

Tibet Post International (TPI) continued its efforts to report on the Chinese government's poor respect for, and abuse of, human rights in Tibet, that include arbitrary arrest or detention, torture, denial of freedom of speech and press, freedom of assembly and association, freedom of religion, freedom of movement and cultural assimilation, social discrimination, economic marginalization and environmental destruction and societal abuse. TPI learned that every aspect of Tibetan life is under siege and Tibetans have even fewer civil and political rights than Chinese people also ruled by the Communist Party the most concern.

The regime enforces its control over every aspect through the threat and use of arbitrary punishments, at times including severe violence. Any act deemed to threaten its rule normal to become a criminal offence. However, TPI also believes its efforts have increasingly become a strong voice to its targeted international readership. Reporters Without Borders ranked China (include Tibet) 176 out of the 180 countries on its Press Freedom Index 2020. Freedom House, in their annual 'Freedom in the World' report release in 2016,<sup>3</sup> has placed Tibet as the second worst place in the world for political rights and civil liberties. Tibet was amongst the world's 12 worst countries, in 2020.

TPI also learned that 'there are more foreign journalists in North Korea than Tibet,' making Tibet one of most difficult places. Tibetans in Tibet reported receiving official warnings after using their cell phones to exchange what the government deemed to be sensitive information. During the recent years' annual traditional ceremonies or festival almost all areas of Tibet, particularly the capital Lhasa, remain under virtual martial law and today, just as in the past, China refuses to acknowledge its human rights abuses.

Below is a sample list of 49 links to news stories concerning the situation inside Tibet, as verified by TPI's sources, since May to December 2016:

1. China releases one of Tibet's most high-profile political prisoners  
<http://www.thetibetpost.com/en/news/tibet/4975-china-releases-one-of-tibets-most-high-profile-political-prisoners>
2. Tibet remains the most intriguing and tightly controlled region: FCCC  
<http://www.thetibetpost.com/en/news/tibet/4986-tibet-remains-the-most-intriguing-and-tightly-controlled-region-fccc>
3. Tibetan prisoner released after finishing two-year prison term  
<http://www.thetibetpost.com/en/news/tibet/4994-tibetan-prisoner-released-after-finishing-two-year-prison-term>
4. Tibetan writer Lomig is handed 7-year term on unknown charges  
<http://www.thetibetpost.com/en/news/tibet/5000-tibetan-writer-lomig-is-handed-7-year-term-on-unknown-charges>
5. China arrests a Tibetan Buddhist monk for peaceful protest in Tibet  
<http://www.thetibetpost.com/en/news/tibet/4987-china-arrests-a-tibetan-buddhist-monk-for-peaceful-protest-in-tibet/>
6. Tibetans protest against Chinese mining in Minyak County, Tibet  
<http://www.thetibetpost.com/en/news/tibet/4998-tibetans-protest-against-chinese-mining-in-minyak-county-tibet>
7. Chinese authorities arrest a young monk in Tibet for unknown reason  
<http://www.thetibetpost.com/en/news/tibet/5015-chinese-authorities-arrest-a-young-monk-in-tibet-for-unknown-reason>

8. For Tibet's Culture, I want to self-immolate: Monk reportedly said  
<http://www.thetibetpost.com/en/news/tibet/5019-for-tibets-culture-i-want-to-self-immolate-monk-reportedly-said>
9. Hundreds of villagers plead for improvement of living condition in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5029-hundreds-of-villagers-plead-for-improvement-of-living-condition-in-tibet>
10. Mining protest repressed in Amdo, Tibet, several beaten and detained  
<http://www.thetibetpost.com/en/news/tibet/5031-mining-protest-repressed-in-amdo-tibet-several-beaten-and-detained>
11. Petition against Chinese mining on a sacred mountain in Tibet rejected  
<http://www.thetibetpost.com/en/news/tibet/5034-petition-against-chinese-mining-on-a-sacred-mountain-in-tibet-rejected>
12. Ex-Political Prisoner detained in Lhasa, Tibet on unknown charges  
<http://www.thetibetpost.com/en/news/tibet/5036-ex-political-prisoner-detained-in-lhasa-tibet-on-unknown-charges>.
13. About 300 Tibetans protest gold mining at a sacred mountain in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5039-about-300-tibetans-protest-gold-mining-at-a-sacred-mountain-in-tibet>
14. Tibetan monk arrested after solo protest calling "Freedom for Tibet"  
<http://www.thetibetpost.com/en/news/tibet/5048-tibetan-monk-arrested-after-solo-protest-calling-qfreedom-for-tibetq>
15. Protests in Tibet call upon Pres Xi to keep his words on environment  
<http://www.thetibetpost.com/en/news/tibet/5042-protests-in-tibet-call-upon-pres-xi-to-keep-his-words-on-environment>
16. Historic Buddhist monastery in Tibet faces increased restrictions  
<http://www.thetibetpost.com/en/news/tibet/5050-historic-buddhist-monastery-in-tibet-faces-increased-restrictions>
17. Chinese government in Tibet changes Tibetan math's textbooks into Chinese  
<http://www.thetibetpost.com/en/news/tibet/5063-chinese-government-in-tibet-changes-tibetan-maths-textbooks-into-chinese>
18. Mining halted after protests in Akhori Township of Tibet  
<http://www.thetibetpost.com/en/news/tibet/5068-mining-halted-after-protests-in-akhori-township-of-tibet>
19. Five detained, many severely beaten in sacred lake protest of Tibet  
<http://www.thetibetpost.com/en/news/tibet/5072-five-detained-many-severely-beaten-in-sacred-lake-protest-of-tibet>
20. Tibetan mother of two arrested for three times in Tibet and released  
<http://www.thetibetpost.com/en/news/tibet/5075-tibetan-mother-of-two-arrested-for-three-times-in-tibet-and-released>
21. World-renowned Tibetan director detained and abused in Xining Airport  
<http://www.thetibetpost.com/en/news/tibet/5080-world-renowned-tibetan-director-detained-and-abused-in-xining-airport>
22. Popular religious teacher Khenpo Kartse released  
<http://www.thetibetpost.com/en/news/tibet/5104-popular-religious-teacher-khenpo-kartse-released>

23. Chinese company steps up exploitation of Mount Kailash groundwater  
<http://www.thetibetpost.com/en/news/tibet/5101-chinese-company-steps-up-exploitation-of-mount-kailash-groundwater>
24. Two people per family mandated to attend fake Panchen's teaching  
<http://www.thetibetpost.com/en/news/tibet/5102-two-people-per-family-mandated-to-attend-fake-panchens-teaching>
25. Monks, nuns helpless as Buddhist academy in Tibet faces demolition  
<http://www.thetibetpost.com/en/news/tibet/5116-monks-nuns-helpless-as-buddhist-academy-in-tibet-faces-demolition>
26. Tibetan monk jailed after solo protest calling for Freedom in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5121-tibetan-monk-jailed-after-solo-protest-calling-for-freedom-in-tibet>
27. Another Tibetan Buddhist monk jailed after calling for freedom in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5123-another-tibetan-buddhist-monk-jailed-after-calling-for-freedom-in-tibet>
28. Political prisoner who opposed "re-education" campaign in Tibet dies  
<http://www.thetibetpost.com/en/news/tibet/5132-political-prisoner-who-opposed-re-education-campaign-in-tibet-dies>
29. Buddhist nun hangs herself in Tibet to protest Chinese govt's actions  
<http://www.thetibetpost.com/en/news/tibet/5130-buddhist-nun-hangs-herself-in-tibet-to-protest-chinese-govts-actions>
30. China detains Tibetan monk over solo protest against land grab in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5150-china-detains-tibetan-monk-over-solo-protest-against-land-grab-in-tibet>
31. China further tightens control over sharing information from Tibet  
<http://www.thetibetpost.com/en/news/tibet/5144-china-further-tightens-control-over-sharing-information-from-tibet>
32. Tibetan language advocate imprisoned after NY Times interview  
<http://www.thetibetpost.com/en/news/tibet/5187-tibetan-language-advocate-imprisoned-after-ny-times-interview>
33. Monk beaten and arrested after solo protest calling for freedom in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5240-monk-beaten-and-arrested-after-solo-protest-calling-for-freedom-in-tibet>
34. Five Tibetans jailed over alleged anti-Communist movement in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5198-five-tibetans-jailed-over-alleged-anti-communist-movement-in-tibet>
35. Two Buddhist monks jailed over allegedly sharing information on Tibet  
<http://www.thetibetpost.com/en/news/tibet/5190-two-buddhist-monks-jailed-over-allegedly-sharing-information-on-tibet>
36. Monk jailed over sharing information on Tibet freed after 7.6-year term  
<http://www.thetibetpost.com/en/news/tibet/5165-monk-jailed-over-sharing-information-on-tibet-freed-after-76-year-term>
37. Two Tibetan monks disappeared after land-grab protest in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5250-two-tibetan-monks-disappeared-after-land-grab-protest-in-tibet>

38. Outspoken Tibetan monk freed after 5-year term  
<http://www.thetibetpost.com/en/news/tibet/5251-outspoken-tibetan-monk-freed-after-5-year-term>
39. New footage reveals disturbing scenes at Larung Gar in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5265-new-footage-reveals-disturbing-scenes-at-larung-gar-in-tibet>
40. Over 1000 monks, nuns expelled, forced patriotic reeducation in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5266-over-1000-monks-nuns-expelled-forced-patriotic-reeducation-in-tibet>
41. Two women stage protest in Tibet, call for "long life of the Dalai Lama"  
<http://www.thetibetpost.com/en/news/tibet/5281-two-women-stage-protest-in-tibet-call-for-long-life-of-the-dalai-lama>
42. China cancels annual Larung Gar Festival as demolition continues  
<http://www.thetibetpost.com/en/news/tibet/5296-china-cancels-annual-larung-gar-festival-as-demolition-continues>
43. Travel restrictions tightened for Tibetans before Kalachakra  
<http://www.thetibetpost.com/en/news/tibet/5301-travel-restrictions-tightened-for-tibetans-before-kalachakra>
44. Tibetan woman freed from prison in poor health after 3yr sentence  
<http://www.thetibetpost.com/en/news/tibet/5305-tibetan-woman-freed-from-prison-in-poor-health-after-3yr-sentence>
45. Authorities release second Tibetan tied to self-immolation protest  
<http://www.thetibetpost.com/en/news/tibet/5311-authorities-release-second-tibetan-tied-to-self-immolation-protest>
46. Another Tibetan monk jailed over allegedly sharing information on Tibet  
<http://www.thetibetpost.com/en/news/tibet/5319-another-tibetan-monk-jailed-over-allegedly-sharing-information-on-tibet>
47. Tibetan self-immolates in Machu County, Tibet, details unknown  
<http://www.thetibetpost.com/en/news/tibet/5312-tibetan-self-immolates-in-machu-county-tibet-details-unknown>
48. Tibetan father of three died after setting himself on fire in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5320-tibetan-father-of-three-died-after-setting-himself-on-fire-in-tibet>
49. China sentences ten Tibetans to varying prison terms in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5309-china-sentences-ten-tibetans-to-varying-prison-terms-in-tibet>

Below is a sample list of 53 links to news stories concerning the situation inside Tibet, as verified by TPI's sources, since January to December, 2017:

1. Tibetans in Tibet participate in Kalachakra, defying warnings  
<http://www.thetibetpost.com/en/news/tibet/5363-tibetans-in-tibet-participate-in-kalachakra-defying-warnings>

2. Despite wide criticism, hundreds more expelled from Larung Gar, Tibet  
<http://www.thetibetpost.com/en/news/tibet/5352-despite-wide-criticism-hundreds-more-expelled-from-larung-gar-tibet>
3. China continues oppressive policies in Tibet and Uygher: HRW  
<http://www.thetibetpost.com/en/news/tibet/5374-china-continues-oppressive-policies-in-tibet-and-uygher-hrw>
4. Monk calls for less pre-condition for "Dalai Lama's return to Tibet"  
<http://www.thetibetpost.com/en/news/tibet/5369-monk-calls-for-less-pre-condition-for-dalai-lamas-return-to-tibet>
5. Tibetans in Chengdu call for inclusion of Tibetan language education  
<http://www.thetibetpost.com/en/news/tibet/5373-tibetans-in-chengdu-call-for-inclusion-of-tibetan-language-education>
6. Tibetans ordered home by Chinese questioned by police, stripped of passports  
<http://www.thetibetpost.com/en/news/tibet/5379-tibetans-ordered-home-questioned-by-police-lose-passports>
7. Doctor freed after beatings, torture over a self-immolation in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5383-doctor-freed-after-beatings-torture-over-a-self-immolation-in-tibet>
8. 'I found strength I didn't know I had in truth!' Ex-Tibet political prisoner  
<http://www.thetibetpost.com/en/news/tibet/5387-i-found-strength-i-didnt-know-i-had-in-truth-ex-tibet-political-prisoner>
9. Pilgrims stopped at border, barred from religious festivals in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5407-pilgrims-stopped-at-border-barred-from-religious-festivals-in-tibet>
10. Tibetan arrested over protest for Tibet independence from China freed  
<http://www.thetibetpost.com/en/news/tibet/5411-tibetan-arrested-over-protest-for-tibet-independence-from-china-freed>
11. Musician arrested over singing for Tibet freed after 4 years in prison  
<http://www.thetibetpost.com/en/news/tibet/5390-musician-arrested-over-singing-for-tibet-freed-after-4-years-in-prison>
12. Tibetan youth arrested after solo protest calling "Freedom in Tibet"  
<http://www.thetibetpost.com/en/news/tibet/5409-tibetan-youth-arrested-after-solo-protest-calling-qfreedom-in-tibet>
13. Tibetan youth beaten and arrested for posting Tibet online contents  
<http://www.thetibetpost.com/en/news/tibet/5425-tibetan-youth-beaten-and-arrested-for-posting-tibet-online-contents>
14. 316 is a day of bloodshed: Monk arrested after lone protest in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5448-316-is-a-day-of-bloodshed-monk-arrested-after-lone-protest-in-tibet>

15. Youth sets himself on fire to protest against the China's rule in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5447-youth-sets-himself-on-fire-to-protest-against-the-chinas-rule-in-tibet>
16. 5000 expelled, destruction continues at Tibet's Larung Gar  
<http://www.thetibetpost.com/en/news/tibet/5462-5000-expelled-destruction-continues-at-tibets-larung-gar-buddhist-institute>
17. Self-immolation survivor who called for freedom in Tibet released  
<http://www.thetibetpost.com/en/news/tibet/5485-self-immolation-survivor-who-called-for-freedom-in-tibet-released>
18. Two hundred onlookers detained following self-immolation in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5451-200-tibetans-detained-after-self-immolation-in-kardze>
19. Senior monk jailed for nine years over 2008 Tibet uprising released  
<http://www.thetibetpost.com/en/news/tibet/5486-senior-monk-jailed-for-nine-years-over-2008-tibet-uprising-released>
20. 250 final nuns removed from Tibet's Larung Gar, ending expulsions  
<http://www.thetibetpost.com/en/news/tibet/5484-250-final-nuns-removed-from-tibets-larung-gar-ending-expulsions>
21. Man who set himself on fire in Karze County of eastern Tibet dies  
<http://www.thetibetpost.com/en/news/tibet/5490-man-who-set-himself-on-fire-in-karze-county-of-eastern-tibet-dies>
22. Woman freed after four years in prison over a self-immolation in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5499-woman-released-after-four-years-in-prison-over-a-self-immolation-in-tibet>
23. China threatens with further crackdowns on Serta Larung Gar in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5503-china-threatens-with-further-crackdowns-on-serta-larung-gar-in-tibet>
24. Five reportedly detained in Tibet after two separate burning protests  
<http://www.thetibetpost.com/en/news/tibet/5491-five-reportedly-detained-in-tibet-after-two-separate-burning-protests>
25. Man who led mining protests in Amchok County of eastern Tibet dies  
<http://www.thetibetpost.com/en/news/tibet/5501-man-who-led-mining-protests-in-amchok-county-of-eastern-tibet-dies>
26. Tibetan doctor in custody again over alleged self-immolation links  
<http://www.thetibetpost.com/en/news/tibet/5507-tibetan-doctor-in-custody-again-over-self-immolation-links>
27. Another Tibetan teenager reportedly self immolates in eastern Tibet  
<http://www.thetibetpost.com/en/news/tibet/5523-another-self-immolation-protest-against-chinese-rule-reported-in-eastern-tibet>

28. CCP now compelling polygraph test to unite 'anti-separatist work'  
<http://www.thetibetpost.com/en/news/tibet/5527-ccp-now-compelling-polygraph-test-in-effort-to-unite-anti-seperatist-work>
29. Beijing limiting freedoms, prohibits observance of holy month in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5552-chinese-authorities-deny-religious-freedom-prohibit-observance-of-holy-month-in-tibet>
30. Tibetan self-immolation survivor freed after 5 years in prison  
<http://www.thetibetpost.com/en/news/tibet/5524-self-immolation-survivor-freed-after-5-years-in-prison>
31. Tibetan monk dies after self-Immolation to protest China's rule in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5529-tibetan-monk-dies-after-self-immolation-to-protest-chinas-rule-in-tibet>
32. Tibetans confront authorities in battle over water rights, injuring 40  
<http://www.thetibetpost.com/en/news/tibet/5554-in-danger-of-losing-drinking-water-tibetans-protest-leaving-70-injured>
33. Pink hearts cannot conceal repression in Tibet propaganda, says HRW  
<http://www.thetibetpost.com/en/news/tibet/5570-pink-hearts-cannot-conceal-repression-in-tibet-propaganda-says-hrw>
34. Tibetan jailed over singing for Tibet released after 4 years in prison  
<http://www.thetibetpost.com/en/news/tibet/5621-tibetan-jailed-over-singing-for-tibet-released-after-4-years-in-prison>
35. Monk who survived joint self-immolation in Tibet released  
<http://www.thetibetpost.com/en/news/tibet/5660-monk-who-survived-joint-self-immolation-in-tibet-released>
36. Two monks jailed for sharing information on Tibet and splittist activities  
<http://www.thetibetpost.com/en/news/tibet/5584-two-monks-jailed-for-sharing-information-on-tibet-and-splittist-activities>
37. Locals in Tibet protest plans to change historic Kumbum Monastery  
<http://www.thetibetpost.com/en/news/tibet/5623-locals-in-tibet-protest-plans-to-change-historic-kumbum-monastery>
38. Senior Buddhist monk detained in eastern Tibet without explanation  
<http://www.thetibetpost.com/en/news/tibet/5667-senior-buddhist-monk-detained-in-eastern-tibet-without-explanation>
39. Reports indicate crackdown in Tibet leading up to 19th Party Congress  
<http://www.thetibetpost.com/en/news/tibet/5679-reports-indicate-further-crackdown-in-tibet-leading-up-to-19th-party-congress>
40. Senior Buddhist monk jailed for 10 years over leaking state secrets freed  
<http://www.thetibetpost.com/en/news/tibet/5691-senior-buddhist-monk-jailed-for-10-years-over-leaking-state-secrets-freed>

41. Note left by Buddhist nun from Larung Gar of Tibet confirms suicide  
<http://www.thetibetpost.com/en/news/tibet/5687-note-left-by-buddhist-nun-from-larung-gar-of-tibet-confirms-suicide>
42. Human Rights Watch calls out China's attempt to 'whitewash history'  
<http://www.thetibetpost.com/en/news/tibet/5696-human-rights-watch-calls-out-chinas-latest-attempt-to-whitewashing-history>
43. Nomads banned from traditional grazing land in northeastern Tibet  
<http://www.thetibetpost.com/en/news/tibet/5709-nomads-banned-from-traditional-grazing-land-in-tibet>
44. China's revised regulations present a further threat to Tibetans in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5715-chinas-revised-regulations-present-a-further-threat-to-tibetans-in-tibet>
45. Travel in Tibet banned, foreigners evicted during National Congress  
<http://www.thetibetpost.com/en/news/tibet/5731-travel-in-tibet-banned-foreigners-evicted-during-chinas-national-congress>
46. In Tibet: China holds training, cracks down on spread of info via WeChat  
<http://www.thetibetpost.com/en/news/tibet/5746-in-tibet-china-holds-training-cracks-down-on-spread-of-info-via-wechat>
47. Don't touch the 9-topics: further threats to information freedom in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5719-dont-touch-the-9-topics-further-threats-to-information-freedom-in-tibet>
48. China claims to have built the best looking highway in occupied Tibet  
<http://www.thetibetpost.com/en/news/tibet/5749-china-claims-to-have-built-the-best-looking-highway-in-occupied-tibet>
49. Fueling dispute, Xi tells Tibet's herders to 'safeguard Chinese territory'  
<http://www.thetibetpost.com/en/news/tibet/5796-fueling-dispute-xi-tells-tibet-s-herders-to-safeguard-chinese-territory>
50. About 50% of glaciers in Tibet already disappeared: Tibetan President  
<http://www.thetibetpost.com/en/news/tibet/5813-about-50-of-glaciers-in-tibet-already-disappeared-tibetan-president>
51. Prayer festival cancelled as religious oppression in Tibet continues  
<http://www.thetibetpost.com/en/news/tibet/5808-prayer-festival-cancelled-as-religious-oppression-in-tibet-continues-2>
52. CPC starts mandatory training on 19th Congress party in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5837-cpc-starts-mandatory-training-on-19th-congress-party-in-tibet>
53. Tibetan monk dies after self-Immolation to protest China's rule in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5529-tibetan-monk-dies-after-self-immolation-to-protest-chinas-rule-in-tibet>

Below is a sample list of 28 links to news stories concerning the situation inside Tibet, as verified by TPI's sources, since January-December 2018:

1. Two more youths set themselves on fire in protest against China's repression in Tibet  
<http://www.thetibetpost.com/en/news/tibet/6385-two-more-youths-set-themselves-on-fire-in-protest-against-china-s-repression-in-tibet>
2. Tibetan youth sets himself on fire in eastern Tibet to protest China's rule  
<http://www.thetibetpost.com/en/news/tibet/6378-tibetan-youth-sets-himself-on-fire-in-eastern-tibet-to-protest-china-s-rule>
3. Yet another youth dies after setting himself on fire in Tibet to protest China  
<http://www.thetibetpost.com/en/news/tibet/6344-yet-another-youth-dies-after-setting-himself-on-fire-in-tibet-to-protest-china>
4. China's new campaign offers rewards for information on 'illegal content' of Tibet  
<http://www.thetibetpost.com/en/news/tibet/6370-china%E2%80%99s-new-campaign-offers-rewards-for-information-on-%E2%80%98illegal-content%E2%80%99-of-tibet>
5. Tibetan political prisoner dies after torture in Chinese regime prison  
<http://www.thetibetpost.com/en/news/tibet/6329-tibetan-political-prisoner-dies-after-torture-in-chinese-regime-prison>
6. Three Tibetans detained after separate protests in Ngaba County, Tibet calling freedom  
<http://www.thetibetpost.com/en/news/tibet/6312-three-tibetans-detained-after-separate-protests-in-ngaba-county,-tibet-calling-freedom>
7. State media claims '13 Tibetan language software programs launched in Tibet'  
<http://www.thetibetpost.com/en/news/tibet/6258-state-media-claims-13-tibetan-language-software-programs-launched-in-tibet>
8. China deploys heavy military Presence In Marlho, Tibet, ahead of His Holiness' birthday  
<http://www.thetibetpost.com/en/news/tibet/6240-china-deploys-heavy-military-presence-in-marlho,-tibet,-ahead-of-his-holiness-birthday>
9. Police detains two in Tibet over His Holiness the Dalai Lama photos  
<http://www.thetibetpost.com/en/news/tibet/6239-police-detains-two-in-tibet-over-his-holiness-the-dalai-lama-photos>
10. Writer arrested for posting Tibet related articles on social media and blog  
<http://www.thetibetpost.com/en/news/tibet/6198-writer-arrested-for-posting-tibet-related-articles-on-social-media-and-blog>
11. Activist jailed five years over speaking out for linguistic rights in occupied Tibet  
<http://www.thetibetpost.com/en/news/tibet/6184-activist-jailed-five-years-over-speaking-out-for-linguistic-rights-in-occupied-tibet>
12. China detains a Buddhist monk in Tibet on 'Cybersecurity' charge  
<http://www.thetibetpost.com/en/news/tibet/6152-china-detains-a-buddhist-monk-in-tibet-on-cybersecurity-charge>
13. Tibetan man jailed over 2008 widespread protest in Tibet released after ten years  
<http://www.thetibetpost.com/en/news/tibet/6181-tibetan-man-jailed-over-2008-widespread-protest-in-tibet-released-after-ten-years>
14. Tibetan pilgrim disappeared by Chinese authorities  
<http://www.thetibetpost.com/en/news/tibet/6131-tibetan-pilgrim-disappeared-by-chinese-authorities>

15. Tibetan farmland seized for new airport in southern Tibet  
<http://www.thetibetpost.com/en/news/tibet/6151-tibetan-farmland-seized-for-new-airport-in-southern-tibet>
16. Monk sentenced to five years in prison over political activities in Tibet  
<http://www.thetibetpost.com/en/news/tibet/6094-monk-sentenced-to-five-years-in-prison-over-political-activities-in-tibet>
17. Tibetan prisoner Lodroe released after serving ten years in prison  
<http://www.thetibetpost.com/en/news/tibet/6068-tibetan-prisoner-lodroe-released-after-serving-ten-years-in-prison>
18. Tibetan writer Shokjang freed after three years in Chinese prison  
<http://www.thetibetpost.com/en/news/tibet/6074-tibetan-writer-shokjang-released-after-three-years-in-chinese-prison>
19. Tibetan father dies in self-immolation protest against China's rule over Tibet  
<http://www.thetibetpost.com/en/news/tibet/6042-tibetan-father-dies-in-self-immolation-protest-against-china-s-rule-over-tibet>
20. China ramps up heavy military presence in Tibet for Tibetan Uprising Day  
<http://www.thetibetpost.com/en/news/tibet/6044-china-ramps-up-heavy-military-presence-in-tibet-for-tibetan-uprising-day>
21. Tibetan writer TsegonGyal jailed three years for 'inciting separatism'  
<http://www.thetibetpost.com/en/news/tibet/6029-tibetan-writer-tsegon-gyal-jailed-three-years-for-inciting-separatism>
22. Missing Tibetan former prisoner found detained after solo protest  
<http://www.thetibetpost.com/en/news/tibet/5909-missing-tibetan-former-prisoner-found-detained-after-solo-protest>
23. A Buddhist monk jailed in secret trial while visiting family in Tibet  
<http://www.thetibetpost.com/en/news/tibet/5914-a-buddhist-monk-jailed-in-secret-trial-while-visiting-family-in-tibet>
24. Tibetan monk disabled by police freed from jail after 6 years of torture  
<http://www.thetibetpost.com/en/news/tibet/5913-tibetan-monk-disabled-by-police-freed-from-jail-after-6-years-of-torture>
25. Tibetan nun dies after years of mistreatment in Chinese prison  
<http://www.thetibetpost.com/en/news/tibet/5905-tibetan-nun-dies-after-years-of-mistreatment-in-chinese-prison>
26. Tibetan pilgrims ordered to return home from India immediately  
<http://www.thetibetpost.com/en/news/tibet/5894-tibetan-pilgrims-ordered-to-return-home-from-india-immediately>
27. Chinese takeover of Tibetan Buddhism 'unprecedented:' HRW  
<http://www.thetibetpost.com/en/news/tibet/5898-chinese-takeover-of-tibetan-buddhism-unprecedented-hrw>
28. Over 10,000 nomads affected by mining operations in Lhathog, Tibet  
<http://www.thetibetpost.com/en/news/tibet/5879-over-10000-nomads-affected-by-mining-operations-in-lhathog-tibet>

Below is a sample list of 18 links to news stories concerning the situation inside Tibet, as verified by TPI's sources, since January-December 2019:

1. A senior monk from Tibet calls for resumption of the Sino-Tibetan dialogue  
<http://www.thetibetpost.com/en/news/tibet/6402-a-senior-monk-from-tibet-calls-for-resumption-of-the-sino-tibetan-dialogue>
2. China jails renowned former Tibetan political prisoner of Tibet for 18 years  
<http://www.thetibetpost.com/en/news/tibet/6435-china-jails-renowned-former-tibetan-political-prisoner-of-tibet-for-18-years>
3. China detains a student over denouncing lack of job opportunities for Tibetans  
<http://www.thetibetpost.com/en/news/tibet/6531-china-detains-a-student-over-denouncing-lack-of-job-opportunities-for-tibetans>
4. Nine Tibetans receive long prison terms for allegedly running an "illegal organisation" in Tibet  
<http://www.thetibetpost.com/en/news/tibet/6463-nine-tibetans-receive-long-prison-terms-for-allegedly-running-an-%E2%80%9Cillegal-organisation-in-tibet>
5. Man who sang Tibetan national anthem in Tibet dies after police torture  
<http://www.thetibetpost.com/en/news/tibet/6462-man-who-sang-tibetan-national-anthem-in-tibet-dies-after-police-torture>
6. China arrests three Tibetans over slogans calling for Panchen Lama's release  
<http://www.thetibetpost.com/en/news/tibet/6464-china-arrests-three-tibetans-over-slogans-calling-for-panchen-lama-s-release>
7. Two Tibetans jailed up to four years, two others heavily fined  
<http://www.thetibetpost.com/en/news/tibet/6475-two-tibetans-jailed-up-to-four-years,-two-others-heavily-fined>
8. One monk jailed, two other disappeared after their arrest in Tibet  
<http://www.thetibetpost.com/en/news/tibet/6593-one-monk-jailed,-two-other-disappeared-after-their-arrest-in-tibet>
9. Man detained for sharing a portrait of Tibet's spiritual leader on social media  
<http://www.thetibetpost.com/en/news/tibet/6592-man-detained-for-sharing-a-portrait-of-tibet-s-spiritual-leaer-on-social-media>
10. New photos of Yachen Gar shedding more light on China's repression in Tibet  
<http://www.thetibetpost.com/en/news/tibet/6595-new-photos-of-yachen-gar-shedding-more-light-on-china-s-repression-in-tibet>
11. China makes fixed-Jail term up to eight years for 'illegal' online content  
<http://www.thetibetpost.com/en/news/tibet/6599-china-makes-fixed-jail-term-up-to-eight-years-for-illegal-online-content>
12. Disappeared Tibetan monk jailed for three years in Tibet on unknown charges  
<http://www.thetibetpost.com/en/news/tibet/6601-disappeared-tibetan-monk-jailed-for-three-years-in-tibet-on-unknown-charges>
13. China detains a Buddhist monk in Tibet on unknown charges  
<http://www.thetibetpost.com/en/news/tibet/6630-china-detains-a-buddhist-monk-in-tibet-on-unknown-charges>
14. One still missing, five released from Chinese police custody in occupied Tibet  
<http://www.thetibetpost.com/en/news/tibet/6644-one-still-missing,-five-released-from-chinese-police-custody-in-occupied-tibet>
15. Man missing in occupied Tibet after arrest over alleged leaking state secrets  
<http://www.thetibetpost.com/en/news/tibet/6657-man-missing-in-occupied-tibet-after-arrest-over-alleged-leaking-state-secrets>

16. China detains six Tibetans over distributing leaflets calling Tibet's independence  
<http://www.thetibetpost.com/en/news/tibet/6664-the-rest-of-the-band-is-still-being-held-captive>
17. Two detained in Tibet over peaceful protest calling independence from China  
<http://www.thetibetpost.com/en/news/tibet/6666-two-detained-in-tibet-over-peaceful-protest-calling-independence-from-china>
18. Young Tibetan dies after self-immolation protest in occupied Tibet  
<http://www.thetibetpost.com/en/news/tibet/6667-young-tibetan-dies-after-self-immolation-protest-in-occupied-tibet>

Below is a sample list of 9 links to news stories concerning the situation inside Tibet, as verified by TPI's sources, since January-May 2020:

1. China's new "ethnic unity" law in occupied Tibet aims at eliminating Tibetan identity  
<http://www.thetibetpost.com/en/news/tibet/6695-china-s-new-%E2%80%9Cethnic-unity%E2%80%9D-law-in-occupied-tibet-aims-at-eliminating-tibetan-identity>
2. Freedom of speech and expression is "systematically violated" in Tibet: Report  
<http://www.thetibetpost.com/en/news/tibet/6707-freedom-of-speech-and-expression-is-%E2%80%9Csystematically-violated%E2%80%9D-in-tibet-report>
3. China coerces religious figures in Tibet to endorse its policy on the Dalai Lama's successor: Report  
<http://www.thetibetpost.com/en/news/tibet/6692-china-coerces-religious-figures-in-tibet-to-endorse-its-policy-on-the-dalai-lama-s-successor-report>
4. Tibetan monk released after serving two years over 'a social media post' on Tibet  
<http://www.thetibetpost.com/en/news/tibet/6715-tibetan-monk-released-after-serving-two-years-over-a-social-media-post-on-tibet>
5. A senior disciple of Tenzin Delek Rinpoche dies after torture in China's prison  
<http://www.thetibetpost.com/en/news/tibet/6739-a-senior-disciple-of-tenzin-delek-rinpoche-dies-after-torture-in-china-s-prison>
6. China's 'ethnic unity' law further undermines Tibetan identity language and culture  
<http://www.thetibetpost.com/en/news/tibet/6754-china%E2%80%99s-%E2%80%98ethnic-unity%E2%80%99-law-further-undermines-tibetan-identity-language-and-culture>
7. Ex-political prisoner of Tibet GendunSherab dies after years of Chinese prison torture  
<http://www.thetibetpost.com/en/news/tibet/6760-ex-political-prisoner-of-tibet-gendun-sherab-dies-after-years-of-chinese-prison-torture>
8. Former political prisoner of Tibet Bhakdro dies after years of Chinese prison torture  
<http://www.thetibetpost.com/en/news/tibet/6758-former-political-prisoner-of-tibet-bhakdro-dies-after-years-of-chinese-prison-torture>
9. Former political prisoner of Tibet Choekyi dies after years of Chinese prison torture  
<http://www.thetibetpost.com/en/news/tibet/6759-former-political-prisoner-of-tibet-choekyi-dies-after-years-of-chinese-prison-torture>