



Help in Action -

Lama Gangchen Kiurok Tsochun

is a voluntary non-profit association founded by T.Y.S. Lama Gangchen, a Tibetan lama healer. Resident in Italy since 15 years Lama Gangchen works tirelessly to promote reciprocal exchanges between the east and west, be it from a cultural point of view or that of humanitarian aid in favour of those places less fortunate. The Tibetan name "Kiurok Tsochun" that he gave to the Association means help for the poorest and most forgotten.

Registered with the Italian Government in 1997, the Association - run entirely by volunteers - has been active since 1992. It offers long distance adoptions and humanitarian aid projects in favour of countries that are underdeveloped.

The Association is part of the Lama Gangchen World Peace Foundation, a United Nations affiliated Non Governmental Organisation.

A little help gives a lot of hope!

Generally, in the poorest countries public assistance is scarce or does not exist and the weakest people often find themselves alone and in desperate conditions.

Without any means of support and with no income these people, already vulnerable, find themselves without money to buy food, clothes, medicine, or to pay a rent.

The long distance adoption of an old, sick or disabled person can give them back their human dignity, hope and peace of mind.

Mani Bhadra - Phoenix Import believes in the humanitarian aid projects from Help in Action and gives a minimum of **5%** of our profits to the Help in Action projects for people in need in Tibet, Nepal and India, thus giving meaning to our work, lives and our sharing.

We double every donation that is given by our customers.

Thank you for helping making a miracle happen

Your and our sponsorship will make a difference and help break this terrible cycle of poverty. By becoming a sponsor you can make an immediate difference in the life of the poorest.

Norbu Sangpo (Jan de Ruiter) - director Mani Bhadra