

ISSUE 21



Featuring Tenzing Dhamdul

Youth and Nonviolent Activism: A Reflection away from Home



**Featuring
Tenzin Shinyi**
**Winning with Nonviolence : A
Youth's Perspective**



Post-event photo session with ANEC and Tibetan children in Sydney and Campbelltown, Australia

www.facebook.com/anecpeace
[Instagram/anecpeace](https://www.instagram.com/anecpeace)
website/anec-india.net



©ANECPEACE

ANEC's seventeenth year

Tenzin Choezin (Executive Director, ANEC)
Member of Tibetan Parliament-in-Exile



Executive Director's note: Celebrating 17 Years of Resilience, Peace, and Nonviolence

As we celebrate the 17th anniversary of the Active Nonviolence Education Centre (ANEC), we reflect on the journey that has shaped us and the role we've played in supporting the Tibetan community through nonviolence education and advocacy. Over the years, ANEC has remained committed to empowering individuals with the tools to become compassionate, resilient leaders grounded in the principles of peace and nonviolence.

The Tibetan people continue to endure severe repression inside Tibet, where the Chinese Communist Party's policies aim to erase Tibetan culture, language, and religion. The suppression of basic freedoms and the forced assimilation of Tibetan children in colonial boarding schools are just some of the many ways the Tibetan people's identity is under attack. Despite this, the resilience and unity of Tibetans remain strong, and the community continues to resist oppression through peaceful means, driven by a deep commitment to justice.

This strength was especially evident during the recent earthquake in the Dingri region of Tibet, where Tibetans, both inside Tibet and in exile, came together to provide much-needed relief and support to affected areas. This collective response underscores the solidarity and compassion that are at the heart of the Tibetan spirit.

Over the past year, ANEC has focused on initiatives that nurture leadership, build resilience, and deepen understanding of nonviolence in India, North America and Australia. Through workshops, training programs, and educational resources, we have worked to strengthen the capacity of individuals within the Tibetan community to advocate for justice and peace in a way that aligns with our core values of compassion and nonviolence.

Additionally, ANEC is pleased to announce that our former project officers, Migmar Dekyi and Dolma Lhamo, have graciously accepted the responsibility of serving as coordinators for Australia and North America, respectively. A move crucial for strengthening ANEC's global network and educational programs.

As we look ahead, our commitment to nonviolence remains as strong as ever. The work of ANEC continues to be driven by the belief that education is a powerful tool for creating lasting change. We remain dedicated to fostering the next generation of Tibetan leaders who will carry forward the movement for peace, justice, and the protection of Tibetan culture and identity.

We are deeply grateful to our governing body, partners, donors, and volunteers for their unwavering support of our mission. As we celebrate 17 years, we are filled with hope and determination, knowing that together we will continue to promote peace, resilience, and nonviolence within the Tibetan community and beyond.

C O N T E N T S

2. Executive Director note
3. Table of Contents
4. Aims and Objectives of ANEC and Completed Projects of 2024-2025
5. In loving Memory of Pa Yonten Gyatso la.
6. My Story with ANEC-Anna Huggenberg
7. Screening and Discussion
9. Winning with Nonviolence: A youth's Perspective- Tenzin Shinyi
10. Seeds Of Awareness
12. Educating India's Youth on the Tibetan People's Nonviolent Movement
14. The Birth and Mission of ANEC - Dr. Mary Gendler
16. Community Outreach Program in Australia and Canada
20. Youth and Nonviolent Activism - Tenzin Dhamdul
21. Capacity-building Workshop and 2nd Edition of Phuntsok Nyidron
22. Team retreat and Children's Storybook on Colonial Boarding Schools
23. Internship program
24. ANEC Non-Program Activities
26. Testimonials from Interns
28. Board of Directors
29. How to Help ANEC

EDITORIAL MEMBERS

TENZIN CHOEZIN
(Executive Director)

TSERING SONAM
(Administrative Officer)

Aims and Objectives



Imparting awareness on active nonviolence approach as a strategic means to strengthen the cause of Tibet.



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

MAJOR PROGRAMS OF ANEC 2024-2025

- Seeds of Awareness Program (SOA)
- Community Outreach Program (COP)
- Screening and Discussion (S&D)
- Screening and Discussion in Indian Community.
- Publication of Phuntsok Nyidron 2nd Edition (translated in English)
- Publication of Childrens Storybook based on Colonial Boarding School in Tibet
- Youth Internship Program





IN LOVING MEMORY OF

PA YONTEN GYATSO LA

With deep sorrow, we mourn the passing of Yonten Gyatso la, ANEC's longest-serving board member and a former member of the Tibetan Parliament-in-Exile.

Yonten Gyatso la's unwavering commitment to the cause of nonviolence and the Tibetan freedom movement leaves behind a legacy of integrity, wisdom, and service. His invaluable contributions to ANEC and the broader Tibetan community will be remembered with immense gratitude and respect.

འཆེ་མིད་ཞི་བའི་ལྷ་གྲུབ་སྤྱོད་བདར་བཞེ་གནས་ཁང་གི་ཚོགས་མི་རྒན་ཤོས་དང་དུས་རྟག་ཏུ་བརྒྱབ་སྦྲོར་གནང་མཁན་ཞིག་ཏུ་གྱུར་ཡོད། བཅན་བྱོལ་བོད་
མི་མང་སྤྱི་འཐུས་ཟུར་པ་ཡོན་ཏན་རྒྱ་མཚོ་ལགས་འདས་གོང་ས་སུ་གྱུར་བར་ཐུགས་པམ་ཆེན་པོ་བྱུང་བ་དང་། ཁོང་གིས་འཆེ་མིད་ཞི་བའི་ལྷ་གྲུབ་སྤྱོད་
བདར་ལྷ་གནས་ཁང་ལ་རྒྱབ་སྦྲོར་གྱི་མིད་དང་བོད་མིའི་སྤྱི་ཚོགས་ལ་ཕུལ་བའི་ལེགས་སྤྱོད་ཆད་མེད་དེ་ནི་གྲོང་གུན་གཏིང་ཟབ་ཅིག་མ་ཟད།

པ་ཡོན་ཏན་ལགས་ཀྱིས་ང་ཚོའི་བྱ་གཞག་ལ་འབད་བརྩོན་གྱི་མིད་གནང་བ་དེས་ང་ཚོ་ཆང་མར་མཚུབ་སྦྲོན་གྱི་སྦྲོན་མི་ཞིག་ཏུ་གྱུར་ཡོད། བཅན་བྱོལ་
བོད་མི་མང་སྤྱི་འཐུས་ཟུར་པ་ཞིག་ཡིན་པའི་ངོས་ནས་བོད་མིའི་སྤྱི་ཚོགས་ལ་དུས་ནམ་ཡང་སེམས་འགྲུལ་ཐེབས་པའི་ཕུག་རྩིས་བཞག་ཡོད། ཁོང་གི་གྲོང་
གུན་དེ་འཆེ་མིད་ཞི་བའི་ལྷ་གྲུབ་སྤྱོད་བདར་ལྷ་གནས་ཁང་ཁུལ་ཙམ་མ་ཡིན་པར་བཅན་བྱོལ་བོད་མིའི་སྤྱི་ཚོགས་ཡོངས་ཚོགས་ལ་གཏིང་ཟབ་པོ་ཚར་
བཞིན་ཡོད།

ང་ཚོ་པ་ཡོན་ཏན་གྱི་ལྷག་བསམ་ནི་ང་ཚོའི་རྩ་དོན་གྱི་ལམ་སྦྲོན་སྦྲོན་མི་ཞིག་དང་། བཅན་བྱོལ་བོད་མིའི་སྤྱི་གཞུགས་ཀྱི་འཐུས་མི་ཞིག་ཡིན་པས་ཁོང་
གིས་མཇད་རྩིས་དེས་བོད་མིའི་སྤྱི་ཚོགས་ནང་དུས་རྟག་ཏུ་སེམས་སྤྱོལ་ཐེབས་ངེས་ཡིན།

ང་ཚོ་འཆེ་མིད་ཞི་བའི་ལྷ་གྲུབ་བཞེ་གནས་ཁང་གིས་དུས་རྟག་ཏུ་ཁོང་གིས་ངལ་བ་ཆད་མེད་ཀྱིས་ཞི་བདེ་དང་འཆོ་བ་མེད་པ་བྱམས་སྦྱིང་རྩི་བཅས་ཀྱིས་
ཞབས་འདེགས་ཞུས་པར་ཡི་རང་ཞུ་གི་ཡོད། སྤྱད་ཕྱིན་ཆད་ང་ཚོས་དམ་བཅའ་བརྟན་པོ་བཟུང་ནས་མ་འོངས་པའི་ལས་དོན་ཆད་དུ་འབད་བརྩོན་ཐུ་
མཐུད་བྱ་རྒྱུ་ཡིན། ང་ཚོའི་ཚོགས་མི་ཡོངས་ཀྱི་ཆབ་ཞུས་བྱས་ཁོང་གི་བཀའ་རྒྱུན་བྱ་ཞིང་ཐུ་ངན་གྲུས་འདུད་ཞུ། སྤྱི་ཁབ་ཚོགས་གཙོ་དང་ལས་བྱེད་ཆང་
མའི་ཆབ་ཞུས་ཏེ་གདུང་སེམས་མཉམ་བསྐྱེད་དང་ཐུགས་རྩི་ཞུ་རྒྱུ་ཡིན།

My Story with ANEC

Anna Huggenberg

Supporter of ANEC

Norzang Foundation



There is so much violence in this world. But the overflow of bad news every day and a mindset centred around the individual foster a sense of detachment toward what happens around the world. It is easy to get angry, to point a finger in blame, to feel exasperated at the injustice and at how one seemingly cannot change anything. But violence is a vicious cycle that, if not interrupted, quickly leads to more violence and harm. The way to peace starts at the individual, with yourself.

We gain strength through solidarity. I firmly believe that the issues present in the world must be addressed not through force fuelled by anger, but through education and discourse, fuelled by a sense of social justice and solidarity. We address our issues together, with a clear mind, respect, and empathy in our heart.

In my view, that is why ANEC does such an important and impactful work. Focusing on the young generation of Tibetans in exile, their efforts build confidence, resilience, and civic courage. From creative workshops with children, students and nuns, to the publication of educational material and film screenings on non-violent movements, ANEC brings people together, fosters open discourse and reflection, and teaches key skills for sustainable communication, leadership, and conflict resolution – both on a large and on a small scale.

Since 2021, the Norzang Foundation, a Swiss organization supporting Tibetans especially in education and health-related fields, has been supporting different projects of ANEC. As a board member, I was honoured to personally meet the team at ANEC for the first time in Dharamsala in 2023. Immediately, I loved their engaged and dynamic spirit. Wanting to make a difference starts with hope, conviction and enthusiasm and ANEC definitely has all that. During the several months I stayed in Dharamsala, I got the chance to get to know the team and the organization more closely and attend their film screenings and discussions at Hope Café. Witnessing their personal involvement has only strengthened my conviction of the importance of ANEC's work and its impact.

Your energetic and creative approach to non-violence education is truly inspiring! I can only encourage readers to share and support ANEC's work.

SCREENING AND DISCUSSION (S&D)

In Collaboration with Stories of Tibetans



In a world often overshadowed by conflict and division, the transformative power of nonviolence remains a beacon of hope. The Active Nonviolence Education Center (ANEC), in collaboration with Stories of Tibet (SOT), is harnessing this power through a year-long series of film screenings and discussions at the vibrant Hope Café and Gallery in Dharamshala. Launched in April 2024 and continuing until March 2025, the program is held on the third Friday of each month and draws a diverse global audience, including participants from India, Russia, Israel, Europe, and the Americas.

The initiative highlights the rich history of nonviolent resistance across the world, showcasing movements from both the Global South and Global North. Each film delves into the principles and practices of nonviolence in different socio-political contexts, illustrating that the fight for justice and human rights transcends national borders. Films explore iconic struggles such as the civil rights movement in the United States, the anti-apartheid fight in South Africa, India's quest for independence, and contemporary global movements advocating for democracy and climate justice.

Central to this series is the Tibetan people's ongoing nonviolent resistance against the Chinese Communist Party's (CCP) colonial oppression. Since the military annexation of Tibet in 1959, Tibetans have exhibited remarkable resilience in the face of systemic repression, maintaining their cultural and religious identity through peaceful resistance. This series amplifies their story, demonstrating how Tibet's struggle for freedom is part of a broader, global narrative of nonviolence as a tool for resisting oppression and advocating for human rights.

Following each screening, attendees engage in dynamic discussions that encourage critical reflection on the films' themes and their relevance to current global struggles. These dialogues foster a democratic exchange of ideas, challenging participants to rethink preconceived notions and explore innovative approaches to achieving social change. Conversations often revolve around questions of how culture sustains nonviolent resistance, the strategies that nonviolent movements use to overcome state repression, and the lessons history offers for contemporary activism.

The impact of this initiative extends beyond the screening room. Participants are inspired to initiate local campaigns for social justice, join international networks supporting nonviolent movements, and contribute to building a community of changemakers dedicated to peace and justice. The program emphasizes that storytelling is a powerful catalyst for mobilizing collective action and fostering global solidarity.

As ANEC and SOT look ahead to 2025, we aim to expand the initiative. This will deepen participants' understanding of nonviolence and equip them with practical tools for advocacy and activism. This series is a testament to the enduring relevance of nonviolent action, offering a vision of a more just and equitable world, one story at a time.



*On June 11th, 2024, intern **Tenzin Namdol la** led a thought-provoking screening of *Tibet: The Path to Wisdom*, sparking dialogue on Tibet's nonviolent struggle.*



*Project Officer **Dolma Yangkyi la** leading an insightful discussion, sharing her experiences on Tibet's nonviolent resistance and the ongoing struggle for freedom.*



*On October 18, 2024, intern **Pema Dechan la** led the screening of *Buddha's Warrior*, highlighting the nonviolent resistance of Tibetan and Burmese monks against oppressive regimes, followed by an engaging interactive discussion.*

Winning with Nonviolence: A Youth's Perspective



Tenzin Shinyi
General Secretary

Central For Middle Way Initiative

Growing up in Chinese-occupied Tibet, I once voluntarily gave up my identity to the Chinese at the age of nine. This might seem insane to many who live in a free country, but for over one million Tibetan children in Chinese colonial boarding schools, it is a common outcome to the constant, degrading treatment we endure as second-class citizens, an outcome of a planned, systematic, government-led cultural genocide.

Naturally, I never realised how much I loved my nation back then, not until I flew to India and became a refugee in 2017 at the age of eighteen. Somehow, the blood I was once ashamed of started flowing through my body again. I wouldn't say I became a completely different person, but for the first time, I was finally a person with breath.

I remember traveling to Spiti for the first time in recent years. The moment the first breeze gently landed on my arms, with the sun setting over the nearby mountains and showering everything equally with its light, I shivered. I don't know if it was from the chill or the awakening of a tiny piece of buried memory. It felt like the tender touch my motherland used to give me when I was a young Tibetan girl from Yulshul. In that moment, I was reminded of how deeply I missed and loved my homeland, no matter how busy or distracted I had been with life.

With this deep love comes a wound yet to heal. It's been there since my birth, perhaps even long before. It's imprinted in the chanting of mantras from the temples near

my town, in the rivers and mountains of our high plateau, and maybe even in the local deities that have been our invisible neighbours since the first of formation. It's a hole that keeps being torn wider and wider. No amount of crying or praying seems able to ease its pain.

As a Buddhist student, I strive to understand what it means to have a Bodhisattva's heart. But as an ordinary human being, I still carry a weight of negative emotions, stemming from attachment to myself, my loved ones, and my people. My grief and gratitude for my nation and my Tsawai Lama (root guru) run deep. It hits me every time I read a newspaper article about Tibet, every time I study a chapter of modern Tibetan history, every time I recall how insecure I was as a young Tibetan girl in China, and every time I know a Tibetan student's identity being stripped away.

There is always an overwhelming sense of anger toward the Chinese leadership—when I see Chinese people mocking the purest hearts, when I catch His Holiness take a quiet sigh that few notice, when I realize I may never see my hometown again, and when I witness Tibetans overseas struggling to fit into foreign societies. The hatred grows, fiercer and more consuming than the sorrow the CCP has brought upon our land. The urge to grab a knife and retaliate against CCP leaders never felt like a childish fantasy. I knew even that would not contain the rage felt by our ancestors.

So, I won't say I'm motivated by Buddhism alone when I speak of Tibet's future, as I am a Tibetan first, then a Buddhist. Then what transformed my anger into a nonviolent mindset? It was the deep love and reverence I have for my people and for His Holiness the Dalai Lama. That love has reshaped my approach—for the benefit of my people, for the swift return of His Holiness to his rightful home, and for the urgent preservation of our culture for the future generations.

Once, during a conversation with a former political prisoner now living abroad with his family, he showed me a group photo of political prisoners on a sightseeing tour. At first glance, it looked like any other group photo. The prisoners, dressed in grey uniforms, stood in formation in front of a statue. The background was hazy, but clearly a Chinese city showcasing its industrial success. Some of them were smiling, just like any other Tibetans.

Tears streamed down my face. They looked so... normal. And the man holding the photo, recounting the most painful chapter of his life in front of me, as if he were talking about the weather, looked so normal. I had always imagined these heroes as superhuman. Of course they are, but I had forgotten that they are also just like us, people who fear pain and torture, fear separation from their families, fear the burning of flesh. These normal, yet extraordinary, individuals had less chaotic lives and still chose to stand up for our nation. Despite the very human emotions they carried, they sacrificed their comfort, their freedom, and even their lives for Tibet—using the weapon of nonviolence. And nonviolence has always been harder than violence.

Although it might seem like nothing compared to these heroes, I'm determined to walk the harder path for our land, not out of forgiveness for our oppressors, but because I believe in something greater: the joy our people and His Holiness will feel when we return to our ancestral land. I choose to focus on the future, a realistic future. Some may say that not losing is winning, but in our case, winning means achieving our goals in the most effective and compassionate way possible.

I believe both fighting for the Middle Way approach, which seeks a genuine autonomy with all three chokhas as one under the Chinese constitution, or advocates for a free independent Tibet, there is no difference in the weight of love we hold towards our nation. These two seemingly different ideologies share the same ultimate aim: A joyful future for Tibet, and nonviolence remains our most powerful weapon.

"The love I carry for Tibet is stronger than the anger I once held for its oppressors."

-Tenzin Shinyi



Tenzin Shinyi, General Secretary of the Center for Middle Way Initiative, speaking on the Tibet-China issue. (Photo: Hsia Hsiao-hua)

SEEDS OF AWARENESS (SOA)

In Collaboration with Manjushri Educational Services



In a remarkable collaboration, the Active Nonviolence Education Center (ANEC) and Manjushri Educational Services (MES) conducted a year-long series of 12 engaging sessions for over 150 Tibetan children in Dharamshala during 2024-2025. These monthly workshops were designed to instill the principles of active nonviolence, nurturing a generation of future leaders grounded in compassion and justice.

The sessions creatively wove social justice themes into child-friendly activities such as book readings, singing, drawing, self-reflection, and interactive exercises. Using a variety of tools and techniques, facilitators inspired young participants to embrace nonviolence by promoting love and kindness. The program emphasized the importance of resolving conflicts peacefully while fostering awareness about combating violence in constructive ways.

ANEC's commitment shines through this initiative, which not only introduces Tibetan children to the values underpinning Tibet's nonviolent movement but also equips them with essential skills to handle daily challenges with empathy and understanding. By building confidence through compassion, the program empowers children to become catalysts for peace in their circle.

This collaboration reflects a broader mission. Over the years, ANEC and MES have also contributed significantly to children's literature by publishing numerous books centered on nonviolence and peace, extending their impact to young readers worldwide. Together, they continue to lay the foundation for a harmonious and just future through education and awareness.

The impact of this initiative extends beyond the classroom. By instilling these values at a young age, ANEC and MES are nurturing a generation that will carry forward the principles of peace, compassion, and justice into their daily lives and communities. Many of these children come from different backgrounds, facing unique challenges and uncertainties. This program serves as a source of strength, offering them not only a sense of identity and belonging but also the confidence to be changemakers in their own right.



ANEC and MES's dedication to fostering nonviolence in children is not a new endeavor. Over the years, they have actively contributed to children's literature, publishing numerous books centered on themes of nonviolence, peace, and ethical leadership. These books serve as valuable educational resources, ensuring that the teachings of nonviolence reach a wider audience beyond Dharamshala. By making such literature accessible to young readers across different communities, they are helping build a global network of young minds who understand and embrace the principles of peaceful activism.

This collaborative effort between ANEC and MES stands as a testament to the power of education in shaping a more harmonious future. By integrating nonviolence into the fabric of children's learning, they are laying a strong foundation for a society where empathy, cooperation, and justice prevail. As this initiative continues to grow, it will serve as a beacon of hope, demonstrating that through education and awareness, the next generation can uphold Tibet's legacy of peaceful resistance and work towards a just and compassionate world.



A Splash of Seasons: Young Artists Bring Color to Life



Post-Activity Smiles: Our Project Officer Dolma Yangkyi la with the Kids



Exploring Creativity: A Session Led by Our Intern Namdol La



Educating India's youth on the Tibetan people's nonviolent movement

In a powerful initiative to foster awareness about Tibet's nonviolent struggle, **Active Nonviolence Education Center (ANEC)** embarked on a screening and discussion tour across Madhya Pradesh from July 19 to July 28, 2024. The tour aimed to educate Indian students and communities on the Tibetan nonviolence movement, strengthen solidarity, and create dialogue around human rights and justice.

This inspiring journey covered **Gwalior, Indore, and Khargone**, reaching **approximately 700 participants** and leaving a meaningful impact on young minds and educators alike.

Gwalior: A Strong Start to the Tour

On July 24, 2024, ANEC's team visited **VISM Group of Studies** in Gwalior. The event was coordinated by Mr. Shailendra Singh, a connection facilitated by Mr. Yash, a long-time supporter of the Tibetan cause. With an impressive turnout of around **300 students**, the session opened with a warm welcome and an overview of ANEC's mission.

To ensure better comprehension, Mr. Shailendra Singh provided an insightful introduction in Hindi on the Tibetan struggle. ANEC's representative, Tsering Sonam, followed by delivering a concise history of Tibet's challenges over the last 60 years.



Tsering Sonam, the administrative officer of ANEC, presenting an introduction to the history of Tibet and its peaceful struggle.

This set the stage for the screening of the impactful documentary, "Fire in the Land of Snow," which delves into the tragic reasons behind Tibetan self-immolations.

The session concluded with a lively **Q&A** session, where students posed thoughtful questions and engaged deeply with the subject matter. The day ended with heartfelt thanks to Mr. Shailendra Singh and the college administration for their support and hospitality.



Yash ji providing a brief introduction about our purpose and presence here, ensuring the children fully understand everything.

Indore: Two Sessions, One Unified Message

On July 25, 2024, ANEC's journey took them to **Annie Besant Group School** in Indore. The event saw around 250 students and staff members gather to learn about Tibet's nonviolent resistance. The session began with the felicitation of the school's principal and administrator, reflecting the warm reception ANEC received throughout the tour.

Mr. Yash Vardan addressed the audience, highlighting Tibet's ongoing struggle and the injustices faced by Tibetans under Chinese rule. Tsering Sonam shared ANEC's vision and expressed gratitude to the Indian government and people for their unwavering support for Tibetans. The documentary screening, followed by an interactive Q&A session, allowed students to gain deeper insights and express their curiosity about Tibet's plight.

Renaissance College of Commerce

On July 25, 2024, at 2:00 PM, the Active Nonviolence Education Center (ANEC) visited the ***Renaissance College of Commerce and Management in Indore***. Despite ongoing exams, around 50 staff members attended, eager to learn about the Tibetan nonviolent movement.



Renaissance College staff engage actively during the Tibetan nonviolent movement documentary screening and discussion.

The college warmly welcomed ANEC, who introduced their mission of promoting peace and nonviolence. The session featured a screening of "***Fire in the Land of Snow***," a documentary illustrating Tibet's struggle and the power of nonviolent resistance.

In the Q&A session, staff asked thoughtful questions about the movement's history, strategies, and the role of education in fostering change. The program ended with thanks, and a valuable suggestion emerged: dubbing the documentary in Hindi to reach a broader audience.

ANEC embraced this idea, recognizing its potential to expand their impact. The visit highlighted the universal relevance of nonviolence and the importance of solidarity in the fight for justice.

Khargone: Building Bridges of Solidarity

The final leg of the tour took place on July 26, 2024, at ***Abhyuday University in Khargone***. After a 140 km journey from Indore, ANEC's

team, along with Mr. Yash, received a traditional welcome from around 250 students. The atmosphere was filled with curiosity and enthusiasm.

Following an introduction and a stirring speech by Mr. Yash on supporting the Tibetan cause, the screening of "Fire in the Land of Snow" once again captivated the audience. The Q&A session that followed encouraged students to reflect on themes of justice, nonviolence, and solidarity. The event concluded with a note of gratitude and a call for ongoing support for Tibet.



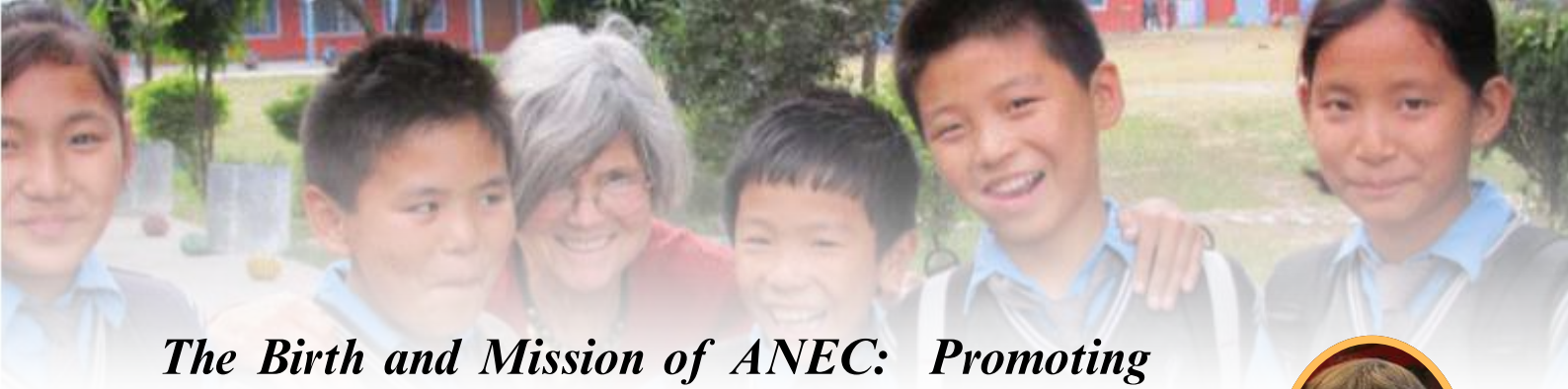
ANEC staff with Abhyuday University administrative along with Yash (Far right)

Strengthening Bonds Through Dialogue

The screening and discussion tour across Madhya Pradesh successfully deepened understanding of the Tibetan nonviolent struggle within Indian communities. By engaging with students and educators, ANEC reinforced the historical and cultural bonds between Tibet and India.

Feedback, such as the recommendation to dub the documentary in Hindi, will be instrumental in enhancing ANEC's future educational outreach. This initiative exemplifies the power of dialogue, education, and nonviolent principles in fostering solidarity and inspiring change.

ANEC's efforts are a testament to the enduring spirit of nonviolence and the importance of collective awareness in the quest for justice and human rights.



The Birth and Mission of ANEC: Promoting Nonviolent Resistance for Tibet

Dr. Mary Gendler
Co-founder of ANEC



In 1995 my husband and I took a ten-day trip to Tibet. We booked through a Tibetan travel agency in Nepal. As we were leaving the travel agency the Tibetan salesman said, “try to get along with your guide”. What did that mean, we wondered? We soon learned.

We saw some amazing monasteries, scenery. Much of the trip was positive, but to our great surprise and dismay, we had some disturbing negative interactions with Tibetans (including our guide). Our previous interactions with Tibetans in India and Nepal had been positive. Why was this happening in Tibet itself?

It is not hard to imagine that the pent-up frustrations, anger, and despair of a population whose members have suffered multiple indignities, who are not free to practice their religion, who are treated like second class citizens, who have been beaten, tortured, killed, will leak out and even explode at times. The Dalai Lama has told them that they should only resist nonviolently, but their efforts have gained them nothing but more punishment and loss of power. What are they to do with this frustration? Clearly, they cannot act out with the Chinese because they will be punished. Foreigners are safer. Perhaps a different approach to nonviolent struggle would be helpful. Perhaps, we thought, if they could learn new ways to struggle nonviolently, this frustration could be channeled into positive action.

My husband knew a scholar, Dr. Gene Sharp, who had developed a system which he called Strategic Nonviolence. The Western approach includes a detailed analysis of the problem and a plan for addressing it. (In this case the freeing of Tibet from Chinese control) We thought it might be helpful to the Tibetans to learn this approach, as it might give them new ways to struggle against China’s control of Tibet. We called Dr. Sharp and got his agreement to come to India to do this.

Months earlier we had scheduled a meeting with the Dalai Lama. We told him what we had experienced in Tibet, and what we were proposing with regards introducing Tibetans to this approach to nonviolence. He was so excited that he jumped out of his chair and said “Yes, yes, we must assign two weeks for this.”

Dr. Sharp did come and gave two workshops about strategic nonviolence. Meanwhile, since we were retired, we began to give workshops ourselves for students, teachers, monks and nuns, businesspeople, farmers, older people, and more. Some workshops were as brief as 3 hours, one as long as two weeks. The focus was on developing nonviolent strategies to resist the Chinese in Tibet. Tibetans are scattered all around India, and over the course of 25 years we went to almost all the settlements.

The response was always enthusiastic and most wanted more. We were concerned, however, because we thought that it should not be just two older Americans coming for one or two months to teach this material in the Tibetan community. After more than 10 years we decided to start an NGO with a year-round agency, staffed by Tibetans. Thus, in 2007, was born ANEC, Active Nonviolence Education Center.

ANEC continues to do great work with creative nonviolence programs, and offers seminars for children, nuns, college students, and others. As the years roll by, the dream of independence for Tibet from China is quite unlikely, if not impossible. Nevertheless, it is terribly important for Tibetans to hold on to their distinctiveness, their religion, their culture, their language. ANEC helps Tibetans do this work in a nonviolent way. Here is a list of some of the programs they have offered recently.

Seeds of Awareness (SOA): This initiative is designed to instill in children the fundamental values of nonviolence, peace, compassion, love, forgiveness, and friendship.

Community Outreach Programs (COP) in Australia and Canada: As part of their international outreach efforts, they conducted a tour in Australia and Canada to promote nonviolence education and Tibetan language learning for children

Screening and Discussion (S&D): In Dharamshala, a well-known tourist destination in India, they regularly organize film screenings and discussions to enhance public awareness of the Tibetan struggle and its 66-year history of nonviolent resistance. ANEC's core values remain strong.



Everett and Mary with prayer shawls (White Katak) (ཁ་ཏག་) The Tibetan Katak symbolizes purity, goodwill, and respect, offered as a gesture of blessings, gratitude, and sincerity in ceremonies and greetings.



The Dalai Lama, Mary Gendler and Rabbi Everett Gendler light candles together on the first night of Chanukah in 1995. Photo courtesy Mary Gendler



COMMUNITY OUTREACH PROGRAM

1. Nonviolence Educational Program in *Australia*

In July 2024, the Active Nonviolence Education Center (ANEC) embarked on a successful outreach tour in Sydney and Newcastle, Australia, to promote nonviolence education for Tibetan children. The program began in Sydney on July 13 at the Tibetan Community Centre, where over 50 participants, including Tibetan children and language teachers, engaged in a dynamic session focused on the principles of nonviolence. Through interactive storytelling, songs, and group discussions, ANEC's team emphasized the importance of peaceful resistance.

As part of the program, ANEC distributed copies of **Phuntsok Nyidron**, an illustrated book that highlights a Tibetan nonviolent resistance figure, to ensure every child could connect with the story. Following Sydney, the team traveled to Newcastle, where they were welcomed by local community leaders, including Mr. Lhubhum Thar, Vice President of the Newcastle Tibetan Community. On July 20, the team held a training session for over 40 participants, including children, parents, and teachers.

The training sessions in both cities were marked by enthusiastic participation and deep engagement, further solidifying ANEC's mission to preserve Tibetan culture, foster a spirit of peaceful activism, and support

Tibetan children's linguistic and cultural identity. The outreach program not only strengthened ties within the Tibetan diaspora but also sparked ongoing conversations about future collaborations for Tibetan education and nonviolence.

In addition to its educational programs, ANEC's team, led by Ms. Choezin, met with key Tibetan community figures during their visit to Australia. Dr. Gyal Lo, a Tibetan activist and sociologist, provided valuable insights on China's educational policies in Tibet, particularly the colonial-style boarding schools used to assimilate Tibetan children. This conversation aligned with ANEC's upcoming project to create a children's storybook addressing the impact of Chinese assimilation policies, reinforcing ANEC's mission of cultural preservation and nonviolent resistance.



Our Executive Director, Tenzin Choezin la, along with our Australian Coordinator, Migamar Dekyi la, and assistants Tenzin Meonkyi la and Tenzin Dhargyal la.

A major highlight of the trip was the appointment of Ms. Migmar Dekyi as ANEC's Coordinator for Australia. This milestone marks a significant step in ANEC's global expansion. Ms. Dekyi was officially welcomed with a traditional Tibetan scarf and honorarium, becoming the first internationally appointed team member, a move crucial for strengthening ANEC's global network and educational programs.

The training sessions in Sydney and Newcastle attracted nearly 100 participants, emphasizing the program's success in engaging Tibetan children and their families in nonviolence education. The initiative not only focused on nonviolence but also served as a platform for fostering community engagement and cultural preservation, equipping participants to carry forward the legacy of nonviolent resistance.

Overall, ANEC's July 2024 outreach program in Australia was a success, fostering deeper connections within the Tibetan community and advancing the organization's mission. ANEC extends its gratitude to the Tibetan communities in both cities, and looks forward to future collaborations, with Ms. Dekyi leading the efforts in Australia.



*Our Executive Director, **Tenzin Choezin la**, met **Dr. Gyal Lo la** — a Tibetan activist and expert on China's assimilation policies in Tibet — during our visit to Australia*



*Post-event photo session with **ANEC** and **Tibetan children in Sydney and Campbelltown, Australia** — fostering a future rooted in nonviolence!*



*Photo session with **ANEC** and the **Tibetan Community of Newcastle, Australia** — celebrating collaboration and unity!*

2. *Nonviolence Educational Program in **Canada** - A Transformative Journey*

Location: Calgary, Canada

Date: May 25, 2024

Coordinator: Dolma Lhamo

Participants: 31 Students (Ages 7.5 to 16)

On May 25, 2024, the Active Nonviolence Education Center (ANEC) held an educational training program for Tibetan children in Calgary, Canada. This engaging event aimed to teach nonviolent resistance and inspire peaceful activism. The two-hour session, attended by 31 children aged 7.5 to 16, was coordinated by Dolma Lhamo.

Inspiring the Future Generation

The program began with an introduction to ANEC, featuring a bilingual promotional video highlighting ANEC's mission and vision. A PowerPoint presentation followed, detailing ANEC's programs and summer internship opportunities.

A significant moment was the launch of the book *Phuntsok Nyidron* by Khenrab la, Vice President of the Tibetan Association of Alberta. The book shares the powerful story of Ani Phuntsok Nyidron, a Tibetan nun known for her nonviolent resistance in Drapchi prison.

Ice-Breaking Fun

To set a friendly tone, ANEC led an ice-breaker activity called "Pass the Ball," where children introduced themselves and shared their hobbies. This helped everyone feel comfortable and included.

Storytelling and Song: The Heart of Nonviolence

The core of the program focused on nonviolent resistance through storytelling and song. The children listened to the story of

Ani Phuntsok Nyidron and the Drapchi nuns, concluding with a song inspired by their bravery. It was touching to see children taking the lyrics home to sing with their families.



Phuntsok Nyidron's Book Launch: Inspiring the Youth with Stories of Resilience and Courage

Learning Through Play: Empathy in Action

The "Balloon Bursting" activity taught empathy and nonviolence. Each child protected their balloon rather than bursting others', demonstrating that everyone can win without harming others. Reflections afterward showed the children's deep understanding of the lesson.



Our Coordinator, Dolma Lhamo la, is leading the session during the storytelling activity.

Energizing with Quick Thinking

ANEC introduced the game "Walk, Run, Sit, Stand, Clap or Don't" to promote quick thinking and listening skills, keeping everyone engaged and energized.

No.	Name	Age	Gender
1	Dolma Sengchen	10	F
2	Wangmo Sengchen	9	F
3	Dorje Chenzin	10	M
4	Dorjee Sengchen	11	M
5	Wangmo Sengchen	10	F
6	Wangmo Sengchen	9	F
7	Wangmo Sengchen	10	F
8	Wangmo Sengchen	11	F
9	Wangmo Sengchen	12	F
10	Wangmo Sengchen	13	F
11	Wangmo Sengchen	14	F
12	Wangmo Sengchen	15	F
13	Wangmo Sengchen	16	F
14	Wangmo Sengchen	17	F
15	Wangmo Sengchen	18	F
16	Wangmo Sengchen	19	F
17	Wangmo Sengchen	20	F
18	Wangmo Sengchen	21	F
19	Wangmo Sengchen	22	F
20	Wangmo Sengchen	23	F
21	Wangmo Sengchen	24	F
22	Wangmo Sengchen	25	F
23	Wangmo Sengchen	26	F
24	Wangmo Sengchen	27	F
25	Wangmo Sengchen	28	F
26	Wangmo Sengchen	29	F
27	Wangmo Sengchen	30	F
28	Wangmo Sengchen	31	F
29	Wangmo Sengchen	32	F

Capturing the Registration Moment: A Remarkable Turnout of Young Learners

A Lasting Impact

The program concluded with a thank you to Khenrab la and the Principal for their support. ANEC presented them with a Khata, a brochure, and a copy of their book. Copies of Phuntsok Nyidron were left in the library to inspire future generations.

This event left a lasting impact, reinforcing the power of nonviolent resistance. The children departed motivated, with a deepened sense of empathy and a desire to contribute to Tibet's cause peacefully.



Our Coordinator, Dolma Lhamo la, leading the session during the activity.

Positive Feedback from the Children and Their Shared Experiences



Group picture with the children after successful completion of the program

Youth and Nonviolent Activism:

A Reflection Away from Home

Tenzing Dhamdul is a Senior Researcher at the New Delhi-based Foundation for Non-Violent Alternatives. He completed his studies from TCV Schools, Hindu College and Jawaharlal Nehru University respectively.



I recently watched the movie ‘The Brutalist’ and it really shook me and made me think about myself as an individual, the community, the nation and most importantly the sentient Human Being I belong to. It made me ponder the atrocities of war, irrationality and violence that we humans are capable of but also the resilience, compassion, humanity and shared experience that shapes our thinking and eventually our future.

In this context and my own predicament as a Tibetan youth far from home, being a victim of invasion, occupation and war (like my fellow Tibetan sisters and brothers), I personally have a strong opinion against war and violence. Maybe it is the deep trauma experienced through the harsh reality one came across. It prompts the thinking of not having their fellow beings undergoing the same experience for a. meagre personal benefit, b. fictitious so called greater good which some call upon and c. being shepherded without realising the truth. In this day and age, it is at times hard to fathom and even think about such a future of world peace and global oneness because of the crossroads that we are at currently - the Tariff wars is one among many examples. Since the end of the 2nd world war we as human beings have enjoyed relative peace but war and violence remain a strong attribute with Tibetans being a victim of it. At times it has even lead to the pursuance of terrorism and self-preservation against others even if meant mass killings on the extreme end.

Besides personal experience, reading the works by notable individuals who experienced violence and worked closely on nonviolence and its promotion, one certainly understands its values and how one is able to achieves its goal in an efficient and coordinated manner. Gene Sharp’s politics of nonviolent actions and his 198 methods of nonviolent action come to mind here. Growing up in India and having been fortunate to read Gandhi and India’s freedom movements, one always remembers the movements he lead, right from the Non-Cooperation Movement to the Dandi March. Having learnt about U.S. politics during my Post Graduation one recalls the Civils Rights movement.

And as a Tibetan, we are fortunate to have His Holiness the Dalai Lama leading and guiding Tibetans through nonviolence means via diplomacy and dialogue in resolution of the Tibet-China dispute and the latter’s occupation of the former.

Tibetans are of more than 7-8 million according to latest researches and it has gone through different phases of activism. Including violent and direct confrontation when facing Chinese occupation. During these moments even Tibetan monks and religious figures were forced in taking up arms for the protection of faith (Dharma) and now we pursue a path of nonviolent activism. However those who stood up in for action including thousands of Tibetans including my late grandpa (whose stories my mother share less frequently, due to the trauma involved) are one we must never forget and always remember, as it is a testament of what we Tibetans continue to fight for. Moving forward, nonviolent activism is the way ahead to Tibetans in my opinion as we have much experience in it and continue to learn more about it each passing year. Several Tibetan organisations that have several youth as its members largely embrace this method of nonviolent activism. This is however not to say we Tibetans have no experience in violence as we are a civilization that continues to carry the legacy of the Purgyal empire.

Reference:

1. *Voice for the Voiceless: Over Seven Decades of Struggle with China for My Land and My People* by His Holiness the Dalai Lama.
2. *The Dalai Lama’s Special Envoy: Memoirs of a Lifetime in Pursuit of a Reunited Tibet* by Lodi Gyaltzen Gyari.
3. *The Politics of Nonviolent Actions* by Gene Sharp.
4. <https://www.youtube.com/watch?v=udlU9qFftS8>
Understanding Current Tibet: the relation of Education to Social change presentation by Dr. Gyal Lo.
5. *China’s Population Invasion of Tibet: A Comprehensive Demographic and Strategic Analysis of Tibet and Tibetan Population Based on Chinese Official Censuses 2020-2023*

Capacity Building Workshop on Misinformation, Disinformation and Mal-information (MDM)

Arranged by: Sonam, Finance Officer

Venue: ANEC Office

Date: 29th May 2024

Trainer: Mr. Dorjee Phuntsok, Tibetan Action Institute

Participants: Tsering Sonam, Dolma Yangkyi, Sonam, Tenzin Namdol

In today's digital era, misinformation, disinformation, and mal-information (MDM) pose serious challenges to communities worldwide, including Tibetans. A recent Training of Trainers workshop, led by Mr. Dorjee Phuntsok from the Tibetan Action Institute, equipped participants with essential skills to identify and combat false information.

The workshop clarified the differences between types of false content and explored why MDM spreads—highlighting emotional triggers, algorithms, and biases. Participants examined the damaging impacts of MDM on community unity, mental health, and global advocacy, especially in the Tibetan context.

With emerging threats like AI-generated deepfakes, the training emphasized digital literacy, fact-checking, and responsible information-sharing. It empowered participants to become proactive digital citizens and trainers, committed to strengthening the Tibetan movement through truth and unity.



Mr. Dorjee Phuntsok la from Tibetan Action Institute trains ANEC staff on combating Misinformation, Disinformation, and Mal-information (MDM)



Thanking Dorjee Phuntsok la with a traditional scarf for his time, dedication, and invaluable MDM training.

Publication of the 2nd Edition of Phuntsok Nyidron (Translated in English)

In 2024–2025, ANEC translated the children's storybook Phuntsok Nyidron into English, following its original publication in Tibetan the previous year. Centered on the theme of nonviolent resistance, the story continues to inspire young readers.

To reach a broader audience, ANEC released the second edition of previously published book, now accessible both Tibetan and English languages, with the official launch held in the presence of ANEC's Board Members. This publication reflects ANEC's ongoing commitment to promoting Tibetan nonviolent movement through accessible and engaging stories.





A Weekend of Growth, Bonding, and Empowerment at nature sync mudhouse

Team ANEC: A Weekend of Growth and Unity at nature sync mudhouse

Last weekend, Team ANEC gathered at the serene nature sync mudhouse for an unforgettable retreat focused on growth, bonding, and renewal. This was more than just a getaway, it was an opportunity to strengthen relationships, recharge, and set the stage for a successful future.

Immersed in Nature and Connection

Nestled in nature, the team quickly dove into a series of team-building activities, from energising icebreakers to deep, personal reflections. These moments of laughter and connection helped everyone grow closer, not just as colleagues but as individuals with shared goals and passions.

Heartfelt Conversations

Beyond outdoor fun, the heart of the retreat was the intimate, honest conversations that allowed team members to reflect on personal growth, challenges, and successes. These moments of vulnerability fostered trust, empathy, and a shared vision for the future, solidifying the team's resolve to face upcoming challenges.

A Renewed Sense of Purpose for 2024-2025

As the retreat concluded, Team ANEC returned with a renewed sense of purpose and excitement for the road ahead. With key programs planned for 2024-2025, they're ready to tackle the future with confidence, unity, and resilience.

The Strength of the Team: Together, We Rise

As Phil Jackson wisely said, "The strength of the team is each individual member. The strength of each member is the team." This retreat solidified that spirit—Team ANEC is stronger than ever and ready to rise together.

Looking Ahead

With 2024 on the horizon, team ANEC is poised for a bright future, united by a shared commitment to success, growth, and purpose. Together, they are unstoppable.

Children's Storybook on Colonial Boarding Schools (In Progress)

ANEC is on the verge of publishing a children's storybook to shed light on the impact of China's colonial boarding school system, which affects over 800,000 Tibetan children. Exploring themes of cultural erasure, identity, and resilience, the book aims to foster empathy and awareness among young readers.

This publication is made possible with the financial support of the Swedish Tibetan Society for School and Culture (STSSC). The children's storybook is a collaborative effort between ANEC and children's story writer Buddha Kyab, with additional support from ANEC's Australia Coordinator, Migmar Dekyi. Although the project faced delays, it is now set for completion by May 2025. Once officially launched, it will be distributed to Tibetan schools, monasteries, and communities worldwide.





YOUTH INTERNSHIP PROGRAM

Youth Peace Leaders

“

In 2021, the Active Nonviolence Education Center (ANEC) launched an Internship Program aimed at empowering Tibetan youth. The program focuses on helping young Tibetans develop organizational skills, engage in strategic nonviolent education within the Tibetan exile community, and actively participate in the Tibetan nonviolent movement.

For the 2024-2025 cycle, ANEC received numerous applications, and four candidates were selected for the internship: Ms. Tenzin Namdol, Ms. Pema Dechan, and Mr. Stanzin Gurmit. These youth peace leaders participated in the program from April 2024 to March 2025.

During their internship, they contributed significantly to nonviolence and peace projects, gaining practical experience through community-based initiatives. They were instrumental in executing the organization's annual work plan and led monthly film screenings and discussions at Hope Café in collaboration with Stories of Tibetans. Additionally, they facilitated the *Seeds of Awareness* program with Manjushri, conducting nonviolence-themed book reading sessions for children at the MES Library every month.

Interns also had access to a wide range of resources at the ANEC office, allowing them to implement their creative ideas. Through this program, ANEC aims to nurture a community of youth dedicated to nonviolence and peace, encouraging active involvement in the Tibetan cause. The program aspires to inspire young leaders to develop innovative projects and contribute meaningfully to the Tibetan community's goals.

”



Tenzin Namdol
April-June 2024



Tenzin Zompa
July-September 2024



Pema Dechen
October-December 2024



Stanzin Gurmit
January-March 2025

ANEC'S NON-PROGRAM ACTIVITIES



15th April 2024

ANEC extends heartfelt gratitude to the Tibetan Women's Association in Switzerland for their voluntary support in distributing our publication, 'Phuntsog Nyidron,' to the Tibetan community in Switzerland. Their dedication has played a pivotal role in advancing ANEC's outreach and objectives.

We also express our sincere thanks to the Tibetan community in Switzerland for their unwavering support in sustaining our organization's mission and goals.

19th April 2024

ANEC had the pleasure of sharing a wonderful meal with Anna Huggenberg as a token of gratitude for her unwavering commitment and the continued support extended by her and her family to our organization.

We deeply appreciate Anna's friendship and steadfast dedication, which have been invaluable in advancing ANEC's mission and goals.



22nd April 2024

ANEC successfully conducted its first governing body meeting for the fiscal year 2024-2025, bringing together our dedicated board members. The meeting focused on upcoming projects, strategic plans, and ANEC's future vision.

We extend our heartfelt gratitude to our board members for their leadership, support, and commitment to advancing ANEC's mission.



28th May 2024

We are delighted to welcome Dr. Werner, Director of SmD, Rikon Institute, Switzerland, to Dharamshala. His visit marks yet another milestone in our enduring friendship and collaboration.

We deeply appreciate Dr. Werner's unwavering support and steadfast commitment toward ANEC's mission and vision. His continued encouragement serves as an inspiration to our team as we work towards fostering active nonviolence and positive change.



15th July 2024

The Active Nonviolence Education Centre had the pleasure of meeting Dr. Gyal Lo, a Tibetan activist, educational sociologist, and expert on China's assimilation and education policies in Tibet, particularly the colonial-style boarding schools. We shared our organization's work, focusing on our upcoming children's publication about the nonviolent Tibetan movement. We thank Dr. Gyal Lo for taking time from his busy schedule in Australia to meet with us and offer valuable guidance for developing impactful programs for the future.





25th July 2024

ANEC is pleased to announce the appointment of Ms. Migmar Dekyi as the organization's Australia Coordinator. A former Project Officer at ANEC, Ms. Dekyi brings valuable experience and strong leadership to this role. This appointment marks a strategic step in expanding ANEC's presence and programs across Australia. We congratulate Ms. Dekyi and look forward to the contributions she will make in advancing our mission.

31st July 2024

ANEC expresses its sincere gratitude to Mr. Shabeer from Hashtag Generation, our peacebuilding partner in Sri Lanka, for taking the time to visit our office. During the visit, we had a productive discussion about the potential for a Training of Trainers (TOT) program focused on MDM, exploring ways to collaborate and strengthen our shared goals in peacebuilding.



29th August 2024

Ms. Choezin presented a traditional Tibetan scarf to Karen Sallick during their meeting in Connecticut as a token of appreciation, expressing heartfelt gratitude on behalf of the entire ANEC team. This gesture was to honor Karen's steadfast support for the organization and its initiatives, acknowledging her invaluable contribution to our work and mission.

29th August 2024

ANEC's Executive Director, Ms. Choezin, met with Gloria Cosgov, President of the Tibetan Buddhist Center for Universal Peace, Ven. Geshe Dhargyal, Co-spiritual Director, and Karen H. Sallick, a long-time friend, supporter, funder, and advisor of ANEC and DNKL, in Connecticut, United States. The meeting focused on discussing ANEC's ongoing work and exploring opportunities for future collaboration with the center. It was a productive session of sharing insights and planning for the years ahead.



17th September 2024

ANEC would like to express our heartfelt gratitude to Lu Yu Heng from Taiwan for visiting ANEC and dedicating valuable time to engage with us. His visit was greatly appreciated, and we are thankful for the opportunity to connect and share insights during his time here.

25th March 2025

ANEC was honored to host a group from South Africa at our office, introducing our work and mission. The visit included a screening of *Murder in the Land of Snow*, followed by a meaningful discussion on the film, personal reflections, and Tibet's nonviolent struggle. A heartfelt thank you to our guests for their time, engagement, and insightful exchange!



TESTIMONIALS

FROM OUR INTERNS



My name is Tenzin Namdol, and my internship at the Active Nonviolence Education Center (ANEC) was an incredibly enriching experience. Working as part of a dedicated team allowed me to develop my skills while contributing to a meaningful mission. Engaging with the community helped me apply my abilities in real-world situations and fostered significant personal growth. Additionally, collaborating with various organizations enhanced my social skills and greatly improved my communication abilities. This hands-on experience not only strengthened my understanding of teamwork but also deepened my appreciation for the importance of contributing to society. I am grateful for the knowledge, connections, and growth I experienced during my time at ANEC.

Tenzin Namdol
April-June 2024



ANEC is an organization that creates meaningful opportunities for individuals like myself who aspire to engage in professional life while contributing positively to our society and nation. Through my time with ANEC, I have been fortunate to gain a wide range of experiences that have not only broadened my understanding but also enriched my personal and professional growth. The knowledge and skills I have acquired during this period have been invaluable, allowing me to make significant improvements in various aspects of my development. I am deeply grateful to ANEC for their unwavering support, guidance, and the opportunities they have provided. This experience has been both transformative and inspiring, and I sincerely appreciate all that ANEC has done to help shape my journey.

Tenzin Zompa
July-September 2024





My three-month internship at the Active Nonviolence Education Center (ANEC) was a truly meaningful and enriching experience. From day one, I was welcomed into a warm, supportive environment where my kind and knowledgeable coworkers made me feel at home. I gained a deeper understanding of peace and nonviolence, not just as theories but as principles practiced daily within the organization. Each day brought new lessons, insightful discussions, and valuable guidance from mentors who were always eager to share their knowledge. Beyond professional growth, I'm grateful for the lasting friendships and memories I made during my time at ANEC. This experience has inspired me to carry forward the lessons of nonviolence and peace in my future endeavors.

Pema Dechan

October-December 2025



My internship at ANEC has been incredibly rewarding and has already provided me with invaluable experiences. Educating children through the "Seeds of Awareness" program and screening documentaries on peaceful resistance ("Screening & Discussion") may seem like simple actions, but their impact is tremendous, much like Gandhiji's modest yet powerful act of walking 240 miles during the Dandi March. For someone like me, coming out of a long academic journey and stepping into a society full of diverse individuals, this opportunity to interact and engage with people has been a profound education—one that rivals any formal academic training. I am deeply grateful to ANEC for the opportunity and experience. "Happiness is not something readymade. It comes from your own action." His Holiness the 14th Dalai Lama.

Stanzin Gurmit

January-March 2025





Board of *Directors*

We are pleased to introduce you to our Board, which currently consists of 7 members. Each member brings diverse backgrounds and experiences, and together they share the responsibility of fulfilling the Board's duties. Our General Board Members are dedicated individuals who actively promote the values of love, compassion, peace, and nonviolence. They are united by a shared passion for shaping a better future.



Urgen Tenzin
Chairman

Former Member of Tibetan Parliament in Exile



Tenzin Choezin
Chief Functionary

Member of Tibetan Parliament in Exile



Kalsang Dhondup
Member Secretary

Former Executive Director of Active Nonviolence
Education Center



Ngawang Woebar
Member

Former President of Gu-Chu-Sum Movement
Association of Tibet



Tenzin Dhargyal
Member

Teacher, Tibetan Children's Village School



Thupten Yarphel
Member

Principal, Namgyal Monastery School



Tsering Yangkyi
Member

Former Head Mistress, TCV Day School (Mcloed Ganj)

HOW TO HELP ANEC

You can help us and support our work by either participating in our programs, trainings, or by becoming an intern or a volunteer at ANEC

You can also help us financially by donating to fund our programs via cheques or banks drafts

Local bank Account Details

Beneficiary Name: Active Nonviolence Education Center
Saving Account No: 202610100800
IIFSC Code: CNRB0002026
Dharamshala-176215
Distt. Kangra
India (HP)

Our Former Address

House No. 895, 1st floor
Toepa Community House
TIPA road, Mcloed Ganj
Dharamshala, 176219
Distt. Kangra
India (HP)

Foreign Contribution bank Account Details

Beneficiary Name: Active Nonviolence Education Center
Saving Account No: 40059924801
Beneficiary Bank: Bank of India
IFSC Code: SBIN0000691
Swift Code: SBININBB104
Beneficiary Branch : New Delhi, Main Branch

Contact Us At

Phone Number: +91 8219768443
Our Website: www.anec-india.net
Email: executivedirectorofanec@gmail.com

We've Moved!

We're excited to announce that our office has a new home!
You can now find us at:

Active Nonviolence Education Center

173 A, Inside Kirpu Mod, Vivek Vihar,
Gamru, Dharamshala – 176219,
District Kangra, Himachal Pradesh, India

Our new space reflects our continued growth and commitment to serving the community better. We look forward to welcoming you there!

Follow us on **Instagram**





FACILITIES: Rooms with a breathtaking view of snow cap Dhauladhar ranges. Dining hall and Rooftop Restaurant, Mini library Wifi, Daily Newspaper, Travel Bookings, Luggage room, and Best vegetarian food in Town.

NICK'S ITALIAN KITCHEN: Home-made Italian Pasta and Pizzas, Tibetan Momo and thukpa, Quiches and pies, Brownies and Tangey Lemon Cakes (much loved by Hollywood Superstars Richard Gere).

ADDRESS: Kunga Guest House (Nick's Italian Kitchen), Bagsu Road, Mcleod ganj, District Kangra, Himachal Pradesh, India

ASHOKA RASOI MCLEODGANJ

BREAKFAST, LUNCH, DINNER


>INDIAN. >CHINESE. >CONTINENTAL. >ISREAL FOOD.



Free Home Delivery
Mcloed Ganj



CUISINES
 Indian, Asian

 01892-221589
 94180-96973

MEAL TYPES
 Breakfast, Lunch, Dinner

FEATURES
 Reservation

SPECIAL DIETS
 Vegetarian friendly, Vegan options

 Table Service

 Dine in



H O T
House Of Tibet
Cafe & Bar

Facilities



Tibetan
Chinese
Italian



Both veg &
Nonveg



Full Bar
Available



Take Away
Available



Home
Delivery



09:00-11:45PM



McLeod Ganj



for Reservation 9882455177



vibhuti_thebaslidesignstudio



TIBET KITCHEN
Authentic Tibetan Cuisine



Address: House #1, Main Square, Jogiwara Rd, McLeod Ganj, Dharamshala, Himachal Pradesh 176219



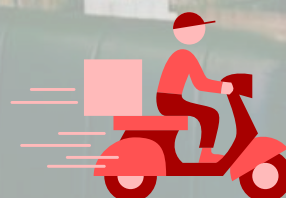
09:00 AM to 9:00 PM



+91 78074 19692



Tibetan Chinese North Indian



Home delivery