

Lha's Annual Report of 2010

Lha's primary goal is to provide meaningful multi-leveled social services to aid Tibetans in their transition to India. These services include education, computer skills courses, vocational training, health and environmental education and service, free volunteer opportunity and coordination, cultural exchanges, free books, and medicine and clothing distribution. The services of Lha are open to Tibetan refugees as well as the local Indian population and people from the Himalayan regions.

Important Initiative Report for 2010:

- 1) Four massage courses for 33 people
- 2) Five special IT training courses for 60 people
- 3) One photography training courses for 10 students
- 4) Organized mutual learning exchange for 63 students from abroad, including University and High School students
- 5) 745 new student's enrollment for language classes
- 6) 3008 students attending language classes on monthly based report
- 7) 546 new volunteers work with Lha
- 8) 1758 articles clothing free distribution in both Tibetan and local Indian community
- 9) Lha organized a mass clean-up in McLeod Ganj and observed World Environment Day with pamphlet and book distribution
- 10) Ongoing project for development and maintenance of Tibetan environmental website www.beta.tibetnature.net and fundraising link for eco website project
- 11) Ongoing community soup kitchen project, which is expected to finish by the end of March 2011

With the help of all our wonderful staff, generous financial supporters and volunteers Lha Charitable Trust has finally reached total self sufficiency and sustainability !!! By offering services and accomodation to our volunteers and western visitors we raise enough funds to operate the organization at its most BASE level, offering FREE services to the Tibetan and Local Indian Community. As general director of Lha I must give most credit to our staff here who work very long hours for very low salaries in order to make this possible. New donations help us to grow and meet more of the needs of the community.

Your Donations to Lha, no matter how large or small, able us to improve and increase our services. One of the many things that the 2010 Donations abeled us to do is the construction of a Community Kitchen that will bring healthy food to so many in need. We thank you so much for your kindness and generosity. Donation info can be found below.

Lha's impact:

On any given day, there are 150 to 200 students attending Lha's daily classes. Most participants are adults who were deprived of educational opportunities both inside and outside of Tibet. Many were not admitted to schools in Dharamsala due to their age, as only those Tibetan refugees aged 18 and under can attend the special school system set up in India for Tibetans. In order to remedy this problem, Lha offers six free different levels of English classes a day, from beginner to advanced levels. We also offer two French classes (beginner and intermediate), Tibetan language class and three Chinese language classes as well as two Spanish classes to interested individuals and. Apart from that we have English conversation, computer skills, vocational training, photography and blogging, massage course and many more special services programs.

There are 20-30 volunteers working at Lha every month and from July 2003 to November 2010, we have worked with 4,057 volunteers from 38 different countries over the past seven years. Our donation center has collected and distributed over 22,490 articles of clothing to both the local Indian and Tibetan refugee communities. So far, we have

152 people who have graduated from the massage course, 1,722 students from the computer classes, 57 people from Photography course, 490 students from mutual Exchange, 910 people who attended Tibetan art, cooking and language classes, and 370 people who attended yoga class. All of our classes are taught by volunteers, and the language courses offered by Lha have benefited around 7,299 people. We publish 600 copies of Contact magazine every month for free distribution.

You can visit our website at, www.lhasocialwork.org. Please check it out if you wish to stay informed about what we are doing, as the news feed will be continuously updated. The website is a great way to let your friends know about Lha's important work!

In order to ensure that our free and essential social services are able to continue and increase into the future, you can make a financial contribution by: