



NEWSLETTER

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Tibetan Centre for Conflict Resolution

(Registered under the Societies Registration Act, 1860)

2006 - 07



Rejuvenating Life: That's what many people say is a side effect of TCCR Workshops

Tibetan Centre for Conflict Resolution has been able to carry out numerous activities since the past one year and administratively has also undergone a few significant changes. To begin with, TCCR has formed a partnership with the Heinrich Boll Foundation (HBF) which has been funding all administrative and activities areas of the Centre from the beginning of 2006. We were still in our completion stage of our old project with DANIDA when the HBF project period began.

Another development for TCCR was the addition of a new staff to the post of Information Officer, this therefore increased the number of full time office workers to six and has enabled us to take on many of our activities in a more efficient and effective way. We are now able to work in two teams and conduct two series of workshops simultaneously while also having two staff looking after administrative issues in the office.

TCCR has also a change in its postal address. Since May 2001 TCCR has been using two small rooms at the Nangsi Rest House of the Department of Home which has served as a very comfortable office for all these years. Given that the Home Department needed the rooms for other purposes we were requested to find new premises. Therefore on the 30th of June 2006 we shifted into our new office premises, which is much more spacious and also has a small but cosy area for holding office meetings. This new apartment can easily accommodate six of us and definitely also emanates a feel of TCCR having become stronger and bigger.

During this past one year TCCR has successfully completed the activities laid out in the original projects. In addition to these we have also been able to take on a number of invitations to conduct workshops and to help facilitate workshops for other organisations and groups. This we see as an indication of greater acceptance for TCCR and further strengthening of trust towards TCCR's capabilities and expertise in the field of Conflict Resolution and Peacebuilding.

This newsletter gives an account of the activities conducted between May 2006 and April 2007

Mrs. Else Hammerich is the Founder Director of the Danish Centre for Conflict Resolution (DCCR). She was also a Member of the European Parliament for two terms. At present she is the Senior Advisor of the DCCR.

Mrs. Hammerich first met with His Holiness the Dalai Lama in 1996 when He was visiting Denmark. During that time she was able to relate to Him about the kinds of work done by the DCCR. His Holiness expressed His interest and the wish for such work in our Tibetan Community. Thus encouraged she was able to finally come to Dharamsala in 1999 along with another colleague from the DCCR Mr. Bjarne Vestergaard and

conduct workshops on Conflict Resolution to selected groups of CTA Officials, monks, Settlement Leaders and NGO leaders.

The encouraging feedback and clear wish for more workshops expressed by the participants lead to another idea for training Tibetans to become trainers. In 2000 DCCR was able to generate funds for the Trainers' Training Programme (TTP) on Conflict Resolution and Democratic Processes. The main body of the programme was an intensive six-month at a stretch where both Else and Bjarne remained in Dharamsala to train the group of Tibetans. Several Guest teachers and two follow up training of two months thus completed the TTP resulting in twelve Certified Trainers and the

establishment of the Tibetan Centre for Conflict Resolution.

Else and Bjarne have both remained very close to the TCCR by constant correspondence and visiting for training programmes organised by the TCCR.

Recently in March Mrs. Hammerich was in Dharamsala for a personal visit. We were able to meet our kind and loving teacher and brief her regarding the activities of TCCR. We were also able to organise a special workshop for the staff where Else introduced new tools and methods. She has also agreed to write a piece for the Newsletter which reflects her perception of the TCCR.

Piece of encouragement from Mrs. Else Hammerich

So many discouraging news come to us every day through the media: The ongoing violence in Iraq, the sufferings of Darfur and Palestine- Israel etc. Sometimes I feel quite heartbroken. On this background my visit to Dharamsala in February-March this year was such a joy, especially to visit and make workshops for the trainers of TCCR. It was

The encouragement started already some few years ago, when the first staffs of the TCCR, whom we previously had the privilege of educating, were themselves **educating a new generation of TCCR trainers** during a three months comprehensive program. They did this totally on their own and we, their old teachers from Denmark were merely their obedient guest teachers for two weeks. It was most satisfying to see that we have rendered ourselves superfluous. Isn't that the aim of teaching?

I was not surprised to hear that **the team has extended its activities** to Nepal, Thailand, the U.S. the Philippines. Right from the beginning I knew that the TCCR had a potential not only to serve the Tibetan people and community in exile, and to help strengthen their unity and wellbeing. I also did believe that the TCCR team could reach out and do a difference to other parts of the world. The reason for this conviction was not only due to the personal and professional talents of the original group that I knew so well –and I was happy to reconnect with Karma Lekshey, Sonam Dechen and Namgyal Dorjee, who are still very engaged and creative. Another main reason for my optimism was the deep links, which obviously exist between nonviolent conflict management and the philosophy and psychology of Buddhism. During the initial training the trainees insisted on having lectures from wise lamas and our very first teaching was given by H.H. the Dalai Lama himself. So I appreciated to learn that the team is still exploring and **deepening the coherence between conflict resolution and Buddhism**, as expressed here by Tsering Bhuti, another member of the team: 'as one could find the path to break through from rotatory existence or six realms likewise Conflict Resolution empowers to break away from the spiral of violence and engage in constructive Peacebuilding'.

I think one **trademark of the team** is its democratic approach and the participatory methods, which they use skillfully and which they develop in new, innovative ways all the time. What was most exciting for me to learn was that the TCCR team is **developing new methods and new projects, which are unique** because of the integration of Buddhism and nonviolent conflict management. These innovations ought to be described and passed on to a wider audience and to other centres in the world.

The only problem I found in the future situation of the TCCR was that it is not easy to find **new qualified and stable members of the staff**, since young people of the exile community naturally are looking for a durable and well paid livelihood, or new education opportunities in India and abroad. So maybe the TCCR will have to educate another generation of trainers, and I really hope that they will find engaged and qualified people, who can and will commit themselves for a longer period of time.

I wish to extend my warmest regards to the TCCR Team and share how happy and satisfied I have been after meeting you again and seeing how TCCR is growing stronger.



Workshops at Tibetan Settlements

Our Settlement workshop series is one of the oldest standing series of workshops. Since our inception in 2001 we have been carrying out workshops in the Tibetan Settlements. We have now reached out to all the settlements in India and most of the settlements in Nepal. During the past year we were able to conduct twelve four-day workshops in eleven different Tibetan settlements.

Venues for the three series:

We conducted our first series in June and it was decided that we would begin with the settlements that have not been reached before. Therefore these four settlements surfaced, Kumrao, a very remote settlement in Distt. Sirmour; Dalhousie, a small hill town in Chamba district both these places are in the state of Himachal Pradesh. Tibetan camp of New Aruna Nagar in Delhi which is heavily populated by business people, pilgrims, students, people who are mostly there on transit along with the local residents. And finally Clement Town near Dehradun capital of the state of Uttaranchal, a small area clustered by Tibetan homes, shops and Monasteries.

Trainers: Ms. Sonam Dechen and Mr. Namgyal Dorjee

Venues: Delhi and Dalhousie.

Trainers: Mr. Karma Lekshey and Ms. Tsering Bhuti

Venues: Kumrao and Clement Town



Participants making presentation: Shimla

During September we carried out a second series of settlement workshops. This time we decided to target four settlements in the northern Indian state of Himachal Pradesh and Uttaranchal. Manali, Shimla, Lakhanwala and Rajpur are settlements that TCCR visited for workshops several years ago in 2001 and 2002.

Trainers: Ms. Sonam Dechen and Ms. Tsering Bhuti

Venues: Kullu-Manali and Shimla

Trainers: Mr. Namgyal Dorjee and Mr. Sonam Wangdue

Venues: Lakhanwala and Rajpur



Group work at Lakhanwala

While the preparation for the third settlement series of workshops began in early February they were carried out in the month of March 2007. The Tibetan New Year or 'Losar' was in late February and through our experience of working in settlements for several years, we knew that a period of few weeks after Losar would be one of the most favourable times for organising workshops. For a period during late February and March in most settlements there is no work related with cultivation or harvesting and also the people involved with winter sweater business have returned. For the third series we conducted four workshops in settlements of southern India all in the state of Karnataka they were Hunsur, Kollegal and Mundgod.

Trainers: Ms. Sonam Dechen and Mr. Namgyal Dorjee

Venues: Hunsur Rabgyaling and Dhondenling, Kollegal



With XII grade Students of CST Mundgod

Trainers: Mr. Karma Lekshey and Ms. Tsering Bhuti

Venues: CST Mundgod and Doeguling settlement

Participants:

Each of these workshops was very keenly attended by all the participants. Our participants ranged from school going youths to above seventy-year olds. Some were highly educated in various fields while some had never been to a school. Some were respected public figures while some labelled drug users and trouble makers. It was during the second series of workshops which were held in September and October that we were concerned about the participation of the settlers since most of them were dependent on the winter sweater selling business and during this time they were beginning their preparations. But in all the workshops we have been able to retain our participants for all the four days and it was very humbling as well as encouraging when many of them shared that they had initially planned to leave in between the workshop but later changed their minds and postponed their journey so that they would be able to complete the workshop.

TCCR has been able to bring together teachers, students, nurses, monks, nuns, office goers, farmers, carpet weavers, ex-army men, jobless youth, NGO activists, camp leaders, homemakers and senior citizens. This has always been a very striking attribute of our workshops in the settlements. Although having such an assorted group has its challenges it also never fails to bring out a vibrancy and energy that many other inclusive workshops fail to do.

Experiences:

All these settlements are varied in their geographical situation with different weather conditions and livelihood. The settlements we visited during our first and second series were largely dependent on the winter sweater selling business. While those settlements visited in our third series along with the winter business were also a farming community. Depending on the local resources and conditions each of these places was unique in their own ways. In the Delhi workshop the participants were mostly educated people working in the various Tibetan offices and NGO's in Delhi. The Delhi workshop was also different from the others because of the large media attention it drew due to the presence of the various Tibetan radio and press journalists there. The Welfare Office of Kullu-Manali region is situated at a remote village half way between Kullu and Manali a place called Dobhi. The participants therefore travelled each morning for around one hour by bus and jeep to reach the workshop venue by 9am. One of the major concerns that surfaced during the Dobhi workshop was the easy availability of marijuana, which grows wild in the Kullu valley thus posing a greater threat of drug abuse in the community. The participants felt that empowerment and counselling at a young age in schools would greatly help the youth. In the Rajpur workshop all the participants were young people and majority of them had undergone rehabilitation from substance abuse. They felt that the workshop was very useful in clarifying many doubts and fears they had in their minds regarding their present life situation and would be helpful in turning them towards a positive future.

For the settlements we visited in south India during the third series, many of the above mentioned issues were also of concern for them but some of their problems were unique to their part of world. To begin with, there were differences of opinions regarding farming methods. Many Tibetan farm-



During a refreshment act at Clement Town

ers had adopted organic farming but some still were sceptical of it due to various reasons. All farmers had their apprehensions about the monsoons, whether it will come on the usual time or instead destroy all the seedlings. Almost all the farmers in Hunsur, Kollegal and Mundgod were dependent on the monsoon rains. Then if everything does turn out desirably and they do have a good yield another major reason for worry for the farmers was the wild elephants that would come in herds from the dwindling forests and eat and destroy acres and acres of their whole year's labour. There have been many cases in Hunsur and Kollegal where the farmers patrolling the fields were attacked by the wild elephants. This therefore ironically makes the act of farming a dangerous occupation in itself.

While a lot of focus was given to the problems faced by the youth leading them to becoming violent and irresponsible individuals in the community in several of these workshops, discussions on the current political situation took a high



Enacting a role-play at Hunsur

precedence in other workshops. Each of these workshops brought forth honest confessions and sincere sharing.

Conclusion:

We have been very fortunate in being able to execute our programme according to plan and be able to conduct these twelve successful workshops. This we believe could not have been possible without the help of the Settlement Leaders who have played a key role in organising these workshops and bringing together the groups of participants. We must also mention that at Clement Town we contacted the Regional Tibetan Women's Association who very graciously agreed to help us and most efficiently handled the organising of that workshop. We would like to thank all our partners for helping organise these workshops and arranging for the adequate number of participants. We also thank all the staff who gave us their complete co-operation in arranging for cooks and helpers thus making it possible to serve food for the participants which contributed to saving more time for workshop. We would finally like to thank all our participants for their interest, valuable time and wonderful co-operation.

Feedback from participants:

** First of all from the core of my heart I thank with great honour and respect the trainers who have put a new brain and new soul into my body and really made me a different person just in four days. I will not be exaggerating when I say that you both have acted like a great waking light that has eliminated the darkness around. This workshop has given me confidence, encouragement and strengthened my power of thinking and set me on the right path. In short it has been like giving medicine to a patient. I have gained some useful methods and skills. I will make sure that the energy which you both have poured on us will never go waste. I will definitely go on utilizing these methods in future and make myself and others benefit from the magical tools you have given us. On behalf of Dalhousie community I request your Centre to visit our place again and again.*

- A young man from Dalhousie

Workshops for New Comers from Tibet

Workshop at Reception Centre, Dharamsala:

Trainers: Mr. Karma Lekshey and
Mr. Sonam Wangdue

Dates: 24 to 27 July 2006

Background:

Every year there are Tibetans who escape their mother land and reach India making a hazardous journey over the Himalayas looking for an opportunity to get blessings from His Holiness the Dalai Lama and be able to study Dharma, Tibetan or English. The newly arrived Tibetans from Tibet are stationed at the Reception Centre at McLeod Ganj, Dharamsala during their initial days. TCCR has in the past years conducted workshops for them. Our workshops aim at enabling a smooth transition for the newly arrived Tibetan refugees coming into exile from a life under a communist regime into democratic India. We feel that organising Conflict Resolution workshops for them would be very useful both at an individual level and at a social level. It could help them to become more comfortable with the alien environs and learn some useful skills of communication and non violent conflict resolution. These workshops also would prove useful in breaking a lot of wrong perceptions they may have formed of Tibetans who are born in exile and also of our host Indian communities.

The Programme:

The participants were some, young children but majority of them were adults. Keeping in view the fact that these people had recently made a very harsh and dangerous journey from across the Himalayas into India the workshop attempted to make the participants become more relaxed and comfortable. Taking also into consideration that they were in India for the first time in their lives, the first day and parts of second day were dedicated to introducing them to the various aspects of the exile community and how we live together with the host Indian communities. We were also able to give them information regarding some of the

laws of the land and answered to their queries. We dealt later with various communication skills, listening skills and basic conflict resolution skills. The participants were slowly able to break through their timidity and ask questions and discuss and debate with each other.

Conclusion:

Although the Reception Centre was busy with regular official proceedings and other orientation courses, they were able to find time for TCCR to organise its workshop. We would like to thank the Director and other staff at the Reception Centre for making this workshop possible. We would also like to thank our participants for welcoming us into their group and sharing with us parts of their lives.

Feedback from participants:

** This workshop offered me joy and happiness after a long and dreadful journey from Tibet. Everyone here is a stranger to me, I have no one to share my grievances and how much I am missing my family back home. However this workshop created such a wonderful space where every body can share without any fears, because of such a friendly atmosphere there is smile on every one's face and I feel more relaxed. These days have been the happiest times after departure from Tibet. This workshop also makes me feel closer to our exile Tibetan community. I have gained a lot of knowledge about way of life in exile and our host community. So it would be wonderful if TCCR can conduct more workshops to new comers.*

- A girl from Tibet.

Workshop at Norbulingka Institute for Academic students:

Trainers: Ms. Sonam Dechen and
Mr. Namgyal Dorjee

Dates: 16 to 19 August 2006

Background:

We have a very good working relation with the Norbulingka Institute. Several times in the past we have conducted workshops for their academic and crafts departments on their request. This time we organised a workshop for the Academic students of Norbulingka who were doing their degree course in Tibetan Language and Literature.

Participants and Programme:

There were twenty-one young men and women who had escaped from Tibet mainly to get an opportunity to study in India and they were from different parts of Tibet. Unlike the participants from the Reception Centre these students had spent some three to seven years in exile mostly dedicating themselves to studying and some of them doing part-time work at restaurants. Except for three women all the participants were men and out of them three were monks. They were all very young most of them aged 20 to 25, few of them were in their mid thirties.



With the participants at Norbulingka

We realised that some of them had attended our workshops in earlier years. One young man said when he first came to India four years ago and was stationed at the Reception Centre at McLeod Ganj he was able to attend a conflict resolution workshop by TCCR and he felt that this greatly helped him in being able to face the challenges of exiled life more amicably. Three others had attended our earlier workshop at Norbulingka. Therefore we worked on using new methods and case stories and topics. These participants were very active, in fact one of the most active groups we have worked with. They were willing to take on the ideas laid out by us and explore the possibilities and share their own views in a most articulate fashion. Two issues we particularly dealt with were the relation between Tibetans and local Indians and the relation between newly arrived Tibetans and those who are born in exile. For the latter the participants shared that even a simple gesture of leading a workshop by young trainers who are born in exile for a group of newly arrived Tibetans was able to break through a lot of stereotypes and doubts they had.

Conclusion:

We really enjoyed leading this workshop as the participants were very articulate and active. There were challenging discussions and extremely serious sharing of personal stories too. We have been encouraged and urged to work with groups of new arrivals from Tibet again in the future which we most willingly plan to continue with. We thank the Norbulingka Institute for having such faith in us and arranging for four full days for the students to attend our workshop.

Feedback from participants:

**I have wandered around many places for the past six years, it is my first time attending a Conflict Resolution workshop. After coming into exile in India, I had a very strong desire to share my experience with Tibetan youths born in India. But stereotypical views formed in my mind hindered building relations with them. This is my first time having deep discussions with those born in India. The two trainers' behaviour and way of conducting the workshop were exemplary and I am very impressed and inspired by you two. I have also been able to break through the stereotypes and doubts I had in my mind for those born in Exile and now have renewed trust in them.*

This workshop has made me realise the way I have been thinking and perceiving various situations in life for the past 20 years of my life. I have also been able to clearly see what was lacking in my own personal ways of communicating. Thank you.

** I would like to thank TCCR for working with us. This workshop teaches us new ideas and methods of dealing with the conflicts in the community in a very practical way. If we think about the real conflicts and challenges we face in our lives the tools of conflict resolution, I feel would be very useful and important. So in the future I feel that this workshop will be very useful for not only the Tibetans but for the entire humanity. On a larger scale it will contribute towards sustainable peace in the world.*

Tibetans are generally peace loving and wish for non-violent resolution to all the conflicts in the world. Through such workshops and peacebuilding activities conducted by a Tibetan organisation, which contribute significantly towards world peace, I think we Tibetans will definitely become an important asset to the world community. In future please continue your good work.

Youth Gathering for Peace at Mindoro, Philippines

Background:

In July–August 2005 TCCR organised in Dharamsala an International Youth Workshop for Peace in Asia in partnership with Red Cross Nordic United World College (RCNUWC) and International School Manila (ISM). TCCR was approached by Mr. Mark Pulfer from RCNUWC who had co-organised another International Workshop on Human Rights at the Tibetan Children's Village School in Dharamsala a year before. We were five facilitators who worked together on the planning and execution of the whole 15 day programme for youth from different parts of Asia and Europe. TCCR took charge of the logistic preparations helping with visas and accommodation and the others selected all the non-Tibetan participants and raised funds for the project.

Inspired by the success of this International Workshop for Peace in Asia, Mr. Tim Boulton from the International School Manila worked towards another International workshop, this time in the Philippines. Mr. Benjamin Abadiano (Benjie) was the local organiser and also one of the facilitators, he brought in many participants from Mindanao. Benjie is a Magsaysay Award winner, he is the president of the *Assisi Foundation*, which was the host organization. Tim, Mark and Benjie together worked on finding funds as well as looked into the logistics, finding the venue, putting together a team of facilitators and bringing in all the participants which collectively made this "Youth Gathering for Peace" possible. Mr. Boulton requested Ms. Sonam Dechen to help facilitate this workshop and also invited another TCCR trained member Ms. Dolma to participate

Participants and Venue:

Youth Gathering for Peace was held from 15-23 July, 2006, at Tugdaan, a small school within an indigenous community in the mountains of Mindoro, Philippines. This was an international workshop with participants from: Australia, Korea, Japan, Nepal, Tibet, India, The Philippines,

Germany, Canada, and America. Except for the participants from Nepal and Tibet (referring to the Tibetan refugee community in Exile) all other participants from these different nationalities were living in The Philippines as students at International School Manila and locals from the Island of Mindanao. Again those participants arriving from Mindanao were very varied in their language and culture. Some were Muslims, some Christians and some were Indigenous people (IP).



Welcome by the Mangyan community

The participants varied widely in their religions, cultures, prior knowledge about peace issues and experience in activist work. This diversity both presented challenges and gave the workshop its distinctive flavour. Because of the different backgrounds of knowledge and experience, the facilitators had to constantly assess the level at which the information and activities of the workshop should be pitched. But the different backgrounds and experiences from which the participants came also was a clear strength of the workshop, as they contributed a wealth of perspectives from which everyone learned and benefited. Virtually all of the participants were excellent and made substantial contributions.

Conclusion:

It was such an honour to be invited to co-facilitate this workshop and be given the opportunity to deal with the conflict resolution aspects and represent TCCR and Tibet in another country. This is the first time for TCCR to send a representative to facilitate an International workshop outside the Indian subcontinent. Apart from being able to strengthen the relation with our old partners we have also been able to connect with new NGO's and make new friends. We would like to thank Mr. Tim Boulton for the trust and appreciation he has shown in the expertise of TCCR.

Youth Empowerment Workshops

Background:

During one of our Governing Body meetings Mr. Tsering Dhondup who is the Secretary of the Department of Home and also one of our Board members expressed his wish for us to work with the students of the ISTL at Nelamangala, Bangalore. In September when we sent out the advertisements for our Youth Empowerment Workshops for college students the Department of Home requested us to organise a workshop at Institute for Small Trade Learning (ISTL), Nelamangala during this trip. The concerned staff at Nelamangala gave special attention to the planning of the workshop by calling our office to discuss needs and preparations necessary for the workshops, we also talked about the general background of the participants, the wishes of the Institute and other logistic preparations needed.



An energizing lecture session

The Participants:

There were 94 young people aged between 18 to 30 years, majority of them were in their late teens and early twenties but there were also a few who were in their late thirties or early forties were married and had children back home. Most of them were school dropouts but two or three of them had done their graduation. They were from various Tibetan Settlements mainly from South India but also from other parts of North, Central and Northeast India. The participants were engaged in many different courses in various Institutes in Bangalore and at the Institute for Small Trade Learning itself. ISTL had hostel facilities for both men and women and also had Tailoring and Carpentry departments. There were students who were doing Computer Software, Hardware & Networking, Multimedia, Beautician, Auto-Mechanic & Driving, Hairdressing, Mobile Repair, E.M. Farm Development, Carpentry and Tailoring



Working in small groups

Experiences:

All three workshop training team found it challenging to engage the participants in discussions in the beginning. Gradually they became more active and out spoken. There was a general feeling that a large number of our participants had very low self-esteem and few of them were not taking their training and the workshop seriously. We could also make out that some of them were using intoxicating substances even during the workshop. Therefore it was difficult to involve those few in the group and plenary discussions. Throughout the workshop we tried to empower them by giving them opportunities to explore their talents and capabilities.

Towards the end of the workshop it was such a pleasure to see that our participants were actually challenging our views and asking intelligent questions and debating with each other, this we think is such an achievement. For us it was more important that these youngsters are attracted to the workshop and get involved with the ideas and skills introduced. Therefore we made an effort to maximise small group works, simulation exercises and games with messages. This helped us keep the young people active although they have already had a long day of studying their own courses. We felt that our giving them equal respect and showing our interest in their views and ideas made many of them come out of their shyness and begin taking a bigger role in discussions and stating their views.

Conclusion:

We would like to conclude by expressing our appreciation for ISTL and DOH for exploring various ways in which to provide a holistic education and educational atmosphere for the students. We have agreed to conduct workshops at the ISTL for their next batch of students. We would

like to thank all the participants of the three workshops for being so co-operative and active during all the four days. We would also like to thank Mr. Kunchok Dhondup the Administrator of ISTL Nelamangala for taking so much interest and spending his free time after office hours to be with all the three workshop groups. Thank you also to the staff at ISTL some of who have had to give up their residences during the time we were there to make room for us, thank you for your hospitality. Special thanks to Mr. Topgyal Tsering, Joint Secretary of DOH who took the initiative by contacting us for these workshops. And finally we would like to thank the Secretary of the Department of Home Mr. Tsering Dhondup for putting forward this idea of TCCR working with the students at ISTL without which the whole project would not have materialised.

Feedback from participants:

** This workshop is my first and it was really very interesting. It teaches many values and makes us aware of past mistakes. It helps us boost our confidence. It also helps me to tolerate. And I also learnt how to talk with friends learn about conflicts and active listening. This workshop is useful in our daily life. I feel that you taught very well keep it up. I hope that you can have more such workshops.*

** We are so thankful to you the members of TCCR for such a brilliant way of teaching fundamental lessons etc. to all. One more interesting thing about it is that to everybody no matter old or young, literate or illiterate, your teaching method is understandable by all fast and easily. I was very shy and hesitate to express my feelings, when I tried to say something I felt very nervous. Now I can say I learned how to face others and I am more confident.*



The youth are encouraged to face the group

Workshop for B.Ed students

Trainers: Mr. Karma Lekshey and Ms. Tsering Bhuti

Dates: 28 to 30 August 2006

Background:

This workshop for the B.Ed program was in line with our long term aim to introduce the tools and skills of Conflict Resolution in the Tibetan school curriculum. Department of Education of the CTA requested us to conduct a three-day residential workshop on Conflict Resolution and democratic processes to the B.Ed trainees at Sarah institute. In preparation we held discussions with Mr. Tsering Samdup la, the Education Officer, who accentuated that apart from emphasizing on strengthening the student-teacher relation and relation among teachers themselves due consideration should be given to the relation between administrators and teachers as well. He believed our tools and skills of Conflict Resolution would certainly prove worthwhile in the process of management and in teachers' tasks.

The Participants:

There were 29 participants aged between 25 – 35 years and all of them graduated from various Indian Universities and Tibetan Institutions. Many of them completed their basic studies from Tibet. Their field of studies varies from Linguistic, History, Economics, Geography, Science, and Mathematic to Tibetan studies at Sarah Institute itself.



With B.ed students at CHTS,

Preparation and evaluation:

The trainers have spent days in planning this residential workshop because of the advantage to hold evening sessions, keeping in mind the needs of the participants in betterment of the field they were pursuing. Evening sessions were

designed to bring relaxation and a lighter atmosphere while ensuring that they imparted a strong message of co-operation and communal harmony. We have made special efforts to create examples and case stories based on relations among teachers themselves, with student and with concerned dealing administration. This residential workshop concluded on third day with much satisfaction to trainer's aspiration and as well to participants. We received encouraging feedback from many participants stating that they would like TCCR to visit again with more such knowledge and that the knowledge they received was enlightening. The participants said that they learnt many useful tools and skills which would enrich their would-be profession as a teacher. They said their confidence levels were boosted and that they gathered new knowledge and methods of teaching which they would certainly use as a teacher.

Conclusion:

Their complete co-operation, respect among each other on views and perceptions, inquisitive and receptive minds lead this workshop to conclude successfully. Mr. Tsering Samdup's words on the concluding day, "Sometimes we provide candies

Message from Department of Education, CTA:

We would like to take this opportunity to thank Mr. Karma Lekshey (Director), Ms. Sonam Dechen (Associate Director) and all the staff of TCCR for accepting to be the resource persons for our Workshops given to Teacher Counselors and Teachers of the Schools whenever it is requested.

The sessions or training organized by the team of TCCR at our workshops for Teachers Counselors & Teachers were highly impressive. We found the whole training very interesting & effective. It is not only Mr. Tsering Samdup (Education Officer) and me but also the participants of our workshops who found it very practical, effective & interesting. It was strongly recommended by the participants to include sessions on Conflict Resolution in our future workshops too.

The training has a very positive impact on the participants especially in helping them open up, verbalize & communicate what is going within them as well as help them think in a positive way. The best of all was learning about the differences between judgment, observation & assumption which if not understood is the root cause of all Conflicts.

Thanking all of you once again.

Wishing the TCCR team very successful years ahead!

Sincerely,

Mr. Tsering Samdup (DOE, Education Officer)

Mrs. Donkar Wangmo (DOE, Counselor)

believing that they would be found sweet by the tasters, but it doesn't always turn out this way but somehow today I believe through my observation and talking with the participants that this workshop of TCCR was found as sweet as I hoped it would be, that's really good and I am happy". Nothing more needs to be said this remark in itself is a strong mirror of the workshop. We thank the DOE and Mr. Samdup in placing so much trust in us.



A creative group discussion

Feedback from participants:

**It has always been very difficult for me to stand up, ask questions or face the group in the classroom or in any workshop. But in this workshop, participants have been encouraged to face each other and opportunities of presentation were given us. This enhanced our self-confidence and re-energized us, I want to thank for that. The most important learning I got was how to lead students in a right way by using opening language and how to open up the students' fears through practicing active listening. I assure you that I would try to follow these steps in the future as a teacher.*

When I heard about conflict resolution workshop, I thought you would teach how to resolve only when a conflict has occurred. Therefore, I felt it quite unnecessary. However, when I received such knowledge it clarified my needs. As a student training to be a teacher, I learnt many new understandings on maintaining the relation between teacher and student and ways to communicate in future. Not only this, all the topic in this workshop are important useful for one's life. I request you to continue such workshop.

Guidance and Counselling Workshop for DOE

Trainers: Mr. Karma Lekshey and
Mr. Namgyal Dorjee

Dates: 26 October 2006

Background:

Tibetan Centre for Conflict Resolution was invited once again to conduct two sessions at the 2006 Guidance and Counselling workshop organised by Department of Education (DOE) of the CTA. This year again they had brought together a group of teachers from different Tibetan Schools in north India and Nepal. Their programme was held at the Institute for Higher Tibetan Studies, Sarah. Chief Career Counsellor of DOE, Mrs. Donkar Wangmo contacted TCCR and requested us to lead the Teachers group for two afternoon sessions.

The Programme:

Having an all teacher participant group as our target we planned this workshop keeping in mind the needs and the role of the teachers in their schools and the relation with their students, among themselves and with the parents of their students etc. For these two sessions we chose to include the topics of Conflict Understanding and Active Listening but the enthusiastic participants urged us to introduce Non-violent communication too during the concluding part.

We were very warmly received by the organisers and the participants. Right from the beginning of our session the participants showed much interest and gave us complete attention which encouraged and energized us. The teachers were so active and enthusiastic that we did not have to include refreshment games in between the topics. The topics were very well digested by the participants, they asked different questions that clarified their doubts and misunderstandings. This time some teachers brought out some real case stories from their schools and asked for our expertise. We handled them with utmost attention and gave them our best practicable guidance and feedback.

Conclusion:

We are greatly satisfied with the active response from the participants, their eagerness and their determination to serve our community. We received very strong

suggestions by the teachers for us to work with the Tibetan schools, since this is also one of TCCR's future visions we will definitely work towards co-operating more closely *with the school administrations.*

WISCOMP Conflict Transformation Workshop at New Delhi

Background:

Women in Security Conflict Management and Peace (WISCOMP) is the women's branch of the Foundation for Universal Responsibility of His Holiness the Dalai Lama. From 28 Oct to 4 Nov 2006 WISCOMP conducted their 5th annual Conflict Transformation Workshop. This time they had decided to bring together twenty-five selected participants from the four previous annual CT workshops. Therefore as alumni from the 2003 workshop, Ms. Sonam Dechen was one of the chosen participants.



Sonam making a presentation

The Programme:

The workshop explored the frameworks of Prevention and Transformation, concepts which have been elaborately dealt with in previous workshops' proceedings and reports. The focus of this year's workshop was *Multi-track Peacebuilding* which emanates from the growing acknowledgement that the establishment of sustainable peace must be an inclusive process. It refers to the efforts of all governmental and non-governmental actors with interests in the transformation of violent conflict, to join forces in a complementary fashion in order to ensure that their respective comparative advantages can be turned to

positive ends. The range of actors include government diplomats, politicians, business leaders, conflict resolution professionals, women's groups, community leaders, journalists, NGO workers, academics and trauma healers. It includes processes ranging from crisis management and negotiation to the more long-term efforts at transformative dialogue, relationship building, and restorative processes for justice and reconciliation.

Another major issue that we dealt with was the depiction and interpretation of historical events, particularly those that shape the identity of nations, having the potential to become conflict-perpetuating factors, particularly in regions where prejudices are deep-rooted. In this context, the session on 'School Curriculum and Pedagogy in India and Pakistan: Changing Profiles' focussed on primary research conducted by the workshop participants to analyse the impact of high school textbooks on perceptions about "the other" (defined in terms of religion, ethnicity or nationality). The workshop also provide a context for participants to interact with scholars who have conducted research on the teaching of history in India and Pakistan, and its implications for efforts to build long-term peace and security in the region.

There were also simulation exercises, interactive theatre, film screening, film discussion, book review, a special quiz on Kashmir and several panel discussions that brought together some highly resourceful people like Mr. Shiv Shankar Menon (Foreign Secretary of India), Shyam Saran (Special Envoy of the PM for Indo-US Nuclear Deal), G. Parthasarathy (Foreign Policy analyst), C. Raja Mohan (Strategic Affairs Editor, Indian Express), Javed Jabbar (Former Senator, Pakistan), Narayani Gupta (Professor, Dept of History JNU), Anna Kaisa Heikkinen (Second Secretary Embassy of Finland, India) and the list goes on.

Conclusion:

We are very happy to maintain our relation with WISCOMP through such invitations and look forward towards a stronger partnership and co-operation in future projects. We would like to thank the Wiscomp team for their support and encouragement. Thank you also for allowing a short presentation about the Tibet issue.

Workshop at House of Peace and Dialogue

Trainers: Ms .Sonam Dechen and Ms. Tsering Bhuti

Dates: 6 to 8 April 2007

Background:

The "House of Peace and Dialogue (HPD)" was established by the Tibetan Children's Village primarily to organise various programmes on the issues of – Peace, Non-Violence, Buddhist Philosophy, the Truthful Practices of Gandhi and H.H. the Dalai Lama, Global Harmony, Universal Responsibility and Sustainable Livelihood, etc either solely or in close collaboration with other like-minded organizations.

The HPD premise was inaugurated by H.H the XVII Karmapa Rinpoche on 26 October 2006 and for the inaugural workshop they invited TCCR to conduct a workshop on Conflict Resolution for their senior students.



President of TCV Schools Mr. Tsewang Yeshi addressing the inaugural ceremony

Participants and experiences:

The preparation for this workshop began in February when Mr. Norbu Jinpa visited TCCR with the proposal as directed by Mr. Thupten Dorjee TCV General Secretary. Keeping in view the needs of the students and the suggestions of Mr. Norbu the TCCR trainers drafted the programme for the workshop.

The TCV President Mr. Tsewang Yeshi along with the Principal and Directors attended the opening day function. They together with the TCCR trainers planted a tree to symbolise growth and purification.

There were 25 participants, in equivalent numbers from class XI Upper TCV and TCV Gopalpur class XII. The students had

mostly volunteered and had been selected on that basis. The Gopalpur TCV students were put up at the HPD and since the other students from Upper TCV were from Hostels and Homes within the school premises this gave us an advantage of holding evening sessions. In all we had two morning sessions, two short afternoon sessions and one evening session each day. HPD provided food, tea and snacks for the whole group. This enabled a closer bonding among the participants and we believe it saved time and made it possible for covering a lot of topics within the given time frame.



Interactive role-play by the students

Feedback from participants:

** Frankly speaking, back in school because of long lectures I always feel really bored and easily tired but during this workshop all the teaching methods are very different and unique. You gave us the opportunity to share our thoughts and also show our talents. They are really very useful for all of us specially a timid girl like me. I feel that this workshop was resourceful, enjoyable, interesting and knowledgeable; I really can't imagine how quickly the days have finished. You gave me the courage and taught me to be a good mediator as well. Thank you*

- Class XII Girl

Inspirational Follow-up by Participants:

We are very happy to receive information from Mr. Norbu Jinpa that the participants of the TCV Gopalpur have given a successful presentation in front of the whole school regarding the knowledge gained from the workshop. We have also received appreciations from the Principal Mr. Tenzin Sangpo himself.

Conclusion:

We would like to thank the TCV for having trusted us with the inaugural workshop of the HPD. We believe that this was a huge success based not only on the feedback that we received from the participants but based also on the fresh invitations we have received to work again with the TCV for various other sections.

Other Publication of the Centre

Brochure

We brought out the second edition of our brochure in Tibetan and English languages in April 2004. We have attempted to make our brochure concise yet providing a vivid information about our Centre. Its text contains the aims and objectives of the Centre, a brief introduction to how we perceive conflicts, a brief background and information regarding activities of the TCCR. Apart from this it also contains information regarding the Governing Body of the Centre. This literature has already reached out to thousands of people and organisations and therefore has introduced the Centre on a large scale.



TCCR Bulletin

In accordance with our plan to publish a report to portray and advertise the activities conducted by the Centre we came out with our report named "TCCR Bulletin". In the TCCR Bulletin we have outlined the services rendered to the Tibetan community through working at the grassroots and spreading the skills and tools of non-violent conflict management. The TCCR Bulletin has been widely distributed in the Tibetan community, to the various Non-Governmental and Government offices. We have received accolade and appreciation for our work and its outcome.

TCCR Manual

TCCR has a training guide or a manual called 'Meeting Conflicts Mindfully'. This was written by Ms. Else Hammerich and Mr. Bjarne Vestergaard to be used as a training manual and was published by TCCR in 2001. This is available both in Tibetan and in English and contains a detailed insight into the understanding of conflicts and various tools and methods of conflict resolution. This is a very easy to understand manual for which we have received wonderful feedback from readers. It can be purchased from the TCCR office.

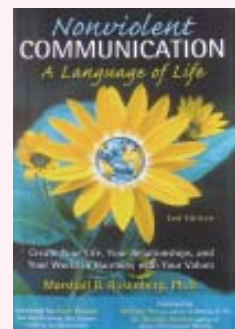
TCCR Newsletter

TCCR brought out the first edition of its annual newsletter in Spring 2005. The newsletter is an important media through which we are able to keep our community and friends all around the world updated with the activities of the Centre. The newsletters contain detailed information about the kinds of workshops we have conducted, the training programmes, public meetings and Buddhist teachings. It might be said that each newsletter is a mirror into the past year of TCCR. This one is the third annual newsletter.

Ms. Sonam Dechen Chopel has written and edited all the three newsletters of the TCCR while Mr. Namgyal Dorjee has designed and worked on the layout of all the newsletters.

Upcoming Publication

Before the end of this year, TCCR will be publishing a Tibetan version of the latest edition of the book on Non-violent Communication called "**Nonviolent Communication: A Language of Life**" written by Dr. Marshall B. Rosenberg. Having attained publication rights from the author and his publisher, Puddle Dancer press, TCCR has already got the book translated into Tibetan. We are currently working on the editing and layout. We believe that making this book available in Tibetan would make a big contribution in introducing this remarkable communication skill to the Tibetan speaking population.



People working at the Centre

Director

Mr. Karma Lekshey Shelley (sitting middle)

Associate Director

Ms. Sonam Dechen Chophel (standing right)

Web Manager/Cashier

Mr. Namgyal Dorjee (standing Left)

Research Officer

Ms. Tsering Bhuti (sitting right)

Information Officer

Ms. Tsering Phandok (sitting left)

Accountant

Mr. Lobsang Chomphel (standing middle)



Acknowledgement:

We would like to express our deepest gratitude to the Heinrich Böll Foundation (HBF) for making it possible for us to contribute to the well being and strengthening of the exiled Tibetan communities through our various activities. Thank you also for making this publication possible.

Tibetan Centre for Conflict Resolution

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Mr. Tenzin Geyche Tethong,
Secretary, Office of H.H the Dalai Lama

Vice Chairman:

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Secretary, DIIR, CTA

Mr. Tenzin Sangpo
Principal, TCV Gopalpur

Mr. Kunsang Dorjee
Teacher, Sherabling Monastery

Executive Secretary:

Mr. Karma Lekshey Shelley
Director TCCR

How you can help TCCR

There are many projects you can support

- 1) Workshops
 - *New comers from Tibet
 - *Youth Empowerment
 - *Women Empowerment
 - *Tibetan Settlements
 - *School children
 - *Institution Strengthening
- 2) Transformation workshop for cross-cultural groups
- 3) Training Programmes
 - *Trainers' Training Programme
 - *Training Conflict Workers
- 4) Seminars & Conferences
- 5) Public Meetings
- 6) Integrating Conflict Resolution with Buddhist Philosophy
- 7) Administrative Costs/Office maintenance
- 8) Publications

You can fund any of these projects or make donations by cheque/bank draft or money order made out to the Tibetan Centre for Conflict Resolution

For further information please contact:

Director

Tibetan Centre for Conflict Resolution,
Session Road, Gangchen Kyishong
Dharamsala - 176215
Distt Kangra HP, INDIA
Ph: +91-1892-226627, 9318970080
e-mail: tccroffice@yahoo.com
visit us at www.tccrinfo.org

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