



“OUR LAND. OUR IDENTITY. OUR FREEDOM.”

TIBET TODAY INSIGHTS



Tibetan Protests During Xi Jinping's Global Visits

As global leaders gathered for diplomacy, Tibetan activists took their message to the streets of New Delhi and Washington, bringing questions of identity, culture and the future of Tibet into international focus.

Table Of Contents



04 **VOICES OUTSIDE THE ROOM**

06 **A VOICE ABOVE THE STREETS
OF WASHINGTON**

07 **CULTURE**

09 **RELIGION & DIPLOMACY**

GLOBAL TIBETAN MOVEMENT

DALAI LAMA SUCCESSION DEBATE

10 **HUMANITARIAN EMERGENCY**

11 **CLIMATE FRONTLINE**

WHEN THE MOUNTAIN BROKE

Asia's Water Tower Is Losing Ice

13 **IDENTITY FEATURE**

14 **PHOTO ESSAY**

**CULTURE BECOMES AN ACT OF
CONTINUITY**

**WHEN THE MOUNTAIN CHANGES,
LIFE BELOW CHANGES TOO**

16 **VOICES FROM THE COMMUNITY**

18 **INDIA CHINA RELATIONS**

Stories Of Identity, Memory And Hope

**A HANDSHAKE ACROSS A
MILITARISED FRONTIER**

21 **FOOD CULTURE**

16 **VOICES FROM THE
COMMUNITY**

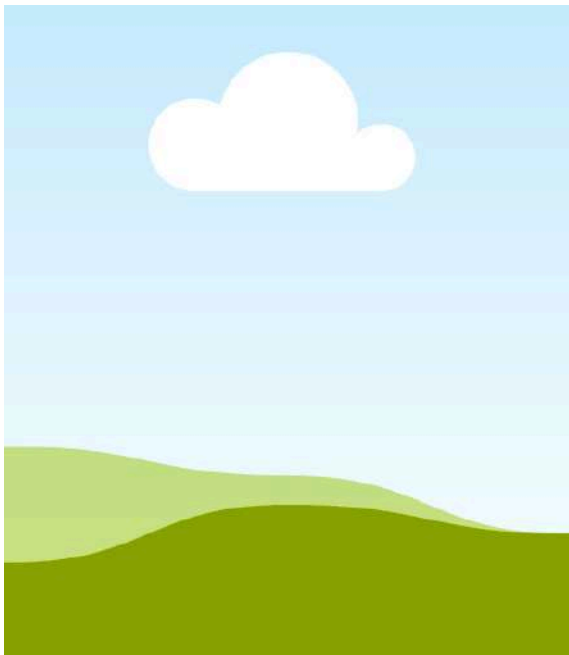
TIBETAN CUISINE IS MORE THAN FOOD

Stories Of Identity, Memory And Hope

Letter From The Editor

Tibet has remained one of the most discussed regions of Asia because it represents a unique intersection of civilisation, spirituality and strategic importance.

For centuries, Tibetan culture developed around Buddhism, monasteries and traditions shaped by the Himalayan environment. Today, Tibet is also connected with major questions of international diplomacy, environmental security and regional stability.



This issue of Tibet Today Insights explores the developments surrounding Tibetan protests during Chinese President Xi Jinping's international visits while also examining the wider issues shaping the Tibetan Plateau.

From demonstrations outside diplomatic venues to glacier risks affecting Asia's rivers, Tibet continues to remain a subject of global attention.

This magazine looks beyond headlines and explores the human stories, political debates and environmental challenges that define Tibet today

Editor-in-Chief

Voices Outside the Room While Xi Jinping moved from BRICS in New Delhi to a state visit in Washington, Tibetan exile politics returned to the street and to the Himalayan map that still binds India and China.

The week of diplomacy had two stages and one recurring cast. Inside the halls: summit language, handshakes, border “commitment.” Outside: snow-lion flags, preventive detention in Delhi, and a coalition march in Washington. In New Delhi, Tibetan groups treated Xi’s first India visit since 2019 as a megaphone, not a welcome. On 11 September, Students for a Free Tibet activists climbed poles near Bharat Mandapam and unfurled banners. The next evening, Tibetan Youth Congress members tried to push toward the venue on Bhairon Marg. Delhi Police used preventive detention; reports put the TYC group at about 64 people. Most were released without charges after the summit ended. Organisers were careful on one point: they were not opposing India’s hosting of BRICS. They were opposing the guest.



Majnu Ka Tila to the summit perimeter: TYC marchers carry a banner against China’s Ethnic Unity law as Delhi Police line the route. September 2026.



TRADITIONAL CHUBA BESIDE SNOW-LION FLAGS: A DELHI PROCESSION FRAMED AS CULTURAL PRESENCE AS MUCH AS POLITICAL PROTEST.

Two weeks later the same argument crossed an ocean. In Washington, as Xi Jinping arrived for talks and a state dinner at the White House, organisers described one of the largest Tibetan gatherings in North America in years. Thousands came from New York, New Jersey, Boston, Chicago, Minnesota, Vermont and Toronto under a “Chalo DC” banner. The Tibetan Youth Congress and the Capital Area Tibetan Association led the day. The International Campaign for Tibet, Students for a Free Tibet and the Tibetan National Congress walked with them. Uyghur, Southern Mongolian, Hong Kong, Taiwanese and Chinese democracy groups filled the gaps between the snow-lion flags. The demand was narrower and harder than a street chant. Put prisoners on the agenda. Put language and identity on the agenda. Put China’s Ethnic Unity law, colonial-style boarding schools, and the missing Panchen Lama on the agenda — not only trade, rare earths and technology. Marchers began at the Chinese Embassy, crossed toward the Capitol, and stood close enough to the South Lawn that the visit could not pretend it had no audience. Congressional allies spoke. Pro-Beijing counter-crowds tried to cover banners with red flags. The photographs still show the Tibetan ones. This was not a replica of Delhi. There was no preventive detention on Bhairon Marg. There was a coalition, a wider legal street, and the same unfinished sentence: a summit can reset India–China or US–China commerce and still leave Tibet off the page. Tibet Insight prints that sentence because the White House week did not erase it.

A YOUNG TIBETAN ACTIVIST CARRIES A GENERATION'S CRY FOR IDENTITY AND FREEDOM

As the world watched Chinese President Xi Jinping arrive in Washington for a major diplomatic engagement, a powerful reminder emerged from the streets outside the halls of power — the unresolved emotions surrounding Tibet.

On September 22, 2026, 20-year-old Tibetan activist Tenzin Namgyal climbed a light pole near the US Capitol and unfurled banners carrying a message of protest against Beijing's Tibet policies. His act was not just a moment of defiance; for many Tibetan activists, it represented decades of pain, memories and a struggle to preserve their identity.

Namgyal dedicated his action to the memory of Lobga Rangzen, a Tibetan activist whose death became a symbol among supporters of the Tibetan movement. He said his protest was driven by concerns over Tibetan language, religion, culture and the future of his people.

Across the world, many Tibetans continue to call for recognition of their historical identity and greater protection of their traditions. They argue that Tibet is not merely a political question but a story of a civilisation fighting to keep its voice alive.

As diplomatic meetings continue between global leaders, Tibetan activists say their message remains clear: the future of Tibet must include the voices of Tibetans themselves.



A VOICE ABOVE THE STREETS OF
WASHINGTON



How the Tibetan Diaspora Preserves a Culture Through Language, Memory and Community



GLOBAL TIBETAN MOVEMENT

BEYOND BORDERS, BEYOND GENERATIONS

A Culture Preserved Through Memory and Community

Far from the Tibetan Plateau, Tibetan identity continues to survive through the efforts of families and communities across the world. Through language, traditions and cultural practices, Tibetans continue to preserve their heritage for future generations.

What began as a journey of exile has developed into a global network of schools, cultural organisations and community centres. Children learn Tibetan script, elders share stories of their homeland and families continue traditional practices that connect them with their roots.

From India to Europe, North America and Australia, Tibetan communities organise festivals, exhibitions and educational programmes to keep their music, dance, food and traditions alive. For younger generations born away from their ancestral homeland, culture has become a bridge between the past and the present. Language and community gatherings help maintain a connection with Tibetan history and identity.

Through classrooms, celebrations and daily practices, the Tibetan diaspora continues to carry its heritage forward, ensuring that its culture remains visible and meaningful in the modern world.





DALAI LAMA SUCCESSION DEBATE

The future of the Dalai Lama institution has become one of the most significant discussions surrounding Tibetan Buddhism, connecting faith, culture and international diplomacy.

For Tibetan Buddhists, the succession of the Dalai Lama is a deeply spiritual process guided by centuries-old religious traditions and the wisdom of Buddhist scholars. The institution represents not only a spiritual leadership but also a symbol of Tibetan cultural identity.

The succession debate has attracted global attention as different perspectives emerge regarding the process of recognising the next Dalai Lama. Tibetan leaders emphasise the importance of preserving traditional religious practices, while the Chinese government maintains that reincarnation of religious figures should follow state regulations. Beyond politics, the debate reflects a larger question about the survival of a centuries-old spiritual tradition in a changing world. The future of Tibetan Buddhism remains closely connected with identity, heritage and faith.

HUMANITARIAN EMERGENCY

When The Mountain Broke

RESCUE, DISRUPTION AND THE HUMAN COST OF A HIMALAYAN DISASTER

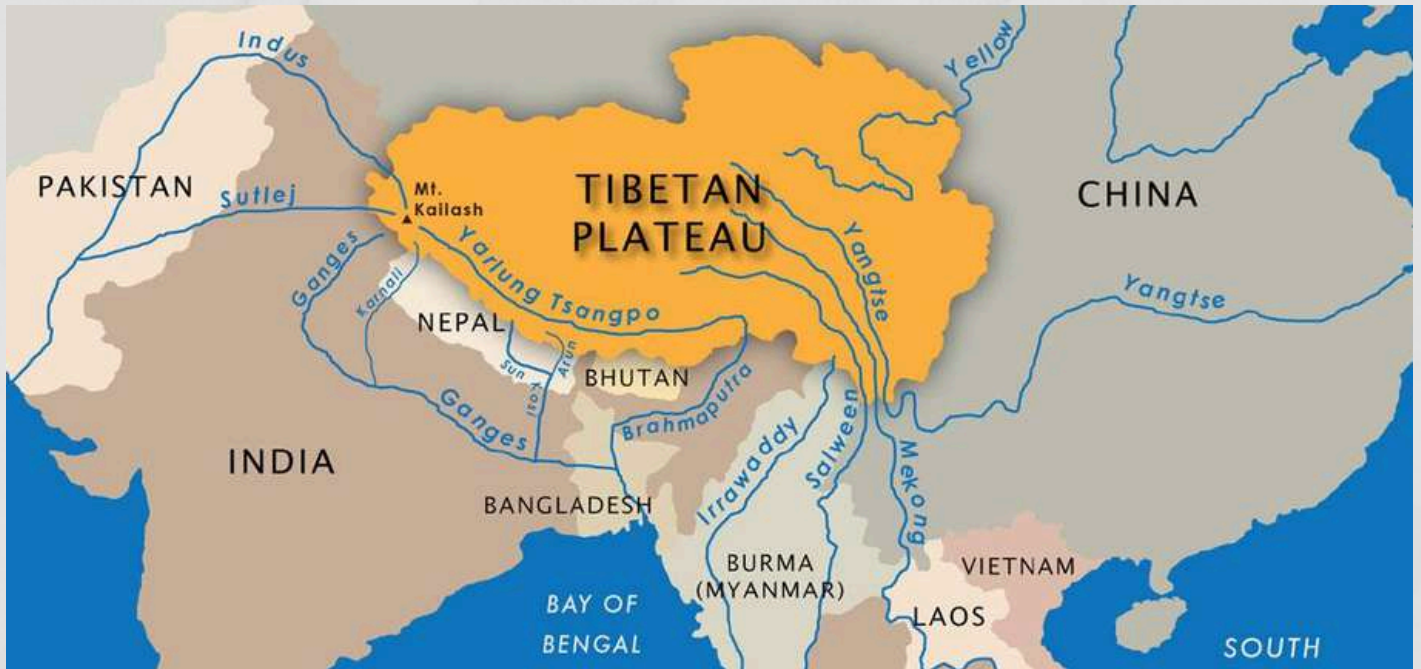
The Tibetan Plateau disaster revealed the challenges faced by communities living in one of the world's most fragile mountain environments. Extreme terrain, harsh weather and damaged infrastructure made rescue operations difficult. Emergency teams worked to reach affected areas, provide medical support and restore essential services. The crisis showed how quickly natural disasters can disrupt lives, transportation networks and communication systems in remote Himalayan regions.



The impact on the Gyirong border region highlighted the vulnerability of Himalayan connectivity between Tibet and Nepal. Damaged roads and disrupted routes affected movement and relief efforts, while information access became an important concern during the emergency. The disaster renewed discussions about climate resilience, disaster preparedness and the need to protect communities living in fragile mountain landscapes.

CLIMATE FRONTLINE

Asia's Water Tower Is Losing Ice



The Tibetan Plateau, often described as Asia's Water Tower, is one of the world's most important high-altitude freshwater regions. Its glaciers, snowfields and mountain ecosystems play a crucial role in feeding major rivers that support millions of people across Asia. However, rising temperatures and changing climate patterns are accelerating glacier retreat, creating new environmental challenges for mountain communities and downstream populations.

The impact of melting ice extends far beyond the plateau. The Brahmaputra, Indus, Mekong, Yangtze and Yellow River systems depend on the stability of this fragile region. Changes in glacier conditions can influence water availability, agriculture, biodiversity and disaster risks. Protecting the Himalayan environment has become a critical challenge for climate resilience and future water security.

CLIMATE FRONTLINE



A Changing Himalayan Landscape

The Himalayan region is experiencing rapid environmental transformation as glaciers respond to a warming climate. Retreating glaciers, irregular snowfall and extreme weather events are changing the natural balance of mountain ecosystems and increasing concerns about long-term water resources.

For communities living along major river systems, the Tibetan Plateau is not just a distant landscape but a source of life, culture and livelihood. Scientists and environmental experts continue to study these changes to understand future risks and develop sustainable solutions. The protection of glaciers and mountain ecosystems remains essential for maintaining the delicate connection between the Himalayas and the millions of people who depend on its rivers.

Culture Becomes An Act Of Continuity

For Tibetans around the world, culture is more than a connection to the past — it is a living expression of identity. Across communities, language, traditions and festivals continue to play an important role in preserving a shared heritage and passing it to younger generations.

The Tibetan language remains at the heart of cultural preservation. Weekend schools, community classes and family learning programmes help children connect with their linguistic roots. For many families living outside Tibet, speaking Tibetan at home has become a way to maintain a bond with their heritage.

Traditional festivals such as Losar, along with music, dance, art and religious practices, continue to bring communities together. These celebrations create spaces where elders share memories and younger generations experience their cultural traditions.

Across India, Europe, North America and other regions, Tibetan communities organise cultural events, exhibitions and educational programmes to keep their heritage visible. Community preservation is not only about remembering history but also ensuring that Tibetan identity continues to grow in the modern world. In recent years, younger Tibetans have taken an active role in cultural preservation through digital platforms, language initiatives and international gatherings. Social media, creative projects and youth programmes have created new ways to share Tibetan stories with a global audience.

For many Tibetans, protecting culture means keeping a language spoken, traditions celebrated and memories preserved. It is a continuous effort to ensure that heritage remains alive not only in history books but in everyday life.

“When the Mountain Changes, Life Below Changes Too”



A crisis in the mountains does not stay in the mountains — it travels through rivers, roads and human lives.



THE HUMAN COST OF A FRAGILE HIMALAYA

Rescue, Roads and Resilience in the High Mountains

VOICES FROM THE COMMUNITY

Stories Of Identity, Memory And Hope

Across the world, Tibetan students, cultural teachers, young Tibetans and community leaders continue to preserve a shared heritage through everyday efforts. For students, learning the Tibetan language and traditions creates a connection with their roots and family history. Cultural teachers keep ancient knowledge alive through language classes, music, dance and storytelling. Young Tibetans are using modern platforms, social media and global events to express their identity while staying connected with tradition. Community leaders support educational programmes, festivals and cultural activities that bring people together. Through these collective efforts, Tibetan communities continue to protect their language, memories and traditions, ensuring that their cultural identity remains meaningful for future generations.





A Land Where Mountains, Monasteries and Memories Meet

The Tibetan landscape is a remarkable blend of nature, spirituality and cultural heritage. From the towering peaks of the Himalayas to ancient monasteries standing against the mountain horizon, every corner of the plateau reflects a deep connection between people and their environment.

Monasteries remain important centres of learning, meditation and tradition. Their architecture, prayer flags and sacred spaces represent centuries of spiritual history carried through generations. Festivals bring communities together through colourful dances, traditional clothing, music and rituals that celebrate shared identity.

Beyond the mountains and monasteries, everyday life continues in villages and high-altitude communities. Families, farmers, monks and younger generations maintain traditions while adapting to a changing world. Rivers flowing from the Tibetan Plateau, vast landscapes and unique ecosystems further highlight the importance of this region.

Through images, Tibet tells a story of resilience, heritage and continuity — a place where nature and culture remain deeply connected. These not only landscapes but also the people and traditions that give the plateau its enduring character.

India-China Diplomatic Reset Through The Tibet Factor



**A HANDSHAKE ACROSS
A MILITARISED FRONTIER**

India-China Diplomatic Reset Through The Tibet Factor

The India-China relationship remains shaped by a combination of diplomacy, strategic competition and the complex geography of the Himalayan region. The Tibetan Plateau stands at the centre of this relationship, influencing discussions on borders, security, environment and regional stability.

Through platforms such as BRICS, both countries continue diplomatic engagement on global economic issues, climate discussions and international cooperation. At the same time, unresolved concerns along the Himalayan frontier remain an important factor in bilateral relations.

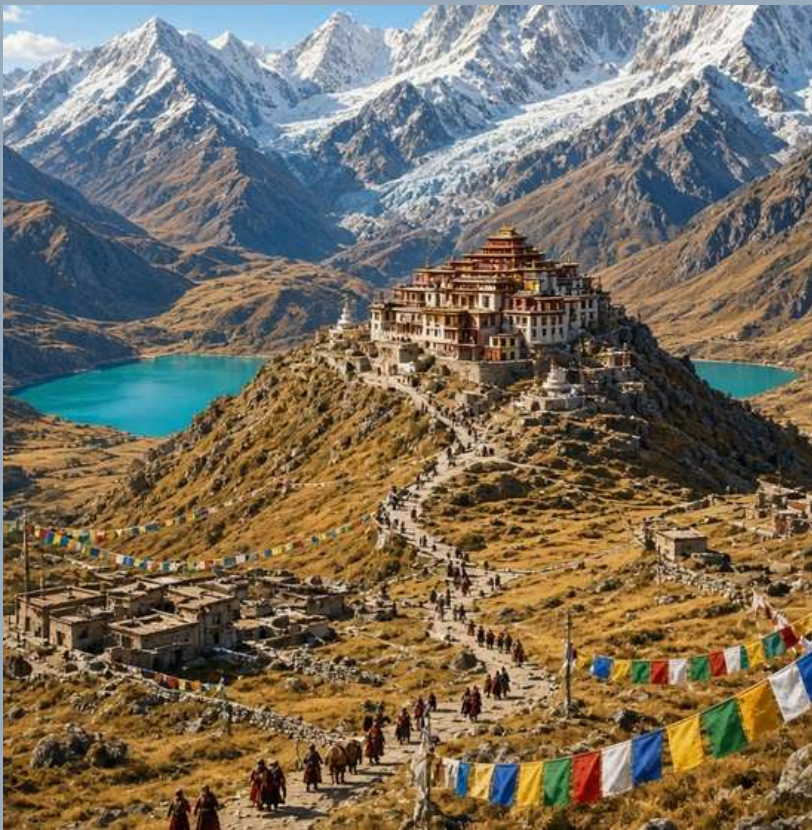
The Tibetan Plateau's strategic location connects directly with the India-China border landscape. Border infrastructure, military presence and efforts to maintain stability continue to influence conversations between the two nations.

Beyond security, Tibet also holds environmental significance as the source of major Asian rivers, including the Brahmaputra and Indus. Changes in the plateau's ecosystem can affect communities across borders.

The future of India-China relations will depend on managing differences while maintaining dialogue. Tibet remains a key geographical and cultural factor that connects diplomacy, security and environmental concerns across the Himalayas.

TIBET: THE HEART OF THE HIMALAYAS

WHERE HISTORY, IDENTITY AND GEOPOLITICS MEET



Monasteries, pilgrimage paths and mountain passes linked communities across the plateau and beyond. The region developed a unique identity built around Tibetan language, Buddhist traditions and centuries-old customs.

Today, Tibet remains at the centre of global conversations involving culture, environment and international relations. Its strategic location between South and Central Asia has made the Himalayan region an important area for diplomacy and security discussions.

High above Asia, the Tibetan Plateau stands as one of the world's most significant regions — a place where ancient civilisation, powerful landscapes and modern geopolitics intersect. Known as the “Roof of the World”, Tibet is not only defined by its mountains and glaciers but also by its people, traditions and historical connections.

For centuries, the Himalayan region was shaped by cultural exchanges, trade routes and spiritual connections.

Tibetan cuisine is more than food



Momos are soft Tibetan dumplings filled with meat or vegetables, offering a delicious taste of Himalayan comfort and tradition.

Gyuma is a traditional Tibetan sausage made with pork, barley and spices, known for its rich flavours and hearty texture.



Phing Sha combines glass noodles, vegetables, herbs and spices, creating an authentic Tibetan vegetarian dish full of flavour.



It is a reflection of mountains, traditions and the stories of communities that have carried these flavours across generations.

TIBET TODAY INSIGHTS

THE ROOF OF THE WORLD

A land of mountains, memories
and an enduring identity.

Beyond borders and headlines
lies a civilisation shaped by
centuries
of tradition, faith and
resilience

A culture survives when it
continues to be spoken
celebrated and shared

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