

The generous financial support from individuals, volunteers, and organizations allows Lha to provide a variety of **FREE** social services to the local community.

- Expand and improve our programs, such as the Community Soup Kitchen
- Support Tibetan refugees with educational and health services, as well as the skills and assistance needed to build a new life in exile
- Create awareness about the Tibetan refugee situation and preserve the endangered Tibetan culture



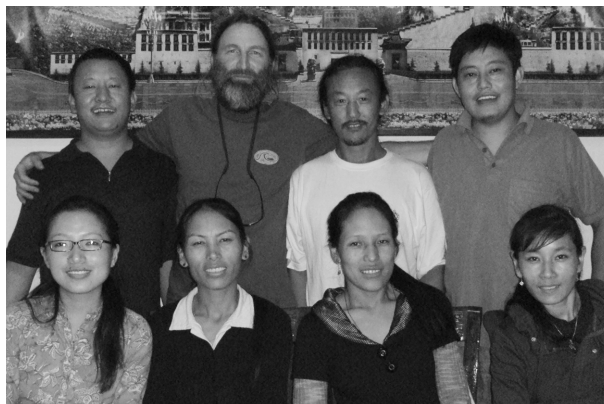
The new Lha Service Center and community kitchen, located below the main temple. The Lha Office is in downtown McLeod Ganj on Temple Road.

MATERIAL DONATIONS are crucial to the aid and support of the local refugee community. Lha's donation drop-off center accepts all items, including medicine, clothing, books, office supplies, used or broken laptops, etc. Items are collected each month and distributed to those in need.

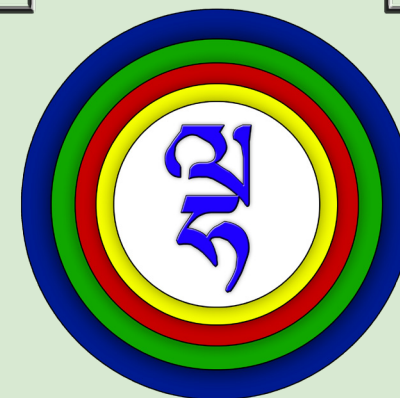
'Lha' is a sacred Tibetan word that means awakened state of mind and the fundamental nature of goodness.

LHA CHARITABLE TRUST is a nonprofit social work organization founded in 1997 and officially registered with the Indian Government in 2005 **to provide multiple social services to Tibetan refugees, the local community and foreign visitors.** Lha is managed by Tibetan refugees, operates with the generous help of volunteers from around the world and partners with local and international NGOs.

Lha plays a crucial role 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 services are adjusted to meet the conditions and needs of the region, yet the commitment remains constant: *to generate an atmosphere of harmony and cooperation within the community by tending to the needs of the impoverished and underprivileged.*



Lha Office
Temple Road, McLeod Ganj 176219
Dharamsala, Distt. Kangra, H.P. INDIA



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LHA CHARITABLE TRUST
INSTITUTE FOR SOCIAL WORK & EDUCATION

SOCIAL SERVICES
VOLUNTEERING
DONATION

*A resource of education and knowledge
that provides meaningful multi-leveled
social and educational service for the
benefit of others.*

Phone: +91 (0)1892-220992
Email: office@lhasocialwork.org

www.lhasocialwork.org
www.tibetnature.net

FREE COMMUNITY SERVICES

Lha provides 19 programs and services daily to benefit Tibetan refugees and the local community including:

- Language Classes-English, French, Spanish & Chinese
- Computer & IT Courses
- Photography Training
- Medicine, Books & Clothing Distribution
- Health & Hygiene Services and Education
- Eye exams & glasses and Dental Assistance
- Environmental Awareness & Aid Initiatives
- Community Libraries
- Contact Magazine-Community Newspaper
- Community Soup Kitchen

SERVICES FOR FOREIGN VISITORS

Lha offers visitors a variety of low-cost services and courses to experience genuine Tibetan culture. Income generated from these services help to provide staff salaries and general operating expenses, while moving Lha towards its goal of organizational self sustainability. Services include:

- Tibetan Language Class
- Tibetan Cooking Class
- Massage Treatment & Courses
- Yoga & Meditation Classes
- Tibetan Art Classes
- Cultural Exchange
- Tibetan Homestay
- Volunteer Reception & Orientation
- Volunteering opportunities & Coordination
- Providing Information
- Donation Center

VOLUNTEER

Lha offers a wide array of long and short-term as well as prearranged and drop-in volunteer opportunities at no cost for both individuals and groups. Lha utilizes the talents and skills of volunteers to benefit the community and provide meaningful experiences.



Lha has ongoing needs for professionals in the areas listed below, but all volunteers from different walks of life are welcomed.

- Language & computer teachers
- Project professionals
- Fundraisers & grant writers
- Computer & Technology professionals
- Web Designers
- Chefs & Cooks
- Human rights & legal professionals
- Journalists
- Yoga & Massage therapists
- Medical & Healthcare professionals
- Environmental professionals

FOR MORE INFORMATION:

Contact Lha's Volunteer Coordinator
or visit: **www.lhasocialwork.org**

Thank you for your interest and time!

LHA SOUP KITCHEN

Located at Ahimsa House, the Lha community soup kitchen has been serving low-cost and nutritious meals to the Tibetan refugee community since July 2011. Many Tibetan refugees living in poverty have insufficient kitchen facilities and are unable to buy nutritious food. Poor diet contributes to increased incidences of chronic lifestyle diseases. The soup kitchen's main goals are to address these health care problems by providing nutritious food in a supportive environment, as well as educating the community about healthy living and eating. The kitchen serves 40-50 needy refugees per day for a fee of 15 Rupees per person. Those unable to pay this amount can eat at the soup kitchen for free. The kitchen also provides opportunity for refugees who are interested in working in the restaurant and service industry to receive formal training.



Monetary Donations are accepted at the Lha Office or via mail. Please send checks made payable to '**Lha Charitable Trust**' to:

Lha Office
Temple Road, McLeod Ganj 176219
Dharamsala, Distt. Kangra, H.P. INDIA

For **ONLINE DONATIONS**, please visit our
website: **www.lhasocialwork.org**

Thank You!