

༄༅། །འཛོེ་མིང་ཞི་བའི་སླ་གྲུབ་སྤྱོད་བཅས་བསྟོན་གནས་ཁང་།

# ANEC MESSENGER

ACTIVE NONVIOLENCE EDUCATION CENTER      YEARLY      MARCH 2016 - FEBRUARY 2017      ISSUE - 13

## EDITORIAL BOARD

Wangdue Tsering Kharlo (Mr.)  
Executive Director

## EDITORIAL BOARD MEMBERS

Thupten Gyaltzen (Mr.)  
Trainer Cum Research Officer

Tenzin Lhamo (Miss)  
Assistant Trainer

Jigme (Mr.)  
Accountant cum Office Secretary  
(Dispatch & Circulation)

## HIGHLIGHTS OF THE ISSUE

- Nonviolence Training for the Tibetan Community Leaders
- Universal Nonviolence Training for Teacher Trainees, DoE, CTA
- Active Nonviolence Training for 41 Trainees from 18 Different Tibetan Settlements
- Principles and Practicality of Nonviolence for Students
- ANEC Release Book on Nonviolence
- Outreach Program
- Volunteers and Other Activities



## ACTIVE NONVIOLENCE IN SCHOOL CURRICULUM

Warm greetings to all readers of ANEC's 13<sup>th</sup> newsletter.

The Active Nonviolence Education Center is just over ten years old and we have successfully run over 160 workshops and training programs across the country for students, monks, nuns, governmental and non-governmental organizations, social leaders and foreigners alike. This year we conducted trainings, talk sessions and outreach programs on the principled and practical aspects of active nonviolence in order to raise awareness on the importance of conflict resolution through peaceful and democratic means. This year alone we were able to reach out to more than 3060 people from all walks of life through our workshops, trainings and outreach programs on peace and nonviolence.

One of our main achievements this year is the recent publishing of a book in Tibetan called 'Messenger of Nonviolence'- a reflective writing on the principles and pragmatism of nonviolent philosophy of His Holiness the Dalai Lama and over a hundred people from different schools, colleges and among the public participated with the books being widely distributed.

A new prospect that we are very excited about is the Department of Education, (Central Tibetan Administration) in collaboration with ANEC are bringing out three educational books based on nonviolence, which will be included in school curriculums under DoE. This is done with the aim to provide positive learning environment and to instil a sense of morality in children. Nonviolence social change is needed now more than ever. A culture of peace, altruism and harmony must take root in the classroom for children as they have tremendous ability to learn and assimilate without any conscious effort. Hence realizing the importance of nonviolence in today's world ANEC and Department of Education have come together to introduce nonviolence strategies in school curriculum via many means such as translating short stories of nonviolence to Tibetan and organizing seminars in respective schools. The ultimate goal of the Tibetan people is to transform the three provinces of Tibet into a zone of nonviolence and peace; to transform Tibetan society into a nonviolent society; and to lead other people onto the path of nonviolence and compassion. It is thus very important to start with the education system from an early age.

With this opportunity I would like to thank the Department of Education, Rabbi Everett Gendler, Dr. Mary Gendler, former Executive Director of ANEC late Mr. Tenpa C. Samkhar and A.J. Muste Memorial Institute for materializing this noble project. May nonviolence be the solution for every conflict.

### *Continuation of Page 2 (12<sup>th</sup> Issue)*

Another way of using puppets, which requires fewer materials, is to have the teacher act out the dilemma or problem while the children watch. She could stop at a crucial point of conflict and ask the children to suggest various endings, playing out some of these and discussing with the children in the above manner. She could also solicit ideas of “problem” or conflicts from the children.

By the time children are 8 or 9 years old, they can begin to see events from a point of view other than their own. This permits the teacher to ask the specific question, “If you just snatch the ball from Tenzin, how will Tenzin feel? But if you offer Tenzin a truck to play with in exchange for the ball, how differently might he feel this time? This step towards understand the other person is, of course, an important development in working toward the possibility of eventually negotiating the settlement of disputes. For in order to negotiate successfully, the feelings, the attitudes, and the commitments of the other must be clearly understood. At this young age, encouraging the development of the ability to understand the other person is important to forming the kind of character that will contribute to the functioning of a nonviolent society.

**Folk tales, religious stories, and legends, and songs,** are also fine ways of teaching young children how to solve problems, see beyond their own concerns, and gain a useful perspective. They are powerful tools for shaping young minds and for change. The teacher should read or tell the children the story and discuss with them the meaning and lessons in them. The

stories can also be acted out with a variety of endings through role play or puppets. Tale from the Dragon's cave by Arlene Williams (Walking Lights Press, Sparks, Nevada, 1995) contains many delightful stories about little dragons who are struggle with the problem of low self-esteem and self-assertion (as opposed to aggression), learning to listen to and cooperate with other, and solving problem through working together. Just as the Jataka Tales use animals as a vehicle for teaching values, having little dragons as the protagonists in these stories makes it easy for small



children to identify with the characters and their problems. Another book which contains wonderful tales as well as many creative suggestions for follow-up activities is Spinning Tales/Weaving Hope:

Stories of Peace, Justice and the Environment. (New Society Publishers, Philadelphia, PA.1992). Yet another delightful little story, Swimmy, by Leo Lionni (Dragonfly Books, eaten by a huge fish. He alone escape, and as he swims

around, he discovers an enormous, beautiful world. He is lonely, however, and when he finds another group of fish like himself, he is delighted. They are hiding from the big, dangerous fish. He urges them to come and see the world, but they are afraid to being eaten. Finally Swimmy thinks of a plan. They will all learn to swim together in a formation that looks like a big fish. Thus, by cooperating and sticking together, they are able to come out of hiding and chase the big fish away.

Obviously these books and stories in English, and thereby inaccessible to young Tibetans who do not speak or read English. They would either need to be translated into Tibetan, or a teacher who reads English would need to read the story herself and tell it in her own words in Tibetan to the youngster. There are surely many Tibetan stories, legends and tales which can be utilized for this purpose. There is great value in drawing from one's local culture as well as from outside sources. (We will need help in identifying these source).

Most children love to draw pictures. There are almost infinite ways in which art can be used to help children learn the above skills. We will list a few here:

1. The children could illustrate the stories or tales, choosing a part that they like best. This would give the teacher an idea both of what the child understood from the story and which part had the most emotional charge. She could then base her follow-up questions and comments on the children's response.

*(Please see remaining in next issue)*

*“At the center of nonviolence stands the principle of love” – Martin Luther King Jr.*

## ANEC General Workshop Contents Outline

The following subject matters are covered in ANEC workshops and open forum discussions on active nonviolence strategies. They are effective and powerful alternatives to violence and hatred:

1. History, philosophy and techniques of nonviolent resistance based on Professor Gene Sharp's "Guidelines on Strategic Nonviolence Method" for peace, nonviolence and democracy.
2. Traditional Buddhist concepts of nonviolence based on love, compassion, transformation of the mind and altruism (to rightly interpret the message of Lord Buddha and His Holiness the Dalai Lama).
3. Encouragement of harmonious integration between the traditional Buddhist concept of nonviolence and the modern western concept of active nonviolence.
4. Strategic nonviolence methods for achieving healthy democratic norms.
5. Gandhian philosophy of nonviolence with particular focus on the Gandhian Constructive Program, the peaceful non-cooperation movement, and his steadfast adherence to truth and nonviolence.
6. Nonviolence philosophy as advocated and implemented by the 1964 Nobel Peace Laureate and US civil rights leader the Reverend Dr. Martin Luther King Jr.
7. Films on various case studies of nonviolent actions and active exchange of views and thoughts between facilitators and participants in a truly democratic fashion.
8. Emphasis on the importance of resorting to the above different philosophies and the practical implementation of nonviolent strategies for resolving disagreements. These strategies can resolve differences and problems at all levels of human society and can bring about the requisite changes and innovations for the establishment of strong, healthy, peaceful and democratic societies.

## ANEC General Teaching Methods

### 1. PowerPoint Presentation

PowerPoint Presentation is to provide a clear understanding of the speaker's context to the audience and to strengthen their ability to listen.

### 2. Group Discussion and Presentation

Group Discussion invites pools of resourceful ideas and allows everyone to participate in an active process.

Group Presentation gives confidence and personal development to overcome stage fears.

### 3. Group Debate

Group Debate is an important teaching method which provides ability to think rigorously, critically and improve in a wide variety of academic skills as a result of participation in debate. It does also signify mental and emotional maturity.

### 4. Brainstorming

Brainstorming is a listening exercise that allows creative thinking for new ideas and encourages full participation because all ideas are equally recorded. It also draws on the group's knowledge and experience.

### 5. Role-playing

Role-playing provides an opportunity for people to assume the roles of others. Thus it helps to generate the in-depth understanding of the situation and possible solutions. It also provides opportunity to develop practical skills.

### 6. Case studies

Case Study Techniques develop analytic and problem-solving skills and allows for exploration of solution for complex issues. It encourages all participants to update knowledge and skills.

### 7. Movie Screening

It is an entertaining way of teaching and raising issues which stimulate discussion and attention. It also provides opportunity for the participants to know about the nonviolent movements across the world.

### 8. Panel of Experts

It allows experts to present different opinions and provoke better discussion than a standard teaching. The frequent change of speakers keeps attention from lagging.

### 9. Lecture with Disturbance

ANEC workshops are always conducted as two-way traffic so that the participants can question, clarify and challenge at anytime during the lecture.

### 10. Feedback

Feedback is the pillar of organization which helps us to understand ourselves and areas needed for improvement. We always value negative feedback more than positive ones.

# ANEC Special Workshop on Principles and Practicalities of Active Nonviolence for the Tibetan Community Leadership Group, in Bir, Dege and Chauntra



**Venue:** Bir Tibetan Society, Community Hall

## Aims and Objectives of the Workshop

1. To educate the public on the concrete message nonviolence as imparted by His Holiness the Dalai Lama, Mahatma Gandhi and Martin Luther King Jr. and other apostles of peace.
2. To emphasize the importance of nonviolence resistance as an appropriate form of action for the Tibetan national cause.
3. To introduce successful nonviolent resistance movements in history and current movements across the world to fully understand the power it commands.

## Participant Organizations:

1. Regional Tibetan Women's Association
2. Derge Welfare Society
3. Bir Tibetan Society
4. Regional Chu-Shi-Gung-Druk

5. Local Assembly Member
6. Primary Health Care Center, Bir, Chauntra

**Date :** 14<sup>th</sup> and 15<sup>th</sup> April 2016

## Workshop Facilitators:

- Mr. Wangdue Tsering (*Executive Director*)
- Mr. Thupten Gyaltzen (*Trainer cum Research Officer*)

## Introduction

Bir Tibetan Society's Settlement officer Mr. Nyima Tsering inaugurated a two-day workshop on 'Principles and Practicalities of Active Nonviolence' by welcoming the attendees. ANEC Executive Director Mr. Wangdue Tsering gave a brief introduction about the organization and screened documentary outlining in-depth information about their work and Gendlers' lifelong contribution towards Tibetan Cause. Such Leadership workshop offers tools to unleash the power and possibility of

nonviolent change in people's lives, their communities and most importantly our national struggle. This workshop empowered the participants with philosophies of nonviolence, reason for nonviolence, why Tibetan should continue following the path of nonviolence, 198 methods of nonviolent actions, principles of nonviolence, how to successfully organize nonviolent movements, pillars of support through group discussion, movie screening, group presentation, case studies among various



*"Nonviolence is the first article of my faith. It is also the last article of my creed" - Mahatma Gandhi*



other exercises.

### Conclusion:

The two-day workshop was successfully concluded with certificate of participation to those present and vote of thanks from Executive Director.

### Feedback

Through this workshop, I have come to understand different philosophies of nonviolence and methods of nonviolent action. I would sincerely request the Active Nonviolence Education Center to conduct this kind of workshop in near future in different Tibetan Settlement. - *Dhargyal, Bir Tibetan Association*

I have gained so much information about nonviolence, how to practice it and make well organized plans before carrying out any movement. This workshop has been very effective and informative with help of different methods of teaching such as a powerpoint presentation, movie screening, distributing books on nonviolent etc - *Tenzin Palmo (PHC)*

## Five-Day Pilot Training Program on Universal Nonviolence for Teacher Trainees of DoE, CTA

**Venue:** Sherab Gatsel Lobling, School

Secretary of DoE, CTA)

**Date:** 18<sup>th</sup> to 22<sup>nd</sup> May 2016

### Participants' Profile

Male Participants - 12  
Female Participants - 34  
Total participants - 46

### Chief Resource Persons

1. Rabbi Everett Gendler
2. Dr. Mary Gendler

### Objectives

1. To train the teacher trainees on how to communicate stories around nonviolence in future school curriculum
2. To educate them on the importance of active nonviolence resistance as an appropriate form of action for the Tibetan cause as well as every disagreement whether between individuals, groups or nations.

### Workshop Facilitators:

1. Mr. Wangdue Tsering (Executive Director)
2. Mr. Thupten Gyaltzen (Trainer cum Research Officer)
3. Ms. Tenzin Lhamo (Assistant Trainer)
4. Mr. Jigme (Accountant cum Office Secretary)

### Chief Guests and other Guest

1. Dr. Nawang Rabgyal Norpa (Honorable Secretary of DoE, CTA)
2. Mr. Topgyal Tsering (Honorable Secretary of DoE, CTA)
3. Mr. Tsering Samdup (Additional

3. To help the teacher trainees understand better the practical message of nonviolence as taught by His Holiness the 14<sup>th</sup> Dalai Lama, Mahatma Gandhi and Martin Luther King Jr.



*"Violence is the last refuge of the incompetent" –Isaac Asimov*

- To encourage realistic hope within the Tibetan community to accomplish their goals by strengthening the commitment to active nonviolent resistance.

### Introduction

Mr. Wangdue Tsering, Executive Director introduced ANEC to the audience, it's beginnings and how it has been evolved under the guidance of His Holiness the Dalai Lama along with relentless efforts of Rabbi Everett Gendler, Dr. Mary Gendler and former Executive Director late Tenpa C. Samkhar.

Mr. Tsering Samdup, Additional Secretary, Department of Education thanked the key trainers of the workshop, Rabbi Everett Gendler and Dr. Mary Gendler for their continued support to the Tibetan Cause via ANEC training Programs for the last two decades.

Then Rabbi Everett Gendler spoke briefly about goals of this program in which he specifically emphasized on the importance

of including the nonviolence subject in school curriculum. Dr. Mary Gendler expressed her genuine expectations and hopes to have nonviolence related material included in school curriculum in the near future. She further stated that if this happens the Tibetan schools will be one of the first institutions to implement nonviolence subject into the school curriculum. After that, Dr. Nawang Rabgyal Norpa, Honorable Secretary of DoE, CTA has warmly greeted Rabbi Everett Gendler and Dr. Mary Gendler. He said "for many generations Tibetans have been practicing nonviolence in the context of Buddhist morality. Therefore, we are well equipped to learn the western application of nonviolent action and applying both the approaches in school education system."

The following are the important topics which are covered in the Five Day Intensive Workshop by Rabbi Everett Gendler and Dr. Mary Gendler

- Emotions associated with Nonviolence (Rabbi Everett Gendler)
- Power, Personal Power, Political Power, Sources of power and why do people



obey the Authority by discussing the stories like Guara Devi Save the Trees and The Monkey Master (Rabbi Everett Gendler)

- Gandhian Constructive Program (Rabbi Everett Gendler)
- DoE & ANEC Curriculum: Discussion on the Crocodile and The Monkey and Then Monkey and Water-ogre
- How to control negative emotions nonviolently and channelize through constructive ways (Dr. Mary Gendler)
- "Universal Nonviolence Training." A moral equivalent of Universal Military



*"Anger is the enemy of nonviolence and pride is a monster that swallows it up"- Mahatma Gandhi*



Training, wherein they focused on Spiritual Elements, Physical Elements, Intellectual Elements, Emotional Elements, Social and Cultural Elements. (Dr. Mary Gendler)

Whereas, Mr. Wangdue Tsering, Executive Director and Mr. Thupten Gyaltzen, Trainer empowered following topics:

- Philosophy and Pragmatism of Nonviolence (Mr. Wangdue Tsering)
- Reasons for Nonviolence and why Tibetan should follow the path of nonviolence (Mr. Thupten Gyaltzen)
- How to organize effective Nonviolent Movement by application of three

basic principles of nonviolence ( Mr. Wangdue Tsering)

- Pillars of Support reference to Chinese Pillars of Support (Mr. Thupten Gyaltzen)
- Screening Documentary Movie: Bringing Down A Dictator

### Conclusion

The Five Day Pilot Training Program on Universal Nonviolence for Teacher Trainees was concluded by Honorable Secretary Mr. Topgyal Tsering, DoE, by expressing his sincere gratitude to Chief Resource Persons Rabbi Everett Gendler and Dr. Mary Gendler for their unwavering support towards the promotion of peace and nonviolence in the Tibetan Community for the past two decades.

### Testimonial

I felt very happy after attending the workshop. I would like to offer my sincere thanks to all the members of ANEC team for sharing the information about the active nonviolence and promotion of principles and strategic nonviolence in the Tibetan Freedom Struggle Movement. It would be hugely beneficial if this kind of workshop will be



introduced to the young Tibetan. I can assure you that it will be worth giving since I have attended the workshop.

- **Tenzin Saldon (Tamil Nadu)**

The Workshop on Universal Nonviolence training was very informative and it was worth spending time with Rabbi Everett Gendler and Dr. Mary Gendler and all the ANEC staff members. It was most satisfying workshop I have ever attended in my life. I must say that I had a great time and experience with my fellow participants. ANEC team had conveyed the right message on Nonviolence to all the participants which will surely benefit us for the future. – **Kalsang Yangchen (Manali, HP)**



*"Nonviolence is not a diplomatic word, it is compassion in action"- The 14<sup>th</sup> Dalai Lama*

## Three Day Workshop on Universal Nonviolence for the Trainees of the Institute of Small Trade Learning (ISTL) Neelamangala

**Venue:** ISTL Neelamangala; Bengaluru (Youth Empowerment Support (YES); Unit of Department of Home, CTA)

**Participants:** 47 Trainees (21 Male: 20 Female)

**Date:** 13<sup>th</sup>-15<sup>th</sup> July 2016

### Workshop Facilitators:

- Mr. Wangdue Tsering (Executive Director)
- Mr. Thupten Gyaltzen (Trainer cum Research Officer)
- Miss. Tenzin Lhamo (Assistant Trainer)

### Objectives:

The workshop was conducted with the objective to educate trainees on love, compassion, peace and active nonviolence and how it can assist in conflict resolution.

### Introduction:

The Institute for Small Trade Learning (ISTL), Neelamangala under Youth Empowerment Section, Department of Home, Central



Tibetan Administration, in collaboration with Active Nonviolence Education Center (ANEC) organized a three-day workshop on Universal Nonviolence at Neelamangala, Bengaluru. Forty-one trainees from 18 different Tibetan settlements pursuing various trades namely beautician, hair-dressing, computer graphics and web designing, hardware and networking and cookery have taken part.

Mr. Tenzin Choedak, Administrator, ISTL, inaugurated the workshop by welcoming ANEC staff. Universal Nonviolence Training for offer tools to unleash the power and possibility of nonviolence in our lives, our communities, and most importantly its impact on our freedom struggle. Using lectures, case studies, group discussions, movie screening, short presentations and exercises, this workshop explored the vision, principles and concrete tools of active nonviolence.

### Conclusion:

This three day workshop was successfully concluded with certificates of participation to those in attendance and vote of thanks by Executive Director.

This workshop was covered by Radio Free Asia Tibetan service and published in tibet.net (official website of CTA), anec-india.net and centraltibetanreliefcommittee.org.



*"A perfect practitioner of nonviolence displays perfect courage"- The 14<sup>th</sup> Dalai Lama*

## Two Day Training Program on Principles and Practicality of Nonviolence for Students of IX and X Standard of Upper TCV

**Venue:** Dekyi Tsering Hall; Upper TCV

**Participants:** 49 Students (31 girls: 18 boys)

**Date:** 28<sup>th</sup>-29<sup>th</sup> July 2016

### Workshop Facilitators:

- Mr. Wangdue Tsering (Executive Director)
- Mr. Thupten Gyaltzen (Trainer cum Research officer)
- Miss. Tenzin Lhamo (Assistant Trainer)

### Objectives:

1. Students are the backbone of any nation, so educating them on the principles and practicality of nonviolence is equally as important as the school curriculum.
2. They had learnt much about the wars and violence during history lessons but not nearly enough about the nonviolent movements. This workshop aimed to create awareness and instill hope in the young minds that active nonviolence can actually turn guns into roses.
3. The workshop also aimed to develop inner peace and a compassionate heart among the students so that they can use their education and knowledge to build a more peaceful world.



### Introduction:

John F Kennedy, 35<sup>th</sup> president of United States once said; **“Children are the living message we sent to a time we will not see”**. They were thus trained on compassion, patience, human understanding, discipline, determination and active nonviolence. The cultivation of moral values in hope of strengthening their characters for personal development and for a successful nonviolent campaign was highlighted. His Holiness the Dalai Lama's vision of the future Tibet is a demilitarize zone of peace and world peace. In exile, present generation and especially the school children are instrumental in achieving this noble vision because they are the future.

### Conclusion:

The two-day workshop was concluded with a vote of thanks to the principal, administration, staff and the students who had actively participated. Copies of ANEC Messengers, ANEC introductory brochures, and leaflet containing 198 nonviolent methods (in Tibetan and English) by Dr. Gene Sharp were distributed among the participants.

### Feedback

I have been to many workshops before but this is the most helpful and appropriate – Tenzin Namdul.

I am very glad to be a part of this workshop as it's very resourceful. I will be thankful to this organization and would like to say please continue as it will help lots of students specially Tibetans – Dawa Choedon.

In future, we would like to have more discussions around the topic of Middle Way Approach – Tenzin Chemi.



*“Compassion is the source of nonviolent action, and it brings us inner strength and mental peace”- The 14<sup>th</sup> Dalai Lama*

## One Day Workshop on Universal Nonviolence for the Students of X Standard, Lower TCV School



**Venue:** Lower TCV Hall

**Participants:** 61 Students (33 boys: 28 girls)

**Date:** 30<sup>th</sup> July 2016

### Workshop Facilitators:

- Mr. Wangdue Tsering (Executive Director)
- Mr. Thupten Gyaltsen (Trainer cum Research Officer)
- Miss. Tenzin Lhamo (Assistant Trainer)

### Objective:

**"Children's are our most valuable resource"** said Herbert Hoover, 31<sup>st</sup> President of



United States. So, they need to be shaped and given the opportunity to learn more human values for the betterment of the future world. Thus this workshop was organized with the aim to impart these to the young students.

### Introduction:

Mr. Chime Lhundup, the principal of Lower TCV inaugurated this one-day workshop for sixty one students of Lower TCV studying in the X standard. They were taught on how to cultivate the moral values and to become a responsible citizen by putting nonviolence into practice. They were empowered with various philosophies of nonviolence, reasons for nonviolence, nonviolent communication, Tibet and nonviolence through power point presentations, group discussions and activities, brain storming, role plays and movie screening.

### Conclusion:

The workshop was concluded with a vote of thanks to the host and copies of ANEC Messengers, ANEC introductory brochures, and leaflet containing 198 nonviolent

methods (in Tibetan and English) by Dr. Gene Sharp were distributed to the participants at Lower TCV as well.

### Feedback:

The topic I would like to suggest for future workshop is Middle way Approach – Tenzin Sangmo, Tsering Yangzom.

It will be good if you can conduct such workshop every year. So that another batch of students will also get an opportunity to learn about nonviolence. – Dechen Richoe.

It's encouraging and don't stop this ever. Just get going – Tenzin Dekyi, Pema Kalsang.



*"Nonviolence doesn't always work, but violence never does" - The 14<sup>th</sup> Dalai Lama*

## Education Kalon Releases Book on Nonviolence by ANEC

**Venue:** LTWA Conference Hall, Dharamsala

**Date:** 9 December, 2016

**Chief Guest:**

Honorable Kalon of Education, DoE, CTA

**Objectives:**

To celebrate the 27<sup>th</sup> year of His Holiness the Dalai Lama's Nobel peace prize commemoration and in gratitude of his tireless contribution towards the world peace. ANEC released book on Nonviolence. This book is a compilation of reflective writings by school and university students, teachers, researchers, monks and nuns and general public as part of a competition conducted by the organization to raise the public's interest and awareness on the subject. It was published to encourage more research on the philosophy of active nonviolence.

**Introduction:**

Active Nonviolence Education Center launched a book titled Tsey-Mey-Shiwey-Pho-nya (Eng: Messenger of Nonviolence) on 9 December, 2016. Mr. Wangdue Tsering, Executive Director of ANEC, explained the objectives behind the publication and highlighted His Holiness the Dalai Lama as an inspiration to move forward through nonviolence in our works. Mr Ngodup Tsering, Kalon of Education Department did the honour of releasing the first copy of the publication. The Education Kalon lauded the noble work being performed by the organization in tune with the principles advocated by His Holiness in his effort to promote a more peaceful and harmonious society. He recalled Mahatma Gandhi as one of



the leading exponents of non-violence that the world has seen and explained that Gandhi's principles and views are worth studying and implementing in our daily lives even to this day. Kalon also paid tributes to His Holiness the Dalai Lama as a champion of active non-violence and said that it is a matter of pride for him to be a follower of one of the most widely respected and loved spiritual figures in the world. He said His Holiness the Dalai Lama epitomizes the embodiment of peace and non-violence that the world is currently in need of and expressed the Education Department's fervent efforts to inculcate these values through academic curriculum in schools.

**Conclusion:**

The book-release ceremony was concluded by awarding the winners of the essay competition.

The winners from the school category are:

1. Mr. Thupten Gawa, Sherab Gatsel Lobling.
2. Mr. Penpa Chungtak, CUTS.



3. Mr. Lobsang Tashi, CUTS.

The winners from the college category are:

1. Ven. Jamyang Tenpa, CHTS.
2. Mr. Tsultrim Gyatso, CHTS.
3. Mr. Jamyang Dhondup, CUTS

The winners from the general public category are:

1. Ven. Gongkar Nganam, CHTS Teacher.
2. Mr. Nyima, Reporter at VOT.
3. Geshe Lhundup Choedhen, Sera Monastery.



*"Compassion is the radicalism of our time" - The 14<sup>th</sup> Dalai Lama*

## Day Long Training on Universal Nonviolence for the Students of Sambhota Tibetan School, Chauntra



**Venue:** Sambhota Tibetan School, Chauntra

**Participants:** 70 Students (47 Boys: 23 Girls)

**Date:** 19<sup>th</sup> November 2016

### Workshop Facilitators:

- Mr. Wangdue Tsering (Executive Director)
- Mr. Thupten Gyaltzen (Trainer cum Research Officer)

### Objectives:

**“Children are one third of our population and all of our future”,** Children play a very important role in the future of mankind. One of our main objectives remain to



train and develop their inner values through active nonviolence.

### Introduction:

Mr Bhutuk Shastri, principal of Chauntra Sambhota School inaugurated the workshop by welcoming ANEC staff. Seventy students were trained on how to cultivate the moral values which will strengthen their character and mental qualities for personal development and for the betterment of humankind.

To develop these characters the topics for the workshop was set accordingly. Universal Nonviolence Training was facilitated with the basic aim to make them aware of what active nonviolence is and how and why Tibetans should continue their struggle nonviolently.

### Closing Ceremony:

We always conclude our workshops / Training by singing “We Shall Overcome”, and this time was no difference.

### Feedback

The presentations and speeches should be uploaded in YouTube so it's readily available – *Tenzin Choten*.

What I have learnt from this workshop is worth sharing to others - *Tenzin Tsephel*



*“We do not need guns and bombs to bring peace, we need love and compassion”- Mother Teresa*

## Volunteer Page



**Amanda Clayton**

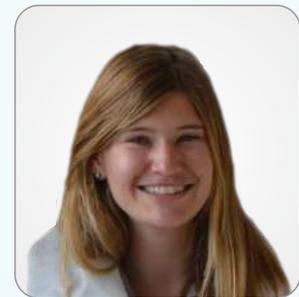
**Volunteer from Denver University  
February 16, 2017  
Experience/Learning at ANEC**

My time with the Active Nonviolence Education Center has opened my eyes to personal accounts of the Tibet-China episodes and the suffering endured by the Tibetan people. I was able to gather a substantial background on issues of nonviolent activism, negative emotions, international human rights, Buddhism, and self-immolations. I became more informed of the occupation of Tibet by China and the extraction of Tibet's natural resources for China's pocket. A grief, newfound knowledge was my discovery of self-immolations. There have been a record 146 self-immolations by Tibetans following the harsh policies of China. The self-immolators believe things will not get better, and that this practice is the only way to become free. These implications came full circle when we participated in a candlelight vigil for the 146th self-immolation in Dharamsala, India. This particular experience was up-close and personal and made the situation of Tibet become even clearer. Little did I know that I would make special friendships and get to immerse myself, head-first into Tibetan culture. My volunteer duties included research on negative emotions and helping ANEC to prepare for the Kalachakra initiation, in February.

Through my research, I discovered that negative emotions affect community and personal morale and that Buddhism and modern science are more connected than we think. We even relate the nonviolent movements of Gandhi and Martin Luther King Jr. to the teachings of the 14th Dalai Lama. Sadly, I discovered that alcoholism, rape, and the uneducated are common byproducts of harsh policies forced onto native people.

The Active Nonviolence Education Center has taught me to think critically, gather my own opinions and research, and become an activist on issues that resonate with me. During my volunteer time, I attended a press-covered book launch, at the Library of Tibetan Works and Archives. ANEC was to present the winners [students, monks, community] for an essay competition. The Tibetan Minister of Education was the honorary guest. I valued this experience for showing me a firsthand account of bringing the Tibetan community closer together. I was even able to help put together two community documentary film screenings on issues surrounding occupied Tibet, the 2008 Beijing Olympics, and the Dalai Lama. Through the community film screenings, we were able to talk on the challenges of the Tibetan community. Personally, I interacted with different ages, ethnicities, and people who only spoke a lick of English. This allowed me to step outside my comfort zone and interact with both Tibetans and other foreigners, in a country that is not my home. Another incredible aspect of the program is the formation of several, enduring and honest friendships. I made great friends with Lhamo, who has taught me about growing up as a woman in Tibet culture and has reminded me that I should never give up my freedom and ability to dance. At the conclusion of my

services, I presented my research on negative emotions to the staff of ANEC. Meredith, another volunteer, and I were both honored with traditional white silk scarves and were given a farewell lunch, on our final day. We had a fantastic and delicious farewell lunch with the staff of ANEC. Meredith and I's professor, Alan Gilbert, was even in attendance. I will never forget the memories or cultural integration experiences that the Active Nonviolence Education Center provided me.



**Meredith Tolleson**

**Volunteer from Denver University  
February 16, 2017  
Experience/Learning at ANEC**

Yesterday as I was walking my dog I saw something that threw me off. In the park near my house in Denver, Colorado, I saw a Tibetan woman walking around. She was unmistakably clothed in a chupa, with a traditional stripped apron overlaid. Upon a second look I saw that she was clutching prayer beads in her hand and murmuring, most likely the 'om manipadme um' chant under her breath. Seeing that image which is atypical for Denver, Colorado, reminded me of my days living in Dharamsala and working for the Active Nonviolence

*"There is no such thing as defeat in non-violence"-Cesar Chavez*

## ANEC Welcomes Volunteers

ANEC welcomes volunteers to help us in our mission of promoting our message of love, compassion, peace and nonviolence. We have a wide range of activities and our volunteers can contribute according to each person's own knowledge, skill and interest.

What we offer our volunteers:

- Complementary lunch and tea
- Allowance for transport between McLeod Ganj and Kotwali Market
- Recommendation letter or job experience certificate from the ANEC Executive Director at the end of the volunteering period, for those who work with genuine sincerity, perseverance and dedication.
- The opportunity to gain priceless experience and make a contribution to the noble work of ANEC.

What we expect from volunteers:

- We welcome volunteers who can commit to at least two or three times a week, Mondays to Fridays.
- We expect our volunteers to be punctual, reliable and professional and not use our resources for their personal activities.

Volunteering Opportunities

- Peace Activities
- Public Outreaching
- Computer Professionals ( Web Designing)
- Office Chore Assistance
- Fund Raising
- Volunteer Coordinating
- Research and Documentation
- Project Officer
- Others

### **HOW YOU CAN SUPPORT THE ACTIVE NONVIOLENCE EDUCATION CENTER (ANEC) TO PROMOTE LOVE, COMPASSION, PEACE AND NONVIOLENCE**

1. You can help ANEC through funding workshops, seminars and conferences on peace and nonviolence.
2. You can help ANEC through individual donations or through fundraising on a bigger scale to support the production of resource materials such as DVD's, leaflets and books on love, compassion, peace and nonviolence.
3. You can volunteer to do public outreach and information dissemination in collaboration with ANEC.
4. You can always help ANEC by informing people about its aims and objectives. The first of these is spreading and promoting peace and nonviolence through various peace related activities. The second is the continuation of ongoing workshops and public outreach programs. The goal of these workshops and programs is to educate people on active nonviolence strategies, which have the potential to resolve all human problems and disagreements.

*"The journey of a thousand miles begins with one step" – Lao Tzu*

## Volunteer Page

Education Center.

After leaving Dharamsala I re-entered a very individualistic, western culture. Life in the west operates on a very individualized level, where all decisions are evaluated on what is best for the self rather than the community. Seeing that Tibetan woman in the park reminded me of a greater community ethic. I knew that as she meditated, she was thinking not only of herself, but of her community and greater good of the world. The Tibetan community ethic amazed me while I was in Dharamsala which was particularly embodied by the staff at ANEC. They pursue to provide benefits to the whole of the Tibetan community since what is good for the community is good for the individual.

The pursuit of active nonviolence education for all is a direct benefit for the community and the individuals within that community. It works to help empower the Tibetan population to deal with oppression and the harms that they face. By working within the Tibetan culture and working to empower youth to stand actively against violent action, the ANEC working hard to make a positive change for the entire community not just individuals.



### Screening of “10 Questions for the Dalai Lama”

On December 15<sup>th</sup> 2016, ANEC held a screening of the documentary “10 Questions for the Dalai Lama.” The screening was held at Drumstick Restaurant in McLeod Ganj at 14:30. Approximately 40 people belonging to various nationalities (Tibetans, Indians, French, and Americans) were in attendance. ANEC volunteer Miss Amanda Clayton opened the event by giving the audience a detailed introduction to ANEC, its mission and history. Following her speech, another volunteer Miss Meredith Tolleson explained the broader context and history of the documentary in order to help the audience comprehend what they were about to watch. The documentary was subsequently screened and followed by group discussion for an hour.

The movie screening witnessed enthusiastic audience longing for a peaceful and violence free world. We also saw active participation from the audience and feedback that people wanted more of these events taking place. There were also others who were interested in our work and queried about volunteering opportunities at the center.

### Screening of “Leaving Fear Behind”

On December 9<sup>th</sup> 2016 ANEC screened the very well-known documentary 'Leaving Fear Behind.' The screening was at Jimmy's Italian Restaurant in McLeod Ganj at 15:30. We had about 24 attendees from different parts of the globe and walks of life. ANEC volunteers Miss Amanda Clayton and Meredith Tolleson, ran the screening. Amanda opened the event by giving the audience a detailed description of ANEC, its mission and history. Following her speech, Meredith Tolleson explained the broader context and history of the documentary in order to help the audience comprehend what they were about to watch. The film screening was met with positive response and constructive dialogue from all 24 people in attendance. Our volunteers led a discussion around three questions, organizing smaller groups which involved brainstorming. They were then asked to present their ideas and thoughts to the larger audience at hand and another discussion followed. These sessions were very constructive and it was a great opportunity for everyone to engage and be a part of.



*“Peace begins with a smile” - Mother Teresa*

# ANEC Information Dissemination Program during Kalachakra 2017

**Venue:** Near Mahabodhi Temple, Bodh Gaya

**Date:** 2<sup>th</sup> Jan to 14<sup>th</sup> January 2017

## Objectives:

1. To educate the general public about the importance of nonviolent resistance for the Tibetan national cause and introduce them to the nonviolent movements around the world and their success stories
2. To amplify the message of nonviolence taught by His Holiness the Dalai Lama, Mahatma Gandhi and Martin Luther King Jr. to the general public through information dissemination.
3. To reach out to the general public and broadcast information pertaining to the aims and objectives of the Active Nonviolence Education Center and contributions made by the center.

## Introduction

The information dissemination is one of many important outreach programs of Active Nonviolence Education Center has been holding for many years. ANEC conducted this program at Tashi Lhunpo Monastery where the Lam Rim Chenmo teaching was held in 2016. This year we held it during Kalachakra at Bodh Gaya, Bihar. The outreach program saw us distributing literature, pamphlets and audio-visual material on the subject of active nonviolence and also networked with other like-minded organization as well as encouraging individuals/non Tibetan groups that support our cause. The 34<sup>th</sup> Kalachakra empowerment by H.H the Dalai Lama was attended by devotees from about 90 different countries and it



was perfect timing to magnify the message of active nonviolence, love and compassion to the world. Through this ANEC has been able to connect with thousands of followers regarding the importance of the principled and pragmatic nonviolence relevant for the Tibetan Cause. Hundreds of individuals showed keen interest in the philosophy of nonviolence and their contribution to the world peace. Many applauded ANEC's relentless effort and determination to spread the message of nonviolence in the Tibetan community and the world at large.

During the fourteen day outreach program, ANEC Staff members also participated in panel discussion, met with prominent figures, gave media interviews and joined in many social events to create awareness. ANEC team also had help from enthusiastic youngsters who volunteered at the Kalachakra gaining exposure, experience and learning a great deal from the seasoned team members.

## Conclusion

This Program was a great success and it would not have been possible without assistance and warm hospitality of our hosts the Kalachakra Organizing Committee by providing space to set up our booth and those individuals who helped us in spreading the message of love, peace and compassion. We were reassured that together we can make this world more peaceful, loving and nonviolent. We would like to acknowledge our volunteers Mr. Tenzin Lhundup, Ms. Tenzin Tsesin, Mr. Youten Gyatso, Mr. Kalsang Tsechoe, Mr. Thupten Rinzin, Ms. Kalsang Youdon and Mr. Nyima Samten for making it successful.



*"An eye for an eye only ends up making the whole world blind"- Mahatma Gandhi*

## Other Activities

### ANEC Staff meeting with Phawo Dorjee Tsering's Parents (March 7<sup>th</sup> 2016)



Executive Director and Office Secretary met the parents, siblings and family members of Pawo Dorjee Tsering on behalf of ANEC governing board members and staff members to express profound condolences and salute the supreme sacrifice of brave heart.

### Gendlers' Audience with His Holiness Dalai Lama (May, 2016)



ANEC Chief Resource persons and co-founder Rabbi Everett Gendler, Dr. Mary Gendler and their grandsons had an

audience with His Holiness the 14<sup>th</sup> Dalai Lama.

### Human Rights Monitoring, Research and Advocacy (June 6<sup>th</sup> to 8<sup>th</sup> 2017)



The Human Right Monitoring, Research and Advocacy workshop was organized by Tibetan Centre for Human Rights and Democracy (TCHRD). Mr. Thupten Gyaltzen attended this exclusive workshop on Human Rights Monitoring, Research and Advocacy facilitated by Mr. Peter Boaz.

### Refresher Workshop on Legal Aspect on Non-profit Origination (29th July 2016)

ANEC Accountant Mr. Jigme attended "Refresher workshop on Legal aspects of Non-profit Organisations" at Nyatri Hall, Dharamsala. It was organised by Department of Finance, funded by SARD (Social and Resource Development Fund)

### Commemoration of Gandhi Jayanti and International Nonviolence Day (2<sup>nd</sup> October 2016)

In commemoration of Gandhi Jayanti and International Day of nonviolence, the Active Nonviolence Education Centre announced Tibetan essay competition among Tibetan schools students, Tibetan college students and general public. Later the five best reflective writings from the each category were compiled into a book.

### Teacher Trainees from Simon Fraser University (Canada) were Trained on Nonviolent Communication (November 15<sup>th</sup> 2016)



**Dharamsala:** The Nonviolent Communication training program was organized by Active Nonviolence Education Center (ANEC) at U-Tsang Guest House, McLeodGanj on 15<sup>th</sup> November, 2016. Professor Daphne Roberts, coordinator of the program welcomed ANEC staff and highlighted the importance of Nonviolent Communication.

*"Be kind whenever possible. It is always possible"- The 14<sup>th</sup> Dalai Lama*

## Other Activities

Mr. WandueTsering, Executive Director had briefly introduced ANEC's historical background, aims and objectives and educational programmes to the participants.

Sixteen Teacher Trainees and a professor from Simon Fraser University, Canada, were trained on nonviolent communication by Ms. Tenzin Lhamo, Assistant Trainer of ANEC. She spoke on various means of nonviolent communications which helps in controlling the emotions. Also, through role-plays and activities, she explained how nonviolent communication can effectively assist in conflict resolution.

### Workshop on Legal Aspects of NGOs with Special Reference to FCRA (25<sup>th</sup> to 26<sup>th</sup> November 2016)



ANEC Accountant Mr. Jigme attended two day workshop on Legal aspects of NGOs with special reference to Foreign Contribution Regulation Act. It was organised by Tibet Charity at the Hotel Tibet, McLeod Ganj.

### TCV Summer Camp on (3rd September 2017)



At the invitation of the office of Education Director of Tibetan children's Village, schools, ANEC introduced its organizational history, structure, aims and objectives, educational programs and importance of active nonviolence for the TCV summer school students from Europe and North America.

### 27<sup>th</sup> Nobel Peace prize Day Celebration (10<sup>th</sup> December, 2016)



ANEC celebrated 27<sup>th</sup> year of His Holiness the 14<sup>th</sup> Dalai Lama's Nobel Peace Prize

commemoration by distributing over 200 books called "Messenger of Nonviolence" for free for the general public who have attended the official function organized by Central Tibetan Administration at the Dalai Lama Temple.

And over 50 copies were also presented to all the attended dignitaries from the three pillars of Central Tibetan Administration and other distinguished guest of the official function.

### Student Leadership Workshop (23<sup>rd</sup> Dec, 2016)



ANEC trainer cum Research officer Mr. Thupten Gyaltzen spoke to over 300 students from 33 different schools from Indian and Nepal at the 4<sup>th</sup> Student leadership organized by Department of Education, Central Tibetan Administration. Mr. Thupten Gyaltzen spoken on the importance of strategic and pragmatic nonviolence in Tibetan national cause and also presented his research paper on Chinese Government pillars of support.

## The Dalai Lama: Why I'm hopeful about the world's future



The Washington Post, Opinions, 13 June 2016

By The Dalai Lama

*(The 14th Dalai Lama, Tenzin Gyatso, is the spiritual leader of Tibet. Since 1959, he has lived in exile in Dharamsala in northern India.)*

Almost six decades have passed since I left my homeland, Tibet, and became a refugee. Thanks to the kindness of the government and people of India, we Tibetans found a second home where we could live in dignity and freedom, able to keep our language, culture and Buddhist traditions alive.

My generation has witnessed so much violence – some historians estimate that more than 200 million people were killed in conflicts in the 20th century.

Today, there is no end in sight to the horrific violence in the Middle East, which in the case of Syria has led to the greatest refugee crisis in a generation. Appalling terrorist attacks – as we were sadly reminded this weekend – have created deep-seated fear. While it would be easy to feel a sense of hopelessness and despair, it is all the more necessary

in the early years of the 21st century to be realistic and optimistic.

There are many reasons for us to be hopeful. Recognition of universal human rights, including the right to self-determination, has expanded beyond anything imagined a century ago. There is growing international consensus in support of gender equality and respect for women. Particularly among the younger generation, there is a widespread rejection of war as a means of solving problems. Across the world, many are doing valuable work to prevent terrorism, recognizing the depths of misunderstanding and the divisive idea of “us” and “them” that is so dangerous. Significant reductions in the world’s arsenal of nuclear weapons mean that setting a timetable for further reductions and ultimately the elimination of nuclear weapons – a sentiment President Obama recently reiterated in Hiroshima, Japan – no longer seem a mere dream.

The notion of absolute victory for one side and defeat of another is thoroughly outdated; in some situations, following conflict, suffering arises from a state that cannot be described as either war or peace. Violence inevitably incurs further

violence. Indeed, history has shown that nonviolent resistance ushers in more durable and peaceful democracies and is more successful in removing authoritarian regimes than violent struggle.

It is not enough simply to pray. There are solutions to many of the problems we face; new mechanisms for dialogue need to be created, along with systems of education to inculcate moral values. These must be grounded in the perspective that we all belong to one human family and that together we can take action to address global challenges.

It is encouraging that we have seen many ordinary people across the world displaying great compassion toward the plight of refugees, from those who have rescued them from the sea, to those who have taken them in and provided friendship and support. As a refugee myself, I feel a strong empathy for their situation, and when we see their anguish, we should do all we can to help them. I can also understand the fears of people in host countries, who may feel overwhelmed. The combination of circumstances draws attention to the vital importance of collective action toward restoring genuine peace to the lands these refugees are fleeing.

Tibetan refugees have firsthand experience of living through such circumstances and, although we have not yet been able to return to our homeland, we are grateful for the humanitarian support we have received through the decades from friends, including the people of the United States.

A further source of hope is the genuine cooperation among the world’s nations toward a common goal evident in the Paris accord on climate change. When global warming threatens the health of this planet that is our only home, it is only

*“We can never obtain peace in the outer world until we make peace with ourselves” - The 14<sup>th</sup> Dalai Lama*

by considering the larger global interest that local and national interests will be met.

I have a personal connection to this issue because Tibet is the world's highest plateau and is an epicenter of global climate change, warming nearly three times as fast as the rest of the world. It is the largest repository of water outside the two poles and the source of the Earth's most extensive river system, critical to the world's 10 most densely populated nations.

To find solutions to the environmental crisis and violent conflicts that confront us in the 21st century, we need to seek new answers. Even though I am a Buddhist monk, I believe that these solutions lie beyond religion in the promotion of a concept I call secular ethics. This is an approach to educating ourselves based on scientific findings, common experience and common sense – a more universal approach to the promotion of our shared human values.

Over more than three decades, my discussions with scientists, educators and social workers from across the globe have revealed common concerns. As a result, we have developed a system that incorporates an education of the heart, but one that is based on study of the workings of the mind and emotions through scholarship and scientific research rather than religious practice. Since we need moral principles – compassion, respect for others, kindness, taking responsibility – in every field of human activity, we are working to help schools and colleges create opportunities for young people to develop greater self-awareness, to learn how to manage destructive emotions and cultivate social skills. Such training is being incorporated into the curriculum

of many schools in North America and Europe – I am involved with work at Emory University on a new curriculum on secular ethics that is being introduced in several schools in India and the United States.

It is our collective responsibility to ensure that the 21st century does not repeat the pain and bloodshed of the past. Because human nature is basically compassionate, I believe it is possible that decades from now we will see an era of peace – but we must work together as global citizens of a shared planet.

### **How can we promote non-violence in a secular society and violence in self-defense is justifiable?**

(The following Q and A is an excerpt from a talk given by Prof. Samdhong Rinpoche, on 17 April 1998, at Tralek Center, Melbourne, Australia at the request of the late Tralek Kyabgin Rinpoche)

**Q: Rinpoche, How can we promote non-violence in a secular society?**

**Prof. S. Rinpoche:** I used to think how it is possible for “culture of non-violence.” Sometimes I used to question against that expression too. The word “culture” is a very modern expression or a modern product. Now the word “culture” is used for various things. Two years ago a seminar was organized by UNESCO and they talk about “culture of peace” and “culture of war.” I was a minority of one in that seminar and I said there cannot be a “culture of war.” “Culture” means something civilized and war is

uncultured. There cannot be a “culture of war” and of violence. If cultured society is there, that means the society is free from violence, free from the rudeness or “unclutteredness.”

Our way of looking at things are very much conditioned by Indian thought process or Buddhist thought process. In Indian language we talk about *sa sk it*, or *prakrit*. *Prāk it is with nature, with good effort, good refinement*, things becomes of *cultured nature or sa sk it*. When the culture decays, then we call it *vik it*, *uncultured* or the distorted things. So, by that way, I can never think of “culture of violence” or “culture of war.”

Non-violence in civil society should be possible if everyone thinks of two things: the responsibility of oneself to all the universe, and try to fulfill that responsibility. Secondly a sense of equality must prevail, and for that matter another requirement is, to have individual freedom. Individual freedom is absolutely essential for realization of equality and realization of responsibility towards others. In that individual freedom, we must have the freedom to think by ourselves, particularly to decide what our need is. I am losing that freedom today because today my need is decided by the producers and manufacturers. They brainwash, indoctrinate me,....You need this, you must have this, you must purchase this; whether you work ten hours or twenty hours or daily, you must earn money and be able to purchase this because what you have is outdated; that is last year's thing and you must purchase some new equipment and something, something. Your food taste, your requirement for nourishment of your body, what are the suitable clothes for your body, what kind of education, what kind of book you should read—all these are decided by the publishers and by the tailors and the restaurant owners. You are conditioned by them....the freedom of the individual to



decide or think for one is lost in today's world. We shall have to regain that individual freedom. If that individual freedom is regained then everybody begins to think for themselves without any outside influence, then there will be no problem to establish a non-violent society.

I tried to suggest a system of economy based on truth, non-violence, and eco-friendly and based on genuine needs. Gandhi has said very clearly that Mother Nature or Mother Earth can produce more than sufficient to satisfy your genuine needs but this Mother Nature can never produce to satisfy your greed. Today nobody thinks about their need, everybody thinks with greed. Greed is always on the side of the increase. That's why the situation today is that, 80 per cent of the world resources are utilised by the 20 per cent, the rich people, and the 80 per cent of the population has to survive on the 20 per cent of the world's resources. That is our disparity because of competition, because of loss of individual freedom and so forth.

**Q: Rinpoche, Thank you very much for your inspiring words. I was wondering how you fit in your views about non-violence in cases of self-defense? Can violence be justified to defend oneself**

**against physical or other forms of harm?**

**Prof. S. Rinpoche:** That is a very traditional question, which has been dealt in length by various religious traditions. A number of Indian thought traditions think that violence in self-defense is justifiable. That is one statement, and another statement is that, violence in self-defense is not a violence. The third kind of statement is, violence in self-defense is a duty for the individual. So these are various thought traditions developed in the Indian thought traditions.

But in Buddhist viewpoint, even in the case of self-defense violence is not permissible, violence is not justifiable and for that matter the Buddhist teachers use argument in a number of different ways. First, if power of non-violence, power of compassion and love in your mind is developed enough then the question will not arise that you need to defend yourself through violent act. The necessity of self-defense arises because you are not non-violent; if you become completely non-violent, there cannot be any danger to your life, to your body; apart from the natural things there cannot be unnatural danger to your life. If there is no unnatural danger to your life

then the question of self-defense doesn't arise. The necessity of self-defense itself is a symptom of violence or a result of violent mind. Therefore, if you are a violent person you cannot be able to defend yourself, even you might be apparently be able to defend yourself through a violent act but that is not the end of the story. You might be able to defend yourself once or twice but you will always be endangered and your defense would be proved inadequate.

Sometimes my thought goes and I might agree to that argument because as far as security and defense are concerned, a former prime minister of India, Indira Gandhi, had a most sophisticated defense and security, yet she was killed, assassinated, by her own security people; and perhaps the American presidents might have use sophisticated defense and security, yet some of them were also killed, assassinated.

When person comes to the end of the life the question of defense is very difficult. There is one way to look at it: first of all, to harm others for the sake of one's defense clearly establishes that one is more important than the attacker or the opponent. In my view, that is very difficult to establish or that is difficult to defend. So let the attacker kill you or you defend yourself, defend your life by counter attack or counter violence; the justification of that act has to be judged from two viewpoints: what is the gain for you and what is the gain for the others. If you analyze this way, I am not very convinced of the argument of the act of self-defense. Therefore, in Buddhism we say, self-sacrifice will be much better than to indulge in violent act in order to defend oneself.

*"Injustice anywhere is a threat to justice everywhere"- Martin Luther King Jr.*

## ANEC's Basic Aims & Objectives

1. To educate the Tibetan community on the importance of active participation in democracy through voting, and stressing the importance of democracy for nonviolent society.
2. To help the general public understand the practical message of nonviolence as taught by His Holiness the 14th Dalai Lama.
3. To demonstrate how the cultivation of moral values and strength of character taught in Buddhism are essential qualities for personal development and for successful nonviolent campaigns. These qualities include compassion, patience, human understanding, discipline and determination.
4. To emphasize the importance of active nonviolent resistance as the best and most effective form of action for the Tibetan national cause. In addition to promote the use of nonviolence as resolution in every instance of human disagreement, on the individual, community, or national level.
5. To serve as a platform for Tibetans to express their opinions, ideas and suggestions regarding the course of their national struggle.
6. To encourage hope within the Tibetan community and encourage all Tibet supporters to strengthen their commitment to active nonviolent resistance.

### **FOR MORE INFORMATION**

Please Contact :  
ANEC Office Phone no: 01892-228121  
Cell Phone : +91 98820 -77708, +91 98829-21477  
ANEC Website: [www.anec-india.net](http://www.anec-india.net)  
[facebook.com/anecpeace](https://facebook.com/anecpeace)

### **Executive Director-ANEC**

Wangdue Tsering (Mr.)  
Email: [wangduemiddleway@gmail.com](mailto:wangduemiddleway@gmail.com)  
Phone no: +91 98820-77708

### **Trainer cum Research Officer-ANEC**

Thupten Gyaltzen (Mr.)

### **Assistant Trainer-ANEC**

Tenzin lhamo

### **Accountant cum Office Secretary-ANEC**

Jigme(Mr.)

### ***Please Note***

DONATIONS FOR ANEC WORKSHOPS/TRAININGS & OTHER PEACE & NONVIOLENCE RELATED ACTIVITIES MAY KINDLY BE SENT IN CHEQUE/BANK DRAFT TO THE FOLLOWING BANK ACCOUNT DETAILS IN DHARAMSALA, INDIA.

### **Canara Bank**

Beneficiary Name: Active Nonviolence Education Center (ANEC)  
Savings Account No. 2026101008000  
IFSC Code: CNRB0002026  
Dharamsala-176215  
Distt. Kangra (H.P) INDIA

Kindly send donations in Cheques or Bank Drafts to the following address:

House No. 262, 1st floor, Khajanchi Mohalla, Khunyara Road  
Dharamsala- 176215 Distt. Kangra(H.P)

Kindly intimate to :

[executivedirectorofanec@gmail.com](mailto:executivedirectorofanec@gmail.com)

## ANEC Other Activities At A Glance (March 2016 - February 2017)



Active Nonviolence Training Program for Teacher Trainees from Simon Frazer University (Canada)



ANEC Trainer Mr. Thupten Gyaltzen Gave Talk on the Importance of Strategies and Pragmatic Nonviolence Over 300 Students from 33 Different Schools from India and Nepal.



Executive Director and Trainer cum Research Officer Interviewed by Heidi Fuller for Radio Documentary.



Outreach Program during Kalachakra 2017



Executive Director Mr. Wangdue Tsering Introduced Organisational History and Education Programs to Tibetan Students from Europe and North America.



Five-Day Pilot Training Program on Universal Nonviolence for Teacher Trainees, DoE, CTA



# KUNGA GUEST HOUSE (NICK'S ITALIAN KITCHEN)



**Facilities:** Rooms with breath taking view of snow cap Dhauladur ranges, Dining hall & Rooftop Restaurant, Mini Library, Wi-Fi, Daily Newspapers, Travel Bookings, Luggage Room, Best Vegetarian Food in Town.

**Nick's Italian Kitchen:** Home-made Italian Pasta & Pizzas, Tibetans Momo & Thukpa, Quiches & Pies, Brownies & tangy Lemon Cheese Cakes ( much loved by Hollywood superstar Richard Gere)

**Address :** Kunga Guest House (Nick's Italian Kitchen), Bhagsunag Road, McLeodganj, District Kangra, Himachal Pradesh, India.

Tel: +91.98160 21180 / +91.9857421180, Email:dechendolkar2@gmail.com, Website : www.kungaguesthouse.com

## ACKNOWLEDGMENT

The Active Nonviolence Education Center would like to express our deepest gratitude to the Chief Resource Persons Rabbi Everett Gendler and Dr. Mary Gendler, Department of Education (CTA), Miss. Tenzin Sangmo (NZ), volunteers, supporters and Governing Board Members for their constant support and appreciation for the efforts of the Center for so many years.

Free Computerized Eye Testing



Near Zonal Hospital, Dharamshala-176215  
Tel: 98828-01473, 94188-01473, 94180-01473  
E: wasan.tarunvir@gmail.com | tanuopticals@gmail.com



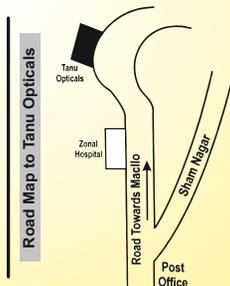
Crizal



D&G



MONT BLANC



Prop. Since 1975 Vijay Kumar 94180-89191  
Hariram Vijay Kumar Anuj Kashyap 98163-97917

**RAJINDER VAISHNAV**

**DHABA**

Come Hungry - Leave Happy

STEP IN FOR DELICIOUS FOOD

Main Chowk, Kotwall Bazar, Dharamshala - 176215



Rajindra Fast Food And Guest House (Near Food Craft Institute, Khanyara)