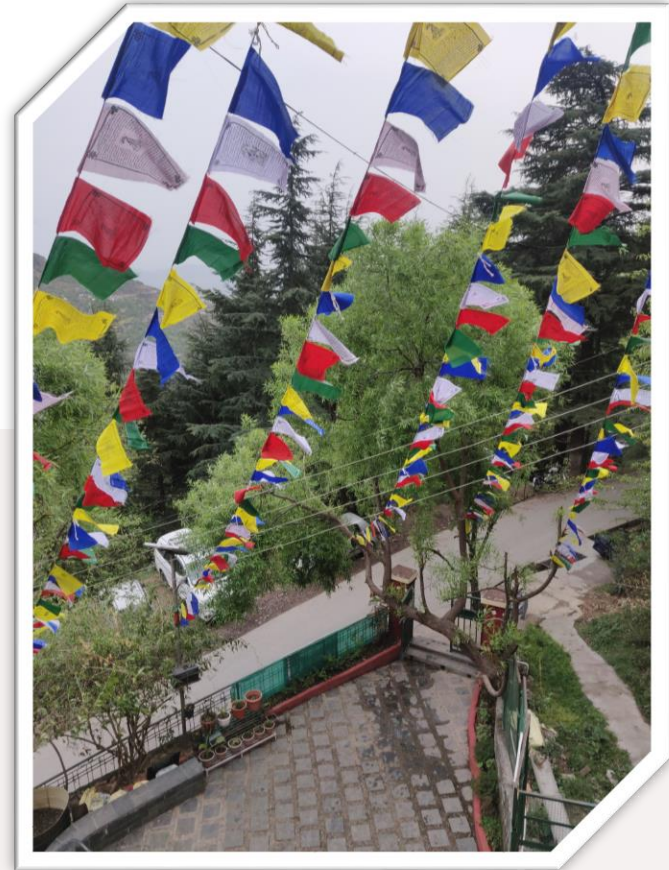


# Lha Charitable Trust

INSTITUTE FOR EDUCATION & SOCIAL WORK



Annual Report  
2021





## Director's Message

*Tashi Delek and Greetings from Lha Charitable Trust,*

*For over two decades, Lha has been providing a wide range of educational and social services to Tibetan refugees, local Indians and people from the Himalayan regions. We are tremendously grateful to so many people who have supported Lha over the years and especially during the global pandemic. As the COVID-19 pandemic continued in 2021, we had to make huge decisions on how to move forward and also relocate our office to the current address, Lha Ahimsa House. We are exceptionally grateful to the Tibetan Cooperative Society for being a wonderful landlord for over 15 years. We were able to carry out countless projects and events from this place which have had a real impact, and we have so many wonderful memories with our volunteers and beneficiaries.*

*Certainly the year 2021 has been a great year for us despite the uncertainty of the COVID situation. Many of our international volunteers could not take part in our programs physically, however many of them supported us in different ways. I express my earnest gratitude to every single person who has helped us continue our work and change the lives of many people.*



# CONTENT

❖ Background	4
❖ Our Vision & Mission	5
❖ Areas of Focus	6
❖ Projects & Impact	7 – 29
❖ Our Donors & Partners	30
❖ Lha Websites	31
❖ Social Media	32



## Background

**Since** 1959, hundreds of thousands of Tibetans have chosen to leave their homeland in pursuit of the freedoms and the opportunities denied under the Chinese communist occupation. Every year, new refugees arrive in India after an arduous journey, carrying only an armful of personal belongings. Countless refugees arrive with little or no education, speaking only Tibetan, and possessing no viable job skills to support themselves and their families. Furthermore, it is extremely difficult for adults and older refugees to receive an adequate education in India due to their school system requirements.

**Founded** in 1997 and registered as a charitable trust by the Himachal Pradesh Indian Government in 2005, Lha has continuously provided vital resources to those in need for nearly 25 years. Lha's financial accounts are audited annually by a Government-approved chartered accountant. Lha plays a crucial role in facilitating the transition of Tibetan refugees from their homeland to the Indian community by providing long-term rehabilitation and education resources. Each year, programs and projects are adjusted to meet the conditions and needs of the community, while keeping the commitment firm: to help the Tibetan people survive and prosper in their new home and to preserve their profoundly unique culture. All Lha's services are open to local Indians and people from the Himalayan regions. In addition, Lha offer volunteers and students the opportunity to engage in meaningful community service and social work.

# Vision & Mission



## **Our Vision**

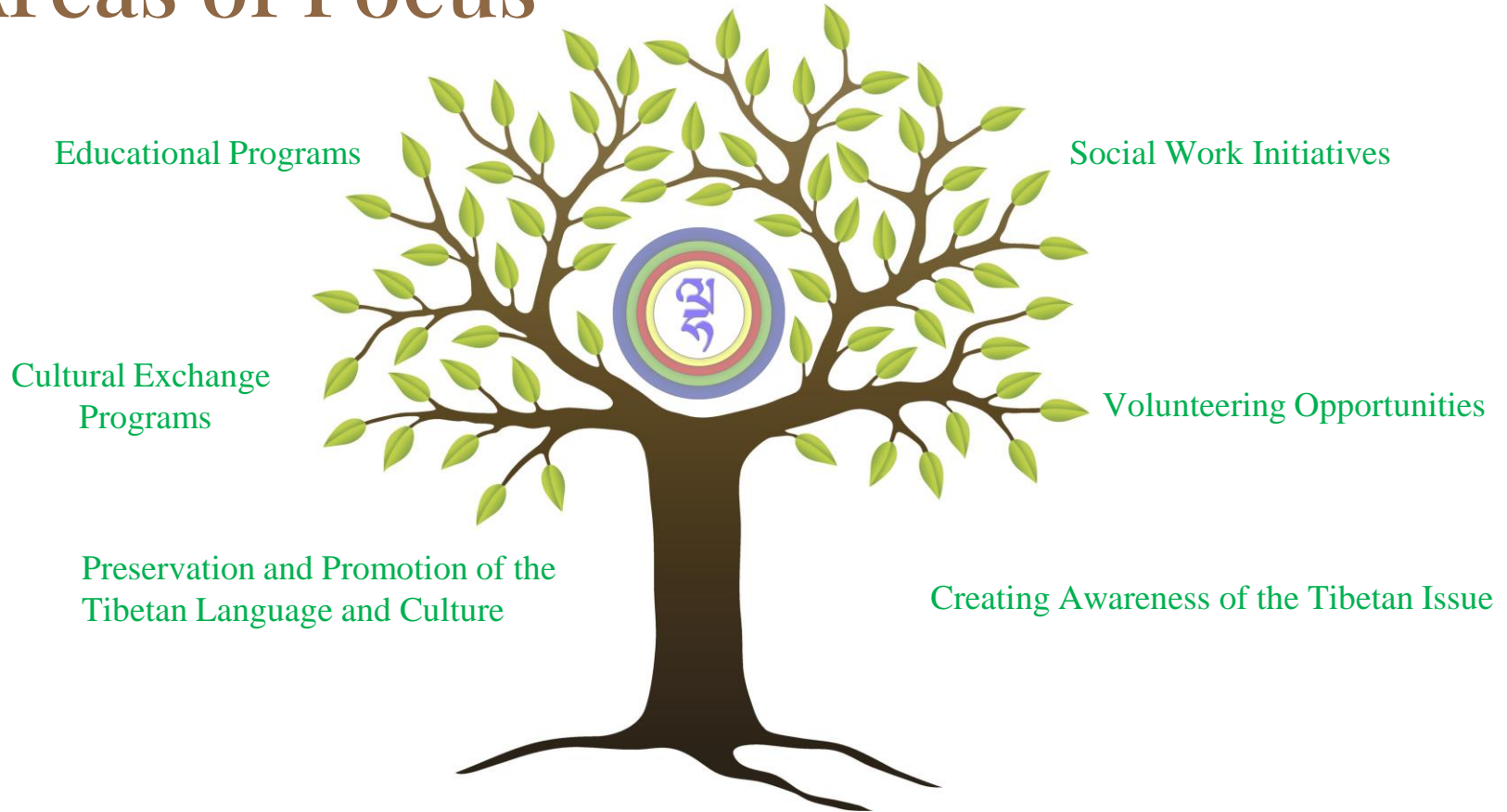
To generate an atmosphere of harmony and co-operation within the community by meeting the needs of the impoverished and underprivileged.

## **Our Mission**

- To provide a wide range of social services to Tibetan refugees, local Indians and people from the Himalayan region.
- To provide Tibetan refugees with health care and educational services, as well as the skills and assistance needed to build a new life in exile.
- To facilitate meaningful mutual learning and cultural exchange experiences among Tibetans, volunteers and students who visit from other countries.
- To increase awareness of the Tibetan refugee situation and preserve the endangered culture of Tibet.



# Areas of Focus





# Project Impact



# Livelihood Training Programs

Believing that education and life skills are the major asset for one's survival and prospect for a better livelihood, we started a series of skill training programs in 2019 with funding support from The Tibet Fund, targeting uneducated, school dropouts and young unemployed Tibetans to equip them with necessary skill sets for employment. The Livelihood Training Program is putting our missions into action to facilitate easier transition of Tibetan refugees in exile.

We received over 200 applications for the program this year and we take great pleasure in sharing with you today that 95 young Tibetans were trained in various life skills. 50% of the applicants were Tibetans who were born in Tibet and escaped to India from the Chinese occupation. Selection of the students was based on their educational qualification and current employment status. Priorities were given to those who have never been to school, school dropouts, former monks and nuns and young unemployed people. Of the 95 students who received our livelihood training, 56 students are male and 39 are female. Following are a brief report on each training course:



# Tibetan Traditional Massage and Spa Course

This course was held in partnership with Gyatso Yoga and Spa Centre in McLeod Ganj. Gyatso was one of our student from the 2019 batch, who recently opened his own centre. This course has been taught by Miss Tashi Lhamo since 2019. Tashi Lhamo has many years of experience in this profession in India and abroad as this is her passion and she has continued with this work since completing traditional Tibetan massage course. This year we had three batches with six students in each group making a total of **18** students who took the course. This course covers Tibetan Traditional Massage, Introduction to Swedish and Thai Massage and Basic Spa. This one month training had introduced the students to intensive learning in both theory and practical. The students were also given the option to do an internship at one of the massage and spa centers in Dharamshala to gain more hands-on practice and experience in the field.



# Special Cuisine Course

The Special Cuisine course was a new addition to the Livelihood Training Program for 2021. This course was developed to teach a variety of different cuisines and make it easier for students to pursue a course in their own area of interest. This course included Japanese, Thailand, Singapore, Malaysian and Vietnamese cuisines. We hired Mr Sherap Lodeo as the trainer for this course, he has specialized in Asian cuisine and has more than a decade of working experience in the same field. 22 students were trained under him in three batches. This course, which took place at Lha's Ahimsa House, was for a period of one month. In addition, they also learned the basics of Korean and Chinese cuisines. The students fully enjoyed the training session with Sherab and their final day display was impressive.



# Bakery Course

Since the beginning of the Livelihood Training Program, a lot of people have shown interest in the Bakery Course and we had over 75 applicants for this course in 2021. However, we were able to offer this course to only 24 students this year due to limited resources. We hired Mr Tenzin Ngawang as the trainer, he completed his training from the Tibetan Private Industrial Training Institute in Dehradun. He taught the 24 students in four batches. The one month course included both theory and practical in bakery and confectionery. Each class was for three to four hours. Additionally, students were encouraged to come and practice outside the assigned classes. The students were taught to bake various types of breads, muffins, cookies, pies and cream cakes.





## Cookery Course

This year our Cookery course received 12 participants and the course was taken in two batches. The course was instructed by Mr Tenzin Lekphel who had also taught our 2019 cookery students and had several years of teaching experience in the same field. This course was for one month, with 2 hours of classes on all working days. The Cookery Course covered Indian and Chinese cuisines. At the students' request, they were also taught basics of sushi making.



# Nail Art Course

The Nail Art Course is one of the new additions to the Livelihood Training Program for 2021 and six students took part. This course was given in collaboration with Jawed Habib Academy, Delhi. The students were sent to Delhi and the classes took place at their academy. This course period was for one month and the classes were for three hours daily. The course contents included Tools Name, Shape of Nails, Temporary Nail Paint Applied, French Nail Paint Applied, Cutting Cut Technique, Extension Paste Technique, Acrylic Extension Theory and Practical, Buffing Permanent Nails Paint, Permanent French Nails Paint, Glitter Nails Art, Brush Art, Chrome, Gel Extension, Permanent Nail Art, Taping, Foil Application, Drill Technique, 3d Nail Art, Spider Nail Art, Luxury Nail Art and Parsing.



# Certified Fitness Trainer

- The Certified Fitness Trainer was another new course in 2021. This course was implemented in collaboration with Fit India Trust, one of the leading fitness academies in India. Four students took part in this training.
- The training period was one month and was conducted online, because of which our selection was very careful. We arranged telephonic interviews and selected only those who had at least one year of gym experience and passion for fitness. The course contents included Human Anatomy, Physiology, Kinesiology, Nutrition, Functional Assessment, Stability and Mobility Training, Cardio-respiratory Training and Mind-Body Exercise Yoga.



Become a Certified Fitness Trainer



# Bartending Course

This year's Bartending Course received eight applicants, however due to the travelling and accommodation facilities, only one student was able to complete the course. The course was offered in partnership with Cocktails and Dreams Bartending School in New Delhi, one of the foremost bartending schools in India. The training was for three months, including the one month internship period. The lessons focused both on theory and practice at the bar after the class.

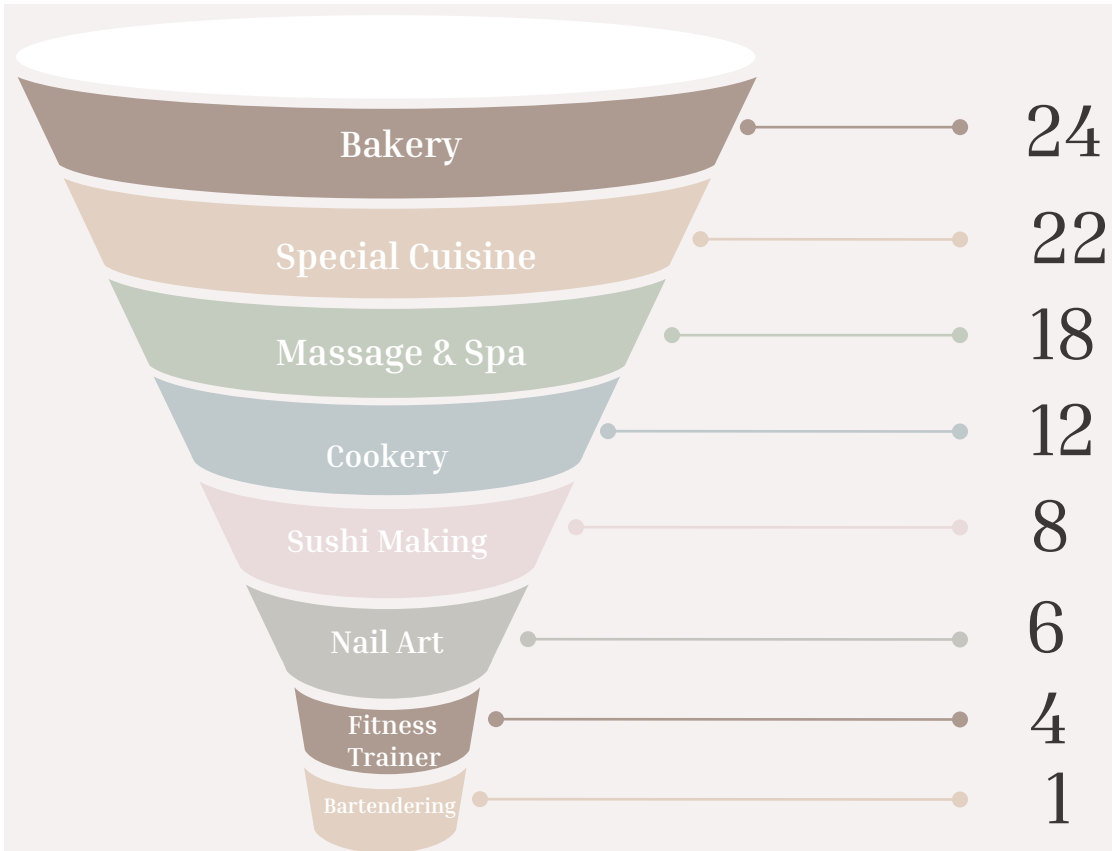


# Sushi Making Course

The Sushi Making Course was not in the 2021 plan, but there was huge demand for it and repeated requests from many people. It was difficult to find a professional trainer at short notice; fortunately, our 2019 Sushi course Teacher was able to take two weeks off from his full time job and came up to Dharamshala from Gujarat for the training following our request. We are very grateful for his time and service to the community. The course was initially planned for one month but due to the trainer's lack of time, we had to shorten it to two weeks with 45 hours of training. Eight students participated in this course and they truly appreciated the opportunity. Even if this course was a short one, this was one of most expensive course since the materials are imported and not easily available in the market.



# Number of Students in Each Course



“

*“Because I work for elderly people, I learnt about pressure points, steps and gained more knowledge about Tibetan massage. I learnt Japanese Massage before but they did not teach about pressure points and accurate pressures”.*

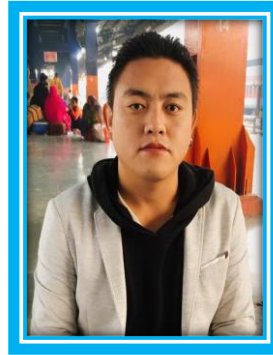
- Tsomo, Tibetan Traditional Massage and Spa Course

## Livelihood Training Program students who have started their own business since completing their course with us



**Tenzin  
Choedon**

Tenzin Choedon is a freelance Nail Artist based in Dharamshala. Her Instagram is **nailartbyleo**



**Thutup**

Thutup opened his own restaurant in Mungod, South India, after completing Special Cuisine Course.



**Tenzin  
Tsering**

Tenzin is now the owner of **Lhazay Salon** located near Tsuklakhang, Mcleod Ganj, Dharamshala.



**Kelsang  
Gyatso**

Kelsang now runs a small restaurant near the Dalai Lama Temple, Mcleod Ganj after completing the training from Lha.



# Contact Magazine



*Contact* magazine, a monthly news magazine published by Lha Charitable Trust is one of Lha's longest standing project. *Contact* aims to utilize a free press to develop solidarity among Tibetan, Indian and foreign tourists. *Contact* is the only monthly English medium newsletter on Tibetan issues that is available free of charge, keeping the accessibility of information as the priority. Unlike previous years, this year we published and posted only six issues of *Contact*, with 500 copies each month, due to the Covid-19 pandemic situation. We have carried on with publishing the articles online via the *Contact* website. In those six issues, we published 84 feature articles and five people stories, and have worked with five volunteer writers. Copies of *Contact* are distributed directly to the public through offices, libraries, schools and many copies are posted as well. *Contact* gives tourists easy access to information about Tibetan issues as *Contact* is freely available in many restaurants, agencies, hotels and shops in and around Dharamshala. It helps in fostering a mutual understanding between the Tibetan community and the people from around the world who visit here. *Contact* newsletter is printed at the end of each month, and the online version at [www.contactmagazine.net](http://www.contactmagazine.net) is updated regularly so that news is reported on time. Printing and postage of *Contact* is supported by the Taiwan Foundation for Democracy.



# Intensive Yoga Workshop



## Intensive Yoga Workshop

In collaboration with Women's Empowerment Desk at the Central Tibetan Administration, we organised a ten-day intensive yoga workshop for Tibetan women from all walks of life, which ran from September 6 to 16, 2021. The ten-day yoga workshop was led by Ms Sonam Paldon, a professional yoga practitioner with many years of experience who is also a certified yoga teacher. The aim of the workshop was to educate the participants on the importance of a healthy body, mind and spirit, and also to encourage and instill the idea of holistic self-care in order to lead a healthy lifestyle amidst busy schedules of balancing home and work life. More than 40 women took part; workshop was carried out in two sessions, one in morning and another in the evening with 20 women in each session of one and half hour's duration.

The participants were not only taught the yoga poses but were trained to briefly meditate and to practise what they have learned during the sessions every day with the trainer so that the participants can carry on with the practices in between times in their homes, and to carry on once the course is over. To encourage the continuation of the yoga practices, Ms Sonam Paldon has prepared a leaflet containing the details of the yoga poses and their names, together with a brief explanations; this was distributed to all the participants.

# Celebration of International Women's Month



To mark and celebrate international women's month, Lha Charitable Trust, in collaboration with Loving Tara, organized an evening of yoga, poetry and music at Lha's new café on March 30.

The day was marked with a yoga session focusing on "7 Best Yoga Poses for Women's Health" led by Ms Sonam Paldon, an experienced and certified yoga teacher. The session was attended by over 30 Tibetan women and in order to make the session available to a wider audience, we live streamed the session on Lha's Facebook page; this attracted a huge number of viewers who were unable to join in person. The yoga session was followed by a woman themed poetry reading, music and an open mic session in the evening which was a huge success with lively performances and participation from the packed audience.





# Initiatives during COVID-19

Lha continued its COVID-19 initiative services throughout this year. In collaboration with the Dharamshala Tibetan Settlement Office (TSO), Lha assisted COVID patients in the ambulances and hospitals whenever needed during the second wave. We also volunteered to help with TSO's monthly sanitization of the town during the peak period. At the height of the second wave of COVID-19, Lha provided free COVID home isolation kit boxes to help people recovering at home. One hundred boxes of these home isolation kits were distributed through the Department of Health, Central Tibetan Administration (CTA). Each of these boxes contained a vaporiser, pulse oximeter, hand sanitizers, N95 masks, digital thermometer, Vitamin C and Paracetamol tablets. Over 60 other such boxes were distributed directly to various individuals in May and June, 2021. This project was made possible by funding support from the Norzang Foundation, Switzerland. Lha, on behalf of all the beneficiaries, would like to thank them for their continues support.

Lha's volunteer work and contribution during the pandemic was acknowledged by the CTA, through Dharamshala Tibetan Settlement Office (TSO) with a certificate of appreciation on 24<sup>th</sup> December 2021.

# Preservation and Promotion of Tibetan Language and Culture



Under the umbrella project of preservation and promotion of Tibetan language and culture, Lha has been running and managing a bi-lingual website ([samdhongrinpoche.com](http://samdhongrinpoche.com)) on the valuable writings, speeches and teachings of His Eminence the Professor Samdhong Rinpoche. Up till now Lha has added 952 of Rinpoche's teachings on wide range of topics including Buddhist philosophy, Tibetan politics and environmental issues to the website. Lha also manages a YouTube channel and a Sound Cloud profile dedicated to Rinpoche's teachings, speeches and interviews through which numerous videos and audio files have been made accessible to the general public. Lha has added 341 videos on the *YouTube* channel and 1,112 audio files on the *SoundCloud*.



## Clean Water Project

Since 2010 Lha has made clean drinking water accessible to thousands of people living in and around Dharamshala through its Clean Water Project. So far Lha has installed 29 water filtration systems benefitting over 17,770 people including Tibetans refugees and local Indian communities. While no new filtration system has been installed in 2021, Lha provided the usual annual maintenance service to all the water filter machines before the onset of the monsoon. This project is made possible by generous donations from various individuals and organizations.



# Scholarship Program



**Chokey Dolma**

1st year B.Sc Nursing,  
Sumitra Institute of Nursing  
and Paramedical  
Sciences, Noida



**Tenzin Nima**

1st year, College for  
Higher Tibetan  
Studies, Sarah  
Dharamshala



**Tsering  
Choedon**

1st year Post B.Sc, JSS  
College of Nursing  
Mysore



**Tenzin  
Nordon**

3rd year Apollo  
School of Nursing,  
Delhi



**Tsering  
Dolma**

3rd year, Maha Sahin  
Kaur College of  
Nursing, Chandigarh

Lha's Nursing Scholarship program was initially began in 2018 and supported three young women to support their tuition, hostel and other expenses while pursuing their college. In 2021, Lha continued to support them and extended the scholarship to two more students. One of the original three students completed their BSc nursing degree and then started a post B.Sc course in 2021, while the other two continued their college courses. One of the new 2021 scholarship recipients is pursuing a B.Sc Nursing at Sumitra Institute of Nursing and Paramedical Sciences, Noida and the other student is studying Buddhist dialectics in the College for Higher Tibetan Studies, Sarah. All our scholarship recipients have their own stories of facing struggles and challenges before embarking on our scholarship program.

# International Language Classes

# 13,660 students

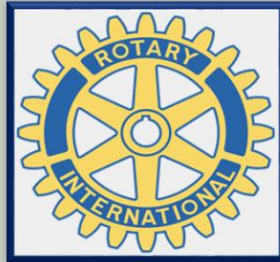


Since our initial days, one of our key focuses has been providing an easy transition for Tibetans arriving in foreign countries to equip them for their new lives, and we firmly believe that language skills play a vital role in the rehabilitation process for refugees. Therefore, our international language program remains one of our most important projects even today and it gives us great pleasure to say that around 300 students have been benefited from this program in 2021 despite the challenges posed by the COVID pandemic.

98% of our students are Tibetans and almost 90% of these students were born in Tibet and then escaped to India as refugees. There is also participation from local Indians and other Himalayan people in our language classes; these students take part in various classes, studying Tibetan, French, English, German and Chinese. This year we offered classes in Tibetan, French and Chinese at two levels and three levels in addition to the Conversation classes. A total of **13,660** students have taken part in these classes since **2006**.



# Our Donors & Partners



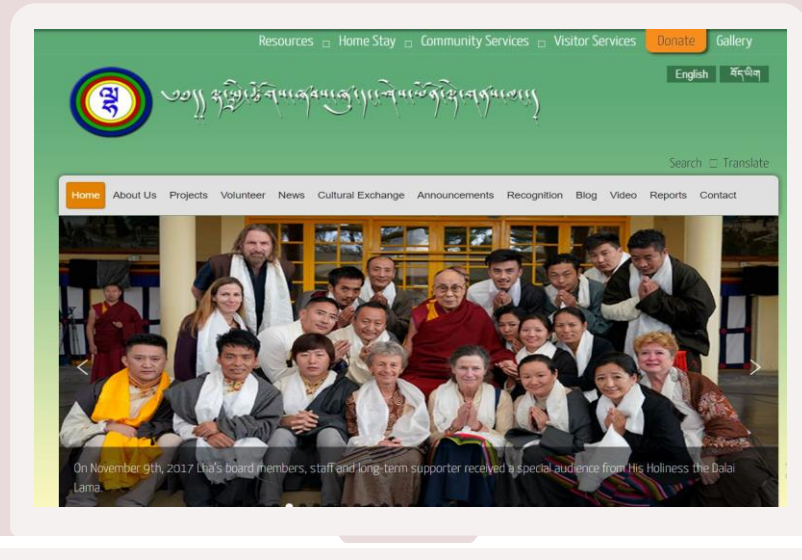
## Our Websites:

[www.lhasocialwork.org](http://www.lhasocialwork.org)

[www.samdhongrinpoche.com](http://www.samdhongrinpoche.com)

[www.tibetnature.net](http://www.tibetnature.net)

[www.contactmagazine.net](http://www.contactmagazine.net)





Follow us on social media for daily updates, news and activities.



 Like [Lha Social Work](#)

 Like [Professor Samdhong Rinpoche](#)

 [Lha Social Work](#)

 Like [Contact News](#)

 Like [Lha Social Work](#)

 Like [Professor Samdhong Rinpoche](#)

 [lha\\_charitable\\_trust](#)

 [Contact News](#)

 [Lha Social Work](#)

 [Samdhong Rinpoche](#)

 [His Eminence Prof.Samdhong Rinpoche](#)

 Like [TIBET NATURE](#)



ཐུགས་རྗེ་ལེ་

Thank  
You

