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ANEC MESSENGER

ACTIVE NONVIOLENCE EDUCATION CENTER

YEARLY

APRIL 2017 - MARCH 2018

ISSUE - 14

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HIGHLIGHTS OF THE ISSUE

- Workshop Programme on Universal Nonviolence for Trainees of TCC, DoH, CTA
- Yoga and Nonviolent Communication Workshop.
- Workshop on Nonviolence, Emotion & NVC for students of Mewoen Tsuglag Petoen School.
- Training Programme on Universal Nonviolence for Teacher Trainees of College for Higher Tibetan Studies, Sarah.
- ANEC 10th Founding Day Anniversary.
- ANEC Participated at 47th SARVODAYA SAMAJ SAMMELAN/CONFERENCE.
- Former Kalon Tripa Professor Samdhong Rinpoche's Speech during ANEC's 10th Founding Anniversary.
- Film Screening and Other Activities

TEN YEARS OF ACTIVE NONVIOLENCE EDUCATION

Very warm greetings to all the readers of ANEC's 14th Newsletter.

It is my pleasure to inform you that Active Nonviolence Education Center has completed ten years of promoting peace, love, nonviolence and the message of humanity, reaching over 6500 people across the country from all walks of life. The completion of ten years of educating how nonviolence could be successful in practice & in providing an effective approach to the resolution of conflicts at all levels is a matter of pride for us. This year we had the privileged opportunity to attend 47th All India Sarvodaya Sammelan/conference commemorating Gandhi's 150th Birth Anniversary at Maharashtra, attended by 4000 plus practitioners and believers of nonviolence.

We aim to promote the practicalities and pragmatism of Nonviolence at broader level each passing year. On the 5th of October, 2017 we celebrated the tenth anniversary. The center is honored by the presence of Former Kalon Tripa Professor Samdhong Rinpoche as the chief guest and both principal supporters of the center Rabbi Everett Gendler and Dr. Mary Gendler on the auspicious occasion. Rinpoche, in his speech, underlined, "I take this opportunity to express my appreciation to all the very active, sincere and young workers of this institution, board members and particularly Rabbi Everett Gendler and Dr. Mary Gendler for their consistent guidance, support and encouragement. I hope this institution will remain forever even if the Tibet issue is resolved. We need the nonviolent education to be continued so we must have a long term plan and vision. The world is challenged by various kinds of violence and to resolve our own problem, know how skillful methods of nonviolence to be adopted in practicality and need to be taught, experimented with and also researched consistently so that from time to time our approaches and methods may contribute in important ways in conflict resolution.

In collaboration with Department of Education (Central Tibetan Administration) ANEC successfully brought out three educational books based on nonviolence, which will be included in school curricula as compulsory reading material under DoE school system. To bring social change, it must be built from the grass root level which is through children who hold the future of a society. Thus, starting education from an early and tender age on practicalities of nonviolence based on love of humanity is must.

This year I would personally like to pay homage and gratitude towards ANEC's co-founder and former Executive Director Late Mr. Tenpa C. Samkhar La who played a vital role in institutionalizing this very Center.

2. Present a problem to the children (e.g., the monkey story referred to earlier). On one side of the paper draw a picture of the problem. On the other side of the paper, draw a picture of a solution to the problem. The children could even be asked to draw two solutions to the problem—a good solution and one that is not so good. Discuss.

3. Ask the children to draw a picture of how they feel when someone does something “bad” or hurtful to them. The teacher can either suggest a topic or let the children choose themselves. Discuss. Then have children draw a picture of what they can do in response. Discuss.

During these early years, and becoming a more prominent part of the curriculum for fourth through sixth grades, would be tales actual nonviolent actions, both individual and group. These stories should be true, well-attested, and of interest to children of these ages; they should be drawn from traditional Tibetan experiences and history as well as from around the world; and both the persons and the incidents will serve as inner reference points and provide encouragement to the children as they wrestle later with difficult questions of how to struggle nonviolently. By including examples of women as well as men engaging in nonviolent resistance to tyranny or oppressions, and by including examples of children standing up for their rights and asserting their dignity, the students will come to realize that nonviolent struggle can be carried on by all members of the society as all ages. If the tales address problems similar to those facing the Tibetan community today, all the better. And where they involve techniques such as singing, this will obviously be a desirable and appealing classroom activity related to the story.

Among the stories from around the world

that we would suggest are the following;

1. Women prisoners in Vietnam singing as a form of defiance.
2. Tibetan monks and nuns singing in Chinese prisons (to be obtained)
3. Women’s song campaign against a barkeeper in New Vienna, Ohio, USA, in the 1870’s whose selling of alcohol was harmful to the community.
4. Nigerian women in 1929 organizing dramatic protest, based on their native traditions, against those who carried out the edicts of the British system of taxation and rule.
5. The protest of the Mothers of the Disappeared in the Plaza de Mayo of



Buenos Aires, Argentina, from 1977 through 2083

For each of these, the teacher should first tell the story with enough detail to give the students a clear picture of the situation, including some brief historical background. The teacher could then select from a variety of possible activities.

Learning some of the Tibetan protest and morale songs is probably already part of the school curriculum. Additionally, depending on the ages and inclinations

of the children one could have them prepare small plays in which they act out and express the feelings of the various figures in each incident. While they would probably first be inclined to portray the heroines and “good people” in the plays, it would be valuable for them to play the oppressors and “bad people” as well. By trying to figure out why these people behave as they do and the more complex their discoveries and portrayals of motivations, the more likely realistic they have the basis for inventing new arguments, new strategies, and new approaches to the conflict. Also, as the students try realistically to portray the fears of the people in the drama, the teacher has the natural opportunity to help the children discuss some of their own fears as Tibetans trying to live nonviolent lives in their world today.

By seventh grade, students are capable of following and would benefit from a more extended treatment of persons and events, at the level, they are probably also able to read a simple text in English and discuss questions relating to the text. (It is too early to know the full effects of the recent shift in Tibetan exile education from English medium throughout grades 1 to 10-2 to Tibetan medium for the first five grades. It may turn out that this recommendation for seventh grade will, in fact, be more appropriate for the eighth grade, and that the anticipated eighth grade suggestion will find its place in the ninth grade curriculum.)

An historic use of nonviolence in the US which initiated a period of important social change was the Montgomery Bus Boycott of 1955. For an inexperienced text in easy English, we would suggest

Rosa Parks, by Eloise Greenfield (Harper Trophy, New York, 1995.)

The story of this simple seamstress who sparked that historic Bus Boycott has values beyond its readability.

(Please see remaining in next issue)

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.

TWO HALF -DAY WORKSHOP PROGRAMME ON UNIVERSAL NONVIOLENCE FOR TRAINEES OF TIBETAN CAREER CENTRE, DHARAMSHALA

ORGANIZED BY:

**ANEC IN COLLABORATION WITH TCC DHARAMSALA UNDER YES,
UNIT OF DEPARTMENT OF HOME, CTA DHARAMSALA**



Venue: Tibetan Career Centre

Participation Profile :

- Male Participants: 9
- Female Participants: 12
- Total Participation: 21 Trainees

Date: 24th and 25th April, 2017

Workshop Facilitators :

Mr. Wangdue Tsering
Mr. Thupten Gyaltzen
Miss. Tenzin Lhamo

Aims and Objectives :

1. To educate them on the reasons for nonviolence through introducing various philosophies of nonviolence and present them with a history of nonviolence in various social and political struggles around the world.
2. To widen their perspectives on “Why Tibetans should follow the path of nonviolence” and describe in a few points on how nonviolence is a perfect means to challenge an authoritarian regime.

3. To introduce the concept and power of nonviolent communication and how it can potentially resolve conflicts and strengthen personal and professional relations.

Introduction :

Two Half day Workshop on Universal Nonviolence to 21 trainees pursuing various careers including beautician, hair-dressing, computer graphics, web-designing and networking have taken part successfully. Mr. Gelek Namgyal, Head Consultant of TCC, Dharamsala, welcomed ANEC staff. The Universal Nonviolence Training Programme will help the younger generation in gaining a holistic understanding of Nonviolence and help young Tibetans to be equipped with various philosophies presented by great pacifist leaders like Mahatma Gandhi, Martin Luther King Jr. and His Holiness the 14th Dalai Lama. This programme able better understanding of nonviolent strategies adopted by Tibetans as realistic and pragmatic in terms of the prevailing international

situation. The workshop aims to train young people in peaceful, cooperative, democratic procedures hence it ultimately aims at realization of His Holiness Vision of Future Tibet as a Zone of Peace. Using lectures, case studies, power point presentations and role play were the means to educate about vision, principles and concrete tools of active nonviolence.



“Nonviolence is hard work, it is the willingness to sacrifice. It is the patience to win” - **Cesar Chavez**

YOGA AND NONVIOLENT COMMUNICATION WORKSHOP



Conclusion:

Mr. Thupten Gyaltzen, on behalf of ANEC, offered a white scarf and a portrait to the Tibetan Career Centre as a token of gratitude. He thanked all the staff and participants for making this Two Half - day' Workshop a success. Mr. Gelek Namgyal, Head consultant of TCC Dharamsala addressed the closing ceremony. He thanked the workshop facilitator and offered a white scarf and honorarium.

Feedback

The work you guys are doing is very good and also inspiring. This workshop really helped me a lot. Thank you.

– *Tenzin Rigsang*

This workshop is really good and helpful. I wish I can spread some information to others about Nonviolence and Nonviolent Communication.

– *Yeshi Chodon*



Venue: Tibetan Career Centre and Tibet World rooftop

PARTICIPATION PROFILE :

Male Participants – 10
Female Participants – 15
Total participants – 25

DATE :

5th May, 2017

WORKSHOP FACILITATORS :

Mr. Wangdue Tsering
Mr. Thupten Gyaltzen
Miss Tenzin Lhamo
Miss Maria Laura Ebensberger

MEDIUM OF COMMUNICATION :

English

OBJECTIVES:

The main reason behind allowing Open Registration for the workshop was:

1. To enable those who have least knowledge about the presence of yoga and help them to understand the various techniques of yoga for beginners.
2. To make all the participants aware of Nonviolent Communication (NVC). It is a powerful methodology for communicating in a way that meets the need of both parties. It brings a more loving,

compassionate, and nonviolent way of understanding and functioning with others. NVC shows us how to listen emphatically and also communicate our authentic feelings and needs. NVC connects soul to soul, creating a lot of healing.

INTRODUCTION :

Mr. Wangdue Tsering, Executive Director of ANEC gave an introduction about ANEC and how and why it was formed under the guidance of His Holiness the 14th Dalai Lama and with determined efforts of Rabbi Everett Gendler and Dr. Mary Gendler. After everyone made their way up onto the rooftop of Tibet World, ANEC volunteer Maria Laura Ebensberger led an energizing yoga class for beginners.

Later on, Miss Tenzin Lhamo, ANEC Assistant Trainer introduced 'Nonviolent Communication' and she explained the two ways of communicating and four components of Nonviolent Communication.

CONCLUSION :

The One-day workshop was concluded with a vote of thanks to all the participants for their active involvement throughout the workshop and to ANEC volunteers for their true dedication and commitment.



“Conflicts exist in the land of Gods and reconciliation exist in the land of cannibals” - **Tibetan proverb**

ANEC HALF DAY WORKSHOP ON NONVIOLENCE, EMOTION AND NONVIOLENT COMMUNICATION FOR 6, 7 AND 8TH STANDARD STUDENTS OF MEWOEN TSUGLAG PETOEN SCHOOL



Venue : Mewoen Tsuglag Petoen School Dharamsala.

Participation Profile :

Male Participant: 15
Female Participant: 19
Total Participation: 34

Date : 1st July, 2017

Workshop Facilitators :

Miss. Tenzin Lhamo
Mr. Tenzin Jigme
Miss. Anna Pritzen
Mr. NimishDayalu

Aims and Objectives :

1. Giving education on the importance of inner values and emotional awareness to the younger generation and to transform them into responsible and peaceful citizens.
2. To emphasize on the importance of nonviolence and its root cause, negative emotions and various consequences of negative emotions.
3. To introduce the concept and power of nonviolent communication and how it can potentially resolve conflicts and

achieve reconciliation.

Introduction :

Mrs Tsering Choedon, principal of Mewoen Tsuglag Petoen School inaugurated the workshop. She spoke on the importance of such workshop, and thanked ANEC and the other two facilitators. As this subject is not taught through textbook. She stressed the significance of educating children as we strongly believe that **Today's Child is Tomorrow's Leader**. Her speech was followed by a group photo.

Miss Tenzin Lhamo, on behalf of ANEC, introduced the NGO, how and why it was formed under the guidance of His Holiness the 14th Dalai Lama, and the unswerving efforts and unwavering



support given by Rabbi Everett Gendler and Dr. Mary Gendler. She expressed her wishes for the Workshop to be a useful resource and tool to inspire a nonviolent individual and society in this critical age of conflict and confrontation. Nonviolent Communication has the potential for positive, permanent transformation of relationship. NVC provides effective methods to get to the root of violence by examining the unmet needs to eventually reduce hostility, heal pain and strengthen relationships. NVC is now being taught in corporations, classrooms, prisons, and mediation centers worldwide.

Conclusion:

The workshop was closed with vote of thanks and singing the song "We Shall Overcome".

Feedback :

It is a very excellent idea to share your ideas about nonviolence to others. Your explanations encouraged me to be a better person.

Tenzin Chemi (8th Standard)

"Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal" - Martin Luther King Jr.

TWO-DAY TRAINING PROGRAMME ON UNIVERSAL NONVIOLENCE AND CONFLICT RECONCILIATION FOR TEACHER TRAINEES OF COLLEGE FOR HIGHER TIBETAN STUDIES, SARAH, DHARAMSHALA



VENUE : College for Higher Tibetan Studies, Sarah, Dharamshala, H.P

DATE : 6th - 7th October, 2017

CHIEF RESOURCE PERSONS :
Rabbi Everett Gendler & Dr. Mary Gendler

GUEST SPEAKERS :
Geshe Ngawang Sangay
Ven Ngawang Woeber

WORKSHOP FACILITATORS :
Ms. Tenzin Lhamo
Ms. Tenzin Lhaze
Mr. Jigme

PARTICIPATION PROFILE :
Male Participants -17
Female Participants- 15
Total participants-32

AIMS AND OBJECTIVES :

- To educate them regarding the importance of persuasion through Active Nonviolence.
- To enable all the Teacher Trainees to have a clear concept about nonviolent communication as it mainly emphasizes on a level of life which reveals the power of connecting with others on an entirely different level. It will make them realize that every relationship in their lives with family, friends, co-workers, students, teachers, even with yourself, now has the potential for positive and permanent transformation.
- To train the Teacher Trainees how to react to every rising conflict in school

between students, teachers and outsiders. And what are the measures that should be taken to de-escalate conflicts within school premises.

INTRODUCTION:

Mr. Passang Tsering, Principal of Sarah College for Higher Tibetan Studies inaugurated the workshop by graciously greeting the Chief Resource Persons Rabbi Everett Gendler and Dr. Mary Gendler along with ANEC staff. He spoke on the importance of Nonviolence and Nonviolent Strategies to lead a peaceful life and urged all the participants to try their best in understanding the concept of nonviolence. He appreciated Rabbi Everett Gendler and Dr. Mary Gendler for their ongoing support and guidance for over two decades in educating Tibetans in exile regarding the western concept of active nonviolence. Miss Tenzin Lhamo, (Interim Executive Director) gave an introduction of ANEC and how and why it was founded under the guidance of His Holiness the 14th Dalai Lama and with the determined efforts of Rabbi Everett Gendler and Dr. Mary Gendler. Rabbi Everett Gendler introduced himself, gave a brief introduction to the background and goals of establishing the Active Nonviolence Education Center and emphasized on the importance of nonviolence. Dr. Mary Gendler introduced herself and genuinely expressed her expectations and hope for a better community through active nonviolence.

CONCLUSION:

The two-day workshop was successfully concluded with a certificate of participation presented to the attendees as a gesture of appreciation for their sincere involvement throughout workshop. Miss Tenzin Lhamo (Interim Executive Director) expressed humble gratitude on the behalf of ANEC to the Principal for allowing ANEC to organize such a workshop and thanked the Chief Resource Persons, Rabbi Everett Gendler and Dr. Mary Gendler for their unwavering support towards the contribution of peace and nonviolence in the Tibetan exile Communities for the past two decades.

FEEDBACK:

Thank you ANEC for giving workshop on Nonviolence. We got many new things about Nonviolence methods.

Tenzin Norphel

Keep on going. The ANEC is doing a great job.

Lhamo Chonzon

Actually, I feel really satisfied with the Topic and Concept because I got to learn really good things and could be able to gather lot of productive information from these two days workshops.

Jamyang Dorjee

More of such seminar should be organized in our community especially in schools and youth to have a better idea about nonviolence.

Tenzin Choedhen

**ONE DAY WORKSHOP PROGRAM ON NONVIOLENT COMMUNICATION
FOR TRAINEES OF TCC, DHARAMSALA
ORGANIZED BY:
ACTIVE NONVIOLENCE EDUCATION CENTER (ANEC) IN COLLABORATION WITH
TCC DHARAMSALA UNDER YES, UNIT OF DEPARTMENT OF HOME, CTA, DHARAMSALA**



Venue : Tibetan Career Centre

Participants :
15 Trainees (Female: 6 Male: 9)

Date : 19th March, 2018

Workshop Facilitators :
Ms. Tenzin Lhamo
Mr. Thupten Choephel
Ms. Tenzin Lhaze

Aims and Objectives :

- To introduce how application of Nonviolent Communication helps us to remain and connect to our compassionate nature even under the most difficult situation.
- Our aim through this one day workshop is to reframe how we express ourselves and hear others rather habitual way of attacking, criticizing, withdrawing and defending.

Introduction :

Ms. Jigme Lhamo, Counselor of Tibetan Career Centre inaugurated the workshop

by welcoming the workshop facilitators. Ms. Tenzin Lhamo, Executive Director introduced how ANEC 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. Dr. Marshall Rosenberg's groundbreaking Nonviolent Communication: A Language of Compassion reveals the power of connecting with others on an entirely new level.

H.H. the 14th Dalai Lama once said "The biggest Communication problem is we do not listen to understand rather we listen to reply". In Nonviolent Communication Training we will learn to express ourselves honestly without attacking at the same time paying empathetic attention on other & simultaneously expressing our feeling and need as pure request while receiving feeling and needs of opponent empathetically. We empowered the students with four ways of listening negative message to transform potential conflicts into compassionate dialogues. The four ways of listening were:

- (1) Blaming yourself
- (2) Blaming other

- (3) Sensing other's needs and feelings
 - (4) Sensing your own needs and feelings.
- We also presented before them the importance of Art of Active Listening as it is basis on which Compassionate dialogue can be possible.

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Leo_buscaglia

Conclusion :

The one day workshop was concluded with vote of thanks from administration of Tibetan Career Center and offered white scarf with token of gratitude to ANEC.

Feed Back :

I am quite sure that this project will benefit every individual irrespective of age, occupation and social status to create more compassionate dialogue based on communality of our universal basic needs.

Kalsang Tharchin



ANEC 10th FOUNDING DAY ANNIVERSARY



VENUE :

LTWA Conference Hall, Dharamshala

DATE : 5th October, 2017

CHIEF GUEST :

Former Kalon Tripa, Professor Samdhong Rinpoche

GUESTS OF HONOUR :

Rabbi Everett Gendler
Dr. Mary Gendler
Mr. Tsering Samdup

OBJECTIVES :

To celebrate in order to mark the genuine initiative taken by Rabbi Everett Gendler and Dr. Mary Gendler in establishing the Active Nonviolence Education Center in 2007 with the hope that peace and nonviolence would prosper in the Tibetan Exile Communities. It's been ten years since ANEC started engaging in holding



workshops across the Tibetan exile Communities reaching people from all walks of life, including students, monks, nuns, society's leaders, foreigners, governmental and non-governmental officials. Seeing the large number of people who have benefitted till now, we confidently look forward to continuing the good work which ultimately is proving to be of value to people belonging to every community and nationality.

INTRODUCTION :

The Active Nonviolence Education Center Celebrated its 10th founding Anniversary on 5th October, 2017. The programme started by lighting a butter-lamp before the portrait of His Holiness the 14th Dalai Lama by former Kalon Tripa Professor Samdhong Rinpoche, followed by Miss Tenzin Lhamo, Interim Executive Director giving a detailed introduction about ANEC, why and how it was formulated and reading out report of the past 10 years mentioning the 168 workshops which trained and enlightened more than 6,500 people.

- Former Kalon Tripa Professor Samdhong Rinpoche officially launched ANEC's new Website and subsequently launched the ANEC 10th anniversary Souvenir Magazine



alongside Rabbi Everett Gendler.

- Dr. Mary Gendler and Mr. Tsering Samdup la, Additional Secretary of Department of Education launched two children's story-books (in collaboration with Department of Education, CTA) to be included in School Curriculum as supplementary reading.
- Former Kalon Tripa Professor Samdhong Rinpoche, on behalf of ANEC honoured Rabbi Everett Gendler, Dr. Mary Gendler and Gendlers' Family Foundation with the Life time Achievement Certificate, along with a statue of four-armed Chenrezig/ Avalokiteshvara (the bodhisattva who embodies the compassion of all Buddhas). This symbolized a tribute to their steadfast contribution and dedication towards the promotion of peace and nonviolence over the last two decades within the Tibetan Exile

"The pursuit of truth does not permit violence on one's opponent". - Mahatma Gandhi

Communities.

- Rinpoche also presented Appreciation Certificates to Board Members for their ongoing dedication and excellent leadership in promotion of peace and nonviolence through the Active Nonviolence Education Center.
- Dr. Mary Gendler honoured the Chief Guest with a shawl and the first ever ANEC 10th anniversary mug on behalf of ANEC.



CONCLUSION :

There was a screening of documentary movie: "Journey of Nonviolence: Alabama to Dharamshala" (ANEC's Introductory Documentary film made by Mrs. Lhakpa Kyizom and Mr. Lobsang Gyatso Sither).

Ms. Tenzin Lhamo, interim Executive Director, subsequently delivered a thank you speech to the Chief Guest, ANEC's Chief Resource Person and Principal Supporters and all other dignitaries for taking time out of their busy schedules and attending this function. She ended her speech by reciting a prayer for His Holiness the 14th Dalai Lama's long life and that his teaching of nonviolence may prevail in every corner of the world.

*"In a gentle way,
you can shake the world."*

Mahatma Gandhi

SCREENING OF "PRAY THE DEVIL BACK TO HELL "



Active Nonviolence Education Center screened a documentary film "Pray the devil back to hell" directed by Gini Reticker at Jimmy's Italian Kitchen, McLeod Ganj on 31st March, 2017. "Pray the devil back to hell" which follows the grassroots peace movement that brought together women from all over Liberia to end the civil war. We felt this film would both educate and inspire the audience on the use of active non-violence, which is at the core of ANEC's prime principle. We feel it is important to show active nonviolent movements that have taken place in different parts of the world, to encourage people to engage in active nonviolent movements in their own communities to fight against oppression. We also liked how this film used both well-known and innovative strategies to bring peace. We had an audience of around 11 of people from Australia, Tibet, Venezuela, Netherlands, Turkey, Colombia and the UK. Our volunteers led a discussion emphasizing on various method adopted in this movie. All the participants expressed about getting inspired and moved by the story documented with certain people expressing how it had changed their mind sets. At first people could not identify the different active tactics the women used, but after some prompts and more teachings as to what active nonviolence is, they started recognizing and understanding them. A lot of people

were really impressed with how the women used innovative strategies, which will inspire them to have faith in their original ideas.

We feel that the discussion was very beneficial as it allowed people know about active nonviolent strategies and to reflect on how they can contribute when they return home.

SCREENING OF "LEAVING FEAR BEHIND"



On April 6th 2017, the Active Nonviolence Education Center screened a very well-known documentary, "Leaving Fear Behind" at Drumstick Restaurant, McLeod Ganj between 2:30 to 4:00 pm. "Leaving Fear Behind" (in Tibetan, "Jigdrel") is a heroic film shot by Tibetans inside Tibet, who longed to bring their Tibetan voices to the Beijing Olympic Games. With the global

FILM SCREENING

ANEC SHOWS “DISPATCHED: UNDERCOVER IN TIBET”

*Movie screening followed by
a discussion about the Tibetan struggle in McLeod Ganj*

spotlight on China as it rises to host the XXIX Olympics, Tibetans wish to tell the world of their plight and their heartfelt grievances against Chinese rule. The main reason behind screening this documentary movie as we hope it would highlight the dramatic oppression faced by Tibetan inside Tibet. Twelve visitors from diverse location (Germany, USA, UK, Scotland, Canada, Tibet, South Africa and Italy.) were mindfully present. ANEC Volunteer Miss Emma did an introduction about the Active Nonviolence Education Center (ANEC), documenting its history and recent achievements, followed by another Volunteer, Jessie May who introduced the film, highlighting the messages within the movie and then relating them back to ANEC’s prime principle.

Every single person seemed to emotionally connect with the film which in turn made for a poignant discussion as each visitor shared their own countries historical struggles. We were able to dedicate a good amount of time towards an in-depth discussion with everyone. Subsequently the visitors shared heartfelt, distressing stories about living in Germany under the Nazis and the Anti-Apartheid Movement (AAM) in South Africa. The audience concluded that we all need to actively engage in discussions like this to keep each other informed and inspire change. The film concluded with a cover of Bob Dylan’s “Blowing in the Wind” from songwriter Bea, in which everyone joined in and connected emotionally with the song’s anti-violence lyrics.



On the 20th of April 2017; the ANEC volunteers Maria Laura Ebensberger, Helene Weynerowski and Li Zhongqin presented the movie “Dispatched: Undercover in Tibet” in the Drumstick Restaurant in McLeod Ganj. 27 people attended the event and put their names and email addresses down for further information.

After shortly introducing themselves, Maria Laura talked about ANEC and Helene about the movie. Maria Laura explained what ANEC stands for, its philosophy and history. She talked about the achievements and next projects of the organization. Helene prepared the public emotionally for the rather challenging movie, reminding them to stay grounded. The movie showed how Tibetan in exile Tash Despa returned to his homeland after eleven years. Risking imprisonment and deportation he filmed Tibetans talking about torture, forced sterilization and religious discrimination. He uncovered how the Chinese government violated basic human rights, such as random imprisonment without trial.

To open the discussion Helene recited the poem “Never Give Up” of His Holiness the 14th Dalai Lama. After some silence a young Australian asked the question of what the ordinary person can do. Some of the presented ideas were practicing non-violent dialogue, volunteering for a Tibetan NGO and raising awareness in general. Another proposition was responsible consuming behavior, by buying local and fairly produced products.

One Tibetan stood up and hold a speech. He stated that the Chinese government occupied Tibet for military and economic reasons, its altitude and richness in mineral resources playing a big role. He talked about the danger of the increasing immigration of Chinese and criticized “our leaders” for not taking enough action.

The discussion continued in smaller groups and slowly found its end. The feedback for the event was good, with many people expressing their gratitude before they left.



COMPASSION IN EXILE THE STORY OF THE 14TH DALAI LAMA



On Thursday, 22nd June, 2017 ANEC screened "Compassion in Exile – "the Story of the 14th Dalai Lama" at the Drumstick Restaurant in McLeod Ganj from 2:30 to 4:30pm. "Compassion in Exile" is a documentary movie shot by Mickey Lemle. It portrays the life of Tenzin Gyatso, the 14th Dalai Lama of Tibet. From his childhood to the evolution into the 14th Dalai Lama at the age of 16. The movie gives insights into the history of Tibet since the Chinese invasion in the 1950s. Through close-up interviews Tibetan people tell their personal stories, their sufferings of torture, imprisonment under Chinese oppression and their escaped into exile. The Dalai Lama spreads his vision of nonviolence and compassion in the Tibetan struggle to preserve our religion and culture. Around 11 people joined the screening from countries all over the world (India, Tibet, China, Italy, Mauritius, and Germany). Miss Tenzin Lhamo,



Assistant Trainer, gave a detailed introduction about the work ANEC has been engaged in doing. Anna Pritzen, ANEC's volunteer, introduced the movie to the audience. After the 50 minutes of movie one hour of open discussion was held where all the attendees expressed their thoughts and feelings about the movie and the concept of nonviolence as means to conflict-resolution. The opening statement was made by a participant from Mauritius who claimed that without violence there will be no change in the Tibetan struggles for freedom. Following a heated discussion was opened between defenders of nonviolence and a more radical perspective about the urgent need to fight.

Oppositely the majority of the audience resonated with the concept of nonviolence in the Chinese-Tibetan conflict. Examples like the Indian Independence from the British in 1947 were used as evidence for the effectivity of this strategy and as a means of hope even after decades of oppression.

"THE TANK MAN"

On Friday 29th of December, 2017 ANEC screened the documentary "The Tank Man" – A Story of Democratic movement in China. The Screening was held at Drumstick Restaurant in McLeod Ganj between 3:00 to 4:30pm in the afternoon. 15 people joined the screening from different part of the world. Miss Tenzin Lhanze, the Assistant Trainer and teaching officer, gave an introduction about the work ANEC is doing. Mr. Thupten Choephel, Trainer and Research officer explained the history. The 1 hour 15 minutes documentary was screened. "The Tank Man" is a documentary film by Anthony Thomas, It portrays Chinese aspiration for a democratic change. 6 weeks long nonviolent protest with

crowd of more than 1 million at Tiananmen Square was forcefully suppressed, resulted in killing 10,000 and 10,000 were put in to prison. It was consider as the darkest day in the history of China. 4th June 1989 Tiananmen protest happened as a result of 40 years of repression, rampant corruption by party member and continuous exploitation of laboring masses. Many of us remember this historic massacre through one iconic image called Tank Man. It became inspiration to many of democratic revolution around the world.

The movie was followed by an open discussion.



Lhasang Tsering talked about the unnecessary huge expenditure on militarization on both side of Tibet, as a result of Chinese policy of expansionism and threaten India's security. Both India and China was much impoverished by the huge military expenditure extending the economic growth of both the nation. If Tibet were a free nation and buffer zone between two giant nations, economy of this country will improve enough to benefit the global economy. Participant Neil a writer from England expressed solidarity with victims of massacre and to those who continue to suffer under brutal oppression.

Conclusion : The movie screening was considered success.

"We do not need guns and bombs to bring peace, we need love and compassion." – Mother Teresa

**ANEC PARTICIPATED AT 47TH SARVODAYA SAMAJ SAMMELAN
SEVAGRAM ASHRAM, SEVAGRAM,
WARDHA DISTRICT MAHARASHTRA 23RD TO 25TH FEBRUARY 2018**



The 47th Sarvodaya Samaj Sammelan /conference, Feb 23rd to 25th 2018, was held at Sevagram, Wardha, Maharashtra. The event was the commemoration of the 150th Birth anniversary of Kasturba Gandhi and Mahatma Gandhi. ANEC was invited to attend the conference, which was attended by 4,000 delegates from all over the country and around the world. The enthusiastic crowds reiterated their commitment for a peaceful world, one based on Gandhian values. ANEC's principal supporter Rabbi Everett Gendler attended the conference as a spokesperson, along with Dr. Mary Gendler and Ms. Tenzin Lhamo. Historically, the conference was held in Sevagram where Sarvodaya Samaj was born 70 years ago. Rajmohan Gandhi, the grandson of Mahatma Gandhi, when

inaugurating the event he appealed to the delegates to investigate and adopt the radical principles that Gandhi enunciated in Ekadasha Vratha. The Sammelan had a high level of participation from youth, women and Adivasis. This indicates the youthfulness of the emerging Sarvodaya movement.

On the international level, terrorism, threats of war, discrimination, violence and gross inequalities are huge threats to world peace. Indeed, one may say, they are imperiling the very existence of humanity on the planet. The exploitative, global tendencies of neo-colonialism and imperialism are filling the world with poison and hatred. Gandhi said "I do not wish to live in a world which is full of violence, and without peace." The thinkers of the world are unanimous in feeling that it is only the Mahatma's values of truth, nonviolence and love that can save the world from destruction. Rabbi Everett Gendler, a former associate of Martin Luther King Jr, shares some of the personal elements from Dr. King's life. "We continue to embody his ideals and to apply his vision of life's possibilities. All lives are precious and also imperfect,

and a few are extraordinary. The challenge of modern life is how to preserve these elements and use them for our own daily inspiration." Everett also elaborated on the most famous image of Dr. King, with the hope that we may thereby have him with us as we travel.



The iconic image: King was a dreamer. He dreamed dreams and had visions of what the future could be. His famous 'I have a dream' speech is widely known and can be seen on You Tube endlessly. His portrayal of the future gives us hope and lifts us with encouragement. Big dreams begin with small steps but can be achieved.

Dr. Mary Gendler talked about a project that she and her husband had been involved



"Non-violence requires a double faith, faith in truth and also faith in man." - Mahatma Gandhi



with since 1996. She narrated the story of their visit to Lhasa and other Tibetan places. There they saw the sad and unfortunate situation the Tibetans face under the repressive, hard-line policies of China. They found the Tibetans utterly frustrated and living with tremendous despair. The Rabbi and his wife strongly felt they should introduce Western nonviolent strategies to the Tibetan people.



She talked about how ANEC became an institution. After an audience with His Holiness the Dalai Lama where they briefed him on their plans to introduce active nonviolent strategies to the Tibetan community, they received full support from him and the Tibetan cabinet.

Executive director Ms. Tenzin Lhamo talked about the workshops that have been held so far. There have been more than 100 workshops, open forum discussions and training sessions. There have been more than 6,500 participants, both Tibetan and non-Tibetan. Through education, people can learn how to

resolve conflict on all levels, using peaceful and nonviolent strategies. She further talked about peace, nonviolence, hope and humanity based on the Buddhist traditions of nonviolence. She said, we must realize the purpose of our life. Everybody wants to be happy, nobody wants misery in life. We need to see each other's suffering as our own. Not just in terms of words but in true sense. As the saying goes, "Actions speak louder than words." When we think about hope and humanity the mind itself opens up. And when we accept that others have a right to peace and happiness equal to our own, the differences and walls of caste, creed, culture, gender and religion- everything falls away. After all, we are humans first. We are born as humans and we belong to humanity first." She also thanked all the speakers and the Sarvodaya family. She ended her speech with a quote by H.H. the Dalai Lama. "Peace starts within each one of us. When we have inner

peace, we can be at peace with those around us."

It is a matter of sadness that even after seven decades of independence we still have inequalities and discrimination, gender inequality, and terrible poverty. We are still under the domination of globalized institutions which dictate the development paradigm. Gandhians are working to remove these curses on society.



We take a determination here to free the villages and urban Bharat and the world from inequality, injustice, exploitation, violence, and attacks on women and children.

If we want to save the world, we have to work for a world without wars. Peace and love only can create a path of prosperity in the world today. The Sarvodaya Samaj Sammelan appeals to all peace loving people of India to become united in fighting divisive forces.



"We must learn to live together as brothers or we will perish together as fool" - Martin Luther king Jr.

“THE MEDICINE OF ALTRUISM”



In Tibet we say that many illness can be cured by the one medicine of love and compassion. These qualities are the ultimate source of human happiness, and need for them lies at the very core of our being. Unfortunately, love and compassion have been omitted from too many spheres of social interaction for too long. Usually confined to family and home, their practice in public life is considered impractical, even naive. This is tragic. In my view point, the practice of compassion is not just a symptom of unrealistic idealism but the most effective way to pursue the best interest of others as well as our own. The more we- as a nation, a group or as individuals - depend upon others, the more it is in our own best interests to ensure their well-being.

Practicing altruism is the real source of compromise and cooperation; merely recognizing our need for harmony is not enough. A mind committed to compassion is like an overflowing reservoir - a constant source of energy, determination and kindness. This is like a seed; when cultivated, gives rise to many other good qualities, such as forgiveness, tolerance, inner strength and the confidence to overcome fear and insecurity. The compassionate mind is like an elixir; it is

capable of transforming bad situation into beneficial ones. Therefore, we should not limit our expressions of love and compassion to our family and friends. Nor is the compassion only the responsibility of clergy, health care and social workers. It is the necessary business of every part of the human community.

Whether a conflict lies in the field of politics, business or religion, an altruistic approach is frequently the sole means of resolving it. Sometimes the very concepts we use to meditate a dispute are themselves the cause of the problem. At such times, when a resolution seems impossible, both sides should recall the basic human nature that unites them. This will help break the impasse and, in the long run, make it easier for everyone to attain their goal. Although neither side may be fully satisfied, if both make concessions, at the very least, the danger of further conflict will be averted. We all know that this form of compromise is the most effective way of solving problems - why, then, do we not use it more often?

When I consider the lack of cooperation in human society, I can only conclude that it stems from ignorance of our interdependent nature. I am often moved by the example of small insects, such as bees. The laws of nature dictate that bees work together in order to survive. As a result, they possess an instinctive sense of social responsibility. They have no constitution, laws, police, religion or moral training, but because of their nature they labour faithfully together. Occasionally they may fight, but in general the whole colony survives on the basis of cooperation. Human beings, on the other hand, have constitutions, vast legal systems and police forces; we have religion, remarkable intelligence and a heart with great capacity to love. But despite our many extraordinary qualities, in actual practice we lag behind those small insects; in some ways, I feel we are poorer than the bees.

For instance, millions of people live together in large cities all over the world, but despite this proximity, many are lonely. Some do not have even one human being with whom to share their deepest feelings, and live in a state of perpetual agitation. This is very sad. We are not solitary animals that associate only in order to mate. If we were, why would we build large cities and towns? But even though we are social animals compelled to live together, unfortunately, we lack sense of responsibility towards our fellow humans.

(Source- Office of His Holiness the Dalai Lama's website.)

བོད་དོན་བདེན་མཐའ་སེལ་བའི་ཐབས་ཇུས་འཆོ་མེད་ཞི་བ་ ལས་གཞན་མེད་སྐོར་གསུངས་སོང་།



ཟླ་ ༡༠པའི་ཕྱི་ཚེས་ ༥ (ཉིན་གྱི་ཉིན་རྒྱབ་ཚུ་ཚོད་ ༣དང་སྐར་མ་ ༣༠ཐོག་འཆོ་མེད་ཞི་བའི་ལྷ་གྲུབ་སྤྱི་བདེ་བསྟེན་གནས་ཁང་དབུ་བརྟེན་གནས་ལོ་ ༡༠
 འཁོར་བའི་དུས་དྲན་མཛད་སྤོ་ཉུ་མེབས་པའི་སྐུ་མགོན་གཙོ་བོ་བཀའ་བློན་མི་ལུང་མཁས་དབང་ཐམས་གདོང་རིན་པོ་ཆེ་མཆོག་གས་བོད་དོན་བདེན་
 མཐའ་སེལ་བའི་ཆེད་དུ་ཆབ་སྲིད་ཀྱི་སྲིད་ཇུས་ཀྱི་ཆ་ལྷན་གཉིས་པན་དབུ་མའི་ལམ་དང་སྲིད་ཇུས་དེ་ལག་ལེན་དུ་བསྟར་བའི་ཐབས་ལམ་གྱི་ཆ་ལྷན་
 འཆོ་མེད་ཞི་བའི་ཐབས་ལམ་ཆགས་ཡོད་པ་དང་། བོད་དོན་བདེན་མཐའ་སེལ་བའི་ཐབས་ཇུས་འཆོ་མེད་ཞི་བ་ལས་གཞན་མེད་སྐོར་གསུངས་སོང་།
 བོད་མི་རིགས་སྤྱི་ཡོངས་དེ་སྤྱན་རས་གཟིགས་ཀྱི་གདུལ་ཞིང་དུ་གྱུར་པའི་ཚོས་ལྡན་གྱི་སྤྱི་འགོ་དང་། བོད་མི་མང་ཆེ་བ་སངས་རྒྱུས་ཀྱི་རྗེས་འཇུག་
 ཆགས་ཡོད་པ་དང་། ལྷོན་པ་སངས་རྒྱུས་ཀྱིས་གསུངས་པའི་ཚོས་ཀྱི་སྤྱི་བོ་གཙོ་བོ་དེ་ལྷ་བ་རྟེན་འབྱུང་དང་སྤྱོད་པ་འཆོ་བ་མེད་པ་གཉིས་ཡིན་པ་།
 རྟེན་འབྱུང་གི་ལྷ་བའི་ཤེས་རབ་ལ་བརྟེན་ནས་སེམས་ཅན་ཐམས་ཅད་འདྲ་མཉམ་ཡིན་པ་ཅམ་མ་ཟད། སེམས་ཅན་རྣམས་རང་ལས་ལྷག་པ་ཡིན་པ་
 གསུངས་པ་བཞིན། ཚོས་དང་སྤྱི་ཚོགས་ཀྱི་གནས་ཚུལ་ག་འདྲའི་ཐོག་ལ་ཡིན་ན་ཡང་། འཆོ་མེད་ཞི་བའི་ལམ་ཁོ་ནའི་ཐོག་གས་འགོ་རྒྱ་དེ་ནང་བ་སྤྱི་
 ཡོངས་ཀྱི་ལྷ་གྲུབ་ཡིན་པ་གསུངས་སོང་། དེ་བཞིན་ཁོང་གིས་སྤྱི་མཐུན་དུ་"ད་ལྟའི་གནས་སྐབས་ལ་མཚོན་ན་བོད་མི་རིགས་ཆབ་སྲིད་རིག་གཞུང་དང་
 བཅས་པ་ཆགས་འདྲི་གཞི་གི་གནས་སུ་འགྱུར་བའི་སྐབས་འདྲི་དུ། བོད་ཀྱི་མདུན་ལམ་འདྲི་གཞི་རྟེན་ཁམས་ནས་མ་བརྒྱག་པ་བྱས་ནས་གནས་སུ་བ་དེ།
 འགོང་ས་སྐབས་མགོན་ཆེན་པོ་མཆོག་གིས་དབུ་མའི་འོག་འཆོ་མེད་ཞི་བའི་ལམ་ཉག་གཅིག་ལག་ལེན་བསྟར་བ་དེའི་དབང་གིས་ད་ལྟ་བོད་པའི་
 གནས་སྐབས་དེ་འདྲི་གཞི་རྟེན་ཁོར་ཡོངས་ནས་ཚང་མས་དོ་སྣང་བྱེད་དགོས་པའི་གནས་ཚུལ་ཆགས་ཀྱི་ཡོད་ཅེད། མ་འོངས་པར་བོད་དོན་བདེན་མཐའ་
 སེལ་བར་འེ་བ་རྒྱུག་དགོས་ན། དེ་སེལ་བའི་ཐབས་ཇུས་དེ་འཆོ་མེད་ཞི་བའི་ལམ་ལས་གཞན་མེད་པ་དེ་གསལ་པོ་ཞེ་བྲག་ཅེད། ང་ཚོའི་ད་ལྟའི་གནས་
 བབ་ལ་གཞིགས་ནས་འགོང་ས་སྐབས་མགོན་ཆེན་པོ་མཆོག་གིས་བོད་དོན་བདེན་མཐའ་སེལ་བའི་ཆེད་དུ་ཆབ་སྲིད་ཀྱི་སྲིད་ཇུས་ཀྱི་ཆ་ལྷན་གཉིས་
 པན་དབུ་མའི་ལམ་དང་། སྲིད་ཇུས་དེ་ལག་ལེན་དུ་བསྟར་བའི་ཐབས་ལམ་གྱི་ཆ་ལྷན་འཆོ་མེད་ཞི་བའི་ཐབས་ལམ་གནང་བ་དེ་ཅེད། མ་འོངས་པར་སྤྱི་
 སྤྱོད་བྱེད་རྒྱུའི་རུས་པ་ཞིག་དགོས་ཀྱི་ཡོད་ན་དེ་ལས་ལྷག་མེད་པ་ཞིག་ཅེད། འོགས་གཅིག་གས་བོད་མི་དེ་ཚོ་ནང་པའི་ལྷ་གྲུབ་ཀྱི་རྗེས་སུ་འཇུག་པ་ལ་
 ལྷག་ཡིན་དུས་འཆོ་མེད་ཞི་བའི་ཐབས་ལམ་ལ་མང་ཆེ་བ་ཡིད་ཆེས་ཡོད་པ་ཅེད་དེ། ཡིན་ན་ཡང་། ཐབས་ལམ་དེའི་ལྷ་གྲུབ་ཀྱི་གནས་ཚུལ་འདྲི་མ་འདྲི་
 བཞིན་ག་འདྲི་གཞི་ཡིན་པ་དང་། ད་བར་དུ་ལག་ལེན་བསྟར་བའི་སྐབས་ལ་ཡུལ་དུས་གནས་སྐབས་དང་བསྟུན་ནས་ག་འདྲི་ལག་ལེན་བསྟར་དགོས་ཀྱི་
 ཡོད་པ་དེ་སྤོབ་སྤོབ་བྱས་ནས་མ་གཏོགས་རང་གྲུང་གིས་ཤེས་པ་ཞིག་མ་ཅེད། དེར་བརྟེན་དེ་འདྲའི་སྤོབ་སྤོབ་གི་བསྟེན་གནས་ཤིག་དགོས་རྒྱ་དེ་

"You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty." - H. H. the 14th Dalai Lama

དམིགས་བསལ་གལ་ཆེན་པོ་ཆགས་ཀྱི་ཡོད་ཅིང་། འཆོ་མེད་ཞི་བའི་ལྷ་སྤུངས་སྤྱོད་བརྗེ་བསྐྱོད་ལྷན་ཁང་གསར་འཛུགས་གནང་ནས་ལོ་ངོ་
 10 ཡི་རིང་རྒྱལ་ཆེན་གྱི་སྤྱལ་ལས་གནང་སྤྱོད་ལོ་ལ་ལེགས་གསོའི་བསྐྱེད་སྤོང་དང་སྤྱལ་མ་འོངས་པར་སྤྱི་མཐུན་དགོས་སྐོར་ལ་ཁོང་
 གིས་“མངོན་གསལ་དོན་སོས་སྐྱོད་གསལ་དང་ཁྲུ་ཞིང་ཞིང་མེད་པ་ཡིན་ན་ཡང་། དོན་ངོ་མའི་ཐོག་ལ་བོད་ཀྱི་རྩ་དོན་ལ་སུ་རྒྱལ་ཆེན་གྱི་གནས་བབ་
 ལས་གཞིགས་པ་ཡིན་ན། རྒྱལ་ཆེན་གྱི་སྤྱལ་ལས་ཡོད་པ་ཞིག་དང་། ཅང་གནད་འགག་ཆེན་པོ་ཆགས་ཡོད་ཅིང་། མ་འོངས་པར་སྤྱི་མཐུན་སྤྱལ་
 ལས་རྒྱུན་སྤྱོད་གནང་རྒྱ་དང་། དེ་ལ་བརྟེན་ནས་འགྲོ་བ་མིའི་རིགས་སྤྱི་ཡོང་ལ་སུ་ཐོགས་ཆེན་པོ་ཡོང་རྒྱུའི་རེ་བ་ལྷུ་ཡི་ཡོད།

FORMER KALON TRIPA PROFESSOR SAMDHONG RINPOCHE'S SPEECH DURING ANEC'S 10th FOUNDING ANNIVERSARY

Active Nonviolence Education Center is apparently a very humble and small organization but it is one of the most important movements or initiatives which both Rabbi Everett Gendler and Mary Gendler have started and I couldn't realize it is already 10 years passed. The time is so swiftly moving. It has a great importance because the Tibetans are generally known as the followers of Buddha and the Land of Snow is being marked by Buddha as a place of dharma. Therefore the people who are born in that country, or in that race have a universal responsibility to preserve and share the teaching of Buddha. Teaching of Buddha, if I sum up in two words, the philosophy of interdependent origination and the behavior of nonviolence. These two are the essence of Buddha's teaching. Therefore as a citizen of a Buddhist country we must live an authentic and genuine life with this



concept of interdependence and conduct of nonviolence. Particularly this time we are politically, socially and economically under PRC's unjust control and we are seeking justice. And for that also His Holiness the 14th Dalai Lama has given the two great principles to resolve Tibet issue, the Middle Way Approach and the means to achieve and resolve the Tibet issue in nonviolent resistance and nonviolent action. Therefore to resolve the Tibet issue nonviolence is immensely important. People might have some faith and devotion in the principle of nonviolence but it is very difficult to have insight and the understanding of how to implement them in one's own life and as well as in our movement to resolve the Tibet issue through the Middle Way Approach. For that, we shall have to adopt is in a nonviolent way and how to implement it not only in our spiritual life but also in our movement to resolve our issue.

The practical nonviolent movement as taught by both of you need to be spread and shared to all the Tibetan people. So I take this opportunity to express my appreciation to all the very active, sincere and young workers of ANEC, board members and particularly Rabbi Everett Gendler and Dr. Mary Gendler for their consistent guidance, support and



encouragement. So I hope this institution will remain forever even if the Tibet issue is resolved. We need this nonviolent education to be continued so we must have a long-term plan and vision and immediately the world is must challenged by various kinds of violence, so to face those challenges and also to resolve our own problem, the skillful methods of nonviolence and how to be adopted in practicality is need to be taught, experimented and also researched so that from time to time our approach and methods may be important. So with this word I once again express my happiness to be able to come and meet both of you after many years.

“The true hero is one who conquers his own anger and hatred” – His Holiness the 14th Dalai Lama.

ANEC PAYS TRIBUTE TO LATE EXECUTIVE DIRECTOR MR. TENPA C. SAMKHAR

Mr. Tenpa Chopel Samkhar (1949-2015) was born in July 1949 in Chushur, near Lhasa, in the U-tsang province of Tibet. He received his formal education through Central School for Tibetan and later at St. George's College, Mussoorie. He then Joined St. Joseph's College, North Point, Darjeeling, where he excelled in his studies and other Co-Curricular Activities.



His service in the Tibetan community began in 1976 when he was appointed as a senior clerk in Kashag. A year later, he was appointed as an Acting Deputy Secretary in the same department.

In March 1979, he was promoted to Deputy Secretary of Kashag.

In March 1980, he was appointed as Acting Assistant to Cabinet Secretary. In June 1982, Mr. Tenpa C. Samkhar was appointed as settlement officer of Lugsum Samdupling, South India. Three years after serving as settlement officer, he was appointed as the Secretary of Bureau of His Holiness the Dalai Lama in Delhi.

In November 1986, he was appointed to Department of Information as Assistant Secretary. In 1992 he was promoted to Additional Secretary. A year later, he was appointed as the Secretary of the Constitution Redrafting Committee.

In 1995, he continued his work after his further studies as the Chief Representative of the South Zone Tibetan settlements based in Bangalore. Two years later, he was appointed as the Political Secretary of Kashag.

He was appointed as Secretary of Department of Health on 15th April 2002. After completing his tenure, he officially retired on 1st July, 2007.

Just after his retirement in 2007, Mr. Tenpa C. Samkhar co-founded the Active Nonviolence Education Centre (ANEC) a Non-Governmental Organization and not-for-profit educational organization dedicated to the promotion of peace and nonviolence in the Tibetan exile Community along with ANEC's Principal supporters Rabbi Everett Gendler and Dr. Mary Gendler.

Mr. Tenpa C. Samkhar was a progressive individual, hugely invested in the nonviolent struggle for Tibet. He served as the backbone in lifting ANEC to the greatest extend. ANEC remembers his work and salute his enthusiasm for educating people from all walks of life. His sense of renouncing to violence, war and other unfair means has what made him distinguishable from others. It is a matter of pride and honour for ANEC to witness such productive work perform by him throughout his time in ANEC. He has a firm conviction in solving every rising conflict without retaliation. He spent considerable amount of time developing peaceful ways to tackle violence in Tibetan Community and his teaching proved to be a great help for every individual regardless of age. His work has left an indelible imprint in the mind of every individual he encountered.

Active Nonviolence Education Center.

ACTIVE NONVIOLENCE EDUCATION CENTER EXPRESSES CONDOLENCE OVER THE DEMISE OF DR. GENE SHARP, GODFATHER OF NONVIOLENT REVOLUTION (1928-2018)



The Albert Einstein Institution has announced that Dr. Gene Sharp passed away peacefully on the 28th January at his home in East Boston. He had recently celebrated his 90th Birthday.

For almost seven decades Gene Sharp dedicated his life to researching and writing on nonviolent means of struggle that might replace violence and war, his central thesis, that political power is held, not by rulers themselves, but by the willing consent of the people and institutions that support them. By studying techniques to undermine these institutions and pull them over to the democratic side, the ruler could be left powerless.

Born on the 21st January 1928 to the Reverend Paul Sharp, a traveling minister and Eva Sharp a school teacher, Gene studied first at Ohio State University where he received his undergraduate and master's degrees in political studies, before moving to New York where he wrote his first book on Gandhi's use of nonviolent action.

In 2012 a biographic documentary about his work, 'How to Start a Revolution' won a BAFTA award and was shown internationally and used screened in Occupy camps all over the world.

Dr. Gene Sharp, who's life work on the history and use of nonviolent actions and struggles for political and social change, "strategic nonviolence", has been widely read and appreciated. It was successfully used most recently in the nonviolent campaigns of Serbia, Tunisia and Egypt. In 1995, Everett and Mary Gendler proposed to His Holiness the Dalai Lama that the Tibetans should invite Dr. Sharp to give a workshop about strategic nonviolence, to leaders of the Tibetan community in India, as a way of increasing their thinking about how to struggle against the Chinese occupation of Tibet. He agreed, and came to India three times. Meanwhile, the Gendlers began to give workshops throughout the Tibetan community - to students, monks and nuns, community, people, government workers, etc. This approach has been the foundation for the work of ANEC these past 10 years. "Gene Sharp refused to retire and worked up until his death. He leaves behind generations of students of his work all over the world who are better able to win political freedom and resist oppression than ever before. He has set down his pen for the last time, but his work will continue forever." (Source-einstein@igc.org)

It is with sadness and great appreciation that ANEC notes the passing of Dr. Gene Sharp.

OTHER ACTIVITIES

Discussion between NGOs and the Swiss Parliamentary Delegates (31st March, 2017)



Former Executive Director of ANEC Mr. Wangdue Tsering took part in the discussion between NGOs and the Swiss parliamentary delegation, members of Tibetan parliament from Europe, President and board members of Swiss Tibet Friendship and representative of Tibetan community in Switzerland and Liechtenstein.

XIX Free Tibet! Action Camp (14th to 18th October, 2017)

Miss Tenzin Lhaze (Assistant Trainer and Teaching Officer) attended a five-day workshop organized by Students for a Free Tibet - India (SFT) under a heading "Action Camp". The main purpose of the workshop was to let all the participants to step outside of their comfort zones and discover leadership qualities in oneself that would impart positive impact in the movement for Tibetans' Independence. It covered arrange of workshops such as, Chinese Pillars of support, Strategic non violent and campaign planning etc.

Meeting with Mr. Ngodup Tsering, Kalon and Mr. Tsering Samdup, Additional Secretary of Department of Education, CTA (4th October, 2017)

Active Nonviolence Education Center's Chief Resource Persons and principal supporters Rabbi Everett Gendler and Dr. Mary Gendler along with Executive

Director Ms. Tenzin Lhamo had meeting with Mr. Ngodup Tsering, Kalon and Mr. Tsering Samdup, Additional Secretary Department of Education, CTA at DoE regarding the future activities.



Coexisting and Flourishing, A round table discussion for Indian and Tibetan (13th November, 2017)



Miss Tenzin Lhaze (Assistant Trainer and Teaching Officer) attended a half day Round-Table Discussion at Norbu House, McLeod Ganj, Dharamshala under a heading "Co-existing and Flourishing" organized by Tibetan Center for Conflict Reconciliation on the 13 November 2017. The main reason behind organizing the round-table discussion was to create a platform for local Indian and Tibetan communities' leader to discuss problems faced in the city and find a means to eradicate the problem to the best of each sides' capabilities.

Talk session with Professor Alan and a group of students from Denver University, Colorado, USA (8th December, 2017)



Active Nonviolence Education Center's Executive Director Ms. Tenzin Lhamo attended a talked session organized by Professor Alan and a group of students from Denver University on 8th December 2017 at Tibet world where she talked about ANEC, its basic aims and objectives and the importance of Nonviolence followed by questions and answers from students.

One day follow up workshop on the Topic "Strengthening the Civil Society" (25th January, 2018)



ANEC's Trainer and Assistant Trainer, Mr. Thupten Choephel and Ms. Tenzin Lhaze attended a one day follow up workshop on "Strengthening the Civil Society" organized by Tibetan Center for Conflict Resolution. It creates a platform for dialogues on how to develop network and strengthen the relationship between Tibetan Civil Societies. The importance of Communication, Cooperation and Affirmation for effective problem management is the root cause to strengthen the Civil Society.

"At the center of nonviolence stands the principle of love" – Martin Luther King Jr.

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.

"We shall overcome because the arc of the moral universe is long but it bends towards justice" - **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 :

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+91 70188-66429, +91 70181-67116

ANEC Website: www.anec-india.net

facebook.com/anecpeace

Executive Director-ANEC

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Phone no: +91 70188-66429

Trainer cum Research Officer-ANEC

Thupten Choephel (Mr.)

Assistant Trainer cum Teaching Officer-ANEC

Tenzin Lhaze (Ms.)

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. 895, 1st floor, Toepa Community House,

TIPA Road. McLeodGanj -176219, Dharamsala,

Distt Kangra (H.P) INDIA

Kindly intimate to :

executivedirectorofanec@gmail.com

"Say what you want but you NEVER say it with violence!" – **Gerard Way**



MR. TENPA CHOEPHEL SAMKHAR

Executive Director - ANEC (December 30th, 1939- December 8th, 2015)
 Former Kashag Secretary for Political Affair & Former CTA Health Secretary
 Former Vice President, Indo-Tibetan Friendship Society

In honor and loving memory of the late Executive Director of ANEC, Mr. Tenpa Choepel Samkhar. Hotel Gandhi's paradise pays tribute to his unwavering faith and tireless efforts on education of Nonviolence. Eventually accomplished 160 workshops in Tibetan Diaspora within 10 years since its inception in 2007.

**A GREAT SOUL NEVER DIES,
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 IT BRINGS US TOGETHER AGAIN AND AGAIN.**

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Email: sanjeevgandhi7@yahoo.com, hotelgandhisparadise@gmail.com | Web: www.gandhisparadise.com



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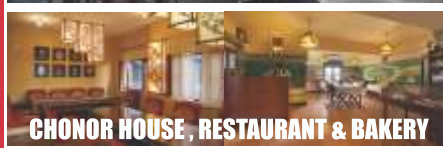


NORLING HOUSE, RESTAURANT & CAFE
 Located within the Norbulingka Institute, Norling House, Restaurant & Cafe are set in an oasis of traditional Tibetan charm, the cafe is the perfect place to sample one of our tasty homemade cakes, or stay for a delicious vegetarian meal or international daily Lunch special. Open from 7am-9pm, Norbulingka house has traditional Tibetan art studios, a stylish Shop and stunningly beautiful Temple. Norling House offers a peaceful nights stay with rooms that are stylishly decorated in Traditional Tibetan Themes.



SERKONG HOUSE & RESTAURANT

Perfectly located off the main square in the heart of McLeod Ganj, Serkong House and Restaurant is close to everything the town has to offer. Open from 7 am - 10 pm, we serve a wide range of dishes to suite every palate while specializing in Tibetan and Indian food. We also offer private dining for events such as weddings and birthdays etc. The hotel rooms are peaceful and beautifully decorated in Traditional Tibetan themes, designed at our Norbulingka Institute.



CHONOR HOUSE, RESTAURANT & BAKERY

The best place to stay in McLeod Ganj, Chonor House is within easy walking distance of the main market and HH Dalai lama's Temple. The menu offers Tibetan, Indian and international cuisine, alongside cakes and desserts made in our own Chonor bakery. Open from 7am to 10 pm. It is the perfect place to host a business Lunch or social event. The hotel is charmingly unique with Stylish rooms and Suites, decorated in Traditional Tibetan style.

For more information and reservations, please contact
 Norling: Email: Guesthouse@norbulingka.org Tel: +91(0)8988159349/ +91(0)816616423 Serkong: Email: serkonghouse@norbulingka.org Tel: +91(0)892220647/ +91(0)8882970879
 Chonor: Email: chonorhouse@norbulingka.org Tel: +91(0)892221006/ +91(0)816016561
 Do visit us soon and enjoy our Traditional Tibetan hospitality.
 Tashi Doleki



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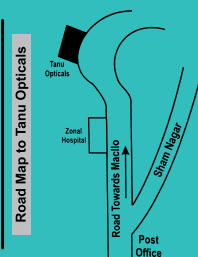
Address: Bogdo House, Potala Road, opp. Yongling School, Mcleod Ganj-176219 Dharamsala, Kangra, Himachal Pradesh, INDIA. Mobile No: 8894481513/9218495022 | Website: www.tibetspalon.com

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