

Tong-Len Charitable Trust

Top Floor, Bank Of Baroda
Opp. Art Gallery
Kotwali Bazaar
Dharamsala-176215
H.P. INDIA
91-01892-223930
jamyang@tong-len.org
tong-len.org



Tong-Len's mission is to help displaced communities in North India achieve a secure and sustainable future by addressing the root causes of their poverty and ill-health through a range of education and health-based projects. Tong-Len projects include educational and health programs, childhood education and sponsorship, primary and nursery tent schools, and children's support hostels. There are opportunities for volunteers to assist in their tent schools and health clinics.

CHOICE HIV/AIDS Initiative

Arora House, 2nd Floor, Temple Road
McLeod Ganj, Dharamsala - 176219
Distrcit Kangra, Himachal Pradesh, India
01892-220239
09418-316896
choicehiv aids@gmail.com
www.choicehiv aids.org



CHOICE HIV/AIDS Initiative provides HIV/AIDS education, prevention and care services in Tibetan settlements throughout India. The services provided by CHOICE include counseling, education and prevention programs, HIV/AIDS trainings for NGOs and professional groups, training for community health workers in Tibetan settlements, HIV patient follow-up, and an HIV patient sponsorship program. CHOICE's sponsorship program matches HIV patients with Tibetan families around in the world who sponsor patients to ensure improved nutrition and access to health services. CHOICE occasionally utilizes volunteers to assist in administrative and programmatic activities.

Department of Health

Central Tibetan Administration
Gangchen Kyishong, Dharamsala - 176215
District Kangra, Himachal Pradesh, India
01892-222718
01892-223408
Pema Norkyi, Psychologist



The Department of Health at the Central Tibetan Administration employs a psychologist on staff who provides private, individual counseling. The department also runs a program for survivors of torture to provide counseling, medication, and physical and mental rehabilitation services. The psychologist provides counseling to torture survivors as part of this program. Any Tibetan, even those who are not torture survivors, are welcome to utilize the psychologist's services.

**Gu-Chu-Sum Movement of Tibet
(Ex Political Prisoners Association)**

Jogibara Road
McLeod Ganj, Dharamsala - 176219
District Kangra, Himachal Pradesh, India
01892-220680
01892-220679
01892-221379
guchusum1991@gmail.com
www.guchusum.org



Gu-Chu-Sum is a social service organization that provides financial support for ex political prisoners and political activists from Tibet. The organization provides their members with a monthly stipend and medical support. The organization also does advocacy work around the Tibetan political situation. In order to join Gu-Chu-Sum, one must register as a political prisoner or political activist through the Department of Security office and submit a biography to the organization.

Kunphen Centre for Substance Dependence

Bhagsu Road
McLeod Ganj, Dharamsala – 176219
District Kangra, Himachal Pradesh, India
01892-220565
kunphen@mail.com
www.kunphen.org



Kunphen is a substance abuse center that provides counseling, education, and referral services to members of the Tibetan community who abuse drugs and alcohol. Kunphen provides individual and family counseling and will facilitate entrance into a rehabilitation facility if desired by the client. Counseling includes psychoeducation about substance abuse and HIV/AIDS prevention. The organization also offers an after-care program which additionally offers vocational skills training and job search assistance for those returning from a rehabilitation program. All services provided by Kunphen are based on the individual needs of each client. Kunphen utilizes qualified volunteers to provide counseling to clients.

Nyingtob Ling
Tibetan Handicapped Children's Craft Home

P.O. Sidhpur, Dharamsala - 176215
District Kangra, Himachal Pradesh, India
09816-028149
01892-211042
nyingtob_ling@hotmail.com
<http://nyingtobling.org/>



Nyingtob Ling is a home for handicapped Tibetans that aims to develop the abilities and potentialities of its residents in order to provide encouragement and help shape residents into productive members of society. Nyingtob Ling provides training in handicraft skills; cultural, religious, and environmental education; rehabilitative and therapy services for physiological and psychological well-being; and attempts to create a safe and caring environment in which residents can grow. Nyingtob Ling hopes to also relieve the strain put on families who have children with severe practical difficulties. Residents are accepted into the home between the ages of 10 and 20, and may stay indefinitely.

Phentok Gift Center

Temple Road
McLeod Ganj, Dharamsala - 176219
District Kangra, Himachal Pradesh, India
01892-221581
tsangwo.org/shop



Phentok Gift Center is a non-profit store with three locations in McLeod Ganj. All proceeds from sales at the shops are donated to Tsangwo Rehabilitation Center in Delhi and a care home for people who are recovering from substance abuse, people with disabilities and HIV positive friends. Many of the products sold in the shops are made by residents of the rehabilitations facility and care home.

Rogpa Charitable Trust

c/o Kapoor House, Jogiwar a Road
McLeod Ganj, Dharamsala - 176219
District Kangra, Himachal Pradesh, India
95879-73026
rogpa20004@yahoo.com
www.rogpa.com



Rogpa Charitable Trust provides free baby care for low-income families, a skills training and income generating program for single mothers, and a children's library. In addition, Rogpa runs a café and shop which supports their social programs. Rogpa Baby Care Center accepts children aged six months to three years, and parents must meet certain criteria in order to receive services. The program for single mothers includes teaching women tailoring skills and the opportunity for

women to sell merchandise in the Rogpa shop. The Children's Library provides a day camp for school-aged children during the two month break from school in December and January and is also open most Sundays from 10am to 4pm. Rogpa accepts volunteers to work in the Baby Care Center and in the Children's Library. Volunteers must commit themselves to three hours a day for at least two weeks in order to be accepted. Visitors who are not parents, staff, or volunteers are not permitted in the baby care center, out of respect and for the safety of the children. Volunteers are also accepted to work in the Rogpa Shop and Café.

Tibet Charity

Temple Road
McLeod Ganj, Dharamsala - 176219
District Kangra, Himachal Pradesh, India
01892-221790
01892-221877
mail@tibetcharity.in
tibccharity@gmail.com
www.tibetcharity.in



Tibet Charity is a large social service organization that provides a variety of programs to support the Tibetan community. These include English and computer classes, an animal care program, and a variety of financial support programs. The "Adopt a Grandparent" program provides financial sponsorship for elderly Tibetans throughout India. The health care program includes a clinic, a home nursing program for elderly Tibetans, and an emergency medical funds program. Tibet Charity provides resources to Tibetan schools throughout India, scholarships to Tibetan high school graduates to attend University, and works to improve science education through workshops and camps. Tibet Charity utilizes volunteers who are certified in Teaching English as a Second Language (ESL) to teach the English courses. Volunteers must commit to a minimum of one month, and a commitment to the full four and a half month session is preferred.

Tibetan Youth Congress

Central Executive Committee
McLeod Ganj, Dharamsala - 176219
District Kangra, Himachal Pradesh, India
01892-221554
01892-221010
info@tibetyouthcongress.org
www.tibetyouthcongress.org



The Tibetan Youth Congress is an advocacy and political action organization with chapters around the world. The Youth Congress advocates for preservation of Tibetan culture and promotion of a free Tibet. They are one of the oldest Tibetans organizations in McLeod Ganj, established here in 1970. The Tibetan Youth Congress follows four aims: 1. To be dedicated to the causes of the 14th Dalai Lama; 2. To promote national unity; 3. To preserve Tibetan culture; and 4. To struggle for the independence of Tibet. The Tibetan Youth Congress organizes cultural

exhibitions, educational campaigns and social welfare activities. The organization publishes a series of periodicals and magazines on the Tibetan cause including the magazine *Rangzen*. The Tibetan Youth Congress is available to assist the community and its members who are in need of help in any way they are able. The Tibetan Youth Congress occasionally accepts volunteers on an as needed basis.

Tibetan Women's Association

Bhagsu Road
McLeod Ganj, Dharamsala - 176219
District Kangra, Himachal Pradesh, India
01892-221527
01892-221198
twa@tibetanwomen.org
<http://tibetanwomen.org>



The Tibetan Women's Association provides services to Tibetan women and men. Their goal is to promote a balanced, equal society. The Tibetan Women's Association conducts workshops on gender sensitization and domestic violence throughout Tibetan settlements in India. The organization advocates for women's rights through the United Nations and publishes reports on the status of Tibetan women inside and outside of Tibet. Through the "Empowerment through Action" program, the organization provides leadership training to lay and monastic Tibetan women. Tibetan Women's Association provides Tibetan women with scholarships for education and connects women with international sponsors. The "Stitches of Tibet" program trains Tibetan women in tailoring, English and mathematics to help Tibetan women and their families become economically self-reliant. Additionally, the organization provides financial assistance to women in need of medical care. The Tibetan Women's Association accepts interns in the fields of

Language Schools

Learning and Ideas for Tibet

Jogibara Road
McLeod Ganj, Dharamsala - 176219
District Kangra, Himachal Pradesh, India
09418-794218
learningandideasfortibet@gmail.com
www.learnngandideasfortibet.org



Learning and Ideas for Tibet, or LIT, is an English language school for Tibetan Adults. They currently offer four classes, a women's class in the morning, an intermediate mixed class in the morning, a beginner class in the afternoon, and a conversation class in the afternoon. All classes are offered for free. LIT utilizes volunteers to participate in English conversation classes and to teach English classes – English teachers must be native English speakers and must commit to one month.

Lha Charitable Trust

Temple Road
McLeod Ganj, Dharamsala - 176219
District Kangra, Himachal Pradesh, India
01892-220992
office@lhasocialwork.org
<http://www.lhasocialwork.org>



Lha Charitable Trust is a social service and educational organization that offers a variety of services to both the Tibetan and tourist community. Lha offers language classes in English, Spanish, French, and Chinese, computer classes, daily yoga classes, a photography training program, and cooking classes. Lha operates a Community Soup Kitchen which provides lunch to 35-50 Tibetans daily between Monday-Saturday at Ahimsa House, the Lha guest house. Lha conducts clothing and book distributions, and runs an eyeglasses program to provide Tibetans with eye exams and glasses. Lha publishes Contact Magazine, a monthly community news magazine with information on local events and organizations. The organization hosts a student cultural exchange program in which university students from around the world are paired with Tibetan learning partners. Lha promotes environmental awareness through the Tibetan language environmental website, www.tibetnature.net. Lha utilizes volunteers to teach language classes, to provide language tutoring, to participate in English conversation classes, to assist with volunteer and teacher coordination, and to run health outreach projects.

Tibet Hope Center

Jogibara Road
McLeod Ganj, Dharamsala - 176219
District Kangra, Himachal Pradesh, India
tibethopecenterindia@gmail.com
www.tibethopecenter.org



Tibet Hope Center is a language school for Tibetan adults that also organizes and participates in community clean-ups and social projects. The organization teaches English through practical skill building activities such as using the computer and booking tickets online. The organization participates in and organizes community environmental clean-ups and social activities. Tibet Hope Center recently opened Oasis Café to support organizational activities. Tibet Hope Center accepts volunteers to teach English classes based on a standard curriculum. Volunteers are also needed to work in Oasis Café.

Volunteer Tibet

Tashi Choeling Monastery, Jogibara Road
McLeod Ganj, Dharamsala - 176219
District Kangra, Himachal Pradesh, India
01892-220894
www.volunteertibet.org.in



Volunteer Tibet is a language school for Tibetan adults and provides volunteer coordination services to foreign volunteers. Volunteer Tibet offers classes in English, French and German, and holds a daily English conversation class. The organization organizes volunteer opportunities for foreigners, either teaching a language class at Volunteer Tibet, or with other social service organizations in McLeod Ganj. Volunteer Tibet utilizes volunteers to teach language classes who must commit at least three weeks. Volunteers are also needed as language tutors and to participate in English conversation classes.

Tibetan Schools

College for Higher Tibetan Studies

P.O. Sarah, Dharamsala 176215

District Kangra, HP India

91-01892-203347

Chts_info@yahoo.com

Ibdindia.org



This college was created to preserve the literary and philosophical tradition of Tibet by offering short and long term higher studies programs, trainings, and workshops to Tibetan youths and international students. The emphasis here is upon Tibetan literature and language; but the college also aims to train its students in personal development, management skills, and education without negating the traditional values of Tibet. Its curriculum includes modern subjects and innovations in order to keep abreast with developments in an increasingly literate and technological world.

Institute of Buddhist Dialectics

P.O. McLeod Ganj 176219

District Kangra, HP India

01892 221215/221452

ibdoffice@rediffmail.com

ibdindia.org



The Institute of Buddhist Dialectics was created to develop the higher education of Tibetans in exile. This has taken the form of a combination of traditional Tibetan disciplines such as Buddhist philosophy, literature, and language as well as modern Western subjects. Their mission is to produce advanced religious practitioners who would spend long periods of time in retreat thus continuing the rich traditions of Tibetan Buddhist practice, train religious teachers, produce interpreters of the Dharma, carry out comparative studies of Western science and Buddhism, and to produce scholars with an awareness of traditional and modern perspectives. In order to meet these aims a wide range of courses are offered at the institute. These include: Traditional courses in Buddhist philosophy, culture, language, literature, poetry, religious and political histories, rites and rituals, and astrology.

Gangkyi Tibetan Day School
(Sambhola Mewoen Tsuglag Pelen School)
(Sambhola Model School)
Gangchen Kishong
Dharamsala, Dist. Kangra, HP India
981-619-4833
Dordolma@gmail.com



Primary and pre-primary school for children ages three to eleven. Founded in 1978 Gangkyi became a basic educational institute in 2003 and was recently modernized in 2011. Gangkyi abides by The Four Aims: 1) Freedom of thought and action, livelihood, and security 2) Altruism 3) Upholding of heritage 4) Innovation. School is in session daily from March 1 until Mid-December, 8:30am-4:00pm, with optional English instruction 4:00-5:00pm. One month of school costs Rs. 140 to cover stationary materials and lunch is included.

Tibetans Children's Villages (TCV)
Upper TCV Children's Village, Residential School, Head Office
Dharamsala - 176216.
District Kangra, Himachal Pradesh, India
01892-220356
01892-221348
www.tcv.org.in

Upper TCV Day School
Temple Road
McLeod Ganj, Dharamsala - 176219
District Kangra, Himachal Pradesh, India



Lower TCV
Dharamsala - 176215
District Kangra, Himachal Pradesh, India

The Tibetans Children's Villages (TCVs) provide care and education to Tibetan children throughout India. There are villages, residential schools, and day schools which provide different levels of care. The focus of the school is on creating a nurturing environment while fostering an education of Tibetan values and it is intended to keep Tibet alive in the youth. Orphaned children under the age of 6 may reside at the Children's Villages, while children with families will be accepted to the residential and day programs only after the age of 6. While Tibetan language and culture are an integral component of the TCV curriculum, students also learn English and other general subjects as well as vocational training.

Yongling Creche and Kindergarten

Jogiwara Road
McLeod Ganj, Dharamsala - 176219
District Kangra, Himachal Pradesh, India
01892-226776
01892-221028



Yongling has a creche for ages 1 ½ to 3 years and a Kindergarten for ages 4 through 6. The Kindergarten is divided into stages I and II for ages 4-5 and stage III for ages 5-6, which is taught in the Montessori style. All instruction at Yongling is conducted in Tibetan, and they attempt to preserve the Tibetan culture in this young generation through teaching traditional Tibetan arts. The cost of the school is a one-time fee of Rs1,000 per child.

Cultural Institutions

The Tibetan Post International

1st Floor Dolkang House Jogiwara Rd.
McLeod Ganj, Dharamsala, Kangra District
Himachal Pradesh, India 176219
+91-988-242-3566
editor@tibetpost.net
thetibetpost.com

TPI is a Tibetan news source striving to promote democracy through freedom of expression within the Tibetan community both in exile and under occupation in Tibet. They have a worldwide readership including Chinese. They seek to provide truthful and reliable information about Tibetans of all social strata concerning the social, political, economic, and educational issues and concerns. TPI gladly accepts the contribution of volunteers especially in the skilled areas of writing (English, Tibetan, and/or Chinese), IT, and photo or video-journalism.

The Tibet Express

Khawa Karpo Tibet Culture Centre
C.M.O Road
P.O Dharamsala- 176215
Distt. Kangra H.P India
91-988-251-6571
tibetexpress@gmail.com
tibetexpress.net

The Tibetan Express is a Tibetan language newsletter and a tri-lingual news website. Their mission is to protect the human rights and democratic government of Tibet. They cover news about Tibet both in exile and in Tibet, the world, religion and culture, education, sports and games and they also collect amazing facts and photo news.

Active Nonviolence Education Center

House #262 1st Floor Khajanchi Mohalla
Khunyara Road, Dharamsala 176215
Himachal Pradesh, India
91-941-843-2361
91-973-622-1468
Executive_directoranec@yahoo.com
Anec.org.in



Nonviolence is a means to settle disputes cooperatively. It is the noble mission of spreading, promoting, and consolidating the priceless message of love, compassion, and peace. It is the very foundation of the struggle for the restoration of human dignity and justice for Tibet. ANEC hosts workshops, trainings, and open forum discussions on nonviolent methods as used by such inspirations as Martin Luther King Jr., Mahatma Gandhi, and His Holiness the fourteenth Dalai Lama. They also warmly welcome volunteers to help with raising awareness of nonviolence, event organization, recruiting, fundraising, website maintenance and development, and research on the principles and practicalities on nonviolence.

Tushita Meditation Center

Tushita Rd. above McLeod Ganj
Near Dharamkot Village
Himachal Pradesh, India
91-189-222-1866
91-898-816-0988
Tushita.info



Tushita Meditation Center is a center for the study and practice of Buddhism from the Tibetan Mahayana tradition. They aim to provide a friendly and conducive environment for people of all nationalities and backgrounds to put into practice the teachings of the Buddha. They offer regular introductory courses to Buddhist philosophy and meditation, as well as intermediate level courses and group retreats for experienced students. They are closed every December and January for winter break.

Himachal Vipassana Centre

Dhamma Sikhara
Dharamkot, McLeod Ganj, Dharamsala 176219
District Kangra, Himachal Pradesh, India
91-189-222-1309
91-189-222-1368
info@sikhara.dhamma.org



sikhara.dhamma.org

Registrastion at office or by phone daily 4:00-5:00pm

Closed during winter

Vipassa is “the art of living” and is one of India’s most ancient techniques of meditation. Rediscovered and taught by the Buddha as a universal remedy for all ills. The centre offers ten day courses which are by donation only and generally are waitlisted. The student goes through a the process of observing specific moral conduct, becoming aware of the breath and bodily sensations as well as the nature of these sensations, then a development of equanimity with these sensations through non-reaction to them, then finally learns a meditation of loving kindness or goodwill towards all beings in which they share the purity with all beings they have developed over the duration of the course.

Lobsang Wangyal

410 Tipa Road

McLeod Ganj

HP 176 219

India

info@lobsangwangyal.com

lobsangwangyal.com

Lobsang Wangyal is a freelance photojournalist and also a producer of art and other events. Lobsang believes that photojournalism is the right weapon for him to fight non-violently for his country to free it from the yoke of communist China. He respects the Middle Way Approach of his leader, His Holiness the Dalai Lama, to resolve the Tibetan issue with China.

Common Grounds Project

Tushita Road

100 Meters Uphill of Main Square

McLeod Ganj, Himachal Pradesh, India

info@commongroundsproject.org

commongroundsproject.org



Common Grounds Project is a grassroots nonprofit organization promoting community-building initiatives while cultivating a common ground for learning and exchange in the Tibetan exile community. They also run the nonprofit venture Common Grounds Cafe, serving not only great food, but also as a gathering point and events venue for the local community. Operating in the virtual world, Common Grounds Online promotes the use of innovative forums, social media and emerging technologies to achieve common grounds of shared understanding between Chinese and Tibetan citizens.

Norbulingka Institute

PO Sidhpur

Near Dharamsala 176057

Dist. Kangra, HP India

91-1892-246405

91-98160-36410

info@norbulingka.orgnorbulingka.org

Norbulingka is dedicated to the preservation of Tibetan language and cultural heritage. The institute contains the Centre for Arts, the Academy of Tibetan Culture, the Literary and Cultural Research Centre and the library and publications department. The institute also runs two Tibetan retreats, one is Norling inside the institute's premises and other is Chonor House, near the Dalai Lama's temple. Norling and Chonor House also provide accommodation. The Centre for Arts offers training in Tibetan statue making, thangka, painting, printing, applique and tailoring, wood carving, wood and metal craft. The Academy of Tibetan Culture offers a six year course of higher education in traditional Tibetan studies.

Tibetan Institute of Performing Arts

McLeod Ganj, Dharamsala - 176219

District Kangra, Himachal Pradesh, India

01892-221478

01892-220587

www.tibetanarts.org

Tibetan Institute of Performing Arts is a traditional Tibetan cultural organization. The cast performs both at the facility in McLeod Ganj on TIPA road and also tours around the world. They are the center for artistic performance within the Tibetan community.

**Library of Tibetan Works & Archives
(Center for Tibetan Studies)**

Gangchen Kyishong

Dharamsala-176215, HP, India

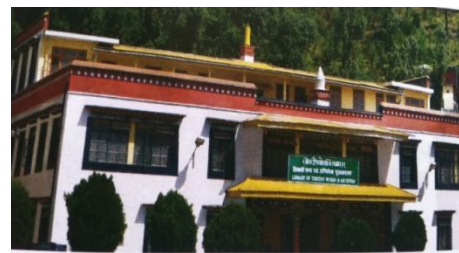
+91-1892-222467/226181

Fax: 91-1892-229106

office@ltwa.netltwa.net / tibetanlibrary.org

Open Monday-Saturday

9 :00am-1 :00pm, 2:00pm-5:00pm

Closed Sunday, Closed 2nd and 4th Saturday every month

The Library of Tibetan Works and Archives has the purpose to restore, protect, preserve, and promote Tibetan culture in all its aspects. They offer courses in Tibetan and Hindi language and Buddhist philosophy (Rs. 300-Rs.500/month) and can provide affordable accommodation for

those enrolled in two or more courses. LTWA offers other services such as photocopying and binding, translation, professional lecture series and has other facilities such as a museum, a canteen (café), a meditation hall, a conference hall, an internet café, and a recording studio.

Political Organizations

National Democratic Party of Tibet

Central Executive Committee

P.O. McLeod Ganj 176219

Dharamsala, HP India

Tibetparty@gmail.com

ndp4tibet.org

The National Democratic Party of Tibet is the political party created by and for Tibetans. Its main aim and objectives are to prepare for the establishment of the political parties in a future Tibet, to promote democracy, to educate the Tibetan people about the significance of political parties, and to create awareness among the people about Tibetan issues. They host talks, seminars, and other programs in schools and universities to inform and motivate the students, and also strive to keep alive the issue of the Tibetan struggle on the world stage. Membership is open to any Tibetans above the age of eighteen who agree with and abide by the party's constitution. Internships and volunteer positions are available.

Students for a Free Tibet

Jogiwara Road

McLeod Ganj, Dharamsala - 176219

District Kangra, Himachal Pradesh, India

01892-220589

www.sftindia.org

www.studentsforafreetibet.org



Students for a Free Tibet is an international nongovernmental organization that promotes the Tibetan cause among the non-Tibetan community. The organization attempts to build international solidarity by advocating for a free Tibet through chapter organizations at Universities around the world. Students for a Free Tibet promote education and advocacy for the Tibetan freedom movement, freedom of political prisoners, and environmental and social concerns within Tibet. They discuss issues with students around India to build awareness among future Indian leadership of the Tibetan political situation.

Settlement Office

Central Tibetan Relief Committee
Central Tibetan Administration
Bhagsu Road
McLeod Ganj, Dharamsala – 176219
District Kangra, Himachal Pradesh, India
01892-221059
01892-220765



The settlement office is an administrative office under the Department of Home with the Central Tibetan Administration. The settlement office provides conflict mitigation and advocates for financial assistance for members of the McLeod Ganj community. This office is the first stop in dealing with the government bureaucracy for the Tibetan people. The settlement office provides child support, child sponsorship, financial assistance for the poor and elderly and legal aid services. The office also oversees sanitation, waste, and water services.

Planning Commission

Central Tibetan Administration
Gangchen Kyishong, Dharamsala - 176215
District Kangra, Himachal Pradesh, India
01892-222287
01892-223693
pc@gov.tibet.net



The Planning Commission, under the Central Tibetan Administration, compiles and publishes demographic and health statistics from the Tibetan Community. The commission gathers a variety of data from multiple departments under the CTA.

Tibetan Centre for Human Rights and Democracy

Top Floor, Narthang Building
Gangchen Kyishong, Dharamsala - 176215
District Kangra, Himachal Pradesh, India
01892-223363
office@tchrd.org
www.tchrd.org



The Tibetan Centre for Human Rights and Democracy advocates for human rights and provides education on the human rights situation in Tibet. The centre publishes journals and articles as well as conducts workshops and campaigns. The centre publishes yearly reports on the Tibetan political situation and maintains a list of political prisoners on their website.

Office of the Reception Centre
Department of Security
Central Tibetan Administration
Near Manji Khad
P.O. Khanyara, Dharamsala - 176218
District Kangra, Himachal Pradesh, India
01892-246304
reception_center@yahoo.com



The Reception Centre is the third and final stop for people immigrating from Tibet to India. After first going through Nepal and then Delhi, Tibetans come to the Reception Centre in Dharamsala to await documentation to then finally reside in India. Upon arrival at the reception center, Tibetans receive a medical screening, immunizations, medications as needed, health education, and referrals to Delek Hospital as needed. In addition, Tibetans of school age will be directed to appropriate school facilities, while adults over 30 years old will begin receiving a monthly stipend for one year.

Environmental Organizations
Mountain Cleaners
Bhagsu, Dharamsala - 176219
District Kangra, Himachal Pradesh, India
09857-476999
info@mountaincleaners.org
mountaincleaners@hotmail.co.uk
www.mountaincleaners.org



Mountain cleaners is an environmental awareness and advocacy organization. They promote environmental education and facilitate local clean up campaigns in the greater Dharamsala area. Volunteers are often needed to participate in clean-up initiatives.

Allopathic Medical Services

Delek Hospital
Kharadanda Road, Dharamsala - 176215
District Kangra, Himachal Pradesh, India
01892-222053
01892-223381
delek@sancharnet.in



Delek Clinic:
Bhagsu Road, Dharamsala - 176219
District Kangra, Himachal Pradesh, India

Delek Hospital is a small, Tibetan run hospital in Dharamsala. It has 20 inpatient beds, holds outpatient hours from 9am to 12pm Monday through Friday, and can handle most small procedures. It is the main tuberculosis center for local Tibetans and the starting point for most serious medical conditions. The hospital provides services for deliveries, stitches, draining abscesses, X-rays, applying casts, lab work, ultrasounds, endoscopies, and chemotherapy (if patient provides own medications). The hospital has an eye clinic and an optometrist. The hospital is not equipped to perform surgeries, and will refer patients in need to Tanda Medical Center or Zonal Hospital. The hospital has a 24 hour ambulance service if necessary. The tuberculosis ward can accommodate approximately 15 TB inpatients. Patients are responsible for a 10 Rupees registration fee, although this is waived for those who fall under the poverty line. Patients then only pay for products used, not for procedures or doctor visits. The hospital has a pharmacy on site.

Himalayan Medicos

Temple Road

McLeod Ganj, Dharamsala - 176219

District Kangra, Himachal Pradesh, India

09418-591237



This is a private pharmacy; Ayurveda pharmacy products and allopathic medications are available here.

Medical Store

Asian Plaza Hotel

McLeod Ganj, Dharamsala - 176219

District Kangra, Himachal Pradesh, India



This is a private pharmacy; Ayurveda pharmacy products and allopathic medications are available here.

Nobel Medical Store Chemist

Kharadanda Road

Dharamsala - 176215

District Kangra, Himachal Pradesh, India



This is a private pharmacy located next to Delek Hospital. Herbal and allopathic medicines are sold here. Over-the-counter medicines as well as most controlled substances are sold at Delek Hospital.

Snow Lion Medical Store

Below Snow Lion Café and Hotel, Jogiwara Road
McLeod Ganj, Dharamsala – 176219
District Kangra, Himachal Pradesh, India



This is a private pharmacy, open mornings and afternoons until 8 pm. Allopathic medications are available here.

Kumar's Clinic – Dr. Satinder Kumar

H.O. Dolma Chowk, Opposite Club House, Surya Hotel Road
McLeod Ganj, Dharamsala - 176219
District Kangra, Himachal Pradesh, India
08894-492837
satinder3737@gmail.com
www.kumarayurveda.com



This is an Ayurveda clinic with a focus on Panchakarma. The doctor takes a holistic approach to medicine focusing on diet and prevention.

McLeod Ganj Hospital

Jogiwara Road
McLeod Ganj, Dharamsala - 176219
District Kangra, Himachal Pradesh, India



This is a private clinic with one medical doctor on staff, Dr. Shailender Minhas. The clinic is open every day except Sunday from 10am to 4pm. The clinic offers immunizations on Wednesdays.

Dr. Tandon Dentist

Temple Road, Downstairs Opposite AB Travels
McLeod Ganj, Dharamsala - 176219
District Kangra, Himachal Pradesh, India
09418-462936
09418-079328
01892-225833
contact@himachaldentist.com
dr.rahultandon@gamil.com
www.himachaldentist.com



This is a dental clinic, open from 11am to 3pm. There is a second location at Kotwali Bazaar in lower Dharamsala. There are two dentists on staff, Dr. Rahul Tandon and Dr. Simmi Tandon.

“Perfect 32” Dental Clinic – Dr. Natasha Mehra

Jogiwara Road
McLeod Ganj, Dharamsala - 176219
District Kangra, Himachal Pradesh, India
01892-221952
09218-742046
09805-449116
perfect32dentalclinic@gmail.com



This is a dental clinic, open Tuesday through Sunday, with the capacity to attend to 7 to 8 patients per day.

Traditional Tibetan Medical Services

Men-Tsee-Khang

Gangchen Kyishong, Dharamsala - 176215
District Kangra, Himachal Pradesh, India
<http://www.men-tsee-khang.org>
01892-223222



Men-Tsee-Khang Clinic:
Tipa Road, Dharamsala - 176219
District Kangra, Himachal Pradesh, India

Men-Tsee-Khang is a facility for research, training and practice of traditional Tibetan medicine. Patients may seek treatment at Men-Tsee-Khang for both acute and chronic conditions. The facility provides extensive training and produce traditional pharmaceuticals. All protocol, training, medicine, education, and administration is run through main office near CTA. There is an inpatient hospital facility for patients to receive medicine, doctor's oversight, and external therapies (massage, medical baths, etc.)

Dr. Pasang Gyalmo Khangkar

Dr. Lobsang Dolma Khangkar Memorial Clinic
McLeod Ganj, Dharamsala - 176219
District Kangra, Himachal Pradesh, India
01892-221668



Dr. Khangkar is a traditional Tibetan doctor. The clinic is open from 9am to 12pm and from 2pm to 5pm, but is closed on Thursdays. There is a dispensary of traditional Tibetan medicine at the clinic.

Dr. Yeshi Dhonden

Tibetan Herbal Clinic

Ashoka Niwas

McLeod Ganj, Dharamsala - 176219

District Kangra, Himachal Pradesh, India

01892-221461

tibetanherbalclinic@gmail.com

Dr. Dhonden is the former personal physician to H.H. the Dalai Lama. He came from Tibet with H.H. the Dalai Lama in 1959 and founded Men Tsee Khang in India in 1962. He is a famous traditional Tibetan doctor who sees patients from all over the world, including many with terminal illnesses. The doctor sees 60 patients per day between 9 AM and 1 PM. Patients must queue in the morning starting at 4 AM. There is a dispensary in the clinic.

Monastic Centers

Gyuto Tantric Monastic University

P.O. Sidhbari 176057

Dharamsala, Dist. Kangra, HP, India

91-1892-236154/234608

91-1892-234609

gyutotantricuniv@yahoo.comgyutomanastery.com

The Gyuto Monastery is one of the most famous monasteries in Tibet and specializes in the study of Tantric meditation, Tantric ritual arts, and Buddhist philosophy. The Gyuto monks practice the major Tantric and have passed these lineages on to the younger generation of monks for over 500 years without disruption. The monastery was re-established in India 1959. The grounds are opened to public visitors but the temple is reserved for the spiritual practice of its members. The Dalai Lama frequently lectures to public audiences here. If interested in joining the order please see website or contact the monastery for application requirements and process.

Jamyang Choling Institute

P.O. McLeod Ganj 176219

Dharamsala, Dist. Kangra

HP, India

91-1892-221189/221089

jamchoe@yahoo.comjamchoebuddhistdialectics.org

Jamyang Choling is an all women-nunnery for Buddhists and potential Buddhists. Here, women may come to nurture their spiritual and intellectual potential as well as get primary education, health education, and computer skills training. Jamyang Choling also offers education in

Tibetan, English, and Hindi language as well as administrative skills. Members live one site, participate in prayer and debate, and also help with chores.

Geden Choeling Nunnery

Jogiwara Road

McLeod Ganj, Dharamsala - 176219

District Kangra, Himachal Pradesh, India

01892-221062

togcn@hotmail.com

www.gedenchoelingnunnery.org



160 nuns reside at this nunnery. It is the oldest nunnery in the exile community, started in 1973. There is a clinic at the nunnery.

Ghadong Monastery

Gangchen Kyishong, Dharamsala - 176215

District Kangra, Himachal Pradesh, India

01892-228464

ghadong@yahoo.com



50 monks reside at this monastery.

Kirti Getsa Tsokpa Monastery

Chonor House Road

McLeod Ganj, Dharamsala – 176219

District Kangra, Himachal Pradesh, India

01892-221526

01892-221748



150 monks reside at this monastery and this monastery runs a guesthouse.

Namgyal Monastery

Temple Road

McLeod Ganj, Dharamsala – 176219

District Kangra, Himachal Pradesh, India

01892-221492

namgyalmonastery@gmail.com

www.namgyalmonastery.org



100 monks reside at this monastery, the monastery of H.H. the Dalai Lama. There is a clinic at this monastery. There are five other branches of this monastery with total of 75 monks between them.

Nechung Monastery

Gangchen Kyishong, Dharamsala - 176215
District Kangra, Himachal Pradesh, India
01892-222791
www.nechung.com
nechungmonastery@gmail.com



80 monks reside at this monastery, which is also home of one of the Oracles.

Tashi Choeling Monastery

Jogiwara Road
McLeod Ganj, Dharamsala - 176219
District Kangra, Himachal Pradesh, India
09816-291228



19 monks reside at this monastery.

Tse-Chokling Monastery

McLeod Ganj, Dharamsala - 176219
District Kangra, Himachal Pradesh, India
01892-221726
tselinggongpa@hotmail.com



21 monks reside at this monastery, and this monastery runs a guesthouse.