet and the next generation.

The year 2008 bore witness to an unprecedented uprising, a spontaneous expression of the universal human desire for freedom that saw brave brothers and sisters from all corners of Tibet rise up in peaceful protest against repression and injustice. The March 2008 protests tragically exposed the seething resentment within the Tibetan people, a resentment born of decades of coercion, intimidation, and oppression at the hands of the Chinese regime. Amidst this deplorable state of affairs the demand for basic human rights in Tibet has been silenced, and the calls for justice have gone unheeded. A year now after this peaceful uprising over six thousand Tibetans are still imprisoned and over four thousand Tibetans are missing, on top of the over two hundred lives lost during the subsequent military clampdown. These sacrifices will not be made in vain. We stand now, with the strongest conviction, in step with these martyrs and pledge to forever strive to make their demands reality. We Tibetan women stand in unreserved condemnation of the oppressive policies of the Chinese Government that has kept our country in chains for the last fifty years.

To commemorate fifty years of peaceful resistance against the illegal occupation of Tibet, beginning on March 12, TWA will mark 2009 as the 'International Year of Tibetan Women.' With a genuine intention to make a true portrayal of the 'Fifty Years of Tibetan Women in the Tibetan Freedom Struggle' and provide a historical coherence that has up till now been lacking, the Central TWA will on the occasion of the public commemoration of the 50th anniversary of the National Tibetan Women's Uprising Day, release seven new publications all oriented specifically towards the condition and experience of Tibetan women, and debut an exhibition of 150 politically and socially significant photos along with a screening of a documentary film projecting the Tibetan women's struggle. TWA will also organize a photo caption contest and open an art piece to all members of the community in which we encourage participants to creatively express women's experiences, aspirations, motivations, and history through the medium of poetry and painting.

Following the Dharamsala premier of this showcase, the photo and publications exhibition along with the documentary film will travel through Asia, Europe, the Americas, and Australia and will be displayed and screened at the regional TWA chapters spread across the globe. This observance of the 'International Year of Tibetan Women' is to honor the great sacrifices made by our Tibetan sisters, sacrifices that allow us our futures, and to renew our conviction to be the support, the encouragement, and the inspiration of the upcoming generation of Tibetan women.

We would like to express our most sincere gratitude to the government and people of India who have entrusted us with a safe haven here and to the international community for their overwhelming support. However, there can be no rest, no respite while conditions within Tibet remain unchanged. The repressive policies of the Chinese government remain unchanged, and Tibetan women continue to be the victims of systematic oppression, coercion, and state-sanctioned violence. TWA pledges to step up its efforts to address these violations of human rights in general and women's rights in particular. The Tibetan Women's Association appeals to human rights advocates, international governments, Non-Governmental Organizations, the Chinese people, and women's groups across the world to join us in our fight for justice and freedom, not only in Tibet but in any regimes across the world where a woman's body is ruled by the state.

The restoration of a peaceful Tibet as envisioned and outlined by His Holiness the Dalai Lama through the Middle Way approach will benefit the whole of Asia politically and environmentally and will contribute fundamentally to world peace. We urge the Chinese leadership to seize this opportunity, to change the image of China from one of despotic tyranny to one of open transparent government, from of a regime of violence and oppression to a nation founded upon freedom and justice. We beseech the Chinese Government to open actual, honest negotiation with His Holiness the Dalai Lama and work sincerely towards resolving the issue of Tibet in the interests of both Chinese and Tibetan peoples. Under the indomitable leadership of His Holiness the Dalai Lama, we call on our people and our women from all walks of life to be the force for profound change, to be the fundamental foundation of our struggle for freedom, to be the agents of our own destiny and to strive always to make our goals into reality.



The Global Commemoration of the 50th Tibetan National Uprising Day

March 10th, 2009, marked the 50th anniversary of the Tibetan National Uprising Day. Every year since March 10, 1959, Tibetans all over the world commemorate the 1959 uprising. This year was an exceptionally special memorial that marked the 50th anniversary; furthermore, it marked the first anniversary of the 2008 Uprising. In March 2008, the world witnessed an unprecedented uprising of the Tibetan people in Tibet. However, the protests were brutally suppressed by the Chinese forces, resulting in many Tibetan lives lost. Since March 10th, 2008, more than 130 overwhelmingly peaceful protests have occurred across occupied Tibet.

In Dharamsala, Tibet's spiritual and political leader His Holiness the Dalai Lama expressed his admiration for the Tibetans inside of Tibet who have continued to struggle for freedom the last half century. His Holiness stated that they "serve as a source of inspiration".

Following the public commemoration at the temple, the organizing members of Tibetan People's Uprising Movement (TPUM); Tibetan Women's Association, Gu-Chu-Sum



Ex-political Prisoners Movement, National Democratic Party of Tibet and Students for

a Free Tibet (India), organized the protest rally attended by thousands of Tibetans and international supporters. The regional chapters of TWA marked the 50th National Tibetan Uprising Day and organized hunger strikes and protests in front of Chinese embassies.

Many city halls and government buildings raised the Tibetan flag on March 10th instead of their own, in support of the Tibetan cause. All these activities show that the Tibetan cause, after 50 years of struggle, is still very much alive and supported around the world. The Tibetan people, inside Tibet and in exile, have not given up and remain focused on their cause. The 2008 uprising in Tibet shows us that the youths of Tibet, born under the Chinese flag, know their heritage and are willing to stand up for a free Tibet. They are indeed a source of inspiration for all Tibetans. ■

TWA implements ITSN initiated 'Raise the Tibetan Flag Campaign'

Tibetan Women's Association is a member of 'The International Tibet Support Network' which is a global coalition of Tibet-related non-governmental organisations. It is a vibrant coalition of more than 150 Tibet groups on six continents. The Network is dedicated to campaigning non-violently to restore the rights that Tibetans lost when China occupied Tibet sixty years ago.

ITSN has forwarded a strategic campaign to its member organizations including Tibetan Women's Association to support the 'Raise the Tibetan Flag Campaign' from March 10th until March 17th. It was organized to remember the Tibetan National Uprising Day on March 10th, the National Tibetan Women's Uprising Day on March 12th, the first anniversary of the 2008 uprisings in Tibet marked on March 14th and finally to remember the 50th year of the escape of His Holiness the Dalai Lama into exile on March 17th. The campaign was meant to raise public awareness about the strength of Tibetan identity and the determination and resistance of Tibetans inside Tibet who bravely display the outlawed Tibetan flag.

All the regional chapters of TWA raised the Tibetan flags on public buildings and public places, houses and cars and offered the Tibetan flag to regional councilors and dignitaries on March 9 and 11.

The regional chapter of Puruwalla distributed and hoisted many flags on bikes and cars. RTWA Manali and Shimla distributed Tibetan flags to shops, and RTWA Kalimpong distributed flags to all institutions around, including a Nepali school. RTWA Herbertpur and Darjeeling requested all Indian Offices to host the Tibetan National Flag from March 10-17. ■

TWA spearheads a Global Signature Campaign

On the occasion of the 50th Commemoration of National Tibetan Women's Uprising Day, Tibetan women across the globe appealed to the European Parliament to reassess and implement their resolution to recognize the Tibetan Government in Exile.

TWA spearheaded a global signature campaign appealing to the European Parliament to bring a foreseeable and practical realization to the 2000 resolution tabled on June 6th at the European Parliament which sought for "the governments of the Member States to give serious consideration to the possibility of recognizing the Tibetan Government in exile as the legitimate representative of the Tibetan people if, within three years, the Beijing authorities and the Tibetan government in exile have not signed an agreement on a new Statute for Tibet, through negotiations organized under the aegis of the Secretary-General of the United Nations". Six years since the deadline of July 2003, the resolution still remains standing and unimplemented with no concrete overtures.

The regional chapters of TWA spread across the globe organized the signature campaign on March 12, 2009; on the occasion of the 50th anniversary of Tibetan Women's Uprising Day.

In Rajpur over a 1000 Indians signed the petition during the signature campaign held by the RTWA Rajpur. RTWA Kollegal collected almost 800 signatures for the European Parliament; RTWA Ladakh collected about 900 signatures. The regional chapters have collected more than ten-thousand signatures during this successful campaign and the signed petition were later dispatched to Hans-Gert Pöttering, the President of the European Parliament based in Brussels. ■



Taiwanese cities declare 10th of March “Tibet Day” during TWA President’s four-day tour

The Taiwan Friends of Tibet (TFT) invited Tibetan Women’s Associations President Dr. B. Tsering for a four-day trip to Taiwan. The President was present at multiple functions and meetings about the Tibetan issue and about the Tibetan Women’s Association. She was honored at a ceremony where the cities Kaohsiung, Tainan and Pingtung County declared the 10th of March as “Tibet Day”, to commemorate the Dalai Lama’s flight into exile 50 years ago and to show solidarity with the Tibetan cause.

On the 7th of March, Dr. B. Tsering arrived in Taiwan and attended a meeting with Buddhism students, where she gave a presentation about the situation of women in Tibet. On the second day of the four-day journey, Dr. B. Tsering was warmly welcomed as a guest of honor at the International Women’s Day Celebration by the City Council of Kaohsiung. Over 500 eminent leaders of Women’s Organizations, scholars, lawyers and activists were present at the forum to discuss women’s rights. TWA’s president was provided the opportunity to introduce the TWA and to present some facts about the state of women’s rights in Tibet.

On the 9th of March, Dr. B. Tsering was invited by the President of the Open University of Kaohsiung to lecture regarding human rights in Tibet. Conducted through a filmed interview cum presentation, the footage is slated to be screened during classes on human rights issues at the university.

That same day, Dr. B. Tsering attended a presentation held by the Commissioner of the Taiwan Government’s Foundation for Women’s Rights, Promotion and Development, and the Director of the Taiwanese Women’s Centre, which includes 700 Women’s Organizations. Centered upon government initiatives designed to promote and protect women’s rights, Dr. B. Tsering presented TWA’s interpretations along with policies developed by the Tibetan Government-in-Exile, and discussed the difficulties of implementing such policies within the current political matrix.

That evening, Dr. B. Tsering gave another presentation of the TWA at a panel discussion with the Taiwan Friends of Tibet and the Department of Women’s Studies of the National

Taiwan University. Through a question and answer session, she was able to provide information not only about the TWA, but also



regarding the Tibetan cause and His Holiness’ Middle Way approach.

On the 10th of March the declaration of “Tibet Day” took place during a large ceremony where hundreds of Taiwan Friends of Tibet and Tibetans gathered. Held in the Central Park of Kaohsiung City, Dr. B. Tsering gave a statement addressing the situation in Tibet since the uprisings in 2008 and the 50th anniversary of People’s Uprising in Tibet. Other speakers present were the official representative of His Holiness the Dalai Lama, the President of Gu Chu Sum and the ITSN South Asia Coordinator. A press conference was held after the function, followed by a peaceful demonstration organized by the Taiwan Friends of Tibet. Some 200 exiled Tibetans residing in Taiwan and local supporters participated in the demonstration, chanting slogans against China’s suppression of freedom and asking for the immediate release of the Panchen Lama. TFT president Chow Meili stated in front of the press that “although Taiwan is a free society, local residents should keep in mind that Tibetans still live under an oppressive regime”. Jade Kou, secretary of the TFT added: “Beijing has claimed that both Taiwan and Tibet are inseparable parts of China, and look what happened to Tibet. Taiwanese should

show more empathy towards the Tibetan situation because we are on the same side”.

At the Kaohsiung City Central Park, the marchers sang the Tibetan national anthem while raising the Tibetan flag, followed with a short reenactment of the bloody clampdown by the Chinese army during the people’s uprising 50 years ago. Several journalists were present during the activities and there was wide coverage in the newspapers about the event.

After the peaceful demonstration in Kaohsiung City, Dr. B. Tsering visited an exhibition in the Kaohsiung City Hall that included TWA’s photo spread, historic images from the Women’s Uprising in 1959, photos from Gu Chu Sum and an exhibition of paintings made by a Tibetan artist residing in Taiwan. Before leaving for Taipei, TWA’s president had a pleasant farewell meeting at the Kaohsiung Mayor’s office. In Taipei, during the last evening of her visit, Dr. B. Tsering attended a candlelight vigil which was held at the Democracy Square Ground, to commemorate the Tibetans who have suffered under Chinese suppression. This vigil also received broad media coverage.

On the 11th of March, Dr. B. Tsering flew back to India. Looking back at her trip to Taiwan she states: “Although the trip was short, it was a worthwhile visit, since, for the TWA, the outreach to Chinese people is one of our priorities. This is just a beginning, and I hope that with these good contacts made in Taiwan, the TWA will be able to go a long way in this initiative.” ■



Tibetan Women across the globe refrains from Losar Celebrations

26 January, 2009; Tibetan People's Uprising Movement announced its decision to not celebrate the 2136 Earth-Ox year this coming February. This spontaneous decision was made with a genuine intention to mourn the deaths of the hundreds of Tibetan who were killed by Chinese security forces since March last year to express our deepest solidarity with the thousands of Tibetans who continue to languish in the prisons in Tibet and to express empathy with Tibetans who have been adversely affected by this year's brutal clampdown.

Losar holds an auspicious aura and is a much waited annual event, celebrated by Tibetans all over the world, mostly for 3 to 15 days where all the family members gather to rejoice one another's company and to play, drink and make merry. But after the 1959 and 1987 uprising in Tibet, the year 2008 saw an unprecedented and historic uprising by the Tibetan people; young and old, men and women, monks and nuns, against a mighty and a repressive regime that suppressed them for the last half century. But the Chinese armed forces created mayhem by forcing a brutal and a violent clampdown on the Tibetans who merely exercised their basic human rights;



freedom of speech and expression. As per the Tibetan traditional practice, we will continue with the year-long mourning over the death of hundreds of Tibetans since March last year.

Exile Tibetan NGOs stand united in our unreserved condemnation of the Chinese atrocities inside Tibet. We are gravely concerned about our Tibetan brethren in Tibet who are subjugated to a perpetuating and

unimaginable suffering. We deem the great sacrifices of our heroes as significant and we pledge that the sacrifices which cost them their lives will not go vain. The members of the Tibetan fraternity marked a subdued 2008 with no glitter, glitz and celebrations.

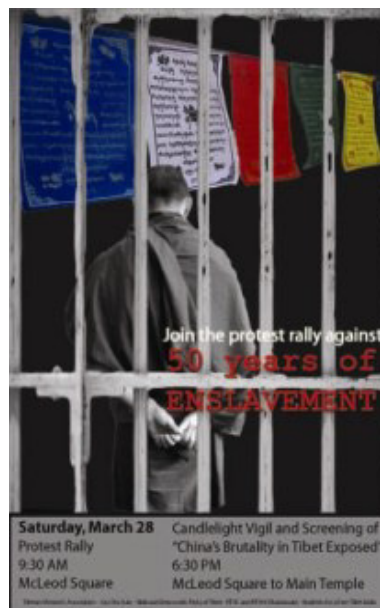
Losar is the festive season to mark the prosperous bygone year, but since this bygone year witnessed the most crucial and bloody period in the history of Tibet, the Tibetan NGOs refrained from making this Losar with celebrations. It is our earnest conviction to see that the coming year will realize the emancipation of the Tibetan people from the culminating darkness wrecking Tibet and with faith that the 2136 Earth-Ox year will usher in hope, prosperity and light for Tibet, the Tibetan NGOs converged a mass public gathering in Dharamshala on the first day of Losar for an hour-long prayer meeting. On the fourth day of Losar, TPUM organized a candlelight march in Dharamsala, followed by the screening of the film 'Murder in the Snow'. TPUM also urged the Tibetan congregation across the globe to observe similar prayer sessions. This Losar, the Tibetans in exile stood in sublime solidarity with our fellow Tibetans inside Tibet and prayed for the peace, justice and freedom inside Tibet. ■

Tibetan Women's Association marks the Fifty Years of Enslavement

On March 28, 1959, the Chinese military dissolved the Tibetan government, assuming full military and political control over Tibet. For the last fifty years the Tibetans inside Tibet have been enslaved under a nightmare of religious, cultural and political repression. Tibetans were freed, free to starve during the Great Leap Forward, free to see their land colonized, free to watch their culture destroyed, free to condemn the religious truths they hold dear, and free to bear silent witness to the torture and murder of their friends and family. On 28th of March, the Chinese Government marked their Serf Emancipation Day, and in the lead up, the world was treated to smiling faces and dancing figures, a sideshow performed upon the graves of Tibetan martyrs.

Exile NGO's; Tibetan Women's Association (Central and Regional), Students for a Free Tibet (India), National Democratic Party of Tibet, Gu Chu Sum, Regional Tibetan Youth Congress, observed a day long public protest at Dharamsala to mark Enslavement Day,

bearing witness to fifty years of suffering, sacrifice and struggle. The members of the Hope Center (NGO) performed a short skit illustrating the continued torture and oppression of the Tibetan people. A protest rally followed, from McLeod Ganj to Kachari. A candlelight vigil was held in the evening at the McLeod Ganj bus stand and proceeded down



to the Tsulagkhang, where the footage 'Chinese Brutality Exposed' recently obtained by the DIIR, was screened.

Tibetans have, for the last 50 years, continuously risen up in condemnation of this repressive regime. From the popular uprising of 1959, to the extensive protests of 2008, Tibetans of all ages and from every walk of life have stood together in defiance of Chinese repression. Tibetan people will continue to protest and carry the struggle forward, in the hopes of finding true freedom, peace and justice in their homeland. ■

"There may be times when we are powerless to prevent injustice, but there must never be a time when we fail to protest" -Elie Wiesel

TWA organizes the first ever 'Tibetan Nuns' Leadership Program'

Contemporary Tibetan history since 1959 stands testimony to the sheer courage and leadership Tibetan nuns in Tibet displayed by participating in and initiating peaceful demonstrations on the streets of Lhasa and elsewhere in Tibet. Although Tibetan nuns in exile display such acts of patriotism as well, Tibetan Women's Association felt the tremendous need to address the issue of nuns' leadership and empowerment so that they are better able to further their individual goals and also meet national interest needs.



In conjunction with *Science Meets Dharma*, (a foundation aspiring to introduce science to Buddhist monks and nuns), TWA held the first-ever leadership workshop for nuns at Jayang Choeling nunnery. The workshop lasted for three days and 21 wonderful nuns attended it. Three trainers from TWA; Dr. B. Tsering Yeshe (President of TWA), Tsering Yangzom Oshoe (General Secretary), and Tenzin Palkyi (Research and Media officer) conceptualised and organised the entire training sessions.

Ven. Jamphel Dakpa, Principal of Sarah College for Higher Tibetan Studies, honoured the workshop with his eminent presence as the Chief Guest for the workshop's opening ceremony. Ven. Dakpa delivered an awe-inspiring speech where he encouraged the nuns to take initiative and not to limit themselves by only following conventional norms. He stressed that nuns make a significant portion of our community, and for that matter it is imperative for nuns to step into leadership roles.

The three-day workshop zeroed in on certain leadership qualities such as; communication skills, goal setting, visualization, leaving a legacy, thinking out-of-the-box, time management and team management skills. Due to time constrain, the trainers were unable to go into much detail, but we saw to it that not even a minute was wasted out of the precious three days that we spent together.

TWA firmly believes active participatory and interactive sessions to be the most effective method of leading any workshop. Thus, sticking true to our belief, we designed the entire program to create a space for self-

expression and stimulate the participants to actively express their thoughts. We also deemed it of utmost importance to introduce the nuns to think creatively and find out-of-the-box solutions to any issue.

The workshop was graced by two other distinguished guest speakers; Jampa Monlam and Ven. Lobsang Dechen, who spoke on the contribution of Tibetan nuns in the Tibetan freedom struggle and the role of modern Tibetan nuns respectively. Jampa Monlam enlightened us on the tremendous contribution Tibetan nuns have made in Tibet's freedom struggle and quenched the participants' thirst for information regarding the issue. Ven. Lobsang Dechen, being an accomplished nun herself, stuck a chord with the nuns and truly inspired the nuns into believing that they can become anything they want if they give it their best shot.

The final day involved the participants in a daylong practical evaluation where the groups were engaged in a replicated Sino-Tibetan dialogue. The entire dialogue session was videotaped and later screened for the participants in a bid to garner authentic and discerning feedback. The training made a credible difference in the outlook and lives of the participants and this we believe will go a long way in making them effective leaders of tomorrow.

In their feedback for the workshop, the majority of the nuns expressed their extreme liking for the morning yoga sessions and the last day's dialogue session. They said the dialogue session was particularly helpful since it gave them an opportunity to put in practice what

they learned for the past two days. Many participants found the goal setting session to be very effective and all other sessions were equally appreciated. All of them unanimously agreed on the need for creative thinking and heartily enjoyed all the training sessions and games that pushed them to think beyond their common boundaries.

Based on her keen observation, one of the nuns inquired as to why this kind of workshop wasn't provided earlier.

Many participants requested more of these workshops and asked for longer sessions. Yeshe Sangmo, a participant from Janchup Choeling, Mundgod, particularly requested the trainers to organise similar programs in her nunnery.

TWA would like to extend our heartfelt thanks to all the participants for attending the workshop and we hope that this workshop will be a catalyst of change for the nuns. This workshop would not have been possible without the generous assistance of *Science Meets Dharma*. We genuinely hope the crack this workshop has opened up in the field of leadership for nuns will be further explored by like-minded groups. With all of us working together for nuns' empowerment, a better future is not only a possibility, but a certainty. ■



TWA launches Zhu Rui's book on Tibet

February 28, 2009; Tibetan Women's Association was pleased to launch a new book by Chinese journalist, author, and activist, Zhu Rui. A response and refutation to the 'White Paper on Protection of Tibetan Culture' released by the Press Department of the State Council of the People's Republic of China, her *Response to the White Paper* sought to address the numerous fallacies officially sanctioned by the Chinese government. Published by the TWA, Zhu Rui's work includes much groundbreaking research and represents an important step towards promoting cultural and historical understanding between Chinese and Tibetans. In a question and response session following the book launch, Zhu Rui was given the opportunity to explain and elaborate on a range of points, from her original motivations in writing to her views on the current political situation and beyond.



Directly prompted by the government 'White Paper', Zhu Rui was disgusted and angered by the officially endorsed distortion of reality presented as objective fact. She unequivocally stated that Tibet was not historically a feudal backwater as the Chinese regime would suggest, that the flourishing of Tibetan

medicine, art, philosophy, and culture directly contradict any attempt to portray pre-occupation Tibet as entrenched within the 'Dark Ages'. Zhu Rui also called into doubt Chinese long-standing claim that the 1949 invasion brought hope to an oppressed land, wondering aloud how any country could serve to promote freedom and security when they themselves were reeling under failed Maoist policies and the Great Famine.

Zhu Rui also sought to disprove the vehement rhetorical attacks launched against His Holiness the Dalai Lama, stressing his numerous accomplishments both within Tibetan society and world at large. Citing His Holiness' consistent and well-documented commitment to democracy, peace, and human rights and freedoms, Zhu Rui painted a portrait completely at odds with Chinese government doctrine.

She finds that any future solution to the Tibetan crisis hinges upon developing greater understanding between the two cultures. As such, educating Chinese regarding the history and culture of Tibet is an essential step towards creating the honest communication that forms a necessary pre-condition to any

resolution. To this end Zhu Rui has pledged to continue to write the unadulterated truth, and work to build awareness within China. Printed in Chinese in this First Edition, Zhu Rui's *Response* is thus aimed at reaching primarily a Chinese audience, both on the Mainland and the international Diaspora abroad.

When asked about the possibilities of Chinese and Tibetan co-existence that is peaceful, substantively free, and fundamentally equal, Zhu Rui cited the success of Canada's decentralized governmental framework. She finds that a multiethnic society is possible where democracy is fully implemented. While she stated explicitly that such a solution was impossible under the current political regime, Zhu Rui was also optimistic. Citing an increasing trend of educated Chinese demanding greater and greater democratic freedoms, she found that as increasing numbers of Chinese nationals push for full democratic reform, that a systemic political shift would be possible.

And as a final retort to those Chinese detractors that would label her a 'traitor', Zhu Rui remarked that many critics are chronic negators of everything and anything, from Falun Gong, to His Holiness the Dalai Lama, to Taiwan and democracy. Finding this mentality of negativity to be self-destructive and self-defeating, she reiterated the necessity of refusing condemnation in favour of mutual understanding, and that the only way to improve any situation is to build communication and create solutions, not to languish in blame and censure. ■

TWA presents the insights of a Chinese Writer on Exile Tibetans

PRESS STATEMENT

In September 25, 2008, the Press Department of the State Council released the 'White Paper on Protection of Tibetan Culture' and five months thereafter Tibetan Women's Association deems it an honor to present Zhu Rui's book, which is a 'Response to the White Paper.' This book is a result of much ground-working research and sets the benchmark to the Chinese people's penitence to the Tibetan Nation, which is hitherto unheralded. Zhu's 'Response to the White Paper' is essentially a humble dedication to His Holiness the Dalai Lama and to all the Tibetans in suffering.

Published by Tibetan Women's Association, Zhu's book, written in Chinese language is in two parts and contains the detailed descriptions of the miracles achieved in exile under the indomitable leadership of His Holiness the Dalai Lama. While the first part is about the preservation of culture, the establishment of democracy, the development of its system of education, the renaissances of Tibetan medicine, Tibetan architecture, and the arts; the second part of the book is about Tibet's contribution to human society, including its classical texts and their commentaries. The author hopes that in writing about these things, the people of all nationalities, especially the Chinese people, will understand H.H. the Dalai Lama's contribution to both Tibetan culture and the world at large.

Writer Zhu Rui was born in northeastern China and is now based in Canada, prior to which she lived and worked in Tibet for several years (1998-2001). Zhu previously has authored a book and wrote multiple summaries during her stint as the editor of the magazine 'Tibetan Literature.' In March 2008 after the uprising in Tibet, Ms. Zhu Rui published many articles on the Internet, including "Why Tibetans Want to Protest"; "The Army, Machine Guns, and Bullets, Not Control the Hearts of Tibetans"; "Write to Some Chinese"; "Invite The Dalai Lama"; "Extreme Nationalist Sentiment on both Chinese and Tibetan Communities Are Disadvantaged"; "A Letter to His Holiness the Dalai Lama"; "Hope the One in Power Doesn't Miss This Opportunity"; "Hope of Tibet"; "Exclusive Interview with Arjia Rinpoche"; "Exclusive Interview with the 17th Karmapa Rinpoche"; "Exclusive Interview with Mr. Thupten Lungrig, the Minister of the Department of Education"; "In the End, Han is Han" and other articles.

TWA recognizes that information is best disseminated through literature and houses umpteen numbers of publications that seeks to serve our goal of educating the global community, especially the Chinese nationalities about the situation, struggle and the spirit of Tibet and the Tibetan people.



TWA questions China during the United Nations 'Universal Periodic Review'

Tibetan Women's Association has consistently sought to upgrade its own expertise as an internationally focused women's organization and has for the last 25 years worked tirelessly to achieve tangible accomplishments on the international stage and thus bring about true substantive changes for Tibetan women inside of Tibet.

As China came under the examination of the Universal Periodic Review (UPR) mechanism of the UN Human Rights Council in February 2009 in the midst of its continuing "Strike Hard" campaign and pre-Losar martial law, it became increasingly evident that the Chinese Mission to the United Nations in Geneva was trying to gag UN Members, especially Western countries from raising questions on Tibet

The Universal Periodic Review (UPR) is a unique process which involves a review of the human rights records of all 192 UN Member States once every four years. The UPR is a State-driven process, under the auspices of the Human Rights Council, which provides the opportunity for each State to declare what actions they have taken to improve the human rights situations in their countries and to fulfill their human rights obligations. As one of the

main features of the Council, the UPR is designed to ensure equal treatment for every country when their human rights situations are assessed.

The Human Rights Council's Universal Periodic Review Working Group reviewed the fulfillment of human rights obligations by China on the morning of February 9th, 2009, during which 60 Council members and observers raised a number of issues pertaining to the human rights situation in the country.

According to Ngawang C. Drakmargyapon, President of the Tibetan UN Advocacy, "As China come under the examination by the Universal Periodic Review (UPR) mechanism of the UN Human Rights Council, several sources say that the Chinese Mission to the United Nations in Geneva is trying [to] gag UN Members, especially Western countries from raising questions on Tibet."

TWA's failure to avail a visa to travel to Geneva didn't deter us from submitting a joint report and a separate report on Tibetan women to the UN OHCHR. You can read both reports here: http://www.tibetanwomen.org/publications/reports/2009.02.09-joint_upr.pdf ■

RTWA petitions the United Nations;

February 05, 2009;

Mrs. Rinchen Norzom, president of RTWA Delhi, led a delegation to meet Ban Kyi Moon (General Secretary of the United Nations) during his visit to New Delhi, India. The RTWA representatives met him in person and successfully handed over an appeal letter and a memorandum.



March 19 2009; The

executive members of RTWA Kathmandu failed in their attempts to meet Navenethem Pillay (the United Nations High Commissioner for Human Rights) during her visit to Kathmandu, Nepal. But the officials of UNHCHR, Nepal allowed them to meet Madam Florence who promised to hand over the appeal letter to the UNHCHR head office in Geneva.



March 8, 2009; RTWA Dharamsala collaborated with Jagori Himachal and celebrated the International Women's Day. President Kalsang addressed the international crowd about the importance of women's right in the global scenario.

Delegation from Italian Parliament meets with Tibetan NGOs

March 09, 2009; Representatives of four Tibetan NGOs; Tibetan Women's Association, Tibetan Youth Congress, GuChuSum: Ex-Political Prisoners Movement and Tibetan Center for Human Rights and Democracy met with a delegation of Italian Parliament members to discuss how to further the active role of NGOs in the Tibetan community.

Mr. Gunther Cologna, President of the Italy-Tibet Association addressed the group assembled and expressed their sincere support for the Tibetan cause. Representatives of the Tibetan NGOs conveyed their most sincere appreciation to the delegates for their continuous support.

Mr Cologna has made immense contributions to the "lively NGO culture" in Dharamsala and continues to support the growth of organizations, new and old. "We always emphasize that Tibetan society is a democratic society ... it shows with the organizations. That's important also – to counter the Chinese propaganda that Tibetan society is a feudal society, a society of serfs and slaves and all

that ... to show that you are a democratic society, that the aim is not to restore a theocratic kingdom in Tibet, but that you're a democratic society."

While Mr. Cologna stressed the responsibility of the global community to take action for Tibet, he also encouraged the T i b e t a n community to continue being active and voicing their opinions, "Young Tibetans are more feisty in claiming their rights, and fighting for their rights, and giving a forceful energy to the demonstrations ... [it shows us] how much the Tibetan struggle is alive and how determined you are to fight for your rights."



Referring to the vigil that took place the night before, he w a s confident in the fact that, "the same thing [was happening] in Austria, Germany, Switzerland, F r a n c e ,

Spain, England, and many other countries." It is evident that Mr. Cologna and his fellow delegates from Italy voice the opinion of Tibet supporters all over the world. ■



President of RTWA Ontario wins 'Volunteer Achievement Award' from MPP Cheri DiNovo of Ontario Legislative Assembly

Kalsang Tsomo, the President of Tibetan Women's Association of Ontario, Toronto Canada Chapter, has the strong essence of community service rooted deep within, with which she has a strong sense of gratitude towards His Holiness the Dalai Lama. Thanks to her original schooling, in Tibetan Children's Village in Dharamsala India, and her inspirational teacher, Ama Jetsun Pema, she has been raised and educated into what she is today.

Tibetan Women's Association Head Office, based in Dharamsala, felt pride when they heard about the naming of Kalsang Tsomo as one of the recipients of the 'Volunteer Achievement Award', on 24th March 2009. She was among 25 candidates so honored by MPP Cheri DiNovo of Parkdale High Park Constituency, which is home to many Tibetan immigrants. She is the first Tibetan to receive such an award. Ms. Tsomo's hard work in the field of social and political services within the Tibetan community, since she became President of TWAO in Feb 19th 2008 to the

present, has offered the younger generation a real role model. She strongly believes in setting an example to the younger generation. Once a



second from left, Mrs Kalsang Tsomo teacher herself in Tibetan Children's Village, Bylakuppe, Mysore, India, where she served for over 17 years, she still holds to the school motto "Other's Before self"; Furthermore, she believes that one must achieve and commit themselves to the best of their level.

Her philosophy of 'Individualism' is ideal when making a difference in the community. According to her, "Every Individual is different and has the capacity to do constructive work with the right attitude and thinking". As such, 'Individualism' is very important when seeking to bring about a big difference. Education is also taken as a focal point of her developmental strategies and forms the core of her principals and strength. When these two personal ideologies come together, along with numerous others, in the fight for world peace and the development of education, the outlook is certainly bright. She considers Individuals as the Movers and Shakers of society that make a difference in the world. "It is not a different thing that makes the difference, rather it is through different ways differences are made within the community".

Kalsang Tsomo stands as an inspiration for many young Tibetan women living abroad. It is extremely refreshing to see someone bringing to life the essence of Tibetan Buddhism and really living the motto, 'Others Before Self'. ■

Congratulatory message for Tibetan Women's Association

Date; March 13, 2009

Dear Tibetan Women's Association,

I am writing today to compliment all the Tibetan women and volunteers who worked so hard to make the successful event at H.H. the Dalai Lama's temple on March 12, 2009. The work put into the coordination of events, speeches, photo exhibit, publication releases and documentary film showing were exemplary of your dedication and hard work. It was so professionally done coordinated and scheduled that it was a powerful day in not only my experience in the Tibetan community but for those who attended.

At the end of the film on elder monk turned to me and said "Good film" and gave a confident shake of the head that he was very happy to have attended the release of the film "A Quiet Revolution". The most powerful conversation I had was the following day when a young Tibetan woman told me of her experience. She first asked me if I could remember the name of the documentary because she wanted to post information on her facebook about it. She went on further to explain to me that as a Tibetan woman she sometimes lacks confidence but after watching the movie she felt much more confident to be a Tibetan woman.

Therefore my conclusion is that the hard work and efforts to create a day of awareness of the 50 years of Tibetan Women's work to preserve the culture and to empower women was a great success. Your efforts and hard work are to be commended and I thank you for continuing to empower women not only of the Tibetan culture but women of the world.

Congratulations on a successful event.

Regards,
Leann Halsey,
student at the University of Arkansas, U.S.A



Inspiring words from the Visitors to the March 12, 2009 Marquee

Hey thank you. I am studying in India, we have a Tibetan club, I will be part of that after this; *Maria Jose R.V, Costa Rica*
 Hope for the best and freedom; *Dr. Sachin Adhikari, India*
 I found these books will help a lot to know about our nation, *Ngawang Youten, Exile India*
 I find it very hard to stop to hate China. I am very very angry.sorry, *F. Stammeshause, Netherland*
 Keep trying. Best wishes are with you; *Nasib Bonsal, India*
 Try and Try and You will be successful; *Vineet jain, India*
 Breaking the Pangden = Shackles! My hope is with you all; *Susanne Ben Ahmed, Germany*
 My heart is with you; *Amelia Jacobs, USA*
 We are with you; *Sucharcita Parcija, India*
 I support Tibetan every possible way!!! ; *Saiko Flack*
 Keep hope and all my prayers for peace; *Jennifer Perrin, Canada*
 Continue with all the work you do it's worth and great; *Alejandra Nettel*
 Don't give up we support your effort and struggle; *Thinley Di Marco, USA*
 Don't give up your work and struggle. We are with you; *Moa Gruneau, Sweden*
 Such admiration for those you have left behind. We are with you; *Diane Hackney, Great Britain*
 Excellent, informative exhibition; *Trish Sandys, Great Britain*
 Very good exhibition; *Dr. Anita Dudhane, India*
 Thank you for your testimony and all your power; *Julien Morin, France*
 Thanks for the exhibition, very graphic ; *Soledad Prieto, Chile*
 Long Live the Dalai Lama!; *Jack fenton, England*
 Wishing you all the best and hope your fight will soon can take a rest. Free Tibet!; *Jennifer Ryan, France*
 Support you for your struggle. Keep Courage. Free Tibet!; *Clementine cazaintu, France*
 Thank you to show as that the power is inside when the injustice are evident. Free Tibet. *Clara Grau; Spain*
 Thank you for showing the things that are happening to the women of Tibet. Free Tibet. *Kalden Tsering, Exile India*
 Thank you for the hard work on photo Exhibition and please carry on; *Namgyal, Exile India*
 Wonderful... what you are doing. Never Give up!; *Greg Heith, Australia*

Inprints; Words of Encouragement

'Co-inciding with the 50th anniversary of the Tibetan freedom struggle under China's colonial occupation. Dr B.Tsering and her editorial team are to be congratulated for the effort they have expended in bringing the new publication. *Breaking the Shackles: 50 Years of Tibetan Women's Struggle* into existence. The exhaustive chronicled analysis of the Tibetan Women's role and their contribution in the Tibetan freedom struggle is timely and inspiring. I am obliged to observe that such niche resource would go a long way in inspiring and awakening a new generation of Tibetans for posterity.'

Tenzin Choeying, National Director, Students for a Free Tibet India

'Tibetan women and the Tibetan Women's Association need to keep on persevering and should not breed despair. Despair breeds violence. It is essential for the Tibetan Women's Association to maintain their stance on helping women progress in society. T.W.A. must continue its work on bringing women's equality up to par in our communities. We need to see more women holding higher positions in our community, government and in the daily life of society. The work that they have done has already contributed so much to the community and women on an individual level.'

Robert Thurman, Professor, Columbia University, U.S.A



Healthy living with Yoga

Yoga has proved for many centuries its benefits for human kind. Practicing yoga is helpful for preventing diseases, for relaxing purposes and for maintaining a healthy body. Here are some exercises with different kinds of purposes.

General rules

Yoga may be done in the morning and the evening, make sure you are in a calm, secluded place, wearing comfortable, loose clothing. Food should be taken at least a half hour after performing yoga, do not exercise with a full stomach. It is a common rule to exhale while bending forward and inhale while moving backwards, breathing should take place through the nose. Closing your eyes during the exercise helps you increase the concentration of the mind and thus helps eliminating stress. Beginners may experience muscle pain, but this should reduce after 2-4 days with continuing practice.

Exercise 1: SarvIgsana

Exercise for stomach problems, diabetes and obesity.



Lie down straight on your back. Keep the feet together, place the hands along the body with the palms touching the ground.

Inhale and raise the legs slowly upwards to 30 degrees, then 60 degrees and finally 90 degrees. Take the help of your hands

while lifting the legs. If the legs cannot be kept straight at 90 degrees take them ahead to 120 degrees with the hands supporting the back. The elbows should be on the ground and the toes joined and straight. Keep the eyes closed

or gaze fixed on the toes. Starting with about 2 minutes, the duration can be extended slowly up to half an hour.

Bend the legs slightly backwards before returning to the normal position. Remove both the hands from the back and place them straight on the ground. Now regain the original position slowly in reverse order, while keeping the palms pressed on the floor.

Exercise 2: Halsana

For a healthy spine and back muscles, to prevent weak digestion and constipation and diabetes and to activate the pancreas.



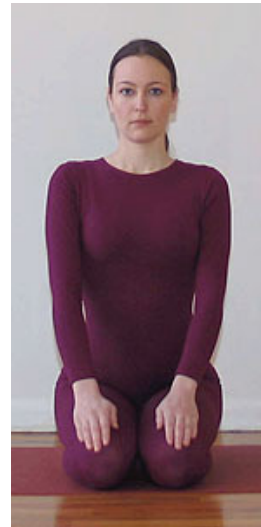
Lie down straight on your back, inhale and slowly lift the legs. First 20 degrees up, then 60 and finally 90 degrees up and then take the legs to the back of the head by lifting the back, while exhaling.

Rest the toes on the floor behind the head and breath normally. In the beginning the hand can be used to support the back for comfort. At the completion stage keep the hands on the floor and stay in this position for 30 seconds.

While returning, repeat the same process by keeping the hands pressed on the floor and keeping the knees straight, while the heels touch the floor.

Exercise 3: Vajrsana

Exercise with a meditative purpose, also good for digestion and painfully knees.



Fold both the legs and place the feet under the hips in such a way that both the heels are protruding outwards and the toes are touching the hips.

In this position, the thumbs of both the toes shall be touching each other. The back, neck and the head should

remain straight. Knees should be touching with the hands resting on the knees.

Exercise 4: Shashakasana

Massages the heart and gives strength to the pancreas, intestines, liver, kidneys and strengthens the uterus. Also good for reducing fat from stomach, waist and buttocks and is beneficial for mental illness, stress, anger and irritability.



Sit in Vajrsana posture (exercise 3) and while inhaling, lift both the hands upwards.

While bending forward, exhale and stretch the hands forward, keeping the palms down, rest the hands on the ground, till the elbow. The forehead should also rest on the ground. Stay in this position for some time and again come back to Vajrsana position. ■

source; The Philosophy of Yoga by Ram Dev





Bhandara



Bylakuppee, Hunsur & Kollegal



Bylakuppee, Hunsur & Kollegal



Clementtown



Dalhousie



Deckyiling



Delhi



Dharamsala



Herbertpur



Herbertpur



Italy



Italy



Kalimpong



Kalimpong



Ladakh



Ladakh



Mainpat



Mainpat





Manali



Mundgod



Mussoorie



Mussoorie



Nainital



Kathmandu



Ontario, Canada



Ontario, Canada



Poanta Sahib



Poanta Sahib



Pokhra Tashiling



Puruwala



Rajpur



Shimla



Dharamsala

Dear readers,
If you have any comments and queries about the manner and matter of our writing, please direct them to editor@tibetanwomen.org or dial 01892-221198 /221527 or fax them to 01892-221528



London, U.K

