



# Annual Report 2023



*“Since its establishment in 1981, The Tibet Fund has contributed to the building and development of a robust Tibetan community in exile. It has also supported Tibetans in Tibet in socio-economic areas and has assisted the Tibetan leadership in exile in its work on infrastructural development, refugee rehabilitation, and cultural preservation, while also backing education, healthcare and other capacity building programs. Through such support, we have been able to strengthen our cultural institutions and undertake projects essential for the preservation of the Tibetan cultural heritage that is the very core of our civilization.”*

His Holiness the 14th Dalai Lama  
Honorary Patron



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Bob Ankersen  
President

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Dear Friends,

The Tibet Fund continued to increase its impact on the humanitarian, sustainable development, and culture preservation challenges facing the Tibetan people. In 2023, annual program spending increased by 13 percent, with total expenditures of just over \$11.8 million, allowing us to serve more than 57,000 Tibetans with education, healthcare, culture preservation, women empowerment, and livelihood development programs. The kindness and compassion of many longstanding donors as well as new supporters made this possible, and we are deeply grateful to all of you who contributed to our mission and the Tibetan cause.

We are equally grateful to the dozens of local implementing partners that make this work possible, which at last count was forty-three. Many are Tibetan NGOs and community organizations that The Tibet Fund seed-funded over the years, and it has been enormously inspiring to see their effectiveness grow. Their collective impact underlines the importance of nurturing an ecosystem of local Tibetan organizations and empowering the social entrepreneurs who lead them. You can read more about these partners in the Empowering Tibetan Civil Society chapter on page 28.

Our most important partner remains the Central Tibetan Administration. In 2023, we continued collaborating on three multi-year programs with funding from the U.S. Government, and launched a new program to co-finance small-scale infrastructure in Tibetan settlements for the next three years. A common thread of all these programs is strengthening local capacity and technical expertise within the Tibetan community.

The Tibet Fund's staff continued to grow in number. Out of twenty full-time staff, 95 percent are Tibetan and 60 percent are women. Below is the field team in Dharamsala, where twelve staff are based. Our goal is for them to become international development and nonprofit management professionals who would be highly qualified to do similar work anywhere in the world. What sets them apart is their strong desire to make a positive difference for their community and the Tibetan cause, and their deep dedication to His Holiness the Dalai Lama.

I hope you are inspired by the work described in this report and feel proud to be part of the Tibetan people's struggle to preserve their cultural and national identity. Your support is vital as we continue to advance our mission, and we offer our deepest gratitude to all those who stand with Tibet.

With best wishes,

Bob Ankersen  
President



# SAFEGUARDING CULTURAL HERITAGE

*Tibetan cultural heritage and national identity are the fabric that binds the Tibetan people together and gives enduring momentum to our struggle for freedom and justice. The Tibet Fund works with multiple partners and cultural institutions to sustain Tibet's rich traditions, preserve Tibetan language, and promote Tibetan arts. Key partners are the Central Tibetan Administration, Drung, Monlam AI, the Library of Tibetan Works and Archives, Norbulingka Institute, Tibetan Institute of Performing Arts, TibetWrites, and USAID.*

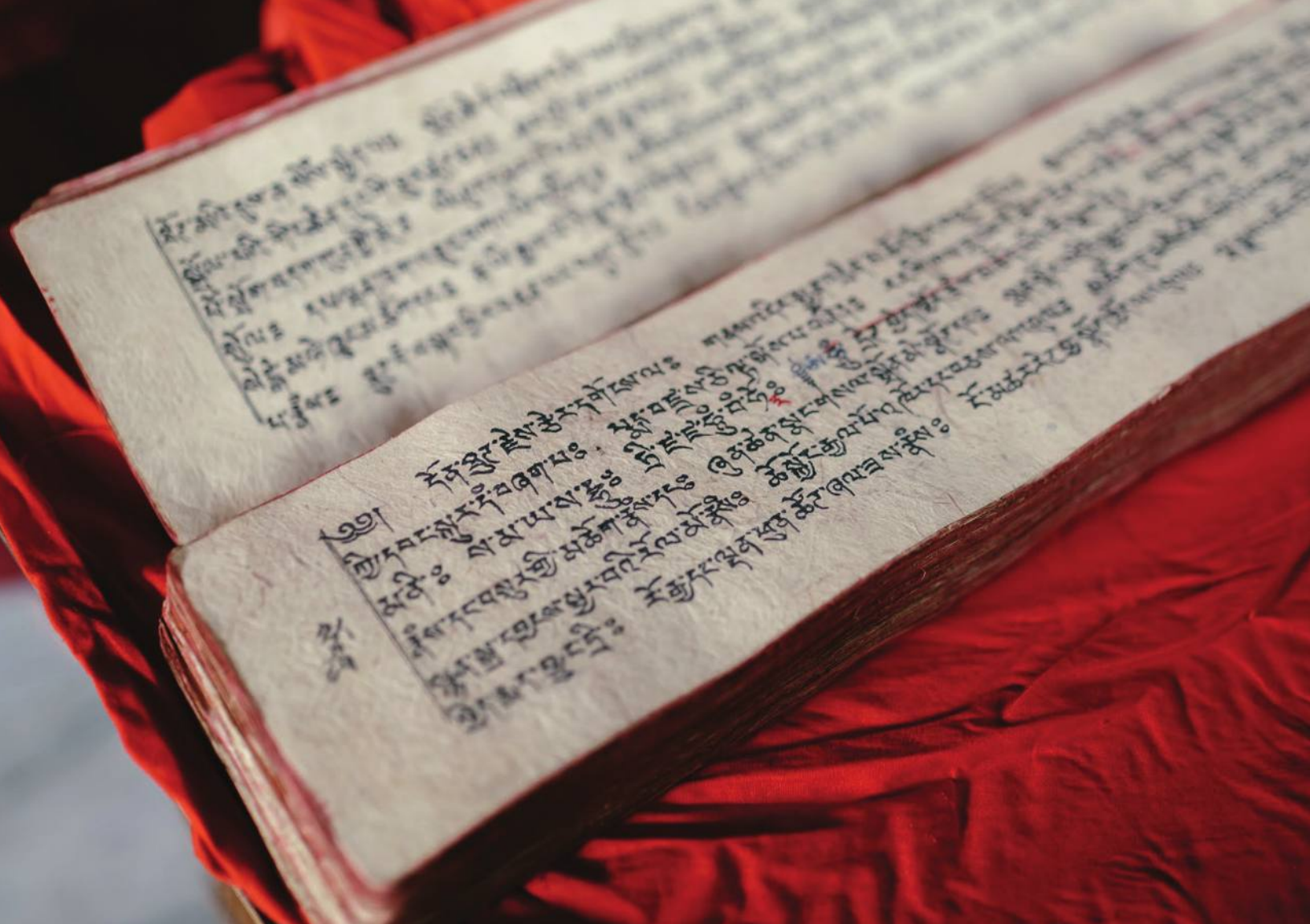


Our culture preservation work in 2023 focused on three priorities: traditional cultural heritage, Tibetan language, and contemporary arts. More than 2,500 Tibetans studied and practiced traditional Tibetan arts, attended cultural events, conducted research and published books on cultural topics. More than 7,500 rare manuscripts, images, and recordings were digitized and safely stored for future generations, and more than 32,000 new Tibetan language children's books were published. Tibetan language apps and online resources reached tens of thousands of users, and development of Tibetan language AI models continued to advance. More than 270 youth attended immersion programs to study Tibetan language and culture, and a new initiative began supporting the next generation of Tibetan artists, writers, musicians, and filmmakers.

## Sustaining Traditional Culture

Tibet's centuries-old performing and artisan traditions were both sustained and strengthened. More than 50 youth received training to perform traditional songs, dances, and Ache Lhamo, the age-old tradition of Tibetan opera, and over 100 artisans received training in traditional painting, statue making, applique, textiles, carpentry, and metal work. New theatrical costumes and instruments were provided to schools and community cultural associations, and a week-long opera festival was held in Mundgod settlement, at which performers from India, Nepal, and the U.S. gathered to perform for thousands of attendees.

Rare cultural resources were preserved and digitized for safekeeping and public access. The Library of Tibetan



Works and Archives digitized more than 6,000 rare images and 1,100 manuscripts and documents from the 17th to 20th centuries and provided heritage conservation training to 25 aspiring young conservationists. It also collected oral histories of elderly Tibetans in Mundgod settlement. Tibet Museum digitized 50 historical publications and more than 55 hours of historical video footage, and the Tibetan Institute of Performing Arts established a new digital archive for recordings of traditional music, dance, and opera. The Dalai Lama Library and Archive received support to digitize its collection of recordings and images of teachings, events, letters, and awards of His Holiness the Dalai Lama.

Traditional artists, artisans, researchers, and cultural organizations received support for a wide range of initiatives to preserve Tibetan culture. Small grants funded more than 40 projects in India and Nepal, including publication of new children's books, compilation of traditional folk and wedding songs, a Tibetology conference, and research on Bon and Nyingma treasure revealers.

## Preserving Tibetan Language

To advance the use and learning of Tibetan at all age levels we supported publication of new children's books; production of animation videos, living culture videos, audiobooks, and language learning apps; immersion courses and cultural programs for Tibetan youth; adult literacy classes; and Tibetan artificial intelligence (AI) development.

32,920 copies of new children's literature and language workbooks were published with age appropriate, culturally relevant Tibetan content for children aged 4-12. Eight new animation videos and living culture videos were released online, and 71 new audiobook chapters were uploaded on YouTube and viewed more than 191,000 times.

272 Tibetan youth attended immersive courses in Tibetan language, literature, history, dialectics, and philosophy with our support, in collaboration with the Library of

Tibetan Works and Archives, Gyumed Snowland School, Center for Higher Tibetan Studies, and other partner institutes. In Nepal, we supported adult literacy classes in remote areas of Walung, Rasuwa, Solukhumbu and Monjor, where more than 200 participants, mostly women, learned to read Tibetan Buddhist texts.

We continued supporting Monlam AI to develop Tibetan language learning resources. Monlam launched an illustrated Tibetan dictionary app for children with visuals, sentence examples, and audio pronunciations, and a software tool to evaluate text appropriateness in children's books. These resources, including Tibetan fonts and an online dictionary, aim to serve millions of Tibetans and Tibetan learners worldwide.

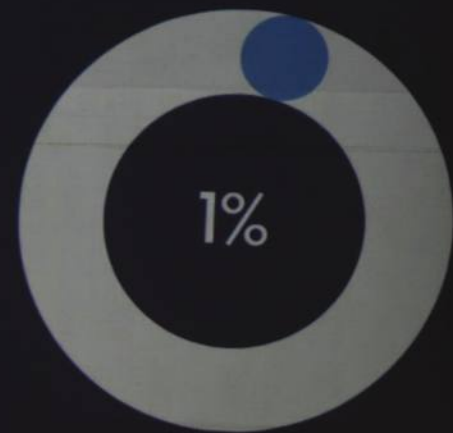
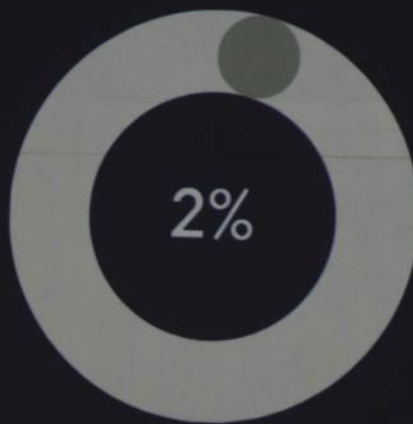
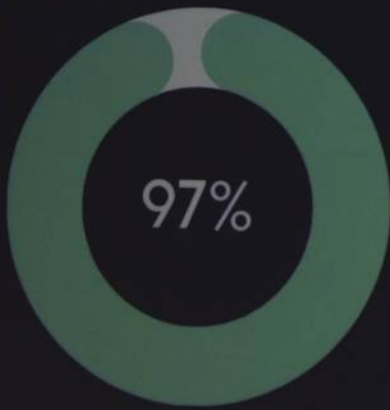
Development of four AI models for Tibetan machine translation continued. Experts from Google, U.C. Berkeley, and Hamburg University collaborated with Tibetan specialists on this project, which employed

more than 320 part-time Tibetan staff at colleges and monasteries across India. In November, we sponsored Monlam Manifest, a launch event in Dharamsala showcasing the four new AI models.

### Promoting Contemporary Arts

Contemporary forms of creative expression are a vital source of cultural meaning and connection for young Tibetans scattered around the globe, on whom the future of the Tibetan struggle depends. Recognizing that today's art is a laboratory of tomorrow's culture, we launched a new initiative to support contemporary Tibetan artists, writers, musicians, and filmmakers, in particular young emerging artists. Three Tibetan writers received grants to publish new fiction and poetry; two aspiring filmmakers received small grants and mentorship to make short films; and a filmmakers collective began producing a collaborative anthology exploring statelessness in the diaspora.

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## EMBRACING CULTURE

### Pema's Passion for Tibetan Dance and Opera

Pema had a deep love for Tibetan dance and dreamed of becoming a performing artist. Her experience was mostly limited to a few traditional dances in school and what she could find online, so she often spent her free time watching dance videos.

When she saw an announcement for auditions at the Tibetan Institute of Performing Arts (TIPA), Pema seized the opportunity and persuaded her father to take her to try out.

Pema's name was the last called on audition day, and since then she hasn't looked back. She is one of 87 young artists The Tibet Fund has supported to attend TIPA's five-year pre-service training program. The program is designed to teach them to perform traditional dance, music, drama, and opera, after which they are invited to join the institute as professional artists.

At TIPA, Pema delved into various forms of Tibetan dance and music, and improved her skills in both Tibetan and English. She discovered a passion for traditional Tibetan opera, receiving support and encouragement from her peers and teachers. Now a proud TIPA artist, Pema is grateful for the opportunity to fully immerse herself in her culture.

*"With the support of my teachers, I gained confidence and overcame my shyness. I'm thankful to have performed for His Holiness and hope to one day teach the next generation of Tibetans to embrace their culture through dance and opera,"* she says.

Pema believes that preserving Tibetan arts starts with engaging younger generations. When young artists receive support, they develop a deeper understanding and pride in their heritage and contribute to the cultural landscape. Accomplished artists like Pema also become cultural ambassadors, inspiring their peers to embrace traditional practices and creating meaningful connections within their communities.



# THE GIFT OF EDUCATION

*The Tibet Fund is a proud partner in the transformative journey of literacy and education that Tibetans embarked on soon after reaching exile. We team with the Central Tibetan Administration, Manjushri Educational Services, Shatsa, Snow Lion Foundation, Tibetan Children's Villages, Tibetan Homes Foundation, USAID, and the U.S. State Department to create the largest educational footprint in exile, serving more than 15,000 students across India and Nepal.*



With our support 1,413 Tibetan students received higher education scholarships in 2023, enabling them to study at colleges and graduate schools they would not have been able to attend otherwise. Mother tongue reading skills improved for more than 4,000 children in primary school, and more than 390 children aged 0-3 benefitted from early child development initiatives. The quality of teaching and learning improved for more than 14,000 K-12 students at 62 Tibetan schools, with more than 1,100 teachers and librarians receiving training and professional development. Sixty-seven schools received improved science centers, educational technology, library collections, and teaching aids, and inclusive education practices were improved at 44 schools. Key initiatives are described below.

## Scholarship Programs

The Tibet Fund supports several types of scholarships for Tibetans to pursue higher education at colleges, universities, and institutes in South Asia, Tibet, and the U.S. Programs are designed to serve students with differing needs, financial backgrounds, and aspirations.

Recognizing the importance of girls' education, the **Tibetan Girls Scholarship Program** ensures girls from low-income families have the opportunity to attend college regardless of their financial background. Scholarships are awarded entirely on the basis of need and cover the full cost of tuition and living expenses.





Since 2018, 96 young Tibetan women have pursued bachelor's degrees in India, Nepal, Tibet, and Bhutan in fields including education, medicine, computer science, engineering, psychology, business administration, environmental science, and fine arts. In 2023, eight young women received new awards to begin college and 45 received continuing scholarships.

The **Tibetan Professional Scholarship Program** provides full scholarships to students pursuing advanced professional degrees in India and Nepal. Scholarships are awarded on the basis of both academic merit and financial need, enabling students to attend selective professional schools that are unaffordable for most Tibetans. In 2023, five students received awards to pursue professional degrees in journalism, management, mass communication, technology, and cybersecurity.

The **Tibetan Scholarship Program** provides full scholarships to pursue master's degrees in the United

States. Administered by The Tibet Fund since 1988, this program has enabled 488 Tibetans to study at some of America's finest universities over the years, including Harvard, Columbia, and U.C. Berkeley. In 2023, twenty-two students received awards to study data science, gender studies, kinesiology, journalism, mental health counseling, and human rights law, among other fields.

More than 1,300 undergraduate, graduate, and pre-med students received partial supplementary scholarships from our education partners, helping them afford the cost of tuition and living expenses at universities, colleges, and vocational institutes in India and Nepal. More than 60% of all scholarship recipients in 2023 were female and almost 30% were medical, master's and Ph.D students. Pre-med students also received gap-year scholarships to attend coaching centers in preparation for medical school entrance exams.



## Early Childhood Development and Literacy

Research shows that mother tongue reading proficiency and healthy brain development in early childhood are vital for later learning. Our **Early Childhood Development and Literacy Program** aims to strengthen cognitive, social, and emotional development for children aged 0-3 and build a strong foundation of literacy skills and reading habits for children aged 4-12.

We supported two community organizations dedicated to early childhood development and mother tongue literacy. Both experienced significant growth marked by an increase in library visitors, memberships, and books borrowed.

Manjushri organized “mobile monster” workshops addressing screen addiction for children aged 6-12 and conducted early child care and education workshops across three remote settlements in Arunachal Pradesh, reaching more than 170 new parents. Parents received baby bags with culturally relevant board books, activity books, jigsaw puzzles and alphabet blocks.

Shatsa implemented reading intervention programs in nomadic areas of Ladakh, providing reading kits to more than 240 children, and conducted a mobile library program for children in Agling.

The Central Tibetan Administration’s early childhood development and literacy programs were also significantly strengthened. More than 5,000 copies of five new children’s book titles were distributed to daycare centers and kindergartens. Fourteen pre-primary teachers received teacher-training, after which they mentored more than 250 parents and trained caregivers at fourteen daycare centers. 27 daycare centers were upgraded at schools and settlements, benefiting more than 390 children.

Primary school teachers received training and language learning aids to improve early reading skills, and classrooms were furnished with child-centric furniture and reading corners. Tibetan children’s books and language workbooks were published and distributed to libraries, classroom reading corners, and families, including titles on diversity and inclusion. Librarians received library management training, improved their book collections, and organized book events and reading activities at 49 schools.

In Nepal, Nyugsar daycare center in Boudha improved its facilities, provided fee subsidies for children from low-income families, and received caregiver training in early child care and education practices. Pre-primary and primary teachers received training and follow up mentoring in phonics, multi-grade teaching and early grade reading techniques. Parent sessions were held and children’s storybooks were distributed to families living outside settlements in scattered communities.



## Advancing Quality Education

Education quality improvement focused on teacher professional development, STEM education, and educational technology.

School-based teacher professional development and collaborative learning programs were supported across all K-12 Tibetan schools in India and Nepal, benefiting over 1,100 teachers. Teacher-led book discussions, lesson study groups, peer observations, exposure visits, and expert talks were organized in 62 schools. Thirty teachers received training in student learning assessment, lesson planning, and higher order thinking skills, and more than 400 teachers and staff engaged in social, emotional and ethical (SEE) learning activities. Inspired by His Holiness the Dalai Lama, Emory University's SEE Learning curriculum is designed to cultivate compassion and mindfulness in schools through compassion-in-action activities.

The quality of STEM education was strengthened with teacher training, school science exhibitions, and student research internships. More than 40 science and math teachers participated in collaborative learning hubs and received training in activity-based instruction. 50 students participated in school science exhibitions and national competitions, and eight college students completed science research internships at the National Center of Biological Science and Indian Institute of Science Education and Research.

Educational technology was improved through classroom technology corners and teacher training. Technology corners provided students with access to connectivity and equipment for student group projects and presentations, including laptops, scanners, projectors, printers, digital video cameras and audio recorders. More than 130 teachers at Tibetan schools in India and Nepal received training in technology-based teaching and digital literacy, and students in Nepal received access to training in advanced software, cybersecurity, and coding.

## Serving the Most Vulnerable

2,221 disadvantaged children, monks, and nuns received financial support to pursue a modern or traditional education in Tibetan schools, monasteries, and nunneries. Of these, 40 were new arrivals from Tibet, and received food, shelter and medical care before choosing to join residential schools or monastic institutions.

More than 2,300 disadvantaged children received nutrition supplements at school to improve their dietary health, and differently abled children with special needs received assistive technology including glasses, hearing aids, and mobility aids. To promote inclusive education, two children's books with diversity and inclusion themes were published and distributed to 44 schools across India and Nepal. More than 50 educators, foster parents, counselors, and nurses received training in inclusive education principles and techniques, learning disabilities, and rehabilitation education, and teachers received sensory instruction tools.



## CHASING DREAMS

### Choekyi's Path to Professional Journalism

While all Tibetan refugee children have access to the schools set up by His Holiness the Dalai Lama in the 1960s-70s, many are unable to afford college after graduating from high school. The Tibet Fund supports several scholarship programs to address this need, each designed for students with differing aspirations and financial needs. Choekyi Lhamo has benefited from two of these programs to pursue her dream of becoming a professional journalist.

Born in New Delhi to Tibetan refugee parents, Choekyi was raised by her grandparents in Clement Town, Dehradun. Her grandparents, former nomads from Nagchu County in Tibet, fled to India in the 1960s. "They started with nothing as they sought to rebuild their lives," Choekyi recalls.

Her passion for English blossomed in secondary school, leading her to earn a bachelor's in English with Honors from Delhi University. In 2017, Choekyi received a scholarship from The Tibet Fund's Professional Scholarship Program to pursue a master's in English Studies at Jawaharlal Nehru University, where she became

an active member of the student-led Tibet Forum. "The scholarship grounded me and boosted my confidence to compete with other students," she said, allowing her to focus on her studies without financial stress.

After earning her master's, Choekyi joined Phayul, a Tibetan-run English news portal, where she reported on politics, gender issues, and the lives of Tibetans in exile. She also contributed to community events and served as Vice President of the Association of Tibetan Journalists in Dharamsala.

In 2023, Choekyi was awarded a scholarship from The Tibet Fund's Tibetan Scholarship Program and became one of three Dean's Fellows at UC Berkeley's Graduate School of Journalism. At Berkeley, she seeks to master responsible storytelling. "This opportunity will enhance my journalism skills and empower me to advocate for the Tibetan struggle," she said. Currently, she leads the South Asian Journalists Association's Berkeley chapter, focusing on investigative reporting and narrative writing.

Choekyi's journey exemplifies how education can empower individuals to advocate for their communities. Scholarships open doors to better prospects, leading to both financial security and self-reliance, and enabling educated Tibetans to take on leadership roles and drive social change within their communities and beyond.

# LITTLE SPROUTS, BIG VISIONS

## Tsewang Dolma's Early Child Education Journey

After completing a Bachelor's degree in education, Tsewang Dolma dedicated ten years to teaching at a secondary school in Boudha, Nepal. There, she became aware of the pressing need for a daycare facility for young Tibetan children. This need became personal when she struggled to find daycare for her daughter, due to long waiting lists and lack of a center in Boudha.

Determined to address this gap, Tsewang founded Nyugsar Daycare Home, also known as Little Sprout Daycare Home, with support from The Tibet Fund. Starting with 14 children, the center provided quality child care and education to both Tibetan and Himalayan families. However, the Covid pandemic nearly forced the center to close, as Tsewang exhausted all her savings to cover rent during lockdowns. Fortunately, The Tibet Fund stepped in once more, providing crucial support through its Early Childhood Development and Literacy Program. This assistance included training for caregivers, a weekend reading room for older children, and financial assistance for vulnerable children from low-income families to afford Nyugsar's fees.

Tsewang's expertise in early child care and education has made her a key resource in the community. She conducts workshops for children and parents, finding fulfillment in supporting underserved families, especially female-led households and those with unstable incomes. At Nyugsar,



children celebrate Lhakar and other Tibetan holidays, participating in cultural activities that strengthen their Tibetan identity and encourage enrolment in Tibetan primary schools. Tsewang's dedication ensures continued support for those in need while strengthening cultural resilience.

Early child care and education initiatives like this significantly impact Tibetan children by helping them connect with their cultural heritage, language, and traditions, while promoting healthy cognitive, social and emotional development. Through early exposure to Tibetan stories and songs, these initiatives also equip them with essential literacy and numeracy skills, laying a strong foundation for their future learning and academic success.



# PROTECTING AND EMPOWERING WOMEN AND GIRLS

*We work to promote gender equity in Tibetan communities and institutions, protect women and girls from gender-based violence, and empower them through targeted microentrepreneurship, skills training, higher education, and women's health initiatives. Key partners are the Central Tibetan Administration's Women Empowerment Desk, Drokmo, Snow Lion Foundation, Tibetan Women's Association, USAID, and the U.S. State Department.*





A Tibet Fund study in 2021 found that out of 1,487 women surveyed in Tibetan settlements, 40% had experienced gender-based violence (GBV) in their lifetime. In 2023 we continued working to reduce that to zero percent.

With our support, the Women Empowerment Desk established gender-based violence and internal complaint committees in seven settlements and eight schools in India, and trained over 120 members on safety, prevention, and response mechanisms. Gender sensitization and awareness workshops were attended by 1,073 students and settlement residents, and new safe spaces were set up in two settlements. School gender focal persons conducted awareness sessions and counseling on India's Protection of Children from Sexual Harassment Act for more than 400 students. Barefoot counselors made home visits and provided counseling to 135 settlement residents, and 16 camp leaders attended a workshop on preventing sexual exploitation and abuse.

The Tibetan Women Helpline operated a safe space and 24/7 helpline to provide callers with information and counseling on domestic violence, sexual harassment, and legal aid. Twenty-nine incidents of gender-based violence were reported, and four survivors received emergency assistance for medical, legal, and living

expenses. Awareness campaigns were conducted to ensure vulnerable women know how to access counseling and emergency support through the helpline.

In Nepal, new country-specific guidelines for gender-based violence prevention and response were developed and implemented with our support. Following community orientations, gender-based violence committees were formed in Tibetan settlements, schools, and organizations. Gender focal persons held awareness sessions for more than 800 students and settlement residents, and school safety audits were conducted.

Tibetan women and girls were further empowered through livelihoods, education, and health initiatives. Vulnerable women microentrepreneurs received support to build their businesses, girls from low-income families received full scholarships to attend college, and breastfeeding mothers received nutritional support, sensory toys, baby books, and hygiene products for their babies. Menstrual and sexual health workshops were organized for students with sessions on reproductive health, puberty, consent, and adolescent relationships, and parents attended sessions on preventing child sexual abuse. Students and parents were empowered to talk candidly with their peers and families, increasing awareness and empowering them to make better informed decisions.





## FINDING STRENGTH

### Nyima's Journey from Abuse to Independence

A study in 2021 found that out of 1,487 women surveyed in Tibetan settlements, 40% had experienced gender-based violence in their lifetime. To address this, The Tibet Fund supported establishment of the Tibetan Women's Helpline in Dharamsala which provides vital assistance to Tibetan women facing domestic violence and harassment, offering immediate help and resources.

This support proved to be a lifeline for Nyima (name changed), a 36-year-old trapped in an abusive marriage. Having escaped Tibet at a young age and with no immediate family in India, she dreamed of starting a family with her new husband. However, from the very beginning she faced significant challenges in his large family, where verbal abuse and heavy expectations were the norm. Nyima quickly learned she was an outsider, burdened with household chores while the elder daughters of the family constantly chastised her.

Despite dealing with health issues, including Hepatitis and severe back pain due to disc bulges, Nyima endured relentless mistreatment. Isolated and unsupported, she was advised by relatives that starting a family might improve her situation. Yet, even after the birth of her son, the abuse continued, forcing her to sell her jewelry for medical care and baby supplies.

After eight painful years, Nyima reached her breaking point. Following a particularly violent incident, she turned to the Tibetan Women's Helpline, which provided counseling, legal guidance, and assistance in reclaiming her savings and personal documents.

*"They offered every possible help. They taught me how to speak confidently and navigate my in-laws. They informed me about my rights and helped with paperwork. For a year, I stayed in touch,*

*tackling everything from minor issues to major problems,"* Nyima shared.

In 2023, armed with newfound strength, she left her in-laws' home. *"I had no family or place to call home, but thanks to the Helpline, I made my way to Dharamsala and found a job. I was unhappy in my previous home, but now I'm mentally in a much better place. I have healthcare, and a steady salary, and my son is in kindergarten. I feel safe and at peace. I can speak freely, and I know help is available if I need it. I will always be grateful to the entire team at Tibetan Women's Helpline."*

The helpline has enabled dozens of Tibetan women like Nyima to escape abusive situations, offering counseling, emotional support, and access to essential services like legal aid, emergency funds, and healthcare. It also manages several safe houses in various settlements, providing shelter and security for those in need. Supporting the Tibetan Women's Helpline is vital for promoting safety, strength, and independence among Tibetan women, ensuring their voices are heard and their rights are upheld — an effort that The Tibet Fund is proud to be a part of.





# BUILDING A SAFE AND RESPECTFUL WORKPLACE

## Dukthen Kyi and the Women Empowerment Desk

Creating a safe and inclusive workplace is crucial to ensure all employees feel respected and valued. Preventing harassment not only supports mental and emotional well-being but also boosts morale and productivity, allowing employees to engage fully in their work. Since 2019, The Tibet Fund has backed the Women Empowerment Desk in establishing Internal Complaints Committees across all departments in the Central Tibetan Administration to tackle sexual and gender-based violence.

One key figure in this initiative is Dukthen Kyi, who serves as the presiding officer for the Department of Information and International Relations. In her role, she leads a dedicated team focused on preventing and responding to workplace harassment. Dukthen took proactive steps to ensure confidentiality for reporting issues by creating a WhatsApp group and a dedicated email address, and organized a secure filing system to keep track of reports and maintain institutional memory.

To raise awareness, Dukthen familiarized herself with Indian laws and created informative pamphlets about sexual harassment. She organized educational sessions for staff on reporting procedures, placed pamphlets in bathrooms, and distributed questionnaires to gauge staff understanding.

While the committee hasn't yet received any formal complaints, Dukthen is confident in its readiness to address any issues that arise. She shares that a major



achievement has been fostering a space for open discussions about sexual harassment. “We provide staff with opportunities to learn what constitutes harassment and how to seek help. Our team is young and close-knit, making it easier to tackle these conversations, even if they were challenging at first,” she explains.

Dukthen highlights how important it is to have an engaged, well-informed Internal Complaints Committee and access to mental health professionals. She stresses the need for a supportive environment, especially since people spend so much time at work. With these efforts, Dukthen and her team are creating a safer and more respectful workplace for everyone.



# BUILDING HEALTHY COMMUNITIES

*Our health programs save lives, reduce morbidity, and strengthen community health systems. We support TB and Hepatitis prevention, maternal and child health, safe drinking water and sanitation, community health insurance, and essential care for the most vulnerable community members. Key partners are the Central Tibetan Administration, Altruism in Action, Eye Surgery Fund, Leh Nutrition Project, Snow Lion Foundation, Tibetan Cancer Society, Tibet Heart Foundation, Tibetan Medical and Astrological Institute, USAID, and the U.S. State Department.*



More than 57,000 Tibetans in India and Nepal benefited from better health care with our support in 2023. All received access to affordable primary care and preventive health education, 24,190 received insurance coverage for secondary and tertiary care, and more than 9,000 were treated or protected against life-threatening infectious diseases. More than 4,000 women and children benefited from maternal child and adolescent health services, more than 5,900 settlement residents received better access to clean water and sanitation, and 1,167 of the most vulnerable refugees received free medical care and rehabilitation support. Key initiatives are described below.

## Fighting Communicable Diseases

We continued fighting against Tuberculosis (TB) and Hepatitis B, the two most prevalent life-threatening diseases among Tibetans. TB active case finding was conducted in schools, colleges, and monasteries for more than 3,500 students, monks and nuns. GeneXpert cartridges were provided for rapid, reliable diagnosis, and drug sensitivity testing was conducted to determine the most effective treatment for multi-drug resistant cases. Positive cases received medical treatment, diagnostic services, and supplemental nutrition, and multi-drug resistant patients received special antiviral drugs and short course chemotherapy.



More than 6,400 individuals were tested for Hepatitis B, of which 4% were found positive, marking a 3% decline over the past five years. Positive cases received consultations, viral load testing and antiviral drugs, and guidance to make lifestyle changes, and negative cases received vaccinations. Children under five were vaccinated against HBV, and newborns of Hepatitis B positive mothers received immunoglobulin.

### Safe Water and Sanitation

To combat the spread of waterborne diseases, safe water and sanitation facilities were constructed and repaired in settlements, schools, and elder homes. Working with the Central Tibetan Administration, Leh Nutrition Project, and Snow Lion Foundation, we improved water supply, toilets, and drainage systems for more than 5,900 Tibetans across India and Nepal. In remote nomad camps of Ladakh, we supported new solar bathing rooms, mobile toilets, water pumps, and sanitary pad disposal chambers.

### Reproductive and Child Health

Pregnant women and newborns received crucial services including lab tests, safe delivery services, essential micronutrients, and postnatal care. Over 612 pregnant women in India and Nepal received comprehensive antenatal and postnatal care, and more than 1,300 pregnant and breastfeeding women received nutritional supplements. To promote healthy infant growth, 393 new mothers received baby bags with essential health and hygiene items, sensory toys, and baby books, and more than 140 vulnerable children aged 1-3 received dietary support to combat malnutrition.

Reproductive health awareness campaigns reached more than 1,700 women and girls on topics of menstrual hygiene, pregnancy, and adolescent health. More than 1,100 female students were vaccinated to prevent cervical cancer, and 826 reproductive-age women were screened for polycystic ovary syndrome. Achala, a



women's wellness initiative, benefited over 190 women through exercise, dance, yoga, meditation, and Buddhist philosophy.

## Essential Community Services

57,382 Tibetans received access to affordable health care in India and Nepal, through a network of settlement clinics and hospitals managed by the Central Tibetan Administration and Snow Lion Foundation. 47 facilities provided essential primary and preventive services, inpatient care, and specialist referrals, and community outreach nurses made home visits to more than 8,400 households, where they conducted point-of-care testing for blood pressure, pregnancy, and infectious diseases, provided basic healthcare, and delivered public health messages.

24,190 Tibetans received hospitalization insurance for secondary and tertiary care through the Tibetan Medicare System, and 1,167 of the most vulnerable refugees received free medical care and rehabilitation support, including the disabled, HIV patients, leprosy and epilepsy patients, and recovering substance abuse patients. Tibetans in remote settlements received specialist consultations online through a telemedicine service that was extended to three new locations.

Efforts continued to increase community awareness and improve services for Tibetans facing mental health challenges. Awareness sessions were held in schools and settlements to destigmatize mental illness, and recreational outdoor therapy sessions were held for patients and their families. Patients received teleconsultations with qualified



psychiatrists, and community nurses provided follow-up counselling. More than 220 mental health patients have received telepsychiatry counselling since this initiative was introduced during the pandemic.

## Caring for Vulnerable Elders

More than 900 vulnerable elders across 30 settlements benefited from improved elder care services. New elder care and visitation guidelines were introduced for elders living alone, who began receiving bi-weekly nurse visits and monthly doctor visits. Doctors, nurses, and elder home staff received training from geriatric care experts, elder home facilities were upgraded, and elders received new mobility aids such as wheelchairs and walking canes.

## Grassroots Initiatives

A growing number of community-based initiatives has emerged to address local health challenges, of which we supported four in 2023. Tibetan Cancer Society organized a series of cancer awareness and screening camps, reaching over 1,200 Tibetans in settlements and dispersed communities. Those with positive results received assistance securing specialist consultations and subsidized medication. Tibetan Heart Foundation organized cardiac screening and consultations for 1,400 Tibetans and assisted more than 20 heart patients with hospital appointments and specialist consultations. Altruism in Action organized awareness and screening camps in schools and settlements to prevent Hepatitis B, and Charitable Tibetan Dentists held a camp at an elder home, providing dental care and new dentures to more than 100 residents.



## A BRIGHTER BEGINNING

### Lobsang Dolma's Motherhood Journey

Lobsang Dolma, a mother of three, faced significant challenges during her first pregnancy, feeling overwhelmed and isolated due to her husband's frequent absences. Her experience with her third child, born in 2023, was vastly improved thanks to support from The Tibet Fund's Every Mother and Child Initiative, which boosted her confidence and provided her with the guidance, care, and resources she needed to navigate the challenges of childbirth and early motherhood.

This support included safe delivery assistance, essential antenatal and postnatal care, and neonatal vitamins and injections. Breastfeeding mothers like Lobsang received nutritional supplements to promote healthy infant growth and maternal well-being, while new mothers were given baby bags filled with sensory toys, baby books, and essential health and hygiene items. Health workers conducted home visits to provide in-home check-ups and reminders for newborn vaccinations. Since the initiative was launched in 2021, more than 1,000 women and children have benefited from these services each year.

Today, Lobsang works part-time while her children attend school and kindergarten. She is deeply grateful for the healthcare assistance and support she received, which

ensured her third child, a son, was born healthy and is now thriving. Her experience serves as an encouragement for others to embrace parenthood, even amid challenging demographic circumstances.





## CARING FOR COMMUNITIES

### Jigme Choekyi's Service as an Outreach Nurse

Jigme Choekyi is a dedicated community outreach nurse who works with a team of over 70 nurses serving 47 settlements in India and Nepal. Together, they provide essential primary and preventive health services to more than 57,000 Tibetans, bringing healthcare directly to their doorsteps. Jigme conducts vital health checkups, assessing blood pressure, pregnancy, and infections.

Whether checking on pregnant women or recovering TB patients, nurses like Jigme bring care and hope to every doorstep. They also educate communities on hygiene, clean water, and balanced diets. "Educating people about their health is key," Jigme says. "We keep detailed records, track children's immunizations, and refer patients to doctors when needed."

In addition to general primary care, community outreach nurses support new mothers with prenatal and postnatal services and ensure families are up to date on child vaccinations. They help TB patients stay on track with their treatment plans, connect individuals with mental health counselors, and monitor the well-being of vulnerable elders living alone.

For example, during one of Jigme's visits, an elderly woman was found to have dangerously high blood pressure, leading to timely medication and a doctor referral. Another elderly man with facial palsy received specialist guidance and showed remarkable improvement after treatment.

Through regular visits, Jigme builds meaningful connections with community members that promote both physical and mental well-being. "Being a part of such initiatives is incredibly rewarding. It is deeply satisfying to see Tibetans receive the healthcare they need and deserve," she shares.

Supported by The Tibet Fund, the community outreach program ensures that vital health services reach the most vulnerable members of the Tibetan community.





## INSURING THE MOST VULNERABLE

### Pema Thar's Path to Recovery

At 41, Pema Thar found himself grappling with a serious challenge when an old back injury from a bike accident flared up, causing him debilitating pain. For years, he had brushed off the injury, relying on painkillers to get by. But as the discomfort intensified, it began to disrupt his daily life. Doctors recommended surgery, but with an estimated cost of 120,000 Rupees (around \$1,600), Pema felt overwhelmed, especially since he had no steady income.

Fortunately, Pema was a member of the Tibetan Medicare System (TMS), which turned out to be a life saver. The program reimbursed him for 50% of his medical expenses, allowing him to afford the surgery and post-operative care. TMS also covered his ongoing physiotherapy, essential for his recovery. With an annual membership fee of just \$7, the program is both affordable and easy to join. Supported by The Tibet Fund through the Central Tibetan Administration, TMS has become crucial for the Tibetan community in exile, offering access to tertiary healthcare while easing financial burdens, especially in emergencies.

With over 24,000 members, TMS has been a vital resource for those facing economic hardship due to unexpected health crises. The program ensures that individuals can seek timely treatment without the worry of exorbitant costs.

Since he fled Tibet 15 years ago, Pema has lived alone in

Dharamsala, India. For him, TMS was more than just a health initiative, it was a lifeline.

*"People here aren't used to having health insurance," he noted. "Awareness is growing, but private insurance is often too costly. I can't imagine the burden on families with limited means when unexpected health crises arise. I'm incredibly grateful for the financial support I received; it allowed me to get the care I needed and recover in peace. It truly makes a difference in people's lives, even if they don't realize it until they're in a crisis."*



# STRENGTHENING LIVELIHOODS AND SELF RELIANCE

*We work to increase income and employment for vulnerable Tibetans in India and Nepal. We support microentrepreneurs, unemployed youth, and farming households with microloans, business development services, vocational skills training, and agriculture development. Key partners are the Central Tibetan Administration, Hope and Challenge, Lha Charitable Trust, Lodrik Welfare Fund, Orbit Future Academy, Tibetan Medical and Astrological Institute, and USAID.*



Our livelihood programs focused on three strategies in 2023: microenterprise development, vocational training, and agriculture development. More than 800 microenterprises received access to finance, savings, training, equipment, and marketing support through our Community Managed Revolving Fund and Tibetan Women Microentrepreneurship programs. 435 unemployed youth received job-focused skills training, internships and placement services, 610 farmers received support to increase their crop productivity and income, and a new initiative began to cultivate medicinal plants on settlement farms.

## Microenterprise Development

The **Community Managed Revolving Fund** program supports microenterprises in Nepal with microloans, basic business skills, and financial literacy training.

The program expanded to two remote communities in Dhorpatan and Rasuwa, bringing the total number of savings and credit groups to 23. 595 microenterprises received low-interest loans, pooled their savings, and managed their own loan repayments. Designed by The Tibet Fund with our partners in 2017, this program is now active in twelve settlements and has a repayment rate above 95%.

The **Tibetan Women Microentrepreneurship Program** assists vulnerable women to develop simple business plans, source raw materials and equipment, create brands, obtain licenses, and use digital platforms to reach new customers. The program expanded to three high altitude communities in Ladakh and Nepal, where groups of women received training to improve the quality and design of traditional dresses, curtains, and nomad textiles. Mentoring, marketing support, and





seed grants were provided to more than 70 women microentrepreneurs including street vendors, small restaurant owners, and artisans selling *thangka* paintings, prayer flags, and traditional dresses.

### Vocational Skills Training

We provided vocational skills training to 328 youth in India in partnership with the Central Tibetan Administration, Dalai Lama Institute of Higher Education, Orbit Future

Academy, and Tibetan Children's Villages. Trainees attended long and short-term courses in a wide range of vocations, from baking and food production to electronics, hairdressing, mechanics, tattoo and nail art, and music production. Digital skills certificate courses were offered in Amazon cloud computing, full stack application development, digital marketing and graphic design. Trainings were linked to employability training, internships, and job placement support.



We supported Lha Charitable Trust to provide skills training for unemployed young Tibetans, focusing on those without school diplomas, including former monks and nuns. 107 participants received training in skills including baking, cooking, barista, nail art, electronics, wood carving, and yoga. Lha also offered sessions on personality development, financial literacy, nutrition and food hygiene, and organized industry talks on small scale entrepreneurship and business development, growth, and management. By the end of the year, 42 trainees were employed.

In Nepal, 37 Tibetan youth received training in baking, barista, cinematography, carpentry, tattoo art, and tailoring skills in partnership with Himalayan Society for Youth and Women Empowerment, which assists youth to research and attend training institutes of their choice.

## Agriculture Development

610 farmers in India and Nepal received support to increase their crop productivity and income. Farmers in India received training in modern farm practices, soil treatment, cash crop inputs and other extension services. More than 10,800 high value citrus saplings were transplanted to farmers in three settlements, who received fencing, irrigation, and biofertilizer for citrus farm development.

In Nepal, farming households received support for new cash crop development, kitchen gardens, vegetable greenhouses, fruit drying sheds, and livestock development.

We supported the Central Tibetan Administration and Tibetan Medical and Astrological Institute to grow medicinal plants with the goal of linking farmers to markets for the ingredients used in traditional Tibetan Sorig and Ayurvedic medicine. Farmers in Mainpat settlement began growing more than 850 gooseberry and chebulic myrobalan plants, and the Institute cultivated ten varieties of medicinal plants on demo plots in Ladakh and Himachal Pradesh.

## Community Matching Grants

The **Tibetan Settlement Matching Grant Program** aims to encourage Tibetans living overseas to support community development in their original settlements in India and Nepal. In 2023, thirteen matching grants were awarded for projects to enhance settlement quality of life, including construction and renovation of village roads, water pumps, fencing, solar streetlights, community halls and drainage canals. Participating settlement associations were Hunsur Rabgeyling, Kollegal Dhondeling, Bylakuppe Dekyi Larsoe, and Odisha Phuntsokling.



# ROOTED RESILIENCE

## Sonam Palmo's Journey to Sustainable Farming

The Tibet Fund works to increase farming productivity and income in Tibetan settlements across India and Nepal. Farmers gain valuable support through training in improved farm management practices, exposure visits to demonstration farms, cash crop seedlings, soil treatment nutrients, organic fertilizer, fencing, and farming equipment.

An inspiring example of how such initiatives have impacted Tibetan agriculturists is Sonam Palmo, a model farmer from Phuntsokling Tibetan Settlement in Odisha. After nearly two decades of serving as a school teacher, administrator, and settlement camp leader, she decided to try her hand at farming.

With support from The Tibet Fund, she received training in farm management, fencing and a submersible pump, empowering her to tackle farming challenges with confidence. Sonam now grows maize, finger millet (ragi), and a variety of vegetables on 28 acres of land, five of her own and 23 leased from the settlement.

Embracing organic practices, Sonam has transformed three acres into thriving, chemical-free fields, producing ragi and other traditional foods. Unlike many of her peers, who sell to middlemen at lower prices, she sells her produce directly to tourists, including organic tsampa, the traditional Tibetan staple of roasted barley flour.

Sonam has also begun planting medicinal plants, as part of a new initiative to connect farmers to markets for the ingredients used in traditional Tibetan Sorig and Ayurvedic medicine, with technical guidance from the Tibetan Medical and Astrological Institute and Central Tibetan Administration.

Resisting the trend of youth migration to the West, Sonam believes in the value of staying connected to the community and practicing sustainable agriculture. She believes that with the right guidance the younger generation can be inspired to pursue agriculture, helping to secure the future of their settlements.

Through her journey, Sonam Palmo encourages others like her to remain rooted and contribute to their community's prosperity.





# STITCHING SUCCESS

## Tsering Wangmo's Journey from Uncertainty to Entrepreneurship

After separating from her husband and returning to her settlement in Nepal with her youngest child, Tsering Wangmo faced two years of uncertainty and hardship. While her older children pursued their studies, she struggled to find work.

Then the Covid pandemic unexpectedly provided an opportunity, when her local settlement office commissioned her to produce a bulk order of face masks. Being trained as a tailor before her marriage, this task reignited Tsering's passion for tailoring and inspired her to start her own business. However, she lacked the capital to do so.

The solution came through the Community Managed Revolving Fund, an initiative by The Tibet Fund designed to support microenterprises. Motivated by this opportunity, Tsering applied for a start-up loan and successfully opened her own tailoring shop. It quickly gained a reputation for quality traditional Tibetan attire, particularly chupa dresses.

Despite the initial challenges of having to balance her business with caring for her young daughter, Tsering's shop began to thrive. Support from relatives and a growing customer base, especially during Tibetan festivals, helped her succeed. During peak times, she even hired an assistant to manage the increased demand.

In addition to providing loans, the program also offered financial literacy training. Tsering learned about goal setting, budgeting, and risk management, which enabled her to repay her loan successfully and even support her son's expenses for his studies. With her business now on solid ground, she applied for a second loan from the program to expand her inventory with more chupa cloth and traditional Tibetan jewelry.

Tsering Wangmo, a determined single mother, exemplifies how perseverance and the right support can transform challenges into opportunities.



## RISING ABOVE ADVERSITY

### Khando's Vocational Education Journey

As an undocumented Tibetan in Nepal, Khando faced significant challenges shared by many in her community. The lack of proper documentation severely limited her access to education, banking services, and job opportunities, making it difficult to envision a stable future, especially given her modest family background.

However, Khando's journey took a positive turn with support from The Tibet Fund. Through a vocational education scholarship, she enrolled in a bakery and barista course at a training institute in Dehradun. There, she excelled and topped her class, earning an apprenticeship at a prestigious five-star hotel in Chennai. Unfortunately, health issues forced her to discontinue that opportunity.

Thanks to her perseverance and reputation as an exceptional student, Khando's former instructors stepped in to help her secure an apprenticeship at the Claridges in Delhi, another prestigious five-star hotel. She joined a six-month training program in the bakery

section, gaining valuable hands-on experience that led to a full-time job, setting her firmly on the path to becoming an accomplished professional baker.

Khando's inspiring journey has taken her from her small hometown in Nepal to the vibrant city of Delhi, where she passionately pursues her dream of owning her own bakery and building a successful business one day. Despite the challenges of living alone in a bustling city without relatives, she cherishes the experience and the promising future ahead in a field she truly loves. She believes her vocational education has provided a strong foundation for her journey, paving the way for a brighter future where she can thrive and inspire others.

While the struggles of undocumented refugees in Nepal continue, The Tibet Fund's vocational scholarships offer many young individuals the opportunity to carve out a better future for themselves, just as Khando is doing.

# EMPOWERING TIBETAN CIVIL SOCIETY

*The Tibet Fund empowers Tibetan civil society organizations and social entrepreneurs to make positive change in their communities. We do this by funding their social impact projects and supporting their staff to acquire nonprofit leadership experience and technical skills. In 2023, we made grants to the following Tibetan NGOs and community based organizations in India and Nepal.*





## MANJUSHRI EDUCATIONAL SERVICES

Manjushri works to promote healthy cognitive, social, and emotional development for children up to age 5, and mother tongue literacy for children up to age 8. In 2023, it conducted workshops for parents on the importance of early childhood development and positive parenting, distributed baby care packages to new mothers, organized reading and play activities at its community library in Dharamsala, and produced high quality Tibetan children's books, alphabet blocks, and jigsaw puzzles.



## SHATSA ORGANIZATION

Founded by a group of young Tibetans in Ladakh, Shatsa works to promote mother tongue literacy among Tibetan children. Its community library in Leh draws about 30 children daily and offers activities such as storytelling, drawing, and book treasure hunts. In 2023, it organized mobile library visits to nearby communities and summer reading camps in three remote nomadic areas, reaching hundreds of children with limited access to books.



## TIBETWRITES

TibetWrites promotes Tibetan writers and publishes their work, including original and translated fiction, non-fiction, and poetry. In 2023, it released four new titles: *Tragedy of Modom House*, an account of a Tibetan family's struggle under Chinese occupation, *Murder of Tenzin*, a young adult novel, and two collections of poetry that explore themes of identity, home, loss, and struggle in the diaspora.



## DRUNG FILMS

Drung works to advance Tibetan filmmaking and inspire collaboration among diaspora filmmakers. In 2023, it supported two aspiring young Tibetan filmmakers to make the short films *Chungthab* and *Whispers of Conscience*. Award-winning mentors advised them on script development, direction, and editing, and they received small grants for production costs. Drung also continued working on a collaborative film anthology exploring statelessness and migration.



## LHA CHARITABLE TRUST

Lha Charitable Trust works to uplift Tibetans through livelihood development training, with a focus on unemployed youth and former monks and nuns without diplomas. In 2023, 107 trainees received support to learn baking, cooking, and barista skills, nail art, electronics, wood carving, and yoga instruction. They also attended sessions on personality development, financial literacy, nutrition and food hygiene, and small-scale entrepreneurship. By the end of the year, 42 trainees were employed.

## HOPE AND CHALLENGE

Hope and Challenge collaborates with Drokpo to help vulnerable Tibetans in Nepal start their own businesses. In 2023, eleven microentrepreneurs received seed grants, training, and mentoring to open restaurants, a cosmetics store, a gaming shop, and traditional food businesses selling *thukpa*, *tsampa*, and Tibetan dried cheese. Basic business training included sessions on financial literacy, communication, and networking. The two NGOs have been collaborating on this project with our support since 2017.



## ALTRUISM IN ACTION

Altruism in Action raises awareness about Hepatitis B and provides screening, treatment, and vaccinations to prevent the spread of this life-threatening disease, which affects more than 7% of the Tibetan refugee population. In 2023, it provided specialist consultations, follow-up lab tests, and medication to more than 60 patients in Delhi, Ladakh, Himachal Pradesh, and Varanasi.



## TIBETAN CANCER SOCIETY

Tibetan Cancer Society raises cancer awareness, conducts cancer screening, and provides advocacy and care services for disadvantaged cancer patients. In 2023, it organized H-pylori screenings and awareness camps at nine settlements and a school in North India, and assisted 26 patients with hospital appointments, specialist consultations, and accommodation at its compassion home in Delhi.



## CHARITABLE TIBETAN DENTISTS

Charitable Tibetan Dentists offers free dental services in settlements, schools, and elder homes with limited access to quality dental care. In 2023, it organized a denture camp for more than 100 elders at Jampaling Elders Home in Dharamsala. 13 residents received new dentures, procedures such as extractions and restorations were performed, and follow-up visits were made to address any issues with the new dentures.



## TIBETAN HEART FOUNDATION

Tibetan Heart Foundation promotes cardiac health and cardiovascular disease awareness. In 2023, it held free medical camps in four settlements in South India, reaching more than 1,400 residents with screening and initial consultations in cardiology, oncology, gastroenterology, urology, orthopedics, ophthalmology, and gynecology. It also assisted 119 disadvantaged Tibetans with hospital appointments and specialist consultations, including 22 heart disease patients.







## DROKMO

Drokmo works to advance gender justice in Tibetan settlements and schools. In 2023, it organized a two-day menstrual wellness retreat for college students, and conducted workshops for 124 students in grades 6-8 covering puberty, adolescent health, menstrual health, gender sensitization, and sex education. It also held a workshop on child sexual abuse for 68 parents, focusing on awareness and parental roles in addressing such issues.



## REIMAGINING DOEGULING TIBETAN SETTLEMENT

Reimagining Doeguling is a grassroots organization that focuses on water conservation and community development in Doeguling settlement. In 2023, it installed a borewell with a recharge pit, solar lights, interlocking paver blocks, and seating benches. It also organized a health fair for more than 1,000 community members to promote healthy lifestyles, featuring an open marathon, basketball matches, traditional Tibetan circle dances, free health check-ups, and wellness talks.



## SANGAY CULTURAL SERVICES

Sangay Cultural Services aims to connect young Tibetans with their culture, language, and history through access to Tibetan language audiobooks. In 2023, it produced 71 audiobook chapters featuring ten historical figures including King Songtsen Gampo, Minister Gar Tongtsen, and Drogon Choegyal Phagpa. Adapted from a book by the institute's director, the episodes were uploaded on YouTube and viewed more than 191,000 times.



## TIBETAN LEGAL ASSOCIATION

Tibetan Legal Association promotes legal literacy and offers legal representation and counselling to Tibetans in India, including pro-bono legal aid for vulnerable Tibetans and free weekly legal services for women and children in Dharamsala. It also raises legal awareness and gives legal advice to Tibetan organizations. In 2023, it gave legal representation and counselling to 192 Tibetan individuals and organizations, assisting them with criminal and civil cases and preparing documents including affidavits and legal notices.



# REHABILITATING NEW REFUGEES

The Tibet Fund assists new refugees from Tibet to lead healthy, dignified lives in exile. Since 1991, in collaboration with the Central Tibetan Administration, U.S. State Department, and UNHCR, our humanitarian aid has facilitated safe passage and documentation for tens of thousands of Tibetans arriving in India via Nepal, providing them with food, shelter, clothing, counselling, and essential medical care. Legal protection and access to education at Tibetan schools, monasteries, and nunneries equip them with the tools to rebuild their lives, and additional financial and psychosocial support is provided to Tibetan political prisoners, torture victims, and refugees with post-traumatic stress disorder.

In 2023, forty new refugees received assistance at two CTA reception centers in Delhi and Dharamsala. Due to increased border security and harsh punishments for those caught escaping, the number of refugees has declined significantly over the past decade, but witnessed a modest increase over the past year. New refugees received check-ups and tests for infectious diseases, and had the opportunity to have an audience with His Holiness the Dalai Lama. All received opportunities to attend schools, monasteries, or nunneries of their choosing, and reported feeling safe and secure after arriving in India.



# EVENT HIGHLIGHTS



## *Annual Gala*

The Tibet Fund hosted its 13th annual gala at Chef Eric Ripert's renowned Le Bernardin Privé restaurant in New York. Richard and Alejandra Gere co-chaired the event, which honored Laurie Anderson, Chang Sheng Kai, and Garchen Rinpoche. More than 150 guests attended.



## *Sikyong Penpa Tsering Visits Board Retreat*

Board members gathered for a weekend retreat at the Garrison Institute in New York. Sikyong Penpa Tsering and Dr. Namgyal Choedup, North America Representative of H.H. the Dalai Lama, joined the retreat for a discussion followed by lunch.



## *CTA Donor Conference*

The Tibet Fund Regional Director Sherab Woesser and Communications Director Tenzin Choekyi attended a two-day donor conference organized by the CTA. Discussions focused on resource mobilization and enhancing administrative capacity. Sherab presented on the donor landscape and The Tibet Fund's key programs.



## *USAID Delegation Visit*

Anjali Kaur, Deputy Assistant Administrator for Asia, and Veena Reddy, Mission Director for India and Bhutan, visited our Dharamsala office in November. President Bob Ankerson and Regional Director Sherab Woesser gave a presentation and program officers highlighted their respective activities.



## *Board Member and Donor Visit*

The Tibet Fund's former President, Rinchen Dharlo, and Olivia Hansen, a philanthropist and past gala honoree, visited the Dharamsala office in October. Ms. Hansen, a longtime supporter of The Tibet Fund, met with the staff and thanked them for their work.



## *Tibetan Youth Summer Immersion Program*

A month-long cultural program was attended by 27 Tibetan youth from the U.S., Canada, and Europe. Designed for Tibetan high school and college students raised in the West, the annual program offers an immersive experience in Tibetan culture, history, and language at the Center for Higher Tibetan Studies.



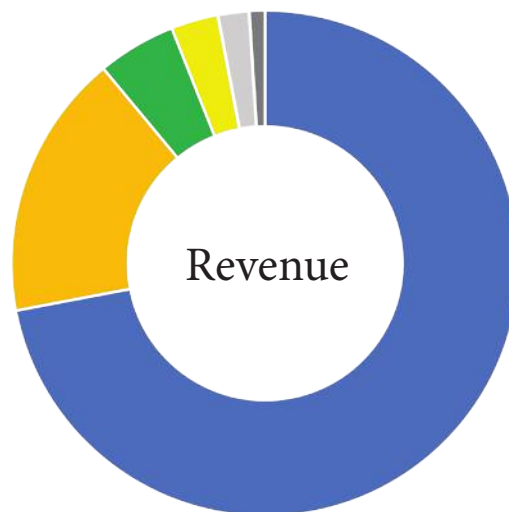
## *Monlam Manifest*

The first annual Monlam Manifest event was held in November at the TIPA concert hall in Dharamsala. Dr. Lobsang Monlam, Director of Monlam AI, presented Tibetan artificial intelligence models under development. Funded with a grant from The Tibet Fund, the event was livestreamed on Facebook and attended by more than 40,000 viewers online.

# FINANCIAL STATEMENTS

## STATEMENT OF REVENUE

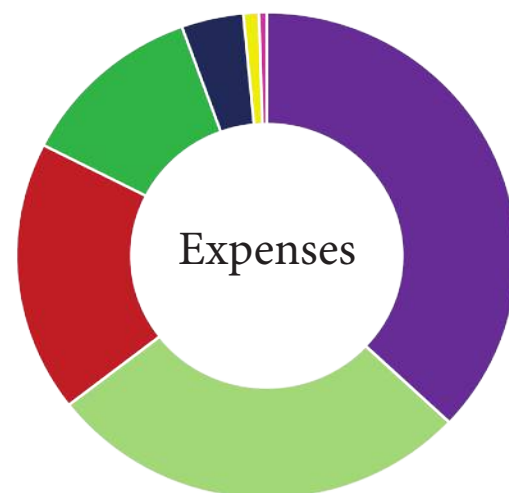
Public Support and Revenue	Total
U.S Federal Grants	\$9,181,510
Private Events	\$293,682
Contributions <i>(With donor restrictions)</i>	\$2,202,958
Contributions <i>(Without donor restrictions)</i>	\$381,155
<b>Other Revenue</b>	
Investment Income and Interest	\$645,844
Rental Income	\$89,830
<b>Total Revenue</b>	<b>\$12,794,979</b>



- U.S. Federal Grants 72%
- Private Events 2%
- Contributions - Restricted 17%
- Contributions - Unrestricted 3%
- Investment Income 5%
- Rental Income 1%

## STATEMENT OF PROGRAM EXPENSES

Program Services	Total
Education and Scholarships	\$4,391,462
Cultural Preservation	\$3,255,698
Healthcare	\$2,126,389
Economic and Community Development	\$1,417,356
Humanitarian Assistance	\$47,699
<b>Supporting Services</b>	
Management and Operating	\$510,770
Fundraising	\$78,656
<b>Total Expenses</b>	<b>\$11,828,030</b>



- Education and Scholarships 37%
- Cultural Preservation 27.5%
- Healthcare 18%
- Economic and Community Development 12%
- Management and Operating 4%
- Fundraising 1%
- Humanitarian Assistance 0.5%

# WE ARE GRATEFUL TO OUR DONORS

## \$50,000+

Anonymous  
Ya Ping Chang  
Estate of Robert Warren Clark  
Living Trust  
Cold Mountain Fund of RSF  
Social Finance  
Stephanie Boi Tran  
U.S. Department of State  
United States Agency for  
International Development  
Wisdom Lotus Foundation

## \$25,000-49,000

Anonymous  
The Jonathan and Kathleen  
Altman Foundation  
Peter Brown  
Barry J. and Connie J. Hershey  
Avinash Kaushik and Jennie  
Chan  
Jonathan and Diana Rose/  
Lostand Foundation  
Yodon Thonden  
Richard and Carol Weingarten  
Foundation

## \$10,000-24,999

Anonymous  
The Benevity Community  
Impact  
Peggy Brim Bewkes  
Brandenburg Family  
Foundation  
Donna L. Burkhead  
Ann Carman  
The Coleman Foundation  
The William H. Donner  
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Ann M. Down  
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Epic Systems Corporation  
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Schroeder  
Rockefeller Philanthropy  
Advisors  
Eileen Tunick  
Edward M. and Shirley Weil  
Jonathan and Jane Wells  
Stephen Worrall  
Walter Worrall

## \$5,000-9,999

Le Bernardin  
Committee of 100 for Tibet  
Dr. Lisette Cooper  
James DeGroot  
Issa Van Dyk/The Grace Jones  
Richardson Trust  
Michael Gutwaks  
Karen L. Johnson  
Zorba and Penny Paster  
Paula A. Perlis  
Michael and Nina Stanton  
Joshua Steiner  
Utah THF Alumni  
Kathleen and Joseph Wood  
The Johannes and Regis Lux  
Worsoe Charitable Fund  
Tsering Yangki

## \$1,000-4,999

Anonymous  
Hersheal Aggarwal  
Laurie Anderson  
Carol S. Ankeron  
The Ark Bookstore  
Joan C. Baez  
Tenzing L. Baro  
Barbara Barrett  
Ann and G. Kenneth Baum  
Jeffrey Bernard Giving Fund  
Pedro Beroy  
Mitch Besser  
Nima Binara  
Tsering Yangdon Binara  
The Lois and Irving Blum  
Foundation

Sarah Bowman  
Jessica Brackman  
Nancy Brand and John Kukor  
Margaret M. Broda  
Rabbi Angela Buchdahl  
Michael Burbank  
Jean G. Ashby and Kenneth J.  
Burger  
Clarke Camper  
Capital Group Payment  
Dr. Ira and Susan Casson  
Charities Trust  
Deborah Cheung  
Lhamo Choedon  
The Dennis and Linda Chu  
Foundation  
Saara Cohen  
Carole Corcoran  
Clare Dalton  
The Danish Tibetan Cultural  
Society  
Prof. Richard and Susan  
Davidson  
Greg DePrince  
David Diamond  
Namgyal Dolper  
Passang Dolma  
Alison J. Van Dyk/The Grace  
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Issa Van Dyk /The Grace Jones  
Richardson Trust  
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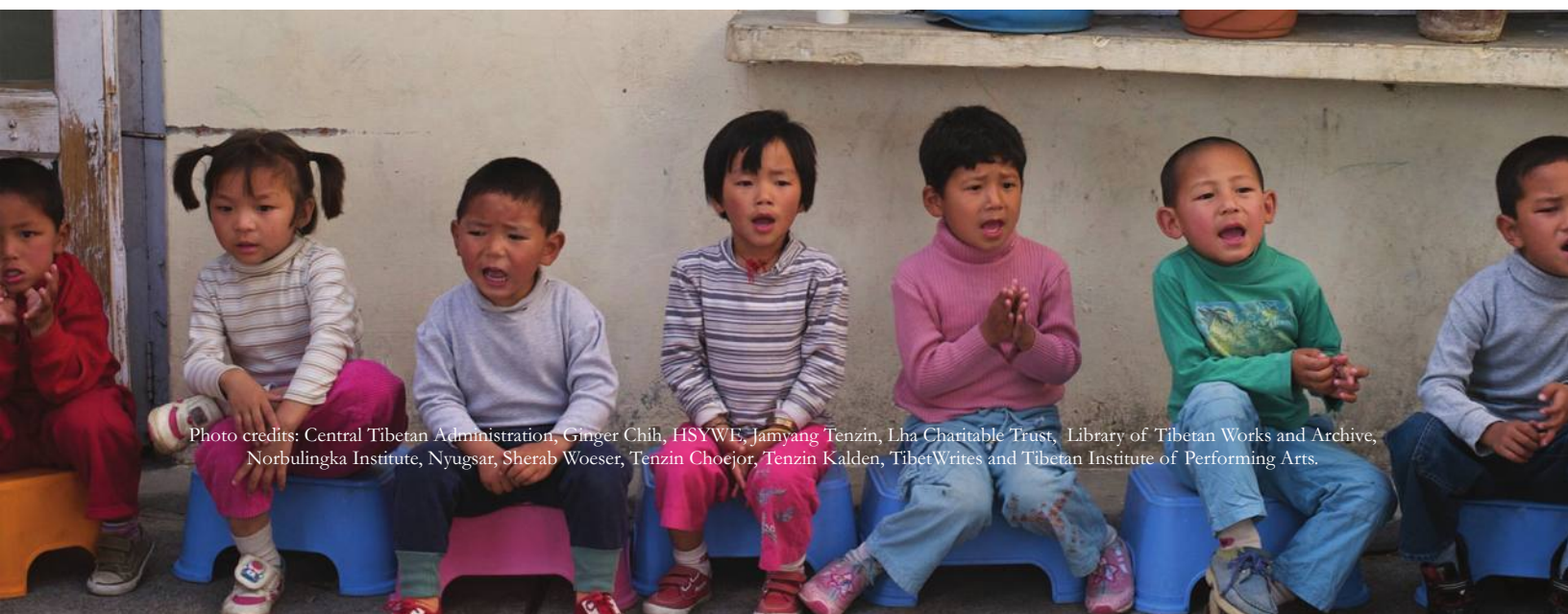


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For more information, please contact Bob Ankersen at (212) 213-5011 or [bob@tibetfund.org](mailto:bob@tibetfund.org)

The Tibet Fund's mission is to preserve the distinct cultural identity of the Tibetan people. Founded in 1981 under the patronage of His Holiness the Dalai Lama, The Tibet Fund is the leading nonprofit organization dedicated to supporting and strengthening Tibetan communities, both in exile and inside Tibet.

The Tibet Fund is a 501(c)3 organization and donations are tax deductible to the extent allowed by law.



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