

*The following Discussion Guide is meant to serve as a complementary resource to enrich your Khabda experience. As a local host or as a member of a Khabda community, feel free to develop and explore your own themes, topics, questions and discussion points. We look forward to hearing back on your own local Khabdas - be sure to tag us on social media and use #machikkhabda. Enjoy!*

## **Huamo Tso's Poetry**

1. Which of the verses of the poem "I am who I am" (ང་ནི་ང་ཡིན།) resonated most with you? Why? How did the poem leave you feeling?
2. What were your thoughts after reading both poems by Huamo Tso?
3. Who is the poet's primary audience? What do you feel is the message she is conveying?
4. Did the commentary on the poem "I am who I am" clarify the poet's intentions in writing that particular poem? What do you think motivated her to pen those words?
5. Take a look at the additional downloadable materials from Sholung and Snowland Tibetan Women's Journal on the Khabda website. What are your thoughts on these?
6. Did you draw any connections between Gen Huamo's writings and other poems you have read? How so?

## **Women's Literature**

1. In general, what type of literature do you read the most? Why is that the case?
2. When you hear the term "Tibetan literature", what images come to mind? In three words, how would you describe Tibetan literature?
3. Can you name five Tibetan women writers?
4. How do you access works produced by Tibetan storytellers? And what is the primary language employed by the Tibetan writers you read?
5. Can you name five people who have contributed extensively to the canon of Tibetan literature? Out of the five you have chosen, what is the distribution of age, gender, birthplace and primary language used by these literary and cultural creators?
6. Brainstorm: what are three ways in which our collective community can increase our access to and consumption of Tibetan literature, as well as encourage more people to produce new literary work.
7. How can we diversify and enrich contemporary Tibetan literature?
8. Who is your favorite woman writer and why?

## Srinmo Association

1. When you first encountered the word “Srinmo” during this Khabda, what did you think of and how did you feel? In the past, how have you heard of srinmo?
2. After learning more about the work of Gen Huamo Tso’s organization, how do you now connect to this term?
3. Was there anything about the work of Srinmo Association that you found surprising?
4. Imagine being on the ground with Gen Huamo as a volunteer with the Srinmo Association. What would you like to learn more about the status of Tibetan women’s health?
5. As per the Khabda theme, what does it mean to be “redefining the Srinmo”?

## Women’s Health

1. What do you know about the status of Tibetan women’s health? What do you think are the most common health challenges that women, specifically Tibetan women, face today?
2. Discuss some social and cultural conditions that are necessary to achieve an optimal level of women’s health and well-being.
3. Think of your personal health and all the factors required to keep you healthy. How do you define being healthy? What do you think being healthy looks like for Tibetan women living in Tibet today?
4. In the context of Tibetan women’s health, what subjects are broadly considered taboo and why? How can we address these issues?
5. If you had the opportunity, what aspect of Tibetan women’s health would you like to explore further and understand?

## Suggested Activities

*To celebrate the groundbreaking work of Prof Huamo Tso, we encourage your Khabda group to undertake the following suggested activities.*



### 1. Poetry Writing

Allot a specific amount of time during your Khabda gathering, preferably after your discussion of the content, during which people sit down quietly and write their own poems. The host may wish to choose a theme for this activity or let people write freely on any topic of their choice. People should feel free to share their poems with others, creating an impromptu open-mic session at your Khabda.



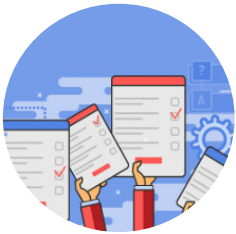
## 2. Tibetan Literature Swap

On Khabda day, bring your favorite piece of Tibetan literature (fiction, non-fiction, poetry, prose, biography, etc) to share with the group. Go around a circle and have everyone introduce the piece to the group. If Khabda attendees are willing, we encourage people to do a swap of each other's pieces and try reading something new!



## 3. Poetry Recap

Pick a day that is at least several days after your Khabda and revisit one of the poems written by Prof Huamo. Read it again, in both languages if you are able, and consider what new insights you are taking away from this second reading. If you decide to do this recap with a friend or two, feel free to have a mini-khabda after your second reading.



## 4. Community Health Interview

Given what you have learned from the work of the Srinmo Association, develop a questionnaire to determine the most important aspects about Tibetan women's health issues in your local region.