

Active Nonviolence Education Center



ANNUAL REPORT (Accounting Year 1st April, 2018 – 31st March, 2019)

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APRIL, 2018

1. 4th April, 2018 14th newsletter final editing done by Executive Director and Assistant Trainer.
2. 5th April, 2018 General Board meeting was held.
3. Executive Director and Office Secretary cum Accountant met HDFC Bank Manager regarding FCRA find related work.
4. Weekly staff meeting was held in ANEC office.
5. Darpan Id and FCRA Account were linked.
6. FCRA Quaterly Return file of January- February-March was filed on MOHA page.
7. Executive Director and Office Secretary cum Accountant met with the principal of Tibetan Transit School regarding the Tow Day's workshop on "Nonviolence Principle's and Practicalities".
8. Two Day's workshop for the students of Tibetan Transit School was finalized.
9. Office Secretary cum Accountant visited C.A Rana Associates to discuss regarding Audit filing.
10. 18th April, 2018 Tally was purchased and installed according to the need and advised by new chartered Accountant, after informing the chairman.
11. 19th April, 2018 Half Day interaction session (morning) and half day (afternoon session) workshop was held on "Nonviolence and Nonviolent Communication" for the intern of Gandhian Fellowship students on request of Kaivalya Education Foundation.
12. 14th Newsletter copies received from Imperial Printing Press.
13. Trainer and Assistant Trainer working on upcoming workshop for Tibetan Transit School students (Banner, Notepad and File).
14. Executive Director along with Office Secretary cum Accountant visited different NGO's and offices to learn about function and account records after getting FCRA.

15. Executive Director along with Office Secretary cum Accountant visited Rinzin Choephel la, ex Secretary Department of Finance for advice and clarification on accounts.
16. Six months budget proposal sent to Gendler's by Office Secretary cum Accountant.
17. Invitation for summer institute workshop received by the University of Rhode Island.
18. Contract for ANEC staff been prepared according to the Board Resolution passed. Staff contracts been signed by ANEC staff on mutual agreement.

MAY, 2018

1. Board meeting was held at ANEC office.
2. Mr. Dinesh Kumar Sood, Chartered Accountant was appointed as the new C.A and board resolution been passed.
3. A schedule for Naomi Camper, Finn Camper and Sam Farbman visit been prepared by Office Secretary cum Accountant and Executive Director.
4. A formal letter for the visit and interaction between Director/President of different active NGO's and speaker of TPiE (Tibetan Parliament in Exile) and Naomi Camper, Finn Camper and Sam Farbman during their visit to Dharamsala been prepared by Executive Director and sent.
5. A formal letter was sent to Upper TCV, Lower TCV and Mewoen Tsuglag Petoen School for exchange program and Workshop by two American Volunteers at ANEC from USA (Finn Camper and Sam Farbman) was prepared and sent by Executive Director of ANEC.

6. 14th Newsletter was distributed by ANEC staff to different Governmental and Non-Governmental Organizations, Schools, Friends and supporters of ANEC in and around Dharamshala.
7. 14th Newsletter was dispatched to Resource persons, supporters and friends of ANEC in India and Abroad.
8. Executive Director attended “Train the Trainer” workshop for three days organized by Gu-Chu-Sum in between 7-9 may, 2018.
9. ANEC Executive Director along with office Secretary cum Accountant visited TCV few times for advice and clarification on accounts.
10. Half Day Training on internet Security Training was provided by Tibet Action Institute for ANEC staff at ANEC office.
11. Schedule finalized between Finn Camper, Sam Farbman and TCV Schools, Mewoen Tsuglag Petoen School as per the convenience of both.
12. Few mails exchanged between Naomi Camper, Finn Camper and Sam Farbman, regarding their visit to ANEC and Dharamshala.
13. Executive Director and Office Secretary cum Accountant visited different stores to check the best price for Camera and laptop for office use.
14. Mailed NED, AJ Muste Memorial and Rowell Fund informing about the FCRA been granted to ANEC and request for further funds.
15. Old printer been repaired by Deshraj and its in use.
16. Trainer and Assistant Trainer had been researching on Buddhist, Gandhian and Kingian perspective on Nonviolence, 198 Nonviolent Direct Action, Power and Obedience.
17. Mail exchanged with Tibet Fund regarding the grant.
18. Correspondence with TPiE (Tibetan Parliament in Exile) and different Governmental and Non-Governmental Institutions/organizations regarding the visit of Naomi Camper, Finn Camper and Sam Farbman next month.

JUNE, 2018

1. Executive Director along with Office Secretary cum Accountant had meeting with Chairman of Toepa Community and discussed regarding office rent revised.
2. Office rent revised and an agreement on ANEC letterhead been prepared and signed by both the parties.
3. Windows, Antivirus, data backup, UPS battery change, printer check been done by Deshraj at office.
4. Upcoming workshop materials, nitty gritty been arranged.
5. Naomi Camper, Finn Camper and Sam Farbman arrived Dharamshala on 10th June (Sunday). Executive Director and Office Secretary cum Accountant welcomed them at Gagal airport and accompanied then to Pemathang hotel in McLeodGanj.
6. Executive Director sent mail time and again to the authorities of MOHA (Ministry of Home Affairs) for the updation of ANEC new office address change on their site.
7. 12th June, 2018 Naomi Camper, Finn Camper, Sam Farbman along with ANEC Executive Director visited TPiE (Tibetan Parliament in Exile) and had one hour productive interaction with the speaker and visited the parliament. Also, did visit Department of Education.
8. Trainer and Assistant Trianer accompanied Naomi Camper, Finn Camper and Sam Farbman to different NGO's and had interaction session with the president/Director.
9. Offcie Secretary cum Accountant accompanied Naomi Camper, Finn Camper and Sam Farbman to Upper TCV for exchange program and sight-seeing to Nornulingka, Dharamkot and Tanu Village.
10. Finn Camper and Sam Farbman along with ANEC Executive Director conducted half day workshop on "American Civil Rights Movement" for IXth STD students Upper TCV and Lower TCV Schools.

11. ANEC Executive Director and Assistant Trainer accompanied Finn Camper and Sam Farbman to Mewoen Tsuglag petoen School for exchange program.
12. ANEC staff had discussion with Finn Camper and Sam Farbman on what ANEC does and how to make it more engaging.
13. ANEC Executive Director along with Assitant Trainer did accompanied Naomi Camper to the airport and bid farewell.
14. ANEC Staff along with Finn Camper and Sam Farbman did go on hiking and spent weekend on mountains.
15. Two day's workshop on "Nonviolence Principles and practicalities" for the students of Tibetan Transit School was held on 27th and 28th June, 2018.

JULY, 2018

1. ANEC drafted greetings message on Birthday of His Holiness the 14th Dalai Lama and provided in special column in Tibet Times.
2. Report on Two Day's Workshop on "Active Nonviolence Principles and Practicalities" held for Tibetan Transit School was prepared by Trainer cum Research Officer, checked and finalized by Executive Director.

REPORT

**ACTIVE NONVIOLENCE EDUCATION CENTER
(ANEC)**



Two-Day's Workshop on "Active Nonviolence Principles and Practicalities" for the Students of Tibetan Transit School (Sherab Gatsel Lobling), Dharamshala, Himachal Pradesh.

Organized By:

Active Nonviolence Education Center (ANEC), Dharamshala.

Funded By:

The Tibet Fund

Venue:

Tibetan Transit School (Sherab Gatsel Lobling)

Dharamshala, Himachal Pradesh.

Date:

27th and 28th June, 2018.

Workshop Facilitators:

- Ms. Tenzin Lhamo (Executive Director)
- Mr. Jigme (Accountant cum Office Secretary)
- Mr. Thupten Cheophel (Trainer cum Research Officer)
- Ms. Tenzin Lhaze (Assistant Trainer cum Teaching Officer)

Participation Profile:

- Male Participants – 19
- Female Participants – 8
- Total participants – 27

Methodology:

- Power point presentation.
- Role Playing.
- Lecture.
- Discussion.
- Charts.
- White board.
- Brain storming.
- Feedback.

Resource Materials Distributed:

- ANEC introductory Brochures.
- Leaflets containing 198 methods of Nonviolent Direct Action coined by Dr. Gene Sharp.

Medium of Communication:

- Tibetan.

DAY ONE:-

(Wednesday, 27th April, 2018)

Two- day's workshop on 'Active Nonviolence Principles and Practicalities' was conducted by Active Nonviolence Education Center for the students of Tibetan Transit School.



The reason behind organizing such workshop particularly to the students of Tibetan Transit School in a hope to encouraged them to carry on the concept of Nonviolence in order to tackle hostility under the Chinese authoritarian regime whenever they will return back to Tibet by articulating the history of violence and its hostile impact on human lives so far. Technically, Violence has never proved and never will an adequate tools and to bring down the rigid policy in the history of any nation.

10:00 - 10:10am

Mrs. Nyima Bhuti, the Principal of Tibetan Transit School inaugurated the workshop by graciously greeting ANEC staff. She stressed on the importance of such workshop and urged all the participants to pay utmost attention and take the best out of two-day's workshop which ultimately proved to be a great beneficial for themself.

10:10 – 10:20am

Ms. Tenzin lhamo, Executive Director of ANEC has gave a detailed introduction of ANEC using a power point presentation and how and why it was formulated under the guidance of His Holiness the 14th Dalai Lama and with the determined efforts of Rabbi Everett Gendler and Dr. Mary Gendler. She also wished the Workshop to be useful and resourceful for the participants in near future.



10:20 – 10:30am

All the participants introduced themself.

10:30 – 11:00am



This was to give them a brain storming exercise to create their own definition of nonviolence. Ms. Tenzin Lhamo divided the participants into five groups and asked each group to write down their perception of nonviolence in words and further form it into a sentence.

Subsequently, two participants representing from each group read out the sentences they formed and explained. On the other hand the exercise provide them a platform to think on their own regarding nonviolence. Hence, they all came up with realistic and logical definitions of Nonviolence.

Following are the definition of Nonviolence formed by the participants:

- ❖ Nonviolence is the key factors to refrain from violence and a skillful ways to resolve any problem through dialogue.
- ❖ Nonviolence is all about forgiving.
- ❖ Nonviolence is a factor responsible for peaceful society
Nonviolence is the avoidance of hurting yourself and as well as the others.
- ❖ Nonviolence is a creative way of Dialogue and a peaceful activity to solve conflicts between person, Nations and Countries.
- ❖ Nonviolence is any act or movements which starts with the peace and ends with happiness.



11:00 – 11:15am

Tea and snacks were served.

11:15 – 11:45am

Mr. Thupten Choephel talked on the Buddhist Philosophy of Nonviolence where he clearly stated that Buddhism helps in creating a nonviolent individual which consequently create more peaceful family and nonviolent society. Nonviolence is deeply rooted in Buddhism or Buddhist scripture since 3000 years ago and it predominantly teaches us on how someone can pacify or tame one's mind to avoid retaliation to violence from body, speech and mind using the concept of compassion,



humanity, impermanence and equanimity.



11:00 – 12:15pm

Ms. Tenzin Lhaze gave a power point presentation on “Kingian Philosophy of Nonviolence.” And how did Dr. Martin Luther King Jr. achieve triumph in wiping out the racial indifferences in Public busses at Alabama and could

made a positive history in Civil Rights Movement through his perseverance and discipline in following the Six Steps of Kingian Nonviolence. She also presented brief biography of Dr. Martin Luther King and his role as American Nonviolent civil right activist. Dr. Martin Luther king was a firm believer in nonviolence and he documented Six Kingian Philosophy of Nonviolence where he mainly focused on how to tackle confrontation, injustices and indifferences through Agape, courage and determination.

12:15 – 12:45pm

Mr. Thupten Choephel make all the participants aware of Mahatma Gandhi's philosophy of nonviolence. Mahatma Gandhi was a pioneer of nonviolence in the Indian society and through his conviction in nonviolence India was at last free from the colonization of British.

Mr. Thupten Choephel could able to impart the idea of Satyagraha and similarly, comprehensive factors liable to make oneself a Satyagrahi. He further continued with the nonviolent movement such as civil disobedience, Salt March and Non-cooperation movement etc. implemented by Mahatma Gandhi in order to gain complete independence from British rule.

12:45 – 1.00pm

Miss Tenzin Lhamo encouraged the participants in following the path of nonviolence by introducing various nonviolent revolutions such as Rose Revolution, Orange Revolution, Singing Revolution, and Tulip Revolution etc. which was successful and gained immense recognition only because of adhering to the concept of Nonviolence and adopting various methods of nonviolent direct action.



1:00 – 2:00pm

Lunch Break



2:00 – 2:15pm

Refreshment activity after the lunch break.

2:15 – 2:45pm

Mr. Jigme, talked on the topic ‘Reasons for Nonviolence and Why Tibetans should follow the path of nonviolence.’ He reasons out that Tibet is economically, militarily and demographically incompetent in terms of war with Chinese for Chinese economic, population and military power is growing each day. Hence, making it incompatible for Tibetans to retaliate and resorting to violence could bring unprecedented destruction for the Tibet and its People. Therefore, Nonviolence and renouncing to violence is the realistic steps to challenge the Chinese authoritarian regime. He further stated nonviolent strategy stops the unending cycle of violence. It is a tools that can be practiced by anyone regardless of age, sex, gender, lay people and monk. Finally it is path strongly advocated by His Holiness the 14th Dalai Lama in the course of Tibetan struggle for justice.



3:00 – 3:15pm

Tea Break

3:15 – 3:45pm



Miss Tenzin Lhaze gave a presentation on ‘Nonviolent Movement and Managing Nonviolent Movement.’ Where she makes the participants aware about the factors mandatory for implementing and managing Nonviolent Movement which ultimately benefits in successful Nonviolent Movement. Planning, discipline, Time Management, Human Resources and Material Resources proved to be a legit factors in successful nonviolent campaign.

3:45 – 4:00pm

Students are directed to ask question pertaining to day one workshop and likewise one of the students asked about the nonviolent methods or nonviolent movement used for the cause of Tibet and its people inside Tibet?

And the other asked why it is so necessary for the Tibetans to follow the path of nonviolence apart from the above-stated points?

DAY - TWO

(Thursday, 28th April, 2018)

2nd day workshop was only focused on 198 methods of nonviolent direct action proposed by Dr. Gene Sharp so as to give them a holistic understanding on the availability of various nonviolent methods.

10:00 – 10:10am

Day two workshop began with Recapitulations of topics that have been taught during the first day of workshop.

10:10 – 10:20am

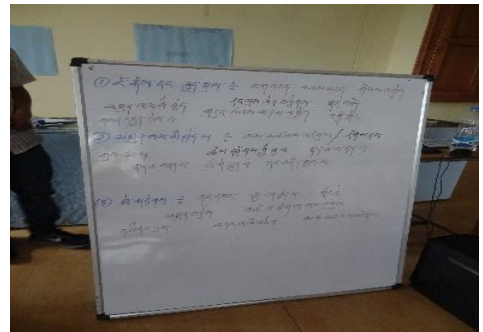
Mr. Thupten Choephel briefed on three forceful factors leading to a positive impact in carrying out Nonviolent Movement such as Planning, Unity and Discipline.

10:20 – 11:10am



198 Methods of Nonviolent Direct Action coined by Dr. Gene Sharp has been categorized under three sub heading such as Protest & persuasion, Non-cooperation and Nonviolent Intervention and there are assortment of nonviolent methods within the protest & persuasion, Non-cooperation and Intervention. Keeping in mind the novelty of three categorized sub heading for the participants. With the help of eight volunteers we were able to convey the meaning or differentiate

Protest & persuasion, Non-cooperation and Nonviolent Intervention through skit.



Subsequently, participants were directed to name some known nonviolent tactics to them and similarly they came out with hunger strike, Protest, peaceful marches, disobedience, and slogans etc.

11:00 – 11:15am



Tea Break

11:15 – 11:45am

Mr. Thupten Choephel continued with the topic 'Nonviolent Strategies from Protest and persuasion.' Where he briefed on 10 nonviolent tactics from 198 nonviolent direct action used during the three Tibetan uprising inside Tibet such as display of portraits, Pilgrimage and Kora, Paint as protest, Fraternization, Protest singing, and Group Lobbying etc.

11:45 – 12:15am

Whereas, Tenzin Lhaze briefed on the topic '10 Nonviolent Strategies from Non-cooperation.' From its origin to the relevant case studies from Tibet to gained much insight on the Non-cooperation methods.



12:15 – 1:00pm

Miss Tenzin Lhamo gave a power point presentation on 'Nonviolent Strategies from Intervention' using examples from all around the world where such methods were employed and gained considerable amount of success.

2:00 – 3:00pm

All the participants are directed to form into six groups where 30 minutes were giving for the planning and the next 5 minutes each for the execution. Two groups were assigned to present a short skit on protest & persuasion, two using Non-cooperation and the remaining Nonviolent Intervention.



3:00 – 3:15pm

Tea Break

3:15 – 3:40pm

Feedback forms were filled by the participants and collected accordingly.

3:40 – 4:00pm

- Mrs. Nyima Bhuti, addressed the closing ceremony. She thanked workshop facilitators and offered white scarf.
- Ms. Tenzin Lhamo, on behalf of ANEC offered white scarf and ANEC 10th Anniversary Mug as a token of gratitude. And thanked Principal and participants for making this two-days' workshop a success.
- Mrs. Nyima Bhuti and Ms. Tenzin Lhamo distributed certificate and white scarf to all the participants for their dedication and participation throughout the two-day's of workshop which will have an indelible impact in their life.
- Finally, the two-day's workshop concluded by singing "we shall overcome" by all the participants, ANEC staff and Principal.

(THE END)

3. The resignation of office cook is accepted and left the country. So, her husband was appointed as the new cook on her written request and based on his good skill in cooking and good behavior.
4. Executive Director and Office Secretary cum Accountant visited DOE, CTA to meet newly appointed Minister/Kalon of Department of Education. ANEC congratulated her on the appointment and introduce about ANEC and discussed future project of ANEC collaboration DOE.
5. ANEC Executive Director and Accountant had gone to HDFC bank to meet Manager to discuss about saving account under FC account.
6. Executive Director and Office Secretary cum Accountant visited different stores to query on the prices of Camera and laptop and also collected different quotations.
7. A Nikon camera 3400 D and Hp14bs730TU was purchased as per the office requirement. Board approved and a resolution was passed at the last board meeting.
8. ANEC Executive Director is drafting project proposal on the North –East Tibetan Schools Workshop.
9. ANEC Executive Director had a productive meeting with newly appointed Director of Sambhota Tibetan School's Society regarding the upcoming collaboration of Two

Day's Workshop on "Nonviolence Principles and Practicalities" for Tibetan Schools at North –East Region.

10. ANEC Trainer and Assistant Trainer had discussion with Executive Director regarding the topics of Workshops and also working on it.
11. ANEC Office Secretary cum Accountant is working on Office accounts and been visiting TCV, old C.A and new C.A regarding the tally and account maintenance.
12. ANEC Executive Director was invited at Tibet Museum to talk on Nonviolence. She talked on the topic "Towards a Nonviolent Society" to a variety of people from different countries.
13. On 27th July, 2018 a Documentary film "The Third Nationwide uprising, 2008" was screened by the staff of ANEC at Common Ground Cafe which was attended by people who are in Dharamshala for a while and originally from New Zealand, Korea, India and Israel.

ANEC FREE Film Screening on "The Third Tibetan Nationwide Uprising 2008" (10th year commemoration)



On 27th July, 2018 Active Nonviolence Education Center screened a 48 minutes documentary film based on the 2008 Tibetan Nationwide Uprising which plays a significant role in the history of Tibetan resistance. The film was screened followed by audience discussion at Common Ground Café, McLeodGanj, Dharamshala between 3 pm to 4:20 pm. The reason behind screening

the documentary film was to commemorate the 10th Anniversary of Tibetan Nationwide Uprising and an attempt to make people aware of what had happened during the particular uprising, its causes, significant and how the demonstrator staged a peaceful protest against Chinese rigid policy. Despite of the unprecedented repression Tibetans didn't retaliate instead resisted nonviolently. Around 14 people Tibetans and foreigners from different countries attended the film screening.

Ms. Tenzin Lhaze, Assistant Trainer and Teaching officer gave a detailed introduction about ANEC and how it was successfully institutionalized under the guidance of His Holiness the 14th Dalai Lama and unwavering visions of Rabbi Everett Gendler and Dr. Mary Gendler.



Subsequently, Mr. Thupten Choephel, Trainer and Research officer briefed them regarding the Causes and significance of Tibetan Nationwide Uprising. Where he mentioned few concrete causes which ultimately led the eruption of massive revolt in the history of Tibet against the Chinese repressive Government

1. In 2006, China completed the construction of the Beijing-Lhasa railway. The railway brought floods of Chinese settlers, making it harder for Tibetans to access job and university admission. Thus the pent-up resentment exploded during the uprising making it one of the causes.
2. From 2001 to 2007, much aspect of Tibetan culture, language, music, art and literature witnessed a revival similar to the one that occurred in the 1980s. This culture renaissance created a sense of Tibetan pride.
3. It was difficult for Tibetan inside Tibet to exchange information of their current situation with the Tibetans in exiles but the release of 2007 Windows Vista ultimately conceded the digital barrier between Tibetans in Tibet and in exiles. It had made very convenient for both the end to have better and clear communication.
4. 2008 Beijing Olympic was one of the causes of Tibetan resentment against China.

Significance:

- 1 2008 Tibetan Nationwide Uprising gave a clear message to the world that Tibet includes Tibetan Autonomous region and as well as eastern Tibet which was incorporated into the Chinese provinces of Sichuan, Qinghai, Gansu and Yunan.
- 2 Where world witnessed the repressive condition of Tibetan under the Chinese Communist Party which completely contradicts with the Chinese government's portrayal of Tibet as paradise and Tibetans living in extravagant lifestyles.
- 3 This uprising ultimately brought forth the new movement known as Lhakar where Tibetans began taking part in small acts of resistance every Wednesday, through personal actions such as wearing traditional clothes, eating Tibetan food, listening to independent radio, and using the Tibetan Language at home. Moreover it strengthen the conviction of Tibetans to stride towards the path of nonviolence.
- 4 It arouses the sense of oneness and unity for the Tibetan inside Tibet as well as in exile.
The film was followed by audience discussion.

Every single person seemed to emotionally connect with the film which in turn made an impactful discussion. A couple shared their own experience back in Tibet where Chinese officer rudely and forcibly prohibited them from juggling without any concrete reasons. And the other person through his research and from books conveyed that Chinese have been violating the human rights in Tibet and trying to wipe out the distinct culture of Tibetans through force culture assimilation since many decades.

The Film screening concluded with the vote of thanks to all the attendees from ANEC's staff. Overall the Screening of documentary film was productive.



14. ANEC staff meeting on Monday morning is going on as usual wherein we meet to discuss what more need to be focused and done. A session of exchange of idea on last Friday evening too is going on.
15. ANEC Accountant clearing daily accounts and made all the due payment.

AUGUST, 2018

1. Accountant Cum Office Secretary Mr. Jigme took annual paid leave for his personal reason.
2. ANEC Assistant Trainer attended one day workshop on “Gender Sensitization” organized by Women Empowerment Desk (WED) CTA.

Report

Ms. Tenzin Lhaze, Trainer cum Assistant officer, attended a workshop on Gender Sensitization conducted by Tibetan Centre for Conflict Resolution on 4th August, 2018 organized by Women's Empowerment Desk, CTA at TSO Hall, McLeod Ganj. There were around 35 participants from all walks of life ranging from different age groups.

The trainers give a presentation on the differences between Gender and Sex where they mentioned about the presence of line of demarcation between Gender and Sex. When we talk simply about the biological difference between a male and a female, we are talking in terms of sex but when we talk with reference to the social, cultural and economic status of both, we talk in terms of gender. The workshop was informative and interesting

3. ANEC Executive Director visited Tong-Len Director as per the appointment made. She discussed about the aims and objectives of the organization and to about a workshop on “Nonviolence and Nonviolent Communication” for the senior students of Tong-Len. The students are Indians and are from slums.
4. ANEC Executive Director visited Sambhota Tibetan School’s Society Director at their new office. She discusses about one day workshop at Mewoen Tsuglag Petoen School for next month and finalized the workshop to be held at North-East Tibetan Schools in November and got the final strength of Students to be attending the workshop.

5. ANEC Executive Director visited Imperial Printing Press for the English brochure redesign and changes of address, office location map and to add some contents.
6. Executive Director had discussions with Trainer and Assistant Trainer on some important topics for workshop – Power, Obedience, Chinese pillar of support, Nonviolent Strategies and Reasons for nonviolence, Why Tibetans should follow the path of Nonviolence.
7. ANEC Executive Director visited Mewoen Tsuglag Petoen School Principal as per the appointment made. To discuss and finalized the upcoming workshop on “Nonviolence and Nonviolent Communication”
8. ANEC Trainer and Assistant Trainer had Practice and presentation of workshop is being done in office on alternate Friday afternoon.
9. ANEC new brochures been received at office from Imperial Printing Press.
10. On 27th August, 2018 a documentary film “Leaving Fear Behind” was screened followed by group discussion and Q/A Session at Jimmy’s Italian Kitchen to commemorate the 10th Anniversary of 2008 Tibetan uprising (Nonviolent movement). 23 people from different countries (USA, Italy, Romania, Israel, Tibet and China) who are in Dharamshala did attend this screening.

ANEC Screened FREE Documentary Film “Leaving Fear Behind”

Location: Jimmy’s Italian Kitchen, McLeod Ganj., Dharamshala.

Date: Monday 27th August, 2018

Time: 3:00-4:30pm

Active Nonviolence Education Center screened a documentary film, “Leaving Fear Behind” (Jigdrel in Tibetan). It is a 25-Minute long, an exceptional and decisive documentary film shot by Tibetan amateur Film-makers inside Tibet, Dhundup Wangchen and his Friend Golog Jigme, a monk, also known as, Jigme Gyatso. It is a compilation of 40 hours footage captured between



October 2007 to March 2008 featuring the testimony of 108 Tibetan Individuals, representation of rest of the Tibetan inside Tibet regarding the resentment over violation of basic human rights, Criticizing the choice of china in hosting the 2008 Summer Olympic Games despite the acute situation inside Tibet. Praising His Holiness the 14th Dalai Lama for his long endurance, how they are traumatized by the rampant repression and expressing dislike for

mass migration of Han Chinese immigrants to Tibet resulting in the deprivation of Jobs, School admission for their native people.

The content of the film led to the imprisonment of both the film makers, Dhundup Wangchen for 6 Years and Golog Jigme for 7 Months on March 28 from Tongde, Qinghai Province and were brutally and mercilessly tortured.

Fortunately, both of them were released after serving 6 years and 7 months in prison on 5th June, 2014 and 2008 respectively.

A total of 24 people attendant this Film Screening from different parts of the world (USA, England, Netherland, Belgium, Israel, China, India, Spain, France, Poland, Romania, Scotland, Canada, Tibet and Italy.)



Mr. Thupten Choephel, Trainer cum Research officer gave a detailed introduction about ANEC, from documenting its history to recent achievements and he also made all the participants aware about how they can contribute as an individual in internationalizing the plight of Tibet and its people.

The film was followed by an in-depth decision where ANEC's Executive Director, Ms.

Tenzin Lhamo split the participants into four groups in order to mindfully engage in discussing about the repressive policy of china resulting in affecting Tibetans inside Tibet to a great extent.

After an impactful discussion, Ms. Tenzin Lhamo, stressed on why it is an imperative action to address the plight of Tibet more vigilantly for the benefit of world's peace?

Where she mentioned-

1. Chinese's Government has been violating the Fundamental human rights inside Tibet unlike other countries.
2. Construction of dams and diverting the major rivers which flows from Tibet is a threat to the life lines for many mainstream countries (1.4 billion total population of the world).
3. Incessantly destructing the fragile ecosystems of Tibet through mining, deforestation and rapid urbanization.
4. Chinese's Government been imprisoning Tibetans for preserving their basic rights such as religious, culture and so on.

The film screening was concluded with a vote of thanks by ANEC staff for taking interest about Tibet and our struggle. ANEC 14th Newsletter and brochure were distributed to the audience.



11. Assistant Trainer Ms. Tenzi Lhaze is working on drafting report on Flim Screening
12. ANEC Staffs voluntarily did contributed some amount and collectively been donated for the Kerala Relief Fund along with a letter of support.
13. An Official letter is sent to Upper TCV, lower TCV and TCV Gopalpur for workshops on "Nonviolence Principles and Practicalities".

14. 14th Newsletter, brochure and an official letter dispatched to Rector of C.S.T Kalimpong and C.S.T Darjeeling regarding the workshop to be held in November.

SEPTEMBER, 2018

1. ANEC accountant went to Imperial Printing Press to design a Diary, Stickers and greeting flyer for the founding Anniversary.
2. An Official letter of Thank you had been sent to respective Governmental and Non-Governmental Institutes/Organizations, Schools, supporters and friends of ANEC on the occasion of 11th Founding Anniversary of Active Nonviolence Education Center.
3. A token of gratitude in the form of a Dairy been distributed by ANEC staff to some important offices, work related and friends of ANEC.
4. ANEC Accountant cum Office Secretary had telephonic with all Governing Board members and invited for the 11th Founding anniversary dinner at Hotel Tibet.
5. ANEC Staff and Board member gathered on 10th September evening for dinner at Hotel Tibet on the occasion of 11th Founding Anniversary.
6. ANEC Executive Director along with Assistant Trainer visited the Education Director Sonam Sichoe la of TCV to discuss for the workshop to be held at different TCV schools in coming months and continue the workshop on Nonviolence for years together as, this is very important foundation for building a good human and good society.
7. ANEC Executive Director and Office Accountant Official meeting with Kunoe Tsering Dhondup lak (Former Kalon of Department of Finance) to discuss about ANEC Fund and account Related.
8. ANEC Executive Director working on ANEC Tibetan Brochure content, address change and Office Location map changes.

9. Darpan Id been linked to FCRA Account as per the requirement.
10. ANEC Office Secretary cum Accountant visited Upper TCV Head Accountant to consult some account related.
11. ANEC Executive Director prepared the final proposal for Two Day's workshop to be held at each North-East Tibetan Schools after getting final contents and date been set according to the convenience of each school.
12. ANEC Accountant Submitted the account of local for the financial year 2017 – 2018 to Mr. Tsering Dhondup lak for audited.
13. ANEC Trainer and Assistant Trainer working on research for their own workshop topic.
14. On 21st September, 2018 ANEC Executive Director and Assistant Trainer did visit Tong-Len to conduct one Day workshop for the senior students on Nonviolence and Nonviolent Communication”.
15. ANEC Accountant had submitted the Details of Governing Board Member to ANEC Financial Advisory.
16. On 27th September, 2018 ANEC Trainer and ANEC Executive Director visit Mewoen Tsuglag Petoen School for one day workshop on “Nonviolence and Nonviolent Communication. (Report)
17. ANEC Executive Director along with Office Secretary cum Accountant did paid cordial visit to old C.A Rana Associates & Co and talked about the final clearance.
18. ANEC Accountant Mr. Jigme Collected 3month Green book contribution of each staff and hand over to concern authority of Tibetan Freedom Movement.

October, 2018

1. On 8th October; Ms. Tenzin Lhamo, the Executive Director had meeting with the Kalon/Minister of Department of Education regarding next month's Workshop to be held at seven North-East Tibetan Schools in collaboration with Sambhota Tibetan School's Society.
2. Quarterly Return Filing for the month of July, August and September was filed and updated in ANEC website.
3. Preparation for North-East Workshop. Thereby; Banner, Certificates, Notepad, Travelling Tickets, Venues, Materials to distribute etc.
4. Accountant cum Office Mr. Jigme went to Imperial Printing Press to clear the due Payment.
5. Ms. Tenzin Lhamo was invited to attend the 13th Anniversary of Poteon School Celebration.
6. Trainer cum Research Officer resigned from the job with the reason stating he is leaving back to Tibet. He is issued a letter from office reminding the contract signed and due to terminating the job contract he is bound to return three month's salary back to ANEC.
7. Ms. Tenzin Lhamo, Executive Director visited Tibetan institute of performing Art (TIPA) and met with the Director for workshop to be held at TIPA for the students and artist. Due to their prior show schedule outside Dharamshala the Director requested to make it happen in 2019.
8. Ms. Tenzin Lhamo met the Director of Sambhota Tibetan School's Society for the final discussion on next month's North-East Workshop that we are organising collaboratively.
9. Executive Director talked over the phone with respective head of seven Tibetan schools in North-East India and discusses the venue and informed the time and day of reaching there, holding workshop, nitty gritty, requirements and leaving.
10. Short listing the topics to be taught during workshop and preparation at office by Executive Director and Assistant Trainer.

11. Corresponding Mail sent to respective North-East Schools with the final schedule and modified new brochure.
12. Staff meeting held every Monday as usual to sit and discuss what more can we all together do to take ANEC one step beyond and also to provide a platform wherein we can share our positive and constructive feedbacks.
13. Office Accountant Mr. Jigme is clearing all the due payments and closing local and FCRA monthly accounts

November, 2018

1. On 3rd November; Executive Director and Assistant Trainer left for North-East workshop tour.
2. On 5th November; Executive Director and Assistant Trainer reached the first venue (SONADA). Held a half day workshop for the staff on 6th November and Two Day's Workshop for students on 7th and 8th November.
3. Accountant cum Office Secretary Mr. Jigme is drafting budget proposal to NED for 20 days Workshop for the Tibetan Settlement, Monasteries and Nunneries at South Region.
4. Left for Darjeeling on 9th November and conducted Two Day's Workshop on 10th and 11th November.
5. Left for Kalimpong on 11th November evening and Conducted Two Day's Workshop on 12th and 13th November.

REPORT

Two-Half Day Workshop on “Nonviolence Principles and Practicalities” For the Senior Students of Central School for Tibetans (CST) Darjeeling, West Bengal.

TABLE OF CONTENTS.

- Introduction of Active Nonviolence Education Center.
- Concept of Nonviolence and Violence.
- Nonviolent Communication, a method of conflict resolution.
- Meaning of power, its types and sources. The role of power sharing in Schools.
- The concept of obedience.
- Why Tibetan should follow the path of Nonviolence?
- Chinese Pillars of Supports.
- 198 methods of nonviolent action introduced by Dr. Gene Sharp.

WORKSHOP FACILITATORS:

Tenzin Lhamo (Executive Director-ANEC)

Tenzin Lhaze (Assistant Trainer cum Teaching Officer-ANEC)

METHODOLOGY:

- Power point presentation
- Role Play
- Discussion
- Charts
- White board
- Brain storming
- Feedback

MEDIUM OF COMMUNICATION:

Tibetan, English and Hindi (When needed to make them understand better).

MATERIALS DISTRIBUTED:

- Notepad, Pen, Certificates.
- ANEC's Introductory Brochures.
- ANEC's 14th Newsletter.

- Copies of 198 methods of Nonviolent action introduced by Dr. Gene Sharp.
- Material based on four components of Nonviolent Communication as an exercise to understand better.

AIMS AND OBJECTIVES OF THE WORKSHOP:

1. To impart deeper understanding on Nonviolence and why it is considered as an indispensable tool in establishing peaceful society and overthrowing rigid policy of any government.
2. Introduced “Nonviolent Communication” and its usage in interpersonal relation to foster compassionate response from the opponent as well as listening with whole being towards the needs and feeling of other and as well as ours.
3. Provide education on the weakness and the strength of Chinese Pillars of support and what are the reasons for why Tibetans should follow the path of Nonviolence?
4. To familiarize the concept of power and the role of power sharing in schools and why obedience is considered as the heart of political power.
5. To make them aware of the availability of 198 Methods of Nonviolent action to make any nonviolent movement more effective.

Darjeeling - DAY ONE (10:00 AM TO 1:00 PM)

Kalimpong- DAY ONE (4:00 PM TO 7:00 PM)

The two-half day workshop on Nonviolence Principles and Practicalities was inaugurated by **concerned Rector of each school** by welcoming ANEC’s facilitators. They reminded the participants that the Nonviolence is the only effective way to gain attention regarding the plight of any country and it is the only way to resolve conflict between countries and individuals. They therefore, urged all the participants to learn more about nonviolence and its methods and try to implement in their lives for effective result.

Ms. Tenzin Lhamo, Executive Director gave a detailed introduction about ANEC and how it was successfully institutionalized under the guidance of His Holiness the 14th Dalai Lama and the relentless efforts Rabbi Everett Gendler and Dr. Mary Gendler. She expressed the workshop to be resourceful and effective for the participants.

ANEC Documentary film- A journey of Nonviolence; Alabama to Dharamshala was screened.

Ms. Tenzin Lhamo divided the participants into five groups and asked each group to write down their ideas of nonviolence and violence in words and further form it into sentences.

Subsequently, two participant representing from each group read out the sentences they formed and explained. On the other hand the exercise provide them a platform to think on their own regarding nonviolence and violence. Hence, they all came up with realistic and logical definitions of Nonviolence. Ms. Tenzin Lhamo further explained both the meanings of Nonviolence introduced by some of the world's pacifist leaders like, Mahatma Gandhi, Dr. Martin Luther King Jr. etc. for their in-depth understanding on terms.

Ms. Tenzin Lhaze gave a power point presentation on four basic components of Nonviolent Communication to develop their communication skill, to strengthen their relationships and to make them aware about availability of the 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. It basically shows us how to listen emphatically and also communicate our authentic feelings and needs.

Ms. Tenzin Lhamo gave a detailed power point presentation on power, types of power and its sources. She further talked about the role of power sharing in schools and it is mendatory to share power amongst students rather than to hold at top in order to develop a sense of belongingness and to give authority to take responsibilities by their own.

Darjeeling - DAY TWO (10:00 AM TO 1:00 PM)

Kalimpong – DAY TWO (4:00 PM TO 7:00 PM)

Ms. Tenzin Lhamo gave a power point presentation on the topic ‘Reasons for Nonviolence and Why Tibetans should follow the path of nonviolence.’ She reasons out that Tibet is economically, militarily and demographically incompetent in terms of war with Chinese for Chinese economic, population and military power is growing each day. Hence, making it incompatible for Tibetans to retaliate and resorting to violence could bring unprecedented destruction for the Tibet and its People.

Therefore, Nonviolence and renouncing to violence is the realistic steps to challenge the Chinese authoritarian regime. She further stated nonviolent strategy stops the unending cycle of violence. It is a tools that can be practiced by anyone regardless of age, sex, gender, lay people and monk. Finally it is path strongly advocated by His Holiness the 14th Dalai Lama in the course of Tibetan struggle for justice.

We had distributed copies of 198 methods of nonviolent action coined by Dr. Gene Sharp as result of his lifelong research on successful nonviolent movement around the world in order to make them understand about three sub categories;

1. Protest and persuasion,
2. Noncooperation
3. Nonviolent intervention through skit in which some students played the role of oppressor and oppressed, some played the role of protest and persuasion, some used noncooperation methods to withdraw their support and the rest used nonviolent direct intervention in order to de-escalate conflict and render justice. The aim of doing skit is to familiarize three methods of nonviolent action more effectively.

The divided participants were directed to present a short skit on protest and persuasion, Noncooperation and intervention respectively.

Feedback forms were filled by the participants and collected accordingly. We classified feedback in two parts as constructive feedback and positive feedback.

CONCLUSION-

Concerned Rector of each schools' addressed the closing ceremony where he thanked workshop facilitators and offered white scarf.

Ms. Tenzin Lhamo and Rector offered white scarfs and certificates to all the workshop participants as a token of gratitude for their dedication and participation throughout the workshop.

Ms. Tenzin Lhamo thanked **Rector** for the hospitality and offered white scarf and ANEC 11th founding anniversary followed by Group Photo.



-----**THANK YOU**-----

6. Left for Ravangla on 15th November and conducted Two Day's Workshop on 16th and 17th November.

7. Left for Siliguri on 18th November. Started journey from Siliguri to Guwahati 7 hours train and reached Guwahati on same day 19th November evening.
8. Left for the next venue TenzingGang on 20th November early morning and reached after 8 hours of travelling in a sharing taxi (Tata Sumo). Conducted one and Half Day's workshop for the students on 21st and 22nd November and half day workshop for the teachers on the second day itself.
9. Left from Tenzinggang to Guwahati on 23rd Morning and reached in the afternoon after travelling for 8 hours. Booked train on the same night but, the train got delayed for 12 hours and we stayed at railway station waiting room for the night and got into train the next early morning.
10. Reached Tinsukia the same night which is 24th November night and luckily we got hold with the last ride to our second last venue which is Tezu and reached in the middle of the night.
11. 25th was Sunday so we rested and conducted Two Day's Workshop on 26th and 27th November.
12. Due to Assam strike which often happens, there was no public transport. So, we had managed to book a private cab, the person was kind enough and understood our importance and urgency of reaching the last venue. We started our journey through the bumpy narrow road which looks hardly built for years together and also through bushes. Finally we managed to reach the last venue Maio.
13. We met the Headmistress the same day we reached. On 29th and 30th November we conducted the workshop for Students and Teachers. One and half day for Students and Half Day for Teachers.

REPORT

HALF-DAY TRAINING ON “NONVIOLENT COMMUNICATION, POWER SHARING IN SCHOOL AND DEALING WITH DESTRUCTIVE EMOTION FOR THE STAFF OF SAMBHOTA TIBETAN SCHOOL (STS) SONADA, RAVANGLA, TENZINGGANG, TEZU AND MAIO.

TABLE OF CONTENTS:

- Introduction of Active Nonviolence Education Center.
- Introduction of Nonviolence and Violence.
- Understanding on Nonviolent Communication, A language of life.
- Meaning of power, its types and sources. The role of power sharing in Schools.
- Obedience and the concept of obedience.
- Why Tibetan should follow the path of Nonviolence?
- Chinese Pillars of Supports.
- 198 methods of nonviolent action introduced by Dr. Gene Sharp.

WORKSHOP FACILITATORS:

Ms. Tenzin Lhamo (Executive Director-ANEC)

METHODOLOGY:

- Power point presentation
- Role Play
- Discussion
- Charts
- White board
- Brain storming

- Feedback
- Question Answer Session

MEDIUM OF COMMUNICATION:

- Tibetan and English.

AIMS AND OBJECTIVES:

1. Introduced “Nonviolent Communication; a language of Life” and its usage in interpersonal relation to foster compassionate response from the opponent as well as listening with whole being towards the needs and feeling of other and as well as ours.
2. To familiarize the concept of Power and the role of Power Sharing in Schools to build closer and dearer relationship with Students.

The Headmaster or Headmistress inaugurated the half day workshop by welcoming ANEC’s Facilitators and wished this workshop to be enriching and informative.

Ms. Tenzin Lhamo, Executive Director gave a detailed introduction about ANEC and how it was successfully institutionalized under the guidance of His Holiness the 14th Dalai Lama and the unwavering visions of Rabbi Everett Gendler and Dr. Mary Gendler to make a positive impact in Individual life and as well in Tibetans struggle. She expressed the Workshop to be resourceful for the staff.

Subsequently, Ms. Tenzin Lhamo gave power point presentation on Four Components of Nonviolent Communication:

- 1. Observation,**
- 2. 2 Feeling**
- 3. 3. Need and**
- 4. 4. Request**

developed by Dr. Marshall B. Rosenberg to enhance their communication skill particularly in dealing with the students. She further talked on incorporating Nonviolent Communication in respective lives to develop compassionate heart which ultimately gives the power of connecting with other regardless of family, friends, acquaintances and strangers. She also discussed on the Need pyramid also known as Maslow hierarchy of needs introduced by Abraham Maslow.

She also spoke about Power, its sources and clearly emphasizing on the role of Power sharing in schools where she talked on the importance of sharing power with and among students rather than to overpower above.

Ms. Tenzin Lhamo further led a topic, dealing with Destructive Emotion. She directed the staff to form in groups, discuss and write down the necessary steps they take up to overcome anger and made each group explain how helpful these steps are in their day-to-day lives. The teachers/participants came up with such methods or solutions:

1. Counting from 1 to 10 until anger vanish.
2. Adopt Inhaling and Exhaling Method.
3. Escape the situation.
4. Avoiding the person.
5. Understanding what made them anger (understanding the situation) and
6. Try not to remember by playing outdoor games etc.

Ms. Tenzin Lhamo emphasized on converting Anger into Need Serving Feeling. Because, every negative emotion is the result of unmet **need**. Basically avoiding or suppressing anger leaves a sparks inside of the individual and ultimately works as invitation for further conflicts and more heated arguments in near future. So, to eradicate it completely is to convert it into something else.

CONCLUSION:

The headmaster or headmistress thanked the facilitator for sharing valuable knowledge and offered customary white scarf as a token of gratitude followed by group photo.



-----THANK YOU-----

REPORT

Two-Day's Workshop on “Active Nonviolence Principles and Practicalities” for the Students of North-East Sambhota Tibetan Schools (Sonada, Ravangla, Tenzingang, Tezu and Maio)

TABLE OF CONTENTS:

- Introduction of Active Nonviolence Education Center.
- Introduction of Nonviolence and Violence.
- Understanding on Nonviolent Communication, A language of life.
- Meaning of power, its types and sources. The role of power sharing in Schools.
- Obedience and the concept of obedience.
- Why Tibetan should follow the path of Nonviolence?
- Chinese Pillars of Supports.
- 198 methods of nonviolent action introduced by Dr. Gene Sharp.

WORKSHOP FACILITATORS:

Ms. Tenzin Lhamo (Executive Director-ANEC)

Ms. Tenzin Lhaze (Assistant Trainer cum Teaching Officer-ANEC)

METHODOLOGY:

- Power Point Presentation
- Role Play
- Discussion
- Charts
- White board
- Brain storming
- Feedback

MEDIUM OF COMMUNICATION:

Tibetan, English and Hindi (when needed to make them understand better)

MATERIALS DISTRIBUTED:

- Notepad, Pen, Certificates.
- ANEC's Introductory Brochures.
- ANEC's 14th Newsletter.
- Copies of 198 methods of Nonviolent action introduced by Dr. Gene Sharp.
- Material based on four components of Nonviolent Communication as an exercise to understand better.

AIMS AND OBJECTIVES OF THE WORKSHOP:

3. To impart deeper understanding on Nonviolence and why it is considered as an indispensable tool in establishing peaceful society and overthrowing rigid policy of any government.
4. Introduced "Nonviolent Communication" and its usage in interpersonal relation to foster compassionate response from the opponent as well as listening with whole being towards the needs and feeling of other and as well as ours.
5. Provide education on the weakness and the strength of Chinese Pillars of support and what are the reasons for why Tibetans should follow the path of Nonviolence?
6. To familiarize the concept of power and the role of power sharing in schools and why obedience is considered as the heart of political power.
7. To make them aware of the availability of 198 Methods of Nonviolent action to make any nonviolent movement more effective.

DAY ONE (9:00 AM TO 4:00 PM)

(MORNING SESSION)

The Two-Day's workshop on Nonviolence Principles and Practicalities was inaugurated by respective Headmasters of each schools by welcoming ANEC's facilitators and they reminded the participants about the Nonviolent methods being the potent tool to gain attention regarding the plight of any country and it is the only way out to resolve conflict between countries and individuals. They therefore, urged the participants to learn more about nonviolence and its methods and try to implement in their lives for more effective results.

Ms. Tenzin Lhamo, Executive Director gave a detailed introduction about ANEC and how it was successfully institutionalized under the guidance of His Holiness the 14th Dalai Lama and the unwavering visions of Rabbi Everett Gendler and Dr. Mary Gendler to make a positive impact in Individual life and as well in Tibetans struggle. She expressed the Workshop to be resourceful and worthwhile for the participants.

ANEC Documentary film- **A journey of Nonviolence; Alabama to Dharamshala** was screened.

Ms. Tenzin Lhamo divided the participants into six groups and asked each group to write down their perception of nonviolence and violence in words and further form it into sentences.

Subsequently, two participants representing from each group read out the sentences they formed and explained. On the other hand the exercise provides them a platform to think on their own regarding nonviolence. Hence, they all came up with realistic and logical definitions of Nonviolence and Violence. This was to give them a brain storming exercise to create their own definition of nonviolence and violence.

Ms. Tenzin Lhamo further introduced Nonviolence philosophies by some of the world's pacifist leaders thereby; Mahatma Gandhi, Dr. Martin Luther

King Jr. and His Holiness the 14th Dalai Lama for their in-depth understanding on Nonviolence.

Ms. Tenzin Lhaze gave a power point presentation on four basic components of Nonviolent Communication to develop their communication skill and to make them aware about availability of the 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. It basically shows us how to listen emphatically and also communicate our authentic feelings and needs.

Ms. Tenzin Lhamo talked about the types of Compassion (Familial, Familiar and Genuine/Universal) and urged the participants to work towards the genuine/Universal Compassion to create this world a living and loving abode for all regardless of differences and to focus on similarities rather than differences.

AFTERNOON SESSION-

Ms. Tenzin Lhamo gave a power point presentation on Power, Types of Power and its sources. She further talked about the role of power sharing in schools and it is mandatory to share power amongst students rather than to hold at top in order to develop a sense of belongingness and to give authority to take responsibilities by their own.

Ms. Tenzin Lhaze educated them about obedience, what made us to obey all the time (Concept of obedience) and there is no dictators who can effectively carry out the policies until or unless people obey. It is not necessary to obey rules or power if it tends to hurt the sentiments of every sentient being. Power to say “no” is every individual’s birth right.

Refreshment activities were also included in between presentations.

DAY TWO- (9:00 AM TO 1:00 PM)

(Morning session)

Ms. Tezin Lhamo started the workshop by recapitulating the day one topics. She later talked on the topic ‘Reasons for Nonviolence and Why Tibetans should follow the path of nonviolence.’ She reasons out that Tibet is economically, militarily and demographically incompetent in terms of war with Chinese government for Chinese economic, population and military power is growing each day. Hence, making it incompatible for Tibetans to retaliate and resorting to violence could bring unprecedented destruction for the Tibet and its People.

Therefore, Nonviolence and renouncing to violence is the realistic steps to challenge the Chinese authoritarian regime. She further stated nonviolent strategy stops the unending cycle of violence. It is a tools that can be practiced by anyone regardless of age, sex, gender, lay people and monk. Finally it is path strongly advocated by His Holiness the 14th Dalai Lama in the course of Tibetan struggle for justice.

Ms. Tenzin Lhaze gave power point presentation on “Chinese Pillars of Support”. It’s brief History, the reasons behind their growing dominance on the world. Further, making the participants aware of the weaknesses of Chinese pillar of supports.

We distributed copies of 198 methods of nonviolent action 198 Methods of Nonviolent Direct Action coined by Dr. Gene Sharp as result of his lifelong research on successful nonviolent movement around the world and made them understand about three sub categories;

1. Protest and persuasion,
2. Noncooperation
3. Nonviolent intervention through skit in which some students played the role of oppressor and oppressed, some played the role of protest and persuasion, some used noncooperation methods to withdraw their support and the rest used nonviolent direct intervention in order to de-escalate conflict and render justice.

The aim of doing skit is to familiarize three methods of nonviolent action and make it more effective.

AFTERNOON SESSION-

The divided participants were directed to present a short skit on protest and persuasion, Noncooperation and intervention.

CONCLUSION-

Feedback forms were filled by the participants and collected accordingly. We classified feedback in two parts as constructive feedback and positive feedback.

Headmaster/Headmistress of each school's addressed the closing ceremony and thanked ANEC's workshop facilitators and offered white scarf.

Ms. Tenzin Lhamo and Headmasters/Headmistress offered white scarf's and certificates to all the participants as a token of recognition for their dedication and participation throughout the workshop.

Ms. Tenzin Lhamo thanked respective Headmasters/Headmistress for their hospitality and offered white scarf and ANEC 11th founding anniversary diary (as a token of gratitude) alongside ANEC's 14th Newsletter and introductory brochure.

IMPACT ON THE TARGETED POPULATION:

- Widened student perspective on nonviolence and introduced nonviolent resistance as viable strategic weapon for social change.
- Introduced students to some of Dr. Gene Sharp's 198 methods of nonviolent action and clarified the use of nonviolence.
- Affirmed that nonviolent resistance is the viable path towards a more just situation in Tibet.
- Taught students how to communicate using four methods of nonviolent communication, with an emphasis on empathy and compromise.
- Power point presentation on Chinese Pillars of Supports imparted good amount of knowledge regarding the reasons behind china's growing dominance on the world.

- Irrespective of gender, students actively participated. They were given an ample of opportunities to present their views, demonstrate their ideas and skills.



-----**THANK YOU**-----

14. Next day on 1st December, we left for Tinsukia in a public transport bus and had to hold for the night in a hotel. On 2nd we took our flight back to Delhi from Mohanbari Airport. By the time we reached Delhi it was late night and had to hold for the night and next day booked the bus back to Dharamshala.
15. Accountant cum Office Secretary Mr. Jigme is working on financial update of the Center.

December, 2018

1. Trainer cum Teaching Officer Ms. Tenzin Lhaze too Annual Leave.
2. Ms. Tenzin Lhamo, Executive Director was invited by a group of Denver University Student group for a talk session at Tibet world on 7th December.
3. Executive Director was taken interview by Radio Free Asia based in Washington DC and arranged through skype at Daramshala studio on 13th December.
4. ANEC received two Volunteers from Denver University, USA for two weeks (3rd to 14th December, 2018).
5. Executive Director on behalf of ANEC on 17th December did visited new Speaker of Tibetan parliament in Exile (TPiE) to congratulate and to brief about our organization's work since inception in 2007 and had productive interaction.
6. Free Film Screening on “**A FORCE MORE POWERFUL**” was hosted by the two volunteers from Denver University along with Executive Director at Common Ground Cafe on 14th December followed by an interactive discussion which lasted till 8:30 in the night.

REPORT

ANEC Screened FREE Documentary Film “A FORCE MORE POWERFUL”

Location: Common Ground Cafe

Date: Friday 14th December, 2018

Time: 5:30 pm to 8:00 pm

On Friday, December 14th, 2018, ANEC hosted a public film screening of *A Force More Powerful* at the Common Ground Cafe in McLeod Ganj from 5:30 to 8:00 pm. The film produced by Miriam Zimmerman and PBS, highlights three distinct instances where nonviolent movements were able to overcome oppression and

authoritarian rule within the last hundred years. the Indian independence movement, the Civil Rights Movement in the United States, and the Anti-Apartheid movement in South Africa.

The 22 attendees hailed from diverse location such as: U.S.A, India, Israel, including a group of students from the University of Denver. To begin, volunteers Sarah Svendahl and John Hale from the University of Denver gave a brief introduction of ANEC and an overview of the film to the audience. Following the film we held a discussion with a group of students from the University of Denver. The volunteers had prepared a number of questions before the screening, related to the film and nonviolence, for the guests to engage with. The goal of the questions was to help the audience come up with ways that they can use nonviolence practically in their day to day lives. Throughout the discussion, members suggested things such as starting or joining clubs that work nonviolently towards the cause they want to fight for. Others suggested posting on social media about the cause that they wish to work for.

-----**THANK YOU**-----

7. On 27th of December, ANEC Executive Director was invited to give a half day workshop on “Nonviolence and Nonviolent Strategies” for 40 students who attended the Tibetan Youth Leadership Training organized by Tibetan Youth Congress. The workshop was attended by 40 Tibetan students from different colleges and Universities in India. The workshop was followed by interactive and productive discussion between ANEC Executive Director and the participants.
8. Started working on the 15th Newsletter to be published by the end of March and beginning of April.
9. Accountant Cum Office Secretary Mr. Jigme went to meet Mr. Dhondup Tsering la (ANEC Financial Consultant) to take Annual Return Filing for the year 2017-2018 filed by our Chartered Accountant.
10. A very next day ANEC Accountant cum Office Secretary went to meet Ven. Ngawang Woeber (GBM) along with the Annual Return file to take signature from GBM and handover back to ANEC financial Consultant Mr. Dhondup Tsering.

January, 2019

1. Trainer cum Teaching Officer Ms. Tenzin Lhaze joins back to her duty.
2. ANEC Trainer Cum Teaching Officer Ms. Tenzin Lhaze is drafting report of the North – East Workshop.
3. North-East Workshop tour completed last November report prepared.
4. Quarterly Return Filing done for the month October, November and December.
5. Two Month's salary (32,000/-) refunded by Trainer Thupten Choephel who resigned before the termination of his contract. Though he was supposed to return three months salary but, due to his application and personal request for not able to do so. The matter was discussed with the Chairman by Executive Director and discussion was taken. The amount has been credited into office local account in the same day.
6. Internet guy visited office to solve the problem faced due to leakage of internet wire.
7. Received the kind donation from Karen Sallick.
8. Executive Director Ms Tenzin Lhamo submitted her resignation with valid reason to the Chairman on 18th January, 2018.
9. On 21st January; Job Announcement for the post of Assistant Trainer cum Teaching Officer was announced on social media.
10. Board meeting was held on 22nd January 2018 and discussion for recruitment of new Executive Director and feature of Center. Resolution passed in the same day.
11. Accountant cum Office Secretary Mr. Jigme went to Imperial Printing Press to design Losar Greeting card and finalised at the very next day.
12. Executive Director and Assistant Trainer working on 15th Newsletter content.
13. Office Accountant and Assistant Trainer visited and getting in touch over the phone with different hotels, restaurants, shops in Dharamshala for advertisement in upcoming ANEC's 15th Newsletter.

February, 2019

1. Accountant cum Office Secretary and Assistant Trainer cum Teaching Officer distributed Losar greeting card to all the NGO, Institution and ANEC know person around McLeod Ganj and send postal respectively.
2. Losar card and greetings sent to respective office, organization and friends of ANEC through email.
3. ANEC staff is cleaning whole ANEC Office and ANEC Office has been closed as Losar Break for ANEC staff.
4. ANEC Accountant cum Office Secretary Mr. Jigme updated report of North – East Workshop and film screening report in ANEC website.
5. Executive Director and Assistant Trainer working on upcoming 15th Newsletter. Executive Director and Assistant Trainer working on 15th Newsletter. Compiling of reports, contents, volunteers column, photos, advertisement etc.
6. The job vacancy announcement for Assistant Trainer cum Teaching Officer was extended to another 15 days till 15th of March.
7. Editing of Reports sent to Phin Camper and exchanging of mails between Executive Director and Phin Camper.

March, 2019

1. ANEC Trainer cum Research Officer Ms. Tenzin Lhaze had attend on 60th years of Tibetan Women's Uprising Day's Programme organized by Tibetan Women Association.
2. Office Secretary Jigme attended a three day's workshop on Digital Security organised by Tibet Action institute.
3. Office rent for six month paid to Toepa Community House (Toepa Kyiduk)

4. On 4th March; Executive Director and office Secretary cum Accountant met with Chairman to discuss regarding the appointment of new Executive Director.
5. Test to be held on 22nd March for the appointment of Assistant Trainer cum Teaching Officer. Question papers both English and Tibetan, extempore topics both English and Tibetan set up.
6. Interview questions both Tibetan and English prepared for the new staff appointment.
7. Assistant Trainer attended a meeting organised by Tibetan Welfare Office between NGO's and Nelson Mandela Student Group on 8th March at Tibetan Welfare Office Hall.
8. Two panel members from two Non-Governmental Organization finalised and staff selection test date finalised for 22nd March, Friday.
9. Executive Director and Office Secretary cum Accountant working on six month's report and budget to be sent.
10. Toepa Community Hall upstairs was hired for the staff selection test venue. Seven applicants turn up for the post of Assistant Trainer cum teaching officer.
11. Board Meeting held in between 4 pm to 5pm at Hotel Tibet on 25th March, 2019.
12. Assistant Trainer visited Imperial Printing Press for 15th Newsletter designing, compiling and print out.
13. The Examination