

ANEC MESSENGER

YEARLY APRIL 2021- MARCH 2022 ISSUE 18



FEATURING PEMA DOMA
MAKING BEIJING 2022 THE LEAST WATCHED OLYMPIC GAMES IN ALL OF HISTORY.



FEATURING LOBSANG GYATSO SITHER
FINDING THE RIGHT TOOL AND THE RIGHT STRATEGY TO ONLINE ACTIVISM.





ANEC'S FOURTEENTH YEAR.

Tenzin Choezin (Executive Director, ANEC)

Although the Tibetan people's activism in its initial stage had little to no direct exposure from the west because of its disengagement from the outside world, the theatre for activism was without any vacuum, as a home-grown brand of nonviolent activism fueled the resistance. During the occupation of Tibet by the Peoples Liberation Army and in the aftermath, Tibetans have organically transmitted their nonviolent way of life into the movement. As is evident through the various stages of the freedom struggle, active nonviolence has been fundamentally tooled as a strategic means to restore our freedom long before the establishment of ANEC and other active nonviolence activism platforms.

One such example is the Tibetan women's uprising day which at the intersection of one's gender roles and how regardless of its limitations on their outlook toward leadership in the public domains, made a bold act of nonviolent resistance against the Chinese government through a historical mass protest that even led to the death and injuries of many Tibetan women. These act of resistance in multiform can be seen as a strong indication of how resolutely ingrained the philosophy and concept of nonviolence is in each household in Tibet. Coincidentally, Active Nonviolence Education Center (ANEC) celebrated its 14th anniversary on 10th September 2022, a day that falls on the same day as the reinstatement anniversary of Tibetan Women's Association in exile.

ANEC as a nonprofit based in an exile set-up plays a pivotal role in strengthening the movement by interlinking diverse and successful active nonviolence movement across the world with the Tibetan freedom struggle, by contextualizing it within our movement. The bulk of ANEC's projects in the initial years focused on deconstructing the misconceptions surrounding nonviolence as a basis for pacifism, inaction and compliance.

More than a decade has passed and ANEC has successfully led over 120+ trainings to over 8,000 Tibetan people and published books and resources on active nonviolence and peace. ANEC's trainings focused mostly on learning about the different strategies and methods of active nonviolence that were previously used in movements across the globe, such as Gandhian's noncooperation movement, Kingian's Civil Rights movement and even methodologies and initiatives by other noted individuals and movements.

As the new Executive Director of ANEC, I am positively looking towards incorporating more modern tools and techniques to enhance the vision of the organization. In any leadership, we must realize the importance of receptivity, collaboration and being relevant. Therefore, we are focused on building our networks, grooming Tibetan youth, facilitating organizations with periodical assistance through capacity building programs and, by continuing to publish literary resources at elementary level for our Tibetan children to keep them connected and engaged in our movement.

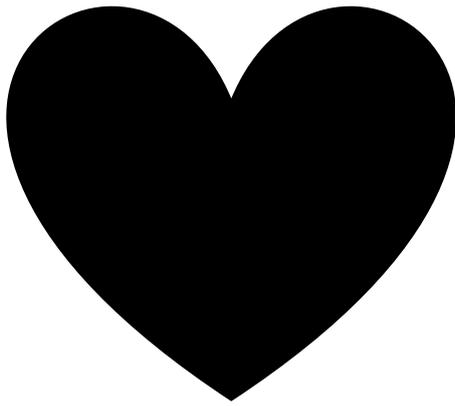
The commemoration and celebration of ANEC's anniversary this year invoked a sense of pride in me as a Tibetan youth who values and cherishes nonviolence as a means of conflict resolution. The road to freedom may be long and uncertain at times but the Tibetan people's spirit is strong and our fight just.

I take the opportunity to thank friends and supporters of ANEC, Especially Karen H. Sallick & Norzang Foundation for their financial support for the sustenance of the organisation this year. Special thanks to Ms. Chemi Lhamo, Mr. Tenzin Dorjee, & Mr. Tenzin Dharpo for spending their time and expertise free of charge for our promotional video.



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EDITORIAL MEMBERS

TENZIN CHOEZIN

(Executive Director)

MIGMAR DEKYI

(Project Officer)

IN-DEPTH NONVIOLENT TRAINING

Following the completion of the 12th grade, and before doing a job or joining a University, all students, would be required to take part in an 8-week intensive program in nonviolent training and resistance. This program would provide the nonviolent equivalent of basic military training, and offer an in-depth introduction to both the theory and practical experience of nonviolence.

Camps or facilities would need to be set up (perhaps existing boarding schools could be used) where the young people would live and work and study together. As in the schools, it is important that the structure and process reflect the basic philosophy of nonviolence. Here, however, the focus would be entirely upon intensive study of the theory and practice of active nonviolence.

Whether the issue is internal (discrimination; low wages; inter-group conflicts; threat to internal stability) or external (threat of invasion), the young people would learn how to set up nonviolent campaigns to address the specific concern or problem. They would be taught to think strategically, analyse a situation carefully, plan actions which have a chance to being effective, and practice the kind of discipline needed to carry them out. Role playing would provide an opportunity to stimulate campaigns, to experience what it would be like to be on both sides. The students would be encouraged to think about the consequences of each action they propose and to follow out those consequences with further plans. They would be asked to think about many questions including: "what if the plan does not work? What if the leaders are arrested? Is there a plan for a next tier of leadership? How can we ensure that none of us will resort to violence? What if the other side uses violence? What do we do if some of us are injured? How can we keep up morale during a campaign? How do we communicate under repressive conditions? Etc.

Nor should the physical aspect of such training be neglected; young people need opportunities for physical exercise. One valuable and satisfying component could be marching drills, moving information to Tibetan band music, etc. this mobilizes

energy, teaches discipline, requires cooperative and precisely coordinates activity from the students, and offers a certain organised excitement and aesthetic enjoyment as well.

Another valuable component could be the practice of various "martial arts:" jiu-jitsu, aikido, tai-chi, etc. Although usually referred to in martial terms, these disciplines more basically tend to emphasize self-protection through re-directing the opponent's own energy. The cultivation of these arts could serve three purposes simultaneously: provide physical exercise, encourage bodily coordination and grace, and offer a nonviolent (or minimally) means of personal self-defence.

Growing out of the training program could also be the establishment of local affinity groups. Consisting of perhaps 15 to 20 persons in each unit, these individuals would spend time together in their local setting, thus getting to know and trust one another. They would think about and develop specific plans for defending their society; initiate actions and activities to improve society; develop concrete plans for the support of families in case an action might result in the arrest or detention of its participants; etc. the small size and the developing trust of the group would mean a dependable, independent nucleus of persons who could respond to and execute larger plans while still being able to act on their own if general communication were interrupted.

Thus one would create a supportive, highly disciplined, thoughtful and dedicated community of young people, intensively trained in nonviolence theory and practice, which will later move into various communities and become the nuclei and trainers for community groups throughout Tibet. As the program continues years after year, increasing numbers of the population will have had this training, eventually yielding an entire population educated and steeped in the practice of nonviolence.

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 different philosophies shown above 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. Power Point 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 also signifies 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, rather than a standard teaching. The frequent change of speakers keeps attention from lagging.

9. Lecture with Disturbance

ANEC workshops are always conducted in a manner where there is two-way traffic, so that the participants can question, clarify and challenge at any time during the lecture.

10. Feedback

Feedback helps us to understand ourselves and areas needed for improvement. We always value constructive feedback more than positive ones.



PEMA DOMA

**CAMPAIGNS DIRECTOR AT
STUDENTS FOR FREE TIBET
INTERNATIONAL.**

**“TAKE THE FIRST STEP. IT
DOESN'T MATTER WHAT
YOU DO, BUT DO
SOMETHING!”**

Pema Doma, is a Tibetan human rights activist born and raised in exile in New York City, US. She has worked as a community organizer and trainer for racial, economic and environmental justice with Boston Mobilization. Pema has also interned with US Congressman Jim McGovern and US Senator Elizabeth Warren before becoming the campaigns director at Students for Free Tibet. In addition to her work with SFT, Pema also spends her time advocating for a Tibetan Flag emoji #inserttibetanflag that is well known among the social media.

Q. The winter Olympics in China has concluded, many leading countries diplomatically boycotted the Games, analysts say that there was a 36% fall in viewership. As part of the activist group who have tirelessly worked to call out China against the backdrop of the Games, how do you feel and do you see this as a victory?

PEMA DOMA: Dozens of Olympic Athletes participated in a boycott of the Opening Ceremonies, 16 governments refused to send diplomatic envoys, and China's human rights abuses were trending on Twitter, splashed across major media outlets and laid bare for millions around the world to see. As a Tibetan—and I think many others may be able to relate—no matter how many hours we worked or how well our campaigns may go, it can be hard for us to feel as though we have “won,” because those inside Tibet still live under occupation and oppression on a daily basis. Over 60% of the Confucius Institutes in the United States have shut down since SFT launched our “Say No! To Confucius Institutes” Campaign in 2014. But 80% of Tibetan children inside Tibet have since been coerced into colonial boarding schools. Activists successfully pressure Google to cancel its Chinese-government backed “Project Dragonfly” to censor the internet in China and Tibet. But the internet blackouts inside Tibet



ABOVE: Activists in IOC Summit Action.

PHOTO SOURCE: Students for Free Tibet International

continue. Despite this, the importance of celebrating campaign victories within our movement is critical. I encourage all Tibetans, around the world, to take time to care for ourselves, our mental health, and emotional wellbeing. Our collective struggle for freedom and basic rights in Tibet is a very long road. We must take care of ourselves and each other. One way of doing that is to take the time to celebrate when our campaigns do become successful. The success of this campaign was only possible due to the tireless efforts of countless youth activists from SFT and TYAE, as well

as cross-movement allies, local Tibetan Associations and Communities, Tibetan Youth Congress, International Tibet Network, Free Tibet UK, International Campaign for Tibet, and so many others; we have all come together to contribute in our own ways towards making Beijing 2022 the least watched Olympic Games in all of history. Every single activist and supporter should take this campaign as a victory.

Q. In the build-up to the 2022 winter Olympics, we saw that activists including Students for a Free Tibet partake in the campaigns. What methods of nonviolent interventions did you adopt?

PD: Some of the most passionate and impactful actions that took place during the Olympics campaign were led and really made possible by young Tibetan, cross-movement, and ally youth activists as young as 16 years old! For one of our actions, we held a 57-hour continuous protest outside the White House to call for a Diplomatic Boycott. During the continuous protest, the activists were all 18 to 24 years old, mostly university students. They would take turns protesting, sharing about Tibet and China on social media, taking quick naps, or trying to submit their homework online, all while standing outside in the cold weather for 57-hours. The amount of supporters who dropped by with hot tea, or some blankets to wish the youth activists well was heart-warming. For another action, while Thomas Bach was hosting the IOC Summit in Lausanne with the Chinese government delegation, Tibetan-American and Tibetan-Swiss activists from SFT and TYAE peacefully blockaded the front door of the IOC building for hours. During the blockade, I remember seeing one of the youngest activists who was a Swiss-Tibetan TYAE youth leader of 19 years, her face was full of commitment and determination; it made me think to myself: the youth leaders of today are the future of the Tibetan struggle in exile, and my confidence is 100% in their hands. Another action was the Tibetan and Hong Kong flag raising on Acropolis in Athens, Greece done by Tibetan-American Student Activist Tsela Zoksang and Hong Kong youth activist Joey Siu with the support of a Vietnamese-American SFT activist. Just the simple act of holding those flags reached millions, but the unseen cost paid by those young activists was being held in jail overnight and facing outrageous criminal charges within the Chinese-influenced Greek court system. The youth activists are currently fighting the charges with the support of SFT and a full legal team. Perhaps one of the most widely

seen actions we worked on was the disruption of the IOC's torch lighting ceremony by young Tibetan-Canadian activist Chemi Lhamo with support from non-Tibetan activists. At the time of that action, I was in Olympia with other SFT and TYAE activists. We were detained by the Greek authorities under the instruction



ABOVE: Torch ceremony action by young Tibetan Canadian activist Chemi Lhamo with support from non-Tibetan activists.

of the Chinese embassy officials. We were watching the live stream of the action while in Greek police custody, texting journalists and embassies, doing our best to support our friends even while being arbitrarily detained by Greek police. The entire campaign and all the actions were truly a team effort. There were countless unseen supporters behind each of the nonviolent direct actions. The most widely participated actions were definitely the Global Days of Action, where Tibetans, Hong Kongers, Uyghurs, and allies from hundreds of cities around the world came together to protest on key dates leading up to the Olympic Games.

Just the simple act of holding those flags reached millions, but the unseen cost paid by those young activists was being held in jail overnight and facing outrageous criminal charges within the Chinese-influenced Greek court system.

Q. Since the larger campaign against the Beijing Olympics is participated by many activist groups across national and ethnic lines, what challenges, whether ideological, strategic or coordination, did you and your fellow activists face?

PD: The No Beijing 2022 is not SFT's first collaboration with Hong Kong and Uyghur groups, but it is absolutely one of the most public and successful cross-movement efforts. Rather than hinder the success of the campaign, these collaborations are actually one of the greatest strengths of the movement. The No Beijing 2022 campaign showed us that we truly are stronger together. The Tibet movement must continue leading the way towards a cross-movement future. Tibet's freedom is directly linked to the freedom and human rights of the Uyghur and Hong Kong people. In August 2022, SFT will be hosting our second Cross-Movement Action Camp, where youth activists from the Tibet, Hong Kong, and Uyghur movements along with allies, will learn about organizing campaigns and building movements together.



ABOVE: Pema Doma with her SFT team together with Hong Kong Democracy Council.

PHOTO SOURCE: Students for Free Tibet International

Q. Complicity of International bodies such as the IOC and WHO is increasingly common due to China's economic strength, is your fight now spread out multiple fronts now, how do you fight against that?

PD: The complicity of international bodies extends beyond groups like the IOC, WHO, and even the United Nations. Increasingly, private sector multinational corporations are also increasingly complicit. On the one hand, it is completely devastating and creates a feeling of powerlessness among Tibetans. On the other hand, it also provides new platforms and opportunities for campaigners to tackle the fight against China in

unprecedented ways. As the world becomes more reliant on China, it is also true that China becomes more reliant on the world. Moreover, while Xi Jinping and the Chinese government may shun and oppress activists, it is much harder for brand and image sensitive organizations to do so. With that in mind, although it is extremely disappointing to see the world's nonchalance towards collaboration with a genocidal totalitarian regime such as the CCP, I believe that one of our primary roles as activists in exile is to hold these global institutions and actors accountable for their complicity.

Q. The theatre for activism has shifted largely online as that is the window to most of the world these days. Will the internet and technology become the ultimate medium of activism in the years to come?

PD: In the years to come, the role of the internet has become increasingly precarious. On the one hand, the internet and technology have become tools of grassroots organizing and global connectivity within democratic societies. Yet in places like Tibet, Myanmar,

BELOW: Pema Doma standing next to France Hui, an exiled Hongkonger activist from the group We the Hongkongers.

PHOTO SOURCE: Students for Free Tibet International



or even Russia right now, we have increasingly seen the internet being monopolized by dictatorships to control the narrative, censor, and further oppress innocent people. In Tibet, we have seen the Chinese government use internet blackouts and mass censorship against Tibetans living inside Tibet. The future role of the internet will depend very heavily on how the world thinks about the issues of internet freedom today. One of SFT's current leading campaigns that we will continue working on after the Olympics focuses on this issue, by exposing and fighting against American-based Technology companies that aid the Chinese government in furthering internet oppression inside Tibet.

Whether you feel powerless, hopeless, alone, angry, devastated, or defeated, just know that many other young people in exile are also feeling the same way. All you can ever do is take the first step.

Q. Activism needs the passion of young blood to keep the fire of the cause burning, what is your message to younger Tibetans who want to take up the fight in the coming years?

PD: My first message to younger Tibetans in exile is to take the first step. It doesn't matter what you do, but do something! In the words of His Holiness the Fourteenth Dalai Lama: nonviolence is compassion in action. Whether you feel powerless, hopeless, alone, angry, devastated, or defeated, just know that many other young people in exile are also feeling the same way. All you can ever do is take the first step. And my



BELOW: Young students at protest.

PHOTO SOURCE: Students for Free Tibet International.



second message is to never lose sight of what we are fighting for. We are not fighting for nationalism, we are not fighting for ego, self-recognition, or an outdated memory of pre-1959 Tibet. We are fighting for a country that is better and freer than Tibet is under Chinese occupation, but also than it was before 1959 as well. We can make the first step by incorporating love and compassion for those of all genders, faiths, age, race, financial background, LGBTQ+ Tibetans, and mixed heritage Tibetans within our families and communities today. Tibet does not need to be free before we begin making our society more accepting and inclusive. To the younger Tibetans, as we fight for the Tibetan movement, never forget that we must also fight for ALL Tibetans, including LGBTQ+ and other marginalized Tibetans. We can be the generation to make our Tibetan community and our Tibetan freedom movement even more inclusive and accepting of a

SIDE: Activist protesting for the boycott of Beijing Olympic 2022 Games.

PHOTO SOURCE: InsideTheGames

THE SILVER LINING OF THE PANDEMIC:

Seeing the glass as half full

The Wuhan-originated COVID-19 pandemic took over, chewed, and spat out the world like never before in this generation's memory. Fear and suspicion in public life amidst ever mounting restrictions seem like new normal. Despite the overwhelming devastation and drastic change we have seen through the pandemic, there are some positives.

The biggest casualty of the pandemic that cannot be quantified outright is the state of people's mental health. Dispirited many have forgotten how to laugh. In a study conducted by Korea's ministry of health, the national mental health for the first quarter of 2021 during COVID-19 crisis, the average rate of depression domestically was 5.7, which is the double the previous of 2.3. Almost everyone is in the spiral faced unexpected changes including financial pressures, social isolation and constant worries and anxiety that only adds to mental health disorders, such anxiety, insomnia and depression. A research done by Son C. et, al. shows that out of the 195 students, 71% of them indicated increased stress and anxiety due to the COVID-19 outbreak. But there is also an increase in mental health awareness during the pandemic.



MIGMAR DEKYI

PROJECT OFFICER AT ANEC

The pandemic brought so much change, our daily lives are not what it used to be. The discomfort of isolating oneself, wearing a mask at all times, being paranoid of touching anything, the constant



ABOVE: *The importance of mundane household task to keep your loved one safe from the virus. Photo source: UNICEF Nepal.*

fear of job loss and financial distress. There are so many negative perspectives and outlooks regarding the changes brought by COVID but just like how every dark cloud has a silver lining, there are also many positive changes because of the pandemic too. I recommend looking at the glass as half full. One of the positive changes can be how people have been living out of their monotonous life and adopting a much effective work culture

where employees don't necessarily have to work 9 to 5 set up but rather work in times and environment where they are more comfortable. The change has motivated people to develop themselves beyond the narrow confines we are used to. Thus it increases the job satisfaction boosting morale and productivity. The pandemic brought trend of remote work, e-commerce, and automation enhancing productivity and innovation. Though many have suffered job loss, to cope with the loss and unemployment people have changed their jobs with some even starting their You Tube channels, thrift shops, opening new business with their own creativity and skills. In our Tibetan society too, many youngsters have started using the online platforms to self-employ themselves by launching their thrift shops, selling jewellerys and baked goods, etc. We saw a surge in the Tibetan You Tubers and online business retailers during the pandemic.

Personal hygiene was also improved due to the pandemic. Constantly washing one's hand, sanitising every small things, wearing mask and social distancing when we go outside added to the overall cleanliness and contributed to promoting health of both individuals and families.

Also, the level of resiliency and spirit of not giving up seem to have found more footing. Having to constantly deal with incidents of job loss, death of family and friends, loneliness among other testing experiences, the spirit of pulling up one's socks is a much needed and welcome. People have learnt that giving up is not a choice so they face the hurdles even when the odds are against them. Resilience is more than just the ability to persevere but it is also includes working through emotional pain and suffering. Katie Hurley, LCSW writes that there is no easy way through this crisis, but building coping skills and resilience will help one through the emotional upheaval triggered by COVID-19. She writes, "Resilience is not a trampoline, where you're down one moment and up the next. It's more like climbing a mountain

without a trail map". A key to cultivate resilience is in knowing that present is all that exists and the only thing we can control. The Buddhist monk Thich Nhat Hanh has observed that "The only moment in which we can be truly alive is the present moment". Siddhartha Gautama (Buddha) has realised this when he ran away from the palace in search of the answer to the problem of suffering. Reminding and reflecting the temporary, ephemeral, and impermanent nature of the world is another key to cultivate resilience and is central to every Buddhist discipline. We have to realize that every conditioned things have the nature of vanishing and accept that any loss will entail itself with change be it good or bad, but the change brings both despair and equanimity at same time. The change and loss brought about by the pandemic has made people realize the impermanent nature of all things. Norman Fischer writes, "As soon as present time occurs, it immediately falls into past." Thus everyone must stand and work towards an integrated approach to health, sustainable recovery, and equity crisis. By this we are choosing never to give up hope and to always to strive for more.

七転び八起き (nanakorobi yaoki)

Fall seven times, rise eight.

-Japanese Proverb

Many have also strived to achieve antifragility; a concept that was developed by Nassim Nicholas Taleb. Taleb uses the ancient mythology of Hercules and the hydra, where Hercules was filled with distress as he learned that cutting one head resulted in growing two in its place. To explain the trait of antifragility, he refers to the kind of power that Hydra has; the power to get stronger when harmed. He explains in *Antifragile: Things That Gain from Disorder*, that "Antifragility is beyond resilience or robustness. The resilient resists shocks and stays the same; the antifragile gets better."

PARTICIPATORY APPROACH TO NONVIOLENCE AND HUMAN RIGHTS EDUCATION.

PANHRE-I



ABOVE: A picture of the zoom session with the facilitators and participants.

Gandhi Jayanti is celebrated on 2nd October annually to mark the birth anniversary of Mahatma Gandhi, a pioneer of the philosophy and strategy of nonviolence. Each year on the birth anniversary, people, governments and non-government organizations observe the day through various activities and events such as developing news articles, broadcasts, public lectures, seminars and discussions.

On the 152nd birth anniversary of Mahatma Gandhi, also widely commemorated as ‘the international day of nonviolence’, Active Nonviolence Education Center (ANEC) pledged to facilitate an awareness program on concepts and principles of nonviolence and human rights with a special module on gender sensitization for 500 participants from schools, colleges and vocational institutes through the Participatory Approach to Nonviolence and Human Rights Education (PANHRE) within October 2021.



ABOVE: Director/ Facilitator Ms. Tenzin Choezin briefing the participants on misconceptions on violence.

The program conducted from 1st -31st October, 2021 was facilitated by Ms. Tenzin Choezin, Mr. Ngawang Lungtok, Ms. Tenzin Nordin, Ms. Tenzin Dadon, and Mr. Tenzin Yonten in which nearly 500 Tibetan youths from schools, a college and a vocational training institute participated in the online training. The schools and institutes that engaged in the PANHRE-1 were Sambhota Tibetan School, Kollegal; Tibetan Children’s Village School, Selakui; Sambhota Tibetan School, Mundgod; The Dalai Lama Institute for Higher Education; Tibetan Homes Foundation, Mussoorie; Tibetan Children’s Village School, Gopalpur and Industrial Training Institute, Selakui. The Participatory Approach to Nonviolence and Human Rights Education is a participant centred program which focused on



ABOVE: Facilitator Ms. Tenzin Dadon educating the participants on the values of consent with creatively developed acronyms of FRIES

building skills, values, behaviours and attributes based on an adult experiential learning in order to empower individuals and explore the basic of understanding, asserting and defending their rights as well as the rights of others. The online course was categorised into two parts; Nonviolence and Human Rights concepts, its values and principles; and Gender and Nonviolence through discourses on basic human rights from internationally recognised rights to constitutionally guaranteed fundamental rights.

The course described lessons learned and good practices to strengthen leadership for advancing human rights, with regards to nonviolence and gender equality and in community life; to strengthen human rights movements; and to improve the practice of human rights and

nonviolence. These practices are at the core of ANEC's human rights education work which aims to contribute to the empowerment of groups subject to discrimination, exclusion and other forms of human rights violations, in particular women, children and youth.

Our objectives are to make the participants reflect on personal concepts of nonviolence, human rights, its values and principles and to make them discuss the concept of gender equality and its applicability in the Tibetan community. Active Nonviolence Education Center puts in effort to provide accessible extensive reading materials on power and gender based nonviolence; the philosophy of nonviolence; fundamental rights under the Indian constitutions.

HIS HOLINESS THE 14TH DALAI LAMA ON COMPASSION AND NONVIOLENCE ON AUGUST 18, 2021 FOR HIS ONLINE TEACHING TO THE VIRTUAL AUDIENCE FROM SOUTH KOREA.

SIDE: His Holiness the Dalai Lama speaking to the virtual audience from South Korea during his online teaching from his residence, August 18, 2021.

PHOTO SOURCE: Official site of His Holiness the Dalai Lama



“I respect all religious traditions. We have different ideas and philosophical approaches suited to the aptitude of different followers. The Buddha also gave different explanations in accordance with his listeners’ needs. However, all these different traditions emphasize the importance of cultivating love, compassion and nonviolence.”



ONLINE STRATEGIC NONVIOLENCE ACTIVISM.

LOBSANG GYATSO

**MP and Digital Security Program Director at
Tibet Institute**

As someone working in the intersection of technology and activism, I would like to thank ANEC for inviting me to share some thoughts on “Online Strategic Nonviolence Activism”. The advent of the internet in my opinion led to the opening of the world for activism whether it was the usage of mailing lists when emails first became global, or through Facebook using online social connections, or campaigning using sites such as Avaaz or Change.org.

Before online activism, activism in a lot of cases was restricted to a physical location/reach and if you needed to reach a global audience, you needed to have a narrative that would appeal to the media to take up your cause and disseminate it or something else entirely whether it was celebrity support or financial resources. However, the online space in some ways has levelled the playing field and the potential for your voice to reach millions or even billions in many ways is up to you and your creativity.

At the same time, when I think about online activism in the Tibetan context, I sometimes question whether we have been able to translate the strategies that we have learned and implemented in our decades long activism on the ground using active nonviolence methods into the online activism space. What I mean by this is are we able to utilize the full potential of the tools at our disposal or not?

In some ways, it is about finding the right tool and the right strategy when it comes to online activism and in a lot of cases, I find that there is a disconnect between the two.

For example, when we protest in front of the UN, the strategy and the methods tend to reflect what the target audience will respond to. So in this type

of action, the target audience and goals are clearly defined and as such the strategy employed in such actions will reflect what will move the target audience and be geared towards realization of the goals. At the same time, the goals can be multifaceted with different outcome plans. Even the language of the action or demands reflect all the above parameters.

When I think about online activism in the Tibetan context, I sometimes question whether we have been able to translate the strategies that we have learned and implemented in our decades long activism on the ground using active nonviolence methods into the online activism space.

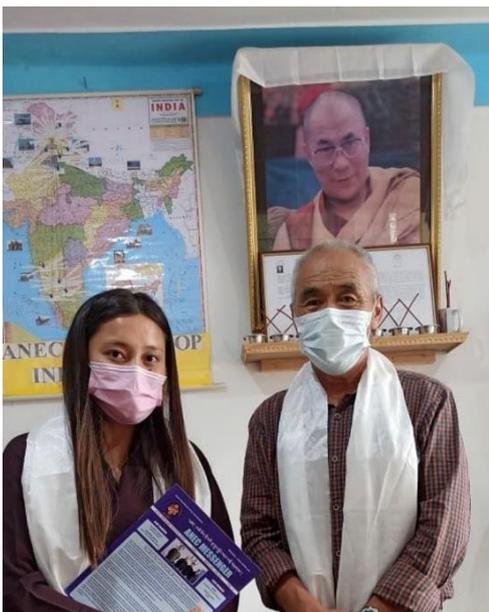
However, when it comes to online activism in the Tibetans context, apart from one or two campaigns, I don't see the same strategy applied but rather focused on “Like” and “Share” or what is known as “Clicktivism”. However, I understand that measuring impact in some of these campaigns can be a challenge. On the other hand, I also feel that the online space has huge potential for the Tibetan cause and ANEC can play an important role to introduce and mesh together active nonviolent methods in the online space for different available technologies, thereby enhancing the impact of the campaigns and creating change that will have impact for the Tibetan cause.



WHAT IS IT LIKE WORKING WITH ANEC?

I am associated with ANEC for over a year now and I truly admire the center's priorities, insights and flexible work environment. I joined as an accountant cum office secretary but our center being a training organization, we spend more time sharing and discussing ideas to advance our center program. I am enjoying engaging in discussions on wide range of topics during the office lunch hour from socio-cultural issues to religious philosophy and gender equality connecting the very idea of nonviolence, compassion and equality.

Moreover; it has been enriching meeting many people in a way during program collaborations and networking with other organizations.



APPOINTMENT OF NEW EXECUTIVE DIRECTOR

SIDE: Mrs. Tenzin Choezin was appointed as the new Executive Director of Active Nonviolence Education Center, replacing Mr. Kelsang Dhondup who served the center for two years from April 2019 – June 2021 as Executive Director

1ST JULY, 2021

TOGETHER WE ARE STRONGER.

Active Nonviolence Education Center meets five Dharamshala based prominent Tibetan NGOs.



ABOVE: Meeting the President of Tibetan Youth Congress.



ABOVE: Meeting the head of Tibetan Women's Association



ABOVE: Gathering and introductions the team of Students for Free Tibet.



ABOVE: Meet and greet with the president of Gu-Chu-Sum



ABOVE: in talk with the president of National Democratic Party Of Tibet

Active Nonviolence Education Center took the initiative and met five Non-Governmental Organisations that are based in Dharamshala; Tibetan Youth Congress, Tibetan Women's Association, Students for Free Tibet, Gu Chu Sum and National Democratic Party of Tibet. ANEC believes that together we can achieve more than we could individually.

Organizations from different sectors have been recognizing the potential of greater cooperation to achieve greater change and improve the way that individual organizations can function. Through this realisation, each meeting started with an introductory session on ANEC and its activities, the meetings helped build mutual respect and understanding. Through the initiative, we not only realised each other's area of

expertise and distinctiveness, but also learned all of us actually share complementary goals, and therefore we can work together, with different NGOs bringing various skill set on the table. We could also see the potential benefits of understanding each other's strength, refining behaviours, and building connections between our unique sets of qualities. Through this, we are starting a journey to refine our relationships, building a supportive network, bringing context to the things we are best at and maximise the opportunities to be the best individual and best team we can be. Active Nonviolence Education Center strives to take a step further by combining all the strengths to be one beautifully connected item because together, the impact of our work can be incredibly powerful.

INTERNSHIP PROGRAMME:

Youth Peace Leaders

Active Nonviolence Education Center's (ANEC) internship program was launched mid-august via our social media handles. The center was looking for interns with passionate outlook towards strategic nonviolent education in the exile Tibetan set up. Every NGO works for a cause and tries to bring a positive change in a community or an individual's life. All the work is done selflessly. When a youth interns at an NGO, it helps them see how little things matter and how those small things can change the lives of so many people. If a change is to be made in any society, it can be made by the younger generation as the youths are the pillar of every country. Thus engaging youths via internships to bring change is one of the few first steps our center makes.

At ANEC, we have started offering internships for four Tibetan youth peace leaders. The interns will be part of the nonviolence and peace projects organised by ANEC and will also get to acquire grassroots experience working for the promotion of Nonviolence and Peace (NVP) activities in the community. The education of active nonviolence and peace is very much important especially in Tibetan's activism where there's a huge misconception among the community that nonviolence is old fashioned, passive and ineffective. The intern would be taking the responsibility to create confidence in the people that active nonviolence is the only and best way to resolve our problem. The intern's key responsibility apart from the Annual Work Plan task delegation, would be to organize and to implement an activity of Nonviolence and Peace

once every month. Activities such as film screening, skits, flash mobs, organizing discussions and debates in the community (physically and virtually). The internship program aims to mentor the younger generations to actively participate in the Tibetan people's movement with a deeper understanding of nonviolence as a necessity and ANEC also aims to bring self-developed youths with leadership skills.

We have offered internship starting from September to November and January to March for two sessions and have given platform for four youths. All the interns were very active in completing all the task given and were very eager to learn about active nonviolence and took great zest and zeal to learn and educate our Tibetan community about nonviolence and peace. The interns have engaged in various projects to create awareness in the Tibetan community about the principles and practices of nonviolence. We have three of our interns who shared their experiences with ANEC and it can be seen in the following page.

The program hopes to produce a community of youth willing to adopt nonviolence and peace as the way forward. Through the program, ANEC hopes to make way for creative ideas to flow in through the youth leaders and encourage them for active participation in the Tibetan people's cause. We also want to avoid the path of violence that'll only lead to misery, we rather want to create a sustainable model to create dire attention to active nonviolent movement in the future by targeting youths and creating youth peace leaders.

MY EXPERIENCE WITH ANEC.



TENZIN DADON

"My 3 months internship experience at ANEC as a project officer has been one of the best hands-on learning experiences I have gotten. Starting from the basic filing cum organisational skills, to coordinating with the key coordinators of different institutes, to planning and structuring a training module which caters to the need and interest of the beneficiaries from varying age demographics with an engaging team, to actually facilitating students first hand, has been an enlightening experience. The work environment has been especially welcoming yet professional which helped me gain a clear idea of a healthy work environment. While I learnt a lot of Dos, I also acquired a set of Don'ts. I'm grateful for this enriching journey of my growth and I will continue to support the purposeful course of ANEC."



TENZIN YONTEN

"For my internship, I had opted ANEC because, when I went through ANRC's history, mission and aims and objectives, I found out it's Uniqueness, significance and a huge potential that ANEC can contribute to our struggle by teaching non-violent tactics and strategies to Tibetan freedom fighters to ensure our freedom struggle more effective and efficient. Indeed, my three months internship experience as an associate trainer with ANEC had been very enriching, enlightening and exciting one, the best part was open discussion we used to have during lunch time. And of course, three months that I utilised for ANEC with wonderful, talented, young and energetic staff members headed by Choezin la and with other interns had been worthwhile as, I learned a lot.

With this opportunity, I would like to thank ANEC for providing me it's platform."



LHAKPA DOLMA

"Doing my internship in ANEC for the three months was an eye opening journey for me. Taking part in the nonviolence and peace projects and the grass root experience has offered me huge knowledge and deeper understanding of nonviolence as a necessity. I believe that everything I've learned at ANEC will help me not only in work but also in my daily life too. The three months were very fruitful and enriching. This internship has provided opportunities to meet a large number of professionals that are currently working in the field.

I am so thankful for being able to work with some of the best people."

ANEC CELEBRATES 14TH FOUNDING ANNIVERSARY.

Active Nonviolence Education Center (ANEC), celebrated the 14th founding's day with great zest and zeal on 10th September, 2021. On that day we reminded ourselves the noble objective of disseminating, promoting and consolidating the priceless message of love, compassion, peace and nonviolence. Fourteen years on and our mission is no less crucial. Even today, nearly one in six children around the world- 415 million children in all- were living in conflict zone in 2018, more than double the figure recorded in 1995, according to a report by Save the Children. Though ANEC is a small organisation working in Dharamshala, it tries its best in imparting education and awareness to resist violence, protect basic fundamental human rights and create a harmonious and peaceful world. Because individuals can make a difference, we strive to be that individual that can make difference.



ABOVE: Group photo from the 14th founding day's celebration at ANEC.



ABOVE: Screening of the promotional video of Active Nonviolence Education Center (ANEC)

On the founding day, all the governing Board Members, staff, interns, and consultants met for the reception where *droma deysi* (a traditional sweetened rice dish that is meant to be eaten on auspicious days) and tea were served. The then newly appointed Executive Director, Ms. Tenzin Choezin then conducted an orientation to the General Board Members by introducing the staffs and interns followed by debriefing the changes in administration under her leadership. The whole board members and staffs discussed ANEC's future prospects. A promotional video of ANEC animated by Mr. Jigme Choedak, scripted by Mr. Tenzin Dharpo and voiced over by Ms. Chemi Lhamo was released. The promotional video was also screened and released on our social media handles which was very well received. A photo session was also held with all the GBM, staffs, interns and consultants. The event came to an end with a lunch at Hotel Tibet.

ANEC once again reaffirms its commitment to nonviolence and compassion on this day!

MEET OUR BOARD MEMBERS!

We would like to formally introduce you to our board members. There are currently 7 members on the Board. Each having varied backgrounds and experiences and, are individually or collectively, responsible for performing the responsibilities of the Board. Our General Board Members are full of individuals that are enthusiastic and pushes forward the priceless message of love, compassion, peace and nonviolence. They all have the passion for helping to write the future.



Name: Urgen Tenzin

Designation: Chairman

Email: Tenzinu2013@gmail.com

Occupation: Former Member of Tibetan Parliament in Exile

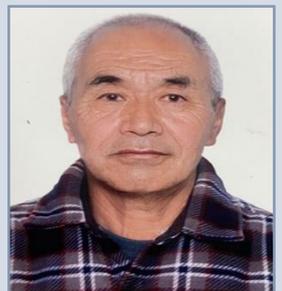


Name: Yonten Gyatso

Designation: Vice Chairman

Email: yontenhouse@gmail.com

Occupation: Former Member of Tibetan Parliament in Exile



Name: Kalsang Dhondup

Designation: Member Secretary

Email: kalsdhondup@gmail.com

Occupation: Former Executive Director of ANEC



Name: Ven. Ngawang Woebar

Designation: Member

Email: nwoebar@gmail.com

Occupation: Former President of Gu-Chu-Sum



Name: Tenzin Dhargyal

Designation: Member

Email: tendar123@gmail.com

Occupation: Teacher, Tibetan Children’s Village School, Upper



Name: Lhakpa Kyizom

Designation: Member

Email: lhakyizom@gmail.com

Occupation: Former Chief Bureau Officer- Voice of America

ANEC’S BASIC AIMS AND OBJECTIVES.

- Introducing participant centered nonviolence educational programs focusing on building skills, values, behaviors, attributes based on an inclusive adult experiential learning in the Tibetan community.
- To empower individuals to explore good practices to strengthen leadership to advance nonviolence in community life; to strengthen nonviolent movements; to improve practices of nonviolence through grassroots program developments.
- Developing accessible reading materials on active nonviolence and peace (NVP) at elementary level.
- Strengthening the capacity of Tibetan civil society by providing timely & periodic assistance to ensure resilience.
- Imparting awareness on active nonviolence approach as a strategic means to strengthen the cause of Tibet.

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 short videos, 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.

FOR MORE INFORMATION

Please Contact:

ANEC Cell Phone:

+91 90640-98452

ANEC Website: www.anec-india.net

facebook.com/anecpeace

Email: executivedirectorofanec@gmail.com

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

KUNGA GUEST HOUSE (NICK'S ITALIAN KITCHEN)



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

NICK'S ITALIAN KITCHEN: Home-made Italian Pasta & Pizzas, Tibetan Momo & Thukpa, Quiches & Pies, Brownies & tangy Lemon Cheese Cakes (much loved by Hollywood superstar Richard Gere).

ADDRESS: Kunga Guest House (Nick's Italian Kitchen), Bhagsu Road, McLeod Ganj, District Kangra, Himachal Pradesh, India.

CONTACT US: TEL: +91 98574-21180 / 01892221180

EMAIL: dechendolkar2@gmail.com

INSTAGRAM: kunga.nicksitaliankitchen

WEBSITE: www.kungaguesthouse.com

“A favourite spot! Thank you for the loving food generous spirit and warm welcome!”

- DEMI MOORE



Stories Of TIBETANS

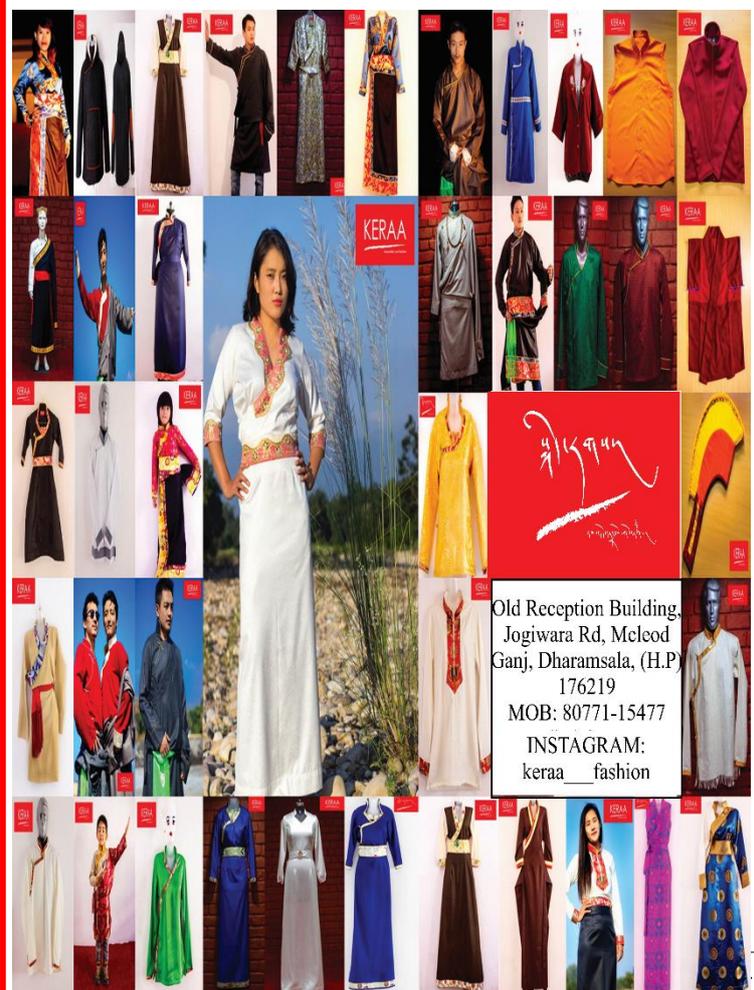
'six million stories'

STORIES OF TIBETANS

In the verge of ARCHIVING EXILE stories



www.storiesoftibetans.org
 insta @storiesoftibetans
 +91 9882162770



Old Reception Building,
 Jogiwara Rd, McLeod Ganj, Dharamsala, (H.P.)
 176219
 MOB: 80771-15477
 INSTAGRAM:
 keraa_fashion