



# Annual Report 2024



Prepared by  
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# Director's Message



Dear All,

As we conclude another successful year, I am pleased to present the Annual Report 2024. This year has been one of remarkable achievements, with the successful implementation of numerous new projects. I extend my heartfelt gratitude to our sponsors, volunteers, partners, and collaborators for their invaluable contributions in making 2024 a year of great success.

Over the past year, we have successfully carried out 17 different projects, including our highly sought-after Livelihood Skills Training Program and our longest-running Language Class Program. Additionally, this year has brought minor yet significant administrative changes, including the establishment of a more active and robust Board of Directors, further strengthening Lha's foundation, and ensuring its continued growth.

I am confident that these administrative enhancements, along with the unwavering support of our donors, sponsors, and volunteers, will enable Lha to continue providing essential social and educational services to the Tibetan community.

I would like to take this opportunity to sincerely thank all our sponsors, donors, partners, and volunteers for their dedication and generosity. Your continued support and encouragement are vital to sustaining this noble mission.

Thank you once again for your unwavering commitment.

With best regards,

Tsering Wangdue  
Executive Director

# Background

Since 1959, hundreds of thousands of Tibetans have chosen to leave their homeland in pursuit of the freedoms and opportunities denied under the Chinese communist occupation. Every year, new refugees arrive in India after an arduous journey, carrying only an armful of personal belongings. Countless refugees arrive with little or no education, speaking only Tibetan, and possessing no viable job skills to support themselves and their families. Furthermore, it is extremely difficult for adults and older refugees to receive an adequate education in India due to their school system requirements. Founded in 1997 and registered as a charitable trust by the Himachal Pradesh State Government in 2005, Lha has continuously provided vital resources to those in need for 27 years. Lha's financial accounts are audited annually by a government-approved chartered accountant. Lha plays a crucial role in facilitating the transition of Tibetan refugees from their homeland to the Indian community by providing long-term rehabilitation and education resources. Each year, programs and projects are adjusted to meet the conditions and needs of the community, while keeping the commitment firm: to help the Tibetan people survive and prosper in their new home and to preserve their profoundly unique culture. All Lha's services are open to local Indians and people from the Himalayan regions. In addition, Lha offers volunteers and students the opportunity to engage in meaningful community service and social work.

*Students posing with our volunteers on their final day of class*



# Our vision and mission



## Our Vision

- To generate an atmosphere of harmony and cooperation within the community by meeting the needs of the impoverished and underprivileged.

## Our Mission

- To provide a wide range of social services to Tibetan refugees, local Indians, and people from the Himalayan region.
- To provide Tibetan refugees with health care and educational services, as well as the skills and assistance needed to build a new life in exile.
- To facilitate meaningful mutual learning and cultural exchange experiences among Tibetans, volunteers, and students who visit from other countries.
- To increase awareness of the Tibetan refugee situation and preserve the endangered culture of Tibet.



# Areas of Focus



Educational  
Programs



Social Work  
Programs



Preservations and  
Promotion of Tibetan  
Language and Cultural



Volunteer  
Opportunities



Cultural Exchange  
Programs

# International Language Classes

Over the past 27 years, Lha has made a profound difference in the lives of countless students by offering a wide range of educational opportunities. Teaching language courses has become one of its most impactful initiatives, aimed at improving life prospects for individuals of all ages, backgrounds, and skill levels. These courses are available in five languages: Tibetan, English, French, Chinese, and German, with instruction provided at three proficiency levels: beginner, intermediate, and conversational. In 2024, Lha's language programs saw participation from 299 students, including 32 from overseas.

Classes are offered three times a year, with each course running for three months. Since its establishment, Lha has taught languages to a total of 14,746 students. Alongside regular group classes, Lha also provides one-on-one tutoring for students seeking additional support. The English conversation class stands out as one of the most popular and effective offerings, with 20 to 30 students attending daily to practice speaking English with Lha's volunteers. This class not only helps students improve their language skills but also fosters meaningful connections, as participants share and learn from each other's cultures, beliefs, and personal stories, strengthening the bonds of friendship and understanding.

*Daily conversational class*



# Intensive English Class for Geshes and Khenpos



*Students performing an English song on their final day of class*

The "Intensive English Class for Geshes and Khenpos" is designed not only to improve language proficiency but also to develop essential communication skills that students can apply within their Buddhist communities and in the global arena. This year marks the fourth cohort of the program, with fourteen students successfully completing the three-month course, which began on March 4th. The course is specifically tailored for Geshes, Geshemas (women), and Khenpos those who have completed the highest levels of academic training in Tibetan Buddhism and now seek to learn English.

Throughout the program, students engage in a variety of activities aimed at enhancing their English skills, including exercises in reading, writing, speaking, and listening. By the end of the course, students will be better prepared to share their profound knowledge in Buddhist philosophy more effectively with global audience.

Ms. Cynthia McGowan and Ms. Maree Callaway, long-time and dedicated instructors of the course, continue to bring their wealth of experience and expertise, guiding students through their language learning journey and providing invaluable support throughout the program.

# IELTS preparation class



*IELTS trainer Ms Joanne and the students*

The IELTS (International English Language Testing System) is a globally recognized exam designed to evaluate English language skills in listening, reading, writing, and speaking. It is commonly taken by individuals seeking higher education opportunities abroad, professional certification, adherence to international standards, or opportunities for global migration.

The three-month IELTS preparation course, held from July to September, was expertly led by our dedicated long-term volunteer trainer, Ms. Joanne Zions. Initially, nine students registered for the program. To maintain a consistent learning standard, an entry test was administered at the start of the course, ensuring all participants possessed a similar proficiency level. Following this evaluation, seven committed students successfully completed the program, showcasing their dedication and progress throughout the training.

# Tibetan Student's Educational Tour



*Students showcasing their clay creations*

Each year, Lha Charitable Trust organizes an educational tour program for Tibetan students, aiming to provide those from remote Tibetan settlements in India with greater exposure to the functions of the Central Tibetan Administration (CTA) and various Tibetan cultural and political institutions in Dharamshala. This year, the program welcomed 20 students from nomadic families in Jangthang, Ladakh, who were guided through the tour by two of our dedicated staff members.

The eight-day tour began with visits to key locations that introduced the students to Tibetan spirituality, including the Tsuklakhang temple, and the Lingkor pilgrimage path. As part of the program, the students visited important institutions such as the Central Tibetan Administration, the Tibetan Parliament in Exile, Tibetan NGOs, and the Library of Tibetan Works and Archives. These visits provided valuable insights into the political and advocacy efforts of the Tibetan community, shedding light on the challenges and the importance of preserving Tibetan culture. The students also had the opportunity to engage with local NGOs, such as Nishtha, which work tirelessly to support the communities and offer services in areas like education and health.



In addition to their educational experiences, the students participated in hands-on activities, including pottery making. They had the chance to shape clay and engage in the creative process, an experience that not only sparked their creativity but also helped them connect with the craftsmanship. The tour also included visits to the Tibet Museum, Nechung and Gyuto Monastery, and the Norbulingka Institute, allowing the students to immerse themselves in the Tibetan art and history.

The program also featured an active English language class led by Mrs. Tenzin Pelmo, an excellent teacher from TCV School, who dedicated three days to helping the students improve their English skills. The students thoroughly enjoyed the lessons, which added another layer of personal growth to their journey.

Overall, the educational tour program left a lasting impression on the students, inspiring many of them and deepened the students' understanding of Tibetan resilience and the importance of broadening their perspectives.

*Students observing and listening to the description of the Mandala drawing*





# Scholarship Program



## The Recipients of Scholarship 2024

Sr.No	Name	University/College	Location
1	Karma Lhanze	Jss School of Nursing	Mysuru
2	Tenzin Phenthok	Yenepoye college	Mangalore
3	Tenzin Wooser	Krupanidhi College	Karnataka
4	Tsering Dolma	Indira Nursing School	Bangalore
5	Tenzin Ngodup	Dev Bhoomi	Uttarakhand
6	Migmar Phentho	Yenepoye college	Bangalore

The scholarship program, established in 2018, has been a cornerstone of our commitment to fostering education in the field of nursing. Over the years, a total of 23 deserving students have benefitted from this initiative. In 2024, we proudly awarded scholarships to six General Nursing students, furthering their journey toward becoming skilled healthcare professionals.

This program is designed to support passionate and hardworking students who are committed to pursuing a nursing education. By alleviating financial burdens, the scholarship enables recipients to focus on their academic and practical training, ultimately empowering them to achieve their aspirations and make meaningful contributions to the healthcare sector.

# Tibetan Student's Soft Skill Development Program

## “Exploring Skill-Driven Approach”

This is a collaborative project between Lha Charitable Trust and EduLift aimed at enhancing soft skills among Tibetan students in grades 6–8. Implemented in two Sambhota Tibetan Schools—Tenzingang and Miao—over a two-week period in December 2024, the project impacted approximately 100 students. This initiative combined the expertise of both organizations to bridge the gap between theoretical knowledge and practical application, creating a transformative educational experience. The project aimed to equip students with essential soft skills to support their personal, academic, and social development. It emphasized enhancing communication, fostering teamwork, improving self-awareness, building emotional intelligence, and strengthening decision-making abilities. Recognizing the growing importance of these skills in addressing contemporary challenges, the program sought to prepare students for success in diverse environments.

*Students engaging in group discussions*



Structured workshops were central to the initiative, focusing on five key themes: self-awareness, communication, teamwork, emotional intelligence, and critical thinking. Activities included interactive discussions, creative self-introductions, verbal and non-verbal communication exercises, and team-building challenges. Students also engaged in empathy-building exercises, guided meditations, and scenario-based learning to develop their social and emotional intelligence. These practical activities encouraged active participation, enabling students to reflect on their strengths, overcome their fears, and explore collaborative problem-solving.

The program's impact was significant, with students demonstrating increased self-awareness, confidence, and critical thinking abilities. Enhanced emotional intelligence and improved communication skills allowed participants to foster stronger social connections and work collaboratively with their peers. Exposure to global themes and practical projects broadened their perspectives, while guided meditation and emotional regulation techniques contributed to personal growth and resilience.

The collaboration between Lha Charitable Trust and EduLift was highly successful, achieving its objectives and delivering meaningful educational experiences. This initiative underscores the potential for partnerships to foster sustainable development and empower students, providing them with skills that will shape their futures.

*Students participating in paper-based activities*



# Livelihood Skills Training Program

The Livelihood Skills Training Program, started in 2019, has been dedicated to combating unemployment within the Tibetan community. Over the last five years, we have trained more than 493 Tibetans in need, irrespective of age, educational background, or gender. The number of participants grew steadily each year, starting with 85 students in 2019. Enrolment continued to rise over the following years reaching to 102 students in 2022. The program saw further growth in the subsequent years reaching 109 students in 2024.

The program aims to empower individuals with practical skills to enhance their employability and improve their livelihoods. This year, we enrolled 109 students from a pool of over 330 applicants. The rigorous selection process evaluates candidates based on various criteria, including educational qualifications, career goals, and post-training plans, ensuring that those chosen are truly committed and can effectively apply the skills they acquire.

We prioritize certain groups within the Tibetan community, such as unemployed school dropouts, former monks and nuns, military veterans, and disadvantaged individuals. By focusing on these demographics, we provide opportunities to those facing greater challenges in accessing traditional education and employment.

Overall, the Livelihood Training Program has made significant progress in empowering and equipping Tibetan community members with valuable skills, improving their employment prospects and economic well-being.

*Bakery students preparing buns*



The table below show the number of participants in each course :

No	Course	Male	Female	Total
1	Special Cuisine Course	27	7	34
2	Bakery Course	14	18	32
3	Barista Course	18	6	24
4	Tibetan Traditional Massage and spa	2	0	2
5	Tibetan Traditional Wood Craving and Carpentry	1	0	1
6	Nail Art	0	7	7
7	Yoga Teacher Training	2	0	2
8	JCB Backhoe Loader	1	0	1
9	Beautician	0	0	0
10	Electrician	6	0	6
11	Tailoring or crocheting	0	0	0

Students of the Livelihood Training Program



# His Eminence Prof. Samdhong Rinpoche 85th Birthday celebration

This year, we had the honor of hosting a grand celebration in commemoration of His Eminence Prof. Samdhong Rinpoche's 85th birthday at the Tibetan Institute of Performing Arts. The event also marked a decade of dedicated efforts to promote and share his profound wisdom, teachings, and transformative insights.

The celebration drew attendees from across the globe, including devoted students, disciples, followers, and admirers who hold His Eminence's kindness and intellectual depth in the highest regard. The gathering was a heartfelt tribute to his lifelong contributions to the Tibetan community in exile.

Over 200 guests joined the in-person event, while a global audience participated virtually through livestreams on Facebook and YouTube. The online broadcast attracted over 3,000 viewers, ensuring that people worldwide could partake in this momentous occasion.

As part of the event, seven distinguished scholars and experts delivered thoughtful speeches honoring His Eminence's legacy. These dignitaries expressed their deep respect and gratitude for his remarkable contributions to the Tibetan society and beyond.

Apart from the celebration a photographic biography book titled "The Golden Wheel of Dual System: A Brief Biography of His Eminence Prof. Samdhong Rinpoche" and a short video titled "Life and Legacy of Prof. Samdhong Rinpoche: A Brief Biography" were published to mark the occasion.

*A video showcasing Rinpoche's lifelong achievements playing on the screen*





# Clean Water Project



*Jampaling Old Age Home residents posing in front of the newly installed water filter*

Our Clean Water Project is one of our flagship initiatives, dedicated to improving access to clean and safe drinking water. To date, we have successfully installed 34 water filtration systems across various communities in northern India. Through these systems, we strive to ensure that residents have access to potable water that is safe for consumption.

In addition to installation, we provide annual maintenance services for all the water filtration systems we have implemented, ensuring their longevity and continued functionality. This project has been made possible through the generous donations and unwavering support of individuals and organizations.

This year, we proudly installed our 34th water filtration system at the Jampaling Old Age Home in Dharamshala. This milestone was made possible thanks to the generous sponsorship from the participants of the Mindful Medicine Conference, held in June 2024.

We rely entirely on donations from individuals and organizations to support this project, and we deeply appreciate any monetary contribution, whether big or small. Please visit the link below to make a donation.

<https://www.omprakash.org/global/lha-charitable-trust/crowdfund/clean-water-project---annual-maintenance-fund-2025>

# Smile Dental Care Program

Since its inception in 2014, the Smile Dental Care Program has been dedicated to offering free dental services to monks, nuns, and financially disadvantaged individuals in Dharamshala. This vital initiative, spearheaded by Lha Charitable Trust, provides a wide array of dental treatments, including tooth fillings, extractions, scaling, root canals, and professional cleanings, ensuring that basic oral healthcare is accessible to those who need it most. In 2024, the program successfully provided dental care to 85 individuals. Among these, 75 were monks and nuns, while 10 were local residents who could not afford dental treatment. This brings the total number of beneficiaries since the program's inception to an impressive 1,411 individuals. Over the years, the program has not only improved the oral health of its recipients but has also fostered greater awareness of the importance of dental hygiene and preventive care. By educating the community about oral health, the initiative has empowered individuals to adopt healthier habits and reduce the risk of oral diseases.

The program's success is made possible thanks to the unwavering support of the Louisiana Himalayan Association (LHA), based in the United States. Their ongoing commitment has been instrumental in sustaining this annual project, bringing improved health and brighter smiles to countless individuals. Lha Charitable Trust extends its deepest gratitude to the LHA for their continuous generosity and partnership in this meaningful endeavor.

*Nuns receiving a dental check-up*



# Environmental Protection and Awareness Program

*Volunteers and students cleaning up roadside trash*



Lha Charitable Trust organizes monthly mass clean-up drives with the goal of preserving the cleanliness and natural beauty of McLeod Ganj. These efforts focus on collecting waste from various areas, including hillsides, illegal dumping sites, and high-traffic public spaces. By addressing these environmental concerns, the initiative aims to maintain the region's charm while promoting sustainable waste management practices.

The success of these clean-up drives is made possible through the unwavering commitment of our staff, volunteers, and students, whose collective efforts make a tangible difference in the community. Their dedication ensures that the clean-ups are conducted effectively and consistently.

To further amplify the impact of these initiatives, Lha often collaborates with other organizations that share similar goals. Partnerships with groups such as the Clean Upper Dharamshala Program under the Tibetan Settlement Office and Waste Warriors have proven invaluable. By pooling resources and expertise, these collaborations enable more comprehensive clean-up efforts and reinforce the importance of community participation in environmental stewardship.

Through these initiatives, Lha not only contributes to a cleaner McLeod Ganj but also fosters awareness and encourages responsible waste management practices among residents and visitors alike.

# Elderly Care Program, Sowa Rigpa External Therapy



*Elderly patients receiving Tibetan Sowa Rigpa External Therapy*

In Dharamshala, many elderly residents become deeply immersed in their dharma practice, often prioritizing spiritual pursuits over their physical well-being. As a result, they may neglect their health, either due to unawareness of their medical conditions or the demands of their daily lives. For some elders, the cost of hospital visits and access to massage or other healthcare services can pose a significant financial burden.

To address this pressing need, we organized a ten-days Sowa Rigpa External Therapy Program focused on improving the health and well-being of elders in Dharamshala. This initiative was made possible through the generous support of 14 volunteer doctors from Men-Tsee Khang (Tibetan Medical and Astro Institute), who dedicated their time and expertise to the program.

The treatments offered during the program included Tuina massage, acupuncture, cupping therapy, and pulse diagnosis, all rooted in the ancient Tibetan Sowa Rigpa healing tradition. Over the course of ten days, 365 patients benefitted from these therapies. While the program primarily targeted elderly individuals, it also attracted younger participants, foreign visitors, and local Indian residents, demonstrating the widespread demand for such holistic healthcare services.

The program's success was a testament to the dedication of the volunteer doctors, who tirelessly treated patients from morning to evening. Despite being newly initiated and operating without external funding, the program ran smoothly and exceeded expectations.

Many patients expressed profound gratitude for the care they received, with some traveling long distances and others attending daily to continue their treatments. The initiative was well-received by the community, with participants sharing their satisfaction and happiness at the opportunity to access high-quality, affordable healthcare.



# Women's Health and Hygiene Project



*Nuns Showcasing Sustainable Menstrual Pads*

The workshop titled “Menstrual Health and Hygiene Care” was specifically organized for nuns, with the goal of addressing the challenges surrounding menstrual hygiene and promoting effective and sustainable practices. This initiative aimed to provide knowledge and support to improve menstrual health management in nunneries.

The workshop took place from 14th September to 23rd September, spanning five nunneries located in remote areas of Himachal Pradesh. The sessions were expertly facilitated by Mrs. Erja Sini Kaarina Varis from Finland, with invaluable support from Miss Pema Lhakyi, a Sowa Rigpa adviser from Men-Tsee-Khang, and Miss Tsering Dolker, our dedicated project coordinator.

As part of the initiative, over 800 eco-friendly menstrual products were distributed, ensuring sustainable options for the participants. The workshop saw an attendance of more than 200 nuns, who actively engaged in discussions and activities.

The event was highly successful, with attendees expressing their gratitude and sharing how the sessions significantly enhanced their understanding of menstrual health. Their positive feedback underscored the importance and impact of this meaningful initiative.

# Accessible Community Toilet

## “Enhancing Comfort and Hygiene for Lingkor Pilgrims”

Recognizing the challenges faced by pilgrims, particularly elderly individuals who walk the Lingkor pilgrimage path daily, we have taken a meaningful step to improve their well-being. One of the main difficulties they encounter is the lack of nearby restroom facilities, with the closest one located approximately 2 kilometers away. This absence of accessible toilets makes their journey physically exhausting and inconvenient. To alleviate this issue, we collaborated with Lamo Tsangpa Monastery to install a dedicated toilet facility. This initiative provides pilgrims with a clean and easily accessible restroom.

Beyond enhancing sanitation, we also focus on providing access to clean and safe drinking water for the local community and installed a high-quality water filtration system at the Monastery. This system ensures that both residents and visitors in Dharamshala have a dependable supply of purified drinking water.

The impact of this project has been profound, significantly enhancing hygiene and accessibility for those who frequent the area. By addressing these essential needs, we have contributed to a better quality of life for the community, leaving a lasting and positive change in their daily experiences.

*Toilet Facility Installed at the Monastery*



# Cookstove Distribution Project

This year, we made a meaningful contribution to the well-being of local communities in the Dharamshala and Tso Pema regions through our collaboration with the Ganesha Cookstove Project. As part of this initiative, approximately 400 cook stoves were distributed to hermits residing in these areas, as well as to the villagers living in remote and underserved regions through their local women's self-help groups.

The primary objective of this project is to enhance the quality of life for individuals in isolated communities by addressing the challenges associated with traditional cooking methods. The cook stoves serve as an efficient, cleaner, and safer alternative to the open-fire techniques commonly used. These stoves significantly reduce smoke and harmful emissions, thereby improving the health and respiratory conditions of the hermits and villagers. In addition to promoting better health, the cook stoves are a time-saving solution that allows users to devote more energy to other aspects of their daily lives.

The stoves are also designed with environmental sustainability in mind. They consume less wood, helping to curb deforestation in the region while offering a more eco-friendly approach to cooking. By reducing fuel consumption and harmful emissions, this initiative not only supports the health and safety of individuals but also contributes to the preservation of local ecosystems.

This project stands as a testament to the power of collaborative efforts in fostering both individual and environmental well-being in some of the most remote areas.

*Our Director introducing the founder of Ganesha Stoves to the nuns*



# Volunteers Opportunities

Volunteers are the cornerstone of Lha Charitable Trust, playing an essential role in the success and impact of its programs and activities. Their contributions are integral to the trust's mission of supporting the Tibetan community through initiatives in education, cultural exchange, and sustainable development. The diverse range of volunteer opportunities allows individuals to engage meaningfully with various aspects of the organization, leaving a lasting impact on the community they serve.

In 2024, 205 volunteers participated in Lha's initiatives, bringing the total number of contributors over the past 27 years to an impressive 9,069. This growing global network of volunteers highlights the widespread support for Lha's work and reinforces its status as a vibrant hub for cultural exchange and community development.

The volunteers, coming from a variety of cultural, professional, and national backgrounds, bring fresh perspectives and valuable expertise that enrich Lha's programs. Their involvement fosters a collaborative spirit, bridging diverse experiences and enhancing the organization's ability to address the unique challenges faced by the Tibetan community.

Lha deeply values the dedication and commitment of its volunteers, whose time and energy not only drive the success of its programs but also foster cross-cultural understanding. By working closely with the Tibetan community, volunteers gain insights into its rich cultural heritage and develop a deeper appreciation of the challenges faced by the community in exile.

This mutually enriching experience offers volunteers personal growth opportunities, as they build skills, broaden perspectives, and form meaningful connections that often shape their personal and professional journeys. The ongoing support of volunteers remains a testament to the power of collective action in making a positive difference.

*Mr. Pierre, Our Volunteer French Teacher, on His Last Day with the Students*



# Cultural Exchange Programs

In May 2024, a team of twelve students from Tulane University joined our cultural exchange and mutual learning program. The program is led by their professor, Michael Smith a dedicated supporter and a longtime friend of Lha. Their journey included visits to several Tibetan organizations, providing direct cultural engagement. Additionally, each student was paired with a Tibetan peer, enabling them to gain firsthand experience and a deeper understanding of the Tibetan culture and tradition.

The Mindful Medicine Conference, organized by Dara Bramson from New Orleans, was a ten-day program that brought together eight participants from diverse backgrounds. They took part in activities that directly impacted the local Tibetan community, engaging in meaningful discussions, hands-on workshops, and immersive guided tours. The program also exposed participants to a blend of ancient, modern, and integrative medical and healing practices. Furthermore, they developed a deep understanding of Tibetan Buddhist healing traditions, particularly the 2,500-year-old Sowa Rigpa system, also known as the "science of healing."

*His Holiness sharing a special moment with the Mindful Medicine Conference participants.*





*Participants Engaged in a Momo-Making Session*

In November 2024, a group of students from the American School of Bombay, accompanied by three teachers, participated in Lha's immersive three-day mutual learning program. This initiative serves as a key highlight of cultural exchange efforts, offering participants a valuable opportunity to explore and appreciate the richness of diverse traditions and practices.

During the program, the students engaged in various activities with Lha's language students, exchanging perspectives about their respective cultures and daily lives. Ms. Lhamo Choekyi, our livelihood training program coordinator, provided a comprehensive overview of Lha's mission, key objectives, and ongoing projects, enriching the participants' understanding of our work.

In partnership with the Foundation for Universal Responsibility of His Holiness the Dalai Lama (HHDL) and the Australia Tibet Council (ATC), we also organized a Tibetan culinary experience for two separate groups visiting Dharamshala on different dates.

The first group consisted of participants from across India attending the Foundation's annual Gurukul Program. The second group was part of the "Little Tibet" tour organized by the ATC in Australia. Both groups were introduced to the essentials of Tibetan culinary traditions, including hands-on demonstrations of preparing butter tea, momo, and tsampa (roasted barley flour).

These sessions provided an engaging way for attendees to connect with Tibetan heritage through its cuisine, offering them a deeper appreciation of its cultural significance.

# Our Donors and Partners

**Lha Charitable Trust on behalf of all the beneficiaries would like to thank all the donors, volunteers, and partner organizations for all your support.**



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# Thank you

*your support means a lot for us*

**20K+**

People provided with clean and safe drinking water

**14K+**

Students participated in Language classes

**490+**

Students have benefitted through the Livelihood Skill Training Program

**9K+**

Volunteers from all around the world contributed their services

**1.4K+**

Monks and nuns got free dental care services

**110+**

People participated in cultural exchange program

**365+**

patients benefitted from Elderly Care Programs

**200+**

Nuns participated in the “Menstrual Health and Hygiene Care” workshop

**400+**

cook stoves were distributed to the monks, nuns and local villages