

“Building knowledge on a foundation of well-being”

Tsoknyi Gechak Ling Voices

Welcome to our
Third issue.

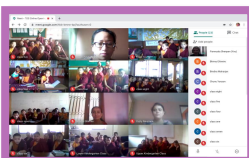
September 2020



Inside:



**A Message from
our new principal
Rashmi KC**

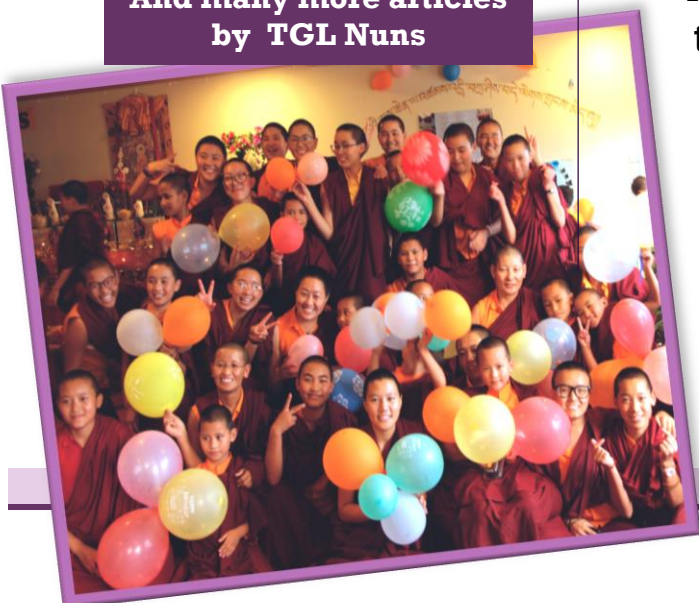


TGS Online



Our graduates

**And many more articles
by TGL Nuns**



Girl Power

Nowadays girl power is increasing

So, never think that girls are weaker than boys

There is no difference between girls and boys

If your thought is still in that then, your thoughts are wrong

Many people believe in superstitions. These beliefs put girls down. So change your mind and be positive.

Dorje Drolkar





Message from our new Principal

*Tsoknyi Gechak School,
Tsoknyi Gechak Ling,
Chobhar,
Kathmandu*

October 2020

Dear Students,

I am really happy to be a part of this wonderful TGS family. I always wanted to work in a school and this is my dream come true. When I wake up early in the morning each day, I cannot wait to come to school to help you learn and shine. Your enthusiasm, learning attitude and warmth make my principal job so much easier. Our own Ms. Shenpen, all the amazing teachers and you have made this school a beautiful place for learning and growing and we will continue with the legacy. I look forward to our amazing time together and learning from each other.

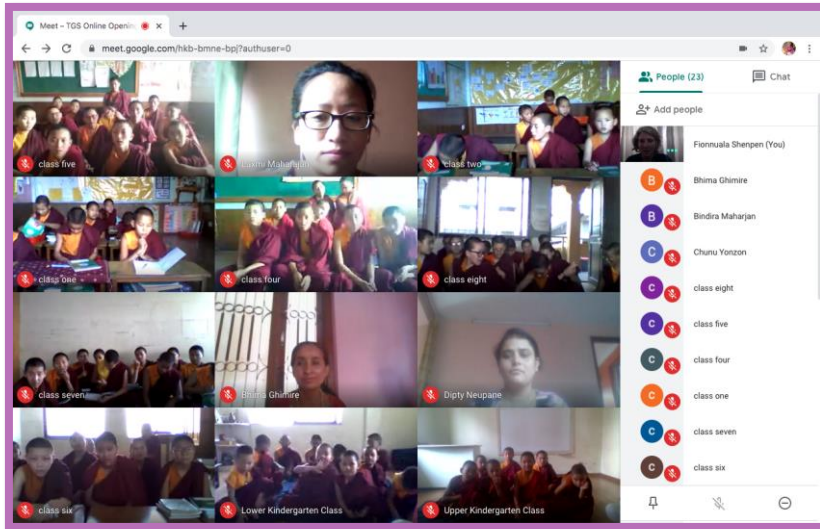
Yours,

Ms. Rashmi

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TGS UPDATE



ON MAY 18TH TGS ONLINE OPENED for the new academic session.

Tsoknyi Rinpoche joined us for the opening session.

Teachers have been successfully running online classes in all subjects for all classes via Google meet calls. Five Senior Shedra nuns joined to teach Tibetan and help supervise the online classes.

Residential staff have stayed within the Gompa throughout this period and also played a key role.

To support their classes teachers also email worksheets to the school which residential staff print and distribute to classes.



Students have responded excellently to the online learning.

In August we were able to complete first term assessments and hold a virtual report card day.

School nuns and older Guardian nuns met their teachers online.

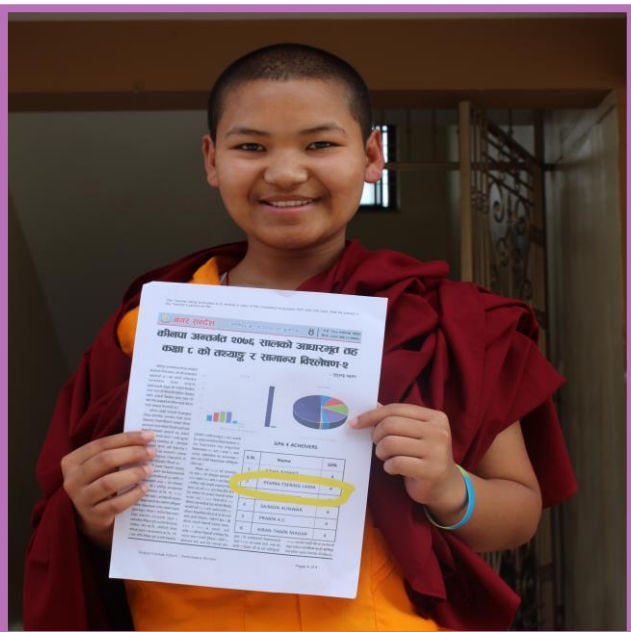


OUR GRADE EIGHT GRADUATES



This year TGS had 24 Grade Eight Graduates who successfully passed their Basic Level Examination with flying colours.

Many of them contributed articles to this newsletter. All our graduates have since moved on to Shedra and are very busy studying in foundation year and learning debate.



One of our Graduates Tsering Dachen scored a perfect GPA of 4.0.

She was one of only 7 students in Kirtipur Municipality who scored a perfect GPA!

CHILDREN'S DAY 2020



TGS teachers pulled out all the stops to make this years' children's day especially memorable for TGS students. We were honored to welcome Tsoknyi Rinpoche for the full program which was hosted by Ms. Tsering and Genla Yeshe Sangmo. Day teachers joined online and created quizzes and games to entertain the students. Our Australian friends Ms. Jo and Ms. Sharon made special guest appearances and the residential team danced and performed.

BEING A NUN

"Ask me what a nun's life is and I will describe what it is, "A nun's life is like a little bud but when we are able to realise all the teachings and achieve the path of dharma then it becomes a rose that attracts all the peoples.

According to me a nun's life is too precious and valuable. Being a nun today, I get the opportunity to distinguish "What is right and what is wrong". To be a nun we should have to achieved the eight fold path this is right thought, right speech, right action, right effort, right memory, right understanding, right livelihood and right meditations. If we follow the eight fold path of Buddha full of faith from the core of our heart then it will be more possible to be a noble nun.

Only shaving our hair and wearing red clothes will not make a nun. The real nuns have accepted all the ways of dharma teachings, follow all the rules with soul and have more experience of meditation. To be a

real nun we must wear our robes properly as per our dharma ritual.

Being a nun life will become full of red colour because it is real energy of Gautam Buddha. Many people think that red colour is symbol of war, hate or blood but for a nun it is a colour of love, peace and the start of dharma life.

By Dechen Palmo



ལོ་གསལ་།

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རྒྱལ་ལོ་གསལ་ལོ་གསལ་།
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Losar (New Year)

By Pema Dolkar



Gompa is Better than Home

We Humans are social beings. Because of that we need society. Before society we need a group of family. And those family need house to stay. So, house is defined as the shelter where a family lives.

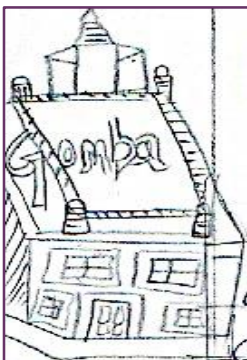
I am also a member of family, who are nuns. Because of that now my home is my gompa.

Generally 'gompa' is for those people who want to learn about Buddha (Dharma). But for me my gompa is everything from my gompa I have learned many things which will be useful for life.

My gompa's name is "Tsoknyi Gechak Ling". In my gompa there are about 180 nuns. Our 'Rinpoche' name is 'Tsoknyi Rinpoche'. He is like a father to us. He has given us every facility which we need in our daily life. As in our homes, our fathers and mothers fulfill our needs. Similarly, he has fulfilled my every need. Every nun is like my sister as this gompa is a home for me.

In home we have many issues. Some families are very poor then they can't give education to their children. They can't grow their children with proper nutrition. But in gompa, I have got proper education, nutrients foods and every things that I need.

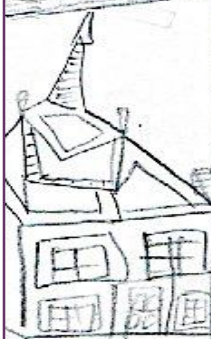
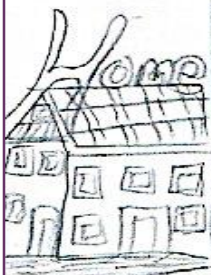
For 10 years I have been living in my gompa. From 7 years old to 17 years old I have been



is

better

than



Gompa



Better
an

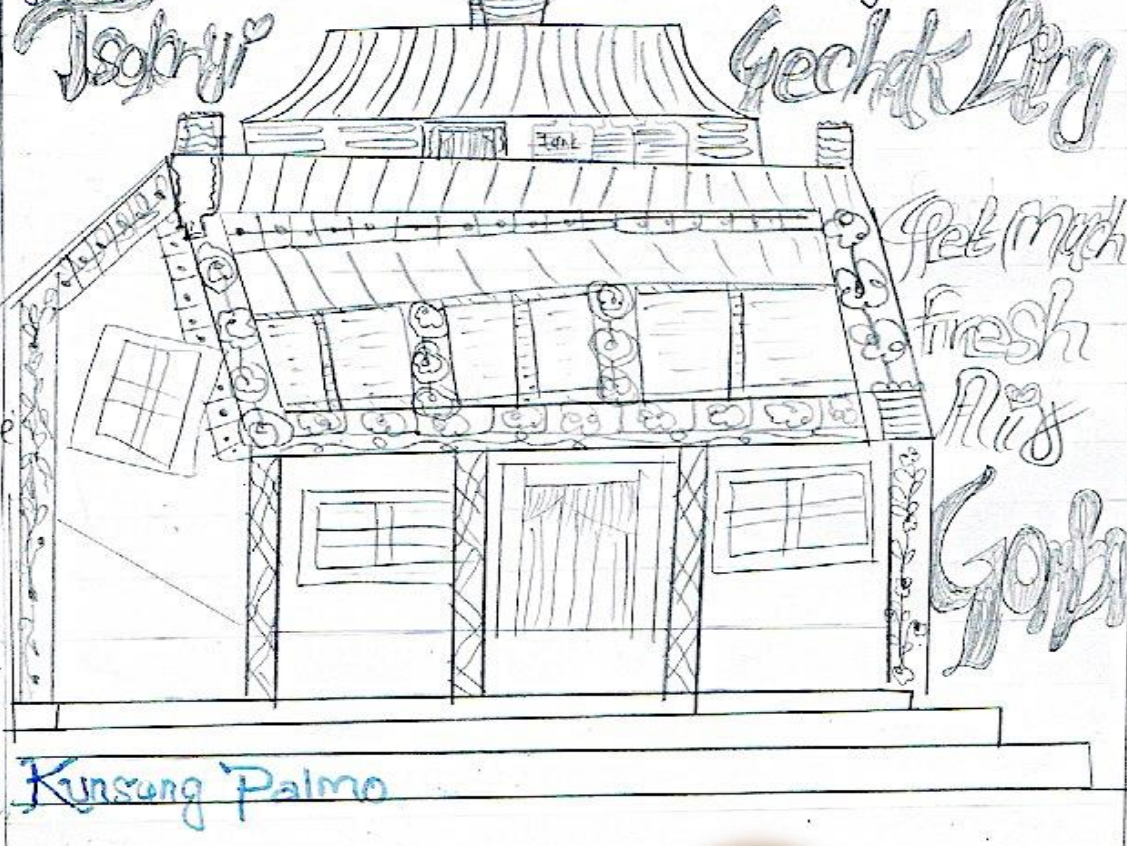
Home

Spending my whole life with my friends in the gomba so, my happiest days and memorable days are here in my own gomba with my friends and teachers who are family for me.

Thus, my childhood friends, have been my sisters and play an important part. My every moment starts from my gomba.

I have only been born in my house. After that my journey started from at my gomba.

Therefore, my gomba becomes my home. Actually, gomba is better than home in my life.



Kunsang Palmo

Best friend
Yewes
After me



पढाके अनुभव

मानिस एक प्रकारको चेतनशिल, विवेकशिल, संवेदनशिल, सहनशिल प्राणी हो । प्राणीहरूमा पनि मानिस सर्वश्रेष्ठ प्राणी हो । मानिस सबै जन्मपछि एक पटक भर्खरै पर्छ भन्ने प्रकृतिको नियम हो । यस संसारमा पहिलो पाइला कदम राखेपछि मानिसहरू सानै कालमा उमेरमै विद्यालयमा भर्ना गर्ने र पढी हुला मानिस हुने चाहना राख्छ । हरेक व्यक्तिको आफ्नो दुर्लभ कथा हुन्छ र मेरो पनि सडटा थस्तै कथा छ ।

मेरो जन्म सडटा सानो रमणीय गाउँमा भयो । जहाँ अठ्ठला अठ्ठला हिमाल, रातासैता लालीगुरास, अनेकै चराचुरुङ्गी, हरियालीले भरिस्का सडटा सानो छिडी भन्ने गाउँमा जन्मेको थिएँ । गाउँमा सुविधा राम्रो नभएको कारणले सहर आउनु परेको थियो । मेरो पढाइको लागि बुबाले धेरै मिहिनेत गर्नु भयो । आज मैले धौगढी गेदयाक लिड विद्यालयमा पढ्न मौका पाएकोमा म धेरै भन्दा धेरै खुसी छु । पहिले सुरुमा मलाई अक्षर बुझ्न पनि धेरै कठिन पर्यो । तर विस्तारै विस्तारै मैले यस अक्षरलाई बुझ्न प्रयास गरें । अनेकै विषयका कारणले मलाई पढ्न पनि धेरै कठिन

थियो । सबै भन्दा मलाई विज्ञान, गणित, समाजिक आदि पढ्न धेरै गाह्रो लाग्थ्यो । तर आज कक्षा आठसम्म आएर पहिला भन्दा अलि सजिलो र खुम्चन थालेको छु । आफूले प्रयास गरेमा फल पनि राम्रो र मिठो हुँदा रैह्ने भन्ने पनि मैले बुझेँ । आज पनि कैयौं महिलाहरूले पढ्न, खेलन र हाँस्न पाएका हुनन्, तर म यति भाग्यमानी छु की मैले पढ्न, खेलन पास्की छु । र आज मैले धेरै राम्रहरू हासिल गर्न सकेकी छु । अझ कैयौं भैरा उमेरका नारीहरूको विवाह पनि भइसक्यो होला । म पहिले भद्रबुद्धिको थिएँ तर यहाँको गुरुहरूको कृपाले म अहिले कक्षा आठसम्म पारला टेकेकी छु । हाँसीले पढ्न मैका पाएकी छु त्यसैले त्यस मैकालाई हाँसीले चौका हाँस्न सक्नुपर्द

यस्तो मैकालाई छुमाउनु हाम्रो बुली भूल हुनेछ ।

∴ त्यसैले आजैदेखि हामी पनि समयको महत्वअनुसार समयमा चलन जाँड्नुपर्द यति राम्रो विद्यार्थी जीवन सफल उपयोगी बनाउनुपर्द भन्ने संदेश म मैरो जीवनबाट सबैलाई दिन चाहन्छु ।

My Experience studying

By Dechen Palmo



I CAN'T

Try to do something good
But I can't

Try to do something New
But I can't

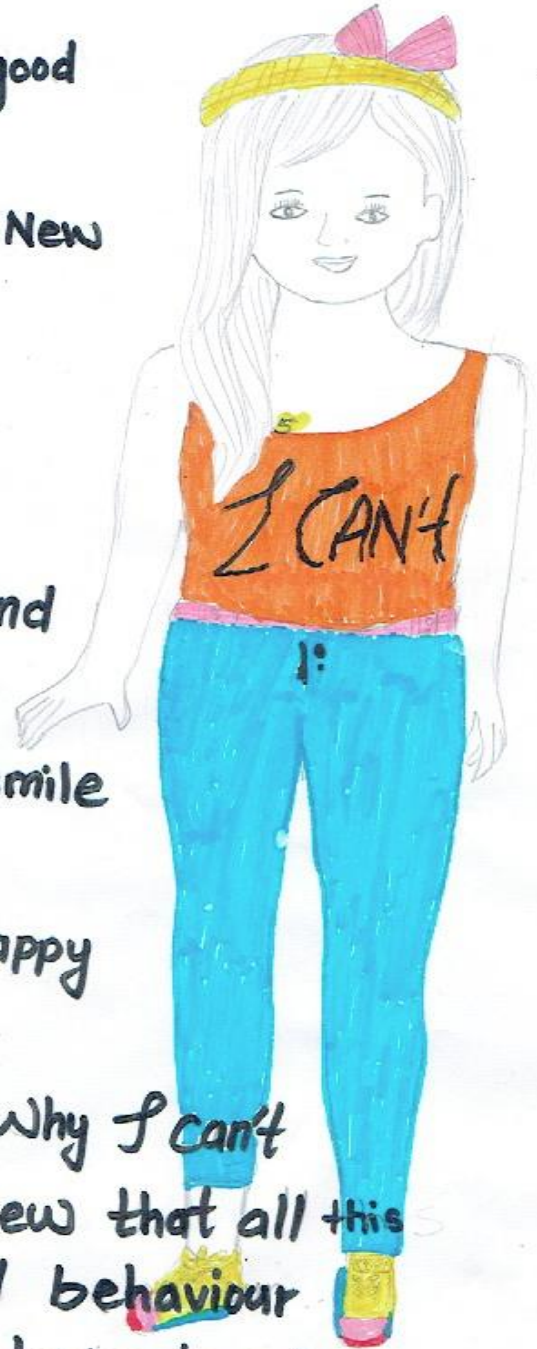
Try to be kind
But I can't

Try to hold your hand
But I can't

Try to make you smile
But I can't

Try to stay happy
But I can't

Try to know why I can't
one day I knew that all this
was Caused by my bad behaviour
And now, I am trying to solve
my problems.



By Kunkab Rolmo



If you are not in my heart.....

You are the reason
for my breath
You are the reason
for my happiness.



Dearest,

If you are not in my heart I can't imagine where I am today. You are my everything I can't live without you. You are the only one that I feel comfortable to share my joy and sorrow.

My world is blind without you. Please don't be angry with me if sometime I leave you alone. I would be crazy if you are not with me. You are so unique that every one is attracted towards you. My day starts and ends looking at you. I don't mind if you are ugly, tall, small, beautiful but I mind if you are not with me. Don't stop to love me. Don't go away from me because of our looks. If you are not in this realm then I will come to your next realm by becoming your support but I will never stop to love you. I feel very lucky that I have got you. I started to share my feelings but when I look to my side and you are not there I feel very sad. I know our life style is totally different but for me there is no difference between us. Even you are not talking to me. I feel I am talking to you. I believe, our relationship is very strong. No one can describe and

break it. I am always lost in your remembrance.

I share my feelings with different people but you are the One that keeps all my feeling in your memory.

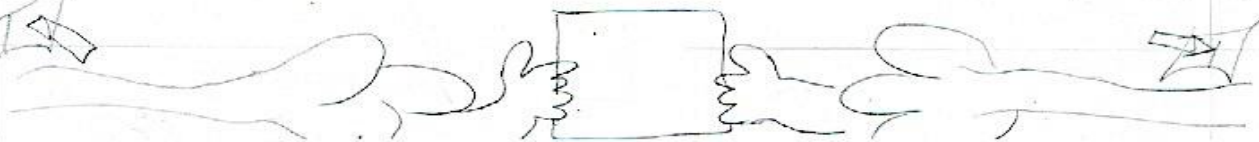
I share many joys and sadnesses with you. Sometimes my feelings may make you angry and sometimes hurt you. If my feelings hurt you and make you angry then I want to say "SORRY"

I know sorry is just a word made with five letters but I hope you understand my sorry's meaning. You are my secret note book.

"YOU ARE THE ONLY ONE DEAREST DIARY"



with Love Your
chonyi khandro.



जीवन



जीवन खुदवा गप्रता है
जहाँ खड्गी-खड्गी फूल फुलक
जीवन खुदवा वरदान है
जहाँ हीरो असु अगि खै निग हुद

बहुमुखी सखें अगाडि
कावे तपाईंके खुला द
दुःख जीवनमा अरुपानि नडरुडनु
अगवानके आशिवाव तपाईंके समुद

खैदु द सखी हो आर
अनि हिदु द जीवन उज्यानेर
जीवनमे आंसु र हाँसे हो
जिअु द मेहा आर



जीवनमा खुल दूख आईरहुद
असलाई अकेठी नगानुस
सखै सखैलाई माया गनुस
कसैलाई दुःख नदिनुस

जीवन खुदवम दोरी हुद
रणु द असलाई समालेर
हैसा आउनु द खै सँग
अन खैलेर, सखी समकर

जीवनमा खुल हैसैले भाग
को खुद र मेहाग लन
केमे पो हुद भागिसका
जीवनमा मेर लान

कहिले हैसाउंद कहिले खैसाउंद
भौ न जीवनके गिम हुद
जीवनमा कोत दुःख आउंद
हैसैर समाउनु कार्य हुद

जीवनमा हरक स्थिति आउंदुन
असलाई लुआर हैरनुपंद
सगैसाई हैरई र हैसाई न सौचमा हुद
दुःख सौचै न जीवन आयुमा आउनुपई

न्यसले जर मित्रहक
जीवनमा असलो काम नुगनुस
असले असलाई खैसाउंद

Life

र खड्जुङ लामो



Jeewan (Life)

By Rangjung Lama

Life Without you

I Will Lost my self.
and my **TEARS** Will
Fall like **RAIN**.

I Feel my life is ending
and there is **NOTHING** I
Could do at all.

In every **MOMENT**
I will be like Crazy
and talking to my self.

HONESTLY, I couldn't
live without you.
I'd be lonely.



By=Pharchin.

बलात्कार

अद्वैतकी कल्पियुगमा सर्वे मज्जा दृष्ट समनिक समस्या बलात्कार बहज पुगकी छ। आजकल दैनिक समाचारमा कहिन कहि कसै न कसैमाथिको बलात्कार भएको सुन्ना आइरहन्छन्।

हुन न आखिर म पनि रउठा नारी नै हुँ। त्यो पनि योको नारी तर पनि समाजले मलाई यस्ता घृणा किन गर्छन्। आखिर मेरो के दोष छ। कल्पियुगमा मात्र होइन धम्मा पूर्वो-सिद्ध बुद्ध समाजमा जन्म भएमा श्रीरहस्य लिङ्ग चिनाउने मेरिखनले मृत्युको फेला परेकाछन्। आखिर मेरो मज्जा के वराम्रो गुण छ? जुन ज्ञानमा पनि पुरुषको ज्ञान बुझन नहुन्छ र समाजमा पनि कुनै घर म परिवार पुर्याउनै दिनिन्छ। आखिर यस्तो सिल्लता किनन्छ? के म पनि रउठा समाजको अंश होइन? हो किन हो। आजकल घरबाह्र बाहिर निस्कनु पनि तर भान्न होइन मलाई सरको छ। कतै कतैले म माथि वेदना छन् कि? आखिर मेरो सुन्दरतामा के कमी छ? कुनै व्यक्तिले मको खसो पुराको जोग अरुको छुछ पनि निहार तानुपछो हुँदा होई समाजले मलाई रउठा श्री र अद्वैतसंग यस्ता घृणा व्यवहार गर्न मानेका छन्। के मलाई क्रियाकर हुनु थाहिने किनजन्मा भएनाछन्। आखिर मलाई मलाई मलाई न मलाई हुनु भएनाछन्? यदि कसै ज्ञानमा मलाई मलाई मलाई नै किन मानेको हुँदा होइन पुरेकाछन्?

समाजमा किन लुक्न परेको छ, समाजमा किन सजु परेको छ? र क निर्दोष हुँदा हुँदा आजको युगमा समाजमा क मेरै आँचु परेको छ। पस्तो के पाप गरेकाछौं धामी नारीले छ अद्वैतको श्रीसंग पनि बलात्कारको व्यवहार सक्काछन् कति सपनाहरू देख्छन् र पुरा गर्नका लागि धामी नारीहरू अगाडि सधैं नचाह्द नचाह्द पस्ता घृणित कामले गर्दा परेको कुराहरू पनि मित्र मेरै मदका छन्।

नारीले पनि देशमा विभिन्न क्रियाकलाप गरेर शौलिका कर्मधारहरूको जीवनका प्रेरक व्यक्ति भएकाछन्। धामी नारीहरूको पनि साल सम्मान गर्नु उत्तम नै आवश्यकता छ। नारी रउठा परेको

जग ही, जसले परे चको आर उठारि। बिना हे पबेरा परा कडि
 आपलो उदेश्य पूरा ठारि सकेल र नारी पनि हेरु धरको उगडरण
 ही। जापेबाठ नारीलाई पुरुष सह सरसा, नेवराव, जापिकार स्वच्छता-
 को सार्वे मान सम्मान दिवपछे, सबे कोही नारी को बलिबा पनि
 बलाकार शिकार हुनु हुँने।

दासी नारी

जीवन ए अचुरो बिना त्यो नारी
 बुझन त्यो नारी न ही चको कवप
 अखिर बुझले पनि के ठारो र।
 न न चको अगडव न न धाडको

दासी नारीमा चला घुणु किन गछन्
 दासीमा पाने सहाव, सहयोग, सुसम्बन्ध ठाँसेके छ।
 दासी नारीले देशको सुदार फेल् सक्ने मात्र होल
 फेरेका पनि छन र देशको नाम सेवे शिक्षणा सभेकाछन्।

'On Rape'

&

'The Women'


By Khachoe Wangmo



दासा: खाचो वाङमो
 कक्षा: ८

One and Only

Mother is a girl who gives birth to all the living beings. She is one and only in this world.

Everyone has a mother and me too. My mother's name is Tenzin Doma. She is kind and honest to everyone. She is not tall neither fat. She lives in Dolkha but now in Bouddha. Sometimes, I wonder why there is a big distance between us. But in some time I realize that it's our black fate which makes us far apart. In fact, I feel deeply in my heart that I had such a grateful mother who brought me up. I spent my wonderful childhood with her. But unfortunately the fate brought me far from  her. Here I have strong faith that fate will bring us together one day. Sometimes I can't control my tears rolling down from my weak and small red eyes but definitely it shows that I miss my mom in every single moment and minute.

In this world, there are a number of objects which attract my eyes but there is nothing that draws my heart. So without any doubt I can say that you are the one and only in my soft heart. I can say that you put color in my life too. Without you my life is meaningless and colorless. It will

be dark that I won't see anything. So you are the most precious and colorful thing in my life.



you are just like a sky where I can fly high of the sky. North, South, East, West my Mother best.

I always search you but I don't find you I stretch my arms but I couldn't reach at you distance is there between you and me. But your heart is always with me.

U R My
Supers
Woman

L
Love
Yes
Mom



By
Yonten..



Precious drop

Her advice is so wise
That make me motivated,
Her one drop of tear
makes my heart fear,
And I wish to god that
I will never see tear on my mom's eye
until I die
because she is my inner eye,
Her tear is my weakness
And her smile makes my life brightness,
She is my power
She is my lover,
If I see one drop of tear
my heart breaks like paper tear,
And make me so sad
Forgive me mom if I give you
A sorrowful tear
One day I will give you
A happiness tear
without you,
my life will be full of fear
that's why you are so dear,
Your tear make
my heart burst.....
Your smile make me
my smile burst.....



By Tashi Lenzum



Save Plants and trees

The earth is a place where all the animals and plants enjoy. Earth consists of air, water, minerals, etc. There are many planets and not every planet has air, gasses, soil and water that's why there is no life on other planets.

But unfortunately people are cutting down lots of trees to make houses, bridges, etc even they know that without plants or trees our life is impossible. We know by cutting plants, we get lots of benefits but we should also plant more trees near to our houses or hilly areas which is also helpful to protect us from soil erosion and other disasters.

Life without oxygen is difficult to service. So, we should save the plants and we should try to plant trees on our special days or benefit for millions of people. I think it looks more fresh and clean. So, lastly I would like to request please save plants and trees for our country and world. It is very important for coming generation.



By: Nyakhyi Chuzin



The Best GIFT That I Get From God.

I believe each and everyone has a gift which they get from god. Our life, our family, our friends are gifts from god.

I also have many people in my life such as my friends, teachers, family so on. But my favourite or best gift is my sister. I have three sisters I love them all but my favourite is my 2nd sister. She is kind, beautiful person but she can't walk properly and she can't talk well. I don't know how she got this diseases. when she was small. I ~~remb~~ remember that we went school together, played together, ate together. I don't know what her illness is was or how she changed but I really want to know.

For others she could be a disabled person but for me she is my dream, my heart, my love and my world. She is one who inspires me. My dream is joined with her. I want to show this world to her and I want to be her light. I want to make her happy forever. She is far from me but I really miss her.

I can see my world in her. My family are very nice people because they always support her, love her as an equal in our family. But I know and I remember other people's comments about my sister. They use to say "you are unlucky", "Sad family"—but I really want to thanks them for treating me and my family wrong because they are the ones who make me strong. I am happy that I have sister like her. No matter what diseases she has. She is my sister and I will always be there for sister.

I really want to help those who are like my sister. I want to say "Please love you children even if they are ~~diseas~~ disabled. with no discrimination love your children. Don't listen others comment and don't comment others. Be happy whatever you are. Please help those who is poor, disabled and be kind to all. love you sister forever.

By- Yingchuk Palmo





WHEN I DIE

Keep a full smile on your lips
and don't say good bye.
Because there is no good bye
and never cry when I die.

You know I also don't want
to leave the world and want
to stay with you forever
but it's natural so keep joy when I die.



Maybe I will come back soon so,
that time don't forget me and say, "Hi!"
We will always be together. I am always
with you. I am not going to lie.

I don't think that your world
will change cause sun and cloud will be
always in sky and our friendship
will be deep like before. So, don't feel
alone when I leave as I die.



PEJUNG YINGSEL





Without
You!

• If I didn't meet you one day
my day become gloomy.
I want to be with you
And want to live with you.

without you I'm melancholy
without you my life is foggy.
without you I'm worthless

without you my life is colourless

without you I can't feel any thing.
without you I can't touch anything.

I know you destroy my beauty
You hide my bright and beautiful stars.

I am so angry with you but
without you I'm nothing. Our relation is just like
a "nail and flesh". No matter you are ugly or beautiful
small or big but I matter that you are with me
or not. without you I can't choose the way that
I have to follow bee or flies. without you I
am what I was not. Nothing is left to describe
you. It is my dear precious "eye glass".



'आत्मा'

सैते सैते पानामा
कलमको अभिनय /
यो सानो कवितामा
जबम दिने आमाको परिचय



कोत कष्ट भयो होला न गर्भमा हुँदा
आँसु पुरन सिकन भेलै आमा तिम्रो सँदा /
दुःख कष्ट सहर जबम दियो मलाई
साग सिरनु खाएर भरु पनि खुसी दियो मलाई /

आमाको मायामा खेट देखेउदन, दुर्कल पोष्ट /
देखेदेखन सफलता पहाडि हात आमाको कोत
न भर्ने समयमा पनि सिकेकष्ट, हजुरलाई
जुन सुरु दुःखमा पनि आदर गर्नु तपाईलाई /

न रोकको पलमा तिम्रो पनि त सँगै सबैथ्यौ
न हाँस्यको पलमा तिम्रो पनि सँगै हाँस्यथ्यौ /
आफू जस्तो लगाई आनि खाई मेरो ख्याल राख्यौ
सुरु आनि राखौ लुगा सबै मलाई दियो /

प्रेरणामा स्रोत आमा ममताको खानो
विमो सन्तान हुन पाउनु मा त भाव्यमानो /
आमा मलाई जबम दियो कर्म पनि दियो
स्वार्थ रहित बनाएर जिउन पनि दियो /

नामः- सोनास डोलकर
कक्षाः आठ 'ए'

कीहलै आमा कीहलै गुरु कीहलै बाबा बढ्दयौ/
माहिलै कीहलै मित्र भनो मलाई सहयोग गहौं
मेरो दुरत देखेर रोडोदेने तिम्रो किन जाति
मेरो सुखमा हँसोदेने तिम्रो करते बानी,

जन्म दियो तिम्रो प्राण जिन दियो मलाई
मेरो दिने केहो हँन तिम्रीलाई,
नयसले म आज दिदँह
धन्यवाद तिम्रीलाई,

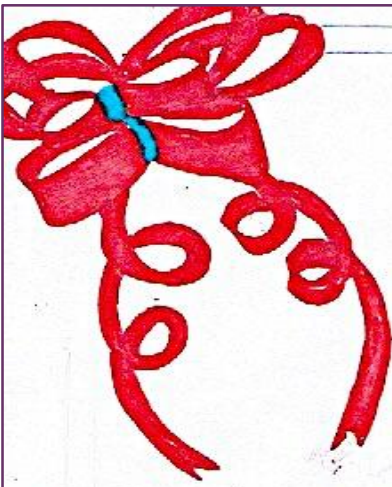


Ama (Mother)

By Sonam Dolkar



सोनाम

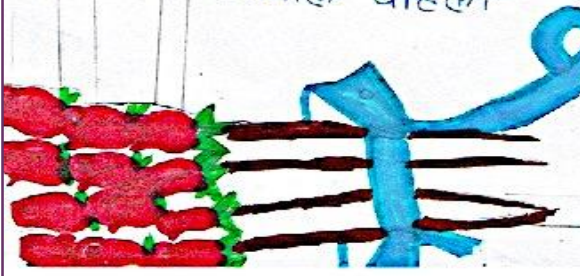


आमाके माया

आमा भबेके संसारकी सबै भव्दा महत्त्वपूर्ण नारी हुन्। जसले हामी सबैलाई नौ पहिना आफ्नो कोखमा राखी

हामीलाई धेरै दुःखसंग लम्भाउँदैन। आमा जस्तो महान् देवी यस संसारमा कोही पनि दैन। हामी जन्मिदाबित्तिकै हाम्रो आँखा खोल्दा सबै भव्दा पहिले हामीले आमालाई नै देख्छौं। र हामीले सबै भव्दा पहिलो आमा भने शब्द नै बोल्दौं। हामी पहिलो कदम पनि आमाको हात समातेर नै चाल्न सिक्छौं। यो संसारमा धेरै किसिमको माया हुन्छ। तर त्यसमा आमाको माया संसारको सबै भव्दा ठुलो माया हो। हामीलाई आमाको मायामा कुनै कमि हुँदैन। हामी अहिले पनि जतिबेला सानो बाट ठुलो हुँदै जाँदौं र बुझ्छौंसम्म आमाको माया आवश्यकता हुन्छ। मानिसहरूले आजभोलि आमा जस्तो अमृतमय शब्दलाई बिगारिएको वा कुनै कुनै आमाले त आफ्नो पेटमा बस्को आफ्नो बच्चालाई पनि मार्दैन त्यस्ता आमाहरू आमाको नाममा रक यस्त्रिहिन र कलङ्क हुन्। कसैकी आमाको मृत्यु भएर बुवाले अर्को नयाँ भूमिती ल्याउँदैन र त्यस्ता आमाहरूले सौताका दोसादोरी भनेर माया नै गर्दैनन्। त्यस्ता हुने कारणले हामी जस्तो धेरै बच्चाहरू आमाबिना भएर बसिरै हुने गर्छौं। हामीले सानो हुँदा आमालाई धेरै दुःख दिइर बने। आमाको पहिला आफूले नखोर आफ्नो बच्चालाई दिइदैन।

हामीलाई केहि चाहना हुँदैन किताकी त्यसि खेर हाम्रो सानो थियो।

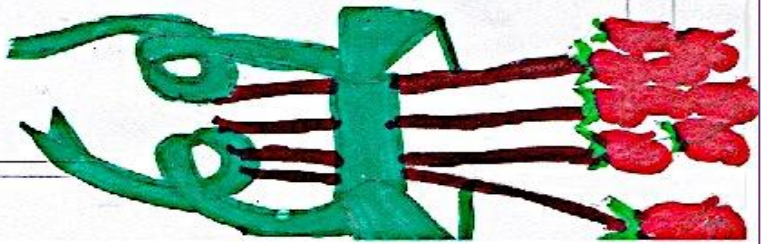


हामी जब भोक लाग्यो त्यस बेला
 सानो आफ्नो अमालाई सम्झ्दौं।
 आमाको सबैभन्दा आफ्नो सञ्चालाई
 हामी राम्रो हेर्दौं। आमा आफु च्यातिस्को
 कपडा लगाएर हामीलाई धार्थ कपडा
 दिनुहुन्थ्यो। त्यसैले त आमाको मायालाई
 हामीले कहिल्यै पनि नराम्रो ठान्नु हुँदैन र
 आमाको हामीलाई गालो गर्नुहुँदैन। आमाको भवमा
 पनि उत्तिकै ठर हुँदैन किन भने आमाको भरो
 दोरदोरी नराम्रो त हुँदैन भन्ने ठर हुँदैन। हामी
 आमा आफ्नो आमाको गालो दियो भने हामीले आफ्नो
 आमाको मायालाई दोषी ठान्नु हुँदैन किन भने हामीलाई
 पाप लाग्दैन। हामीले कतिपय काम नराम्रो पनि गर्नु
 भने आमाको हामी माफी गरीदिनुहुँदैन। त्यसैले
 हामीले आफ्नो अमालाई कसैको मायासँग दाँज्नु
 हुँदैन। अझै माया आमा जस्तो कहिँ हुँदैन र पनि
 हामीलाई अझै माया गर्दा त आमाको आमाको जो
 खोजो दन। अझै हामीलाई देख्नमन माया गर्दैन।
 के थहा अझै हामीलाई मान पनि स्वदन। तर
 आफ्नो आमाको हामीलाई दुःख दिन चाह्नुहुँदैन।
 हामीले आफ्नो अमालाई सधैं उच्च सम्मान
 दिनुपर्दैन। जब आमा बुकी हुँदैन त्यस बेला
 हामी आफ्नो आमाको साथै वन्दुपर्दैन।
 आमापतिको हाम्रो कर्तव्य हामीले पूरा गर्नुपर्दैन।



Amako Maya
(Mothers Love)

Tsosung Demei
Class - 5



Anger harms you wisdom help you/others

Anger is the enemy of human beings and wisdom is the friend of human beings. 'Anger harms you wisdom wins others' means, when we are angry we don't think about anything, we fight, we speak bad words which harm our good behaviour and our relationship with the person with whom we are fighting. So, we harm ourselves but if we think wisely and logically then we can find some way to harm our angry and other people will be surprised so, we should be wise not foolish.

I am going to write a story related to anger. Actually it is a true story of a monk:

Part 1

Once there was a monk who liked to drink tea and one day incident took place in his life that he went to buy milk in milkshop which was quite far from his monastery. When he bought milk and came to his room, he put the milk on kettle and he saw that milk was spoiled. He felt very sad and got angry because he had been tired by going down to buy milk and when he got it was useless but he control and again went to buy milk. When he came to his room, he get very angry because his stove was missing. Actually, his all friends knew that he is high tempered that's why they annoying him and suddenly they heard

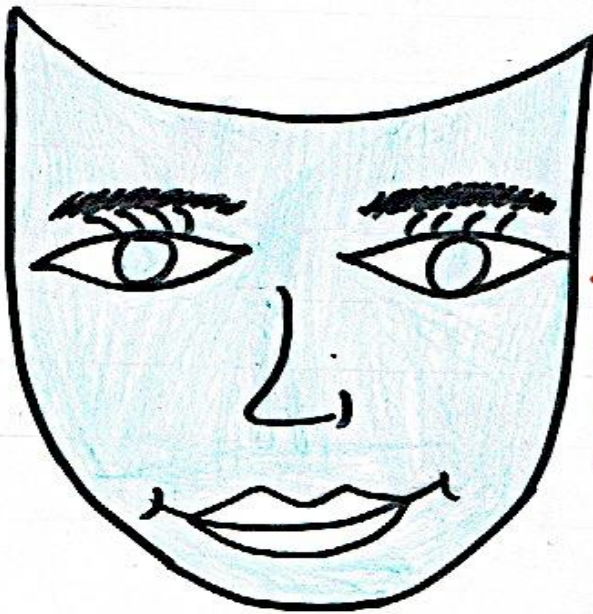
a strange sound that was actually that monk had thrown his milk and kettle from window because he had get very angry. Lastly, we can say that he had a feeling of anger and anger harm himself as he had work hard to buy milk to make tea but his anger destroy all his hard work. If he have a wisdom then he can ask or lend a stove other friends.

'Part 2'

Monk and his friends are in class when teacher had't come, the other friends decided to joke him because he get angry very fast and react. So, friends who are sitting back of him they throw a small small round of Paper in his back then he started to shout, started to showing anger. As we all, we react with the situation then people also like to play with them or joke with them, as same all friends like to annoy and joke with him. Most of day went like this but after a 2, 3 months, their was came a change that he didn't react and show anger then all friends also become bored and stop to annoy him. So, lastly he learned the lesson of anger that harms us and wisdom helps others and he live happily.

So, we should be also wise to others and should have a behaviour tolerance and control the anger, then we can be happy as this monk.

Anger



Wisdom



MY SCHOOL, MY PRIDE

The place where students can achieve their goal and put their life on the right path, is called school. School is the place where we can learn different things and it is the source of education.

School is very important in our life. Without school we can't succeed in our life and life will be meaningless. School makes our world possible. That's why, it has become the most important part of our life. There are many schools in our world. Some of them are private and some are government. However private school or government school teach us the same things. There we can see uneducated people having basketfuls of trouble. For this reason also school is necessary for all human beings. Most of the father and mother send their children to school. So, that they can achieve their life lesson. It is our second home (school). School is the medicine which makes our blind eye see. In the world we can see many human resources like engineer, doctor, pilot, teacher, nurse etc. This is all because of school. To being a

students we really have to know the importances of school. I am a student from Tsoknyi Gechak School. I am very thankful to Tsoknyi Gechak School. It makes my life meaningful. I am poor but my heart is full of education, through that I am rich. In school we can learn different knowledge, skills, ideas and develop ability etc. Because of greatful T.G.S school, people have become more powerful, and able to do anything and people are aware, capable, and have ability to make their life possible. School makes world independent.

In conclusion: I want to say school is more important than money. Students learn from mistake in school. School is the key of education.



Feeling is an emotional state or reaction. It starts with knowing how you are feeling, yet without criticizing those feelings. Today I am going to open my heart that is how I felt after listening the result of SAG Competition of 2019 and for my precious home.

SAG is South Asian Game. In this competition the full form of Asian countries are allowed to play and the countries only south Nepal, India, Sri Lanka, Bhutan, Bangladesh, Maldives and Pakistan. The name of games which are played in SAG are football, Karate, boxing, volleyball, race, cycling, swimming etc. This SAG really helps to maintain the relation among the south Asian countries. As I am not born in Nepal but what I am going to write is from core of my heart because I want to open my heart. I want to say that where we study, learn and live is one of the most precious homes so as Nepal is also my home. I really love to live in Nepal and when I heard the news that Nepal ranked second in SAG, I felt very happy. Compared to some big Asian countries Nepal is small but the people are more brave and talented than them. Nepal got 51 gold medals, 60 silver medals and 95 bronze medals and the total of the medals is 206. I love and become a fan of Gaurika Singh who competed in swimming competition of SAG and won 4 gold medals for Nepal.

I don't like much to swim but seeing Gaurika Singh's swimming, I was really inspired and willing to learn to swim. Actually till now, I have never done swimming and also I want to say to people who gossip about Gaurika Singh saying she plays for the nation but lives in the UK, why there is a reason why people do and what they do and Gaurika Singh has her own reason why she hasn't forgotten Nepal and has patriotism towards Nepal. This is the 15th SAG and it was in Nepal and from my beautiful nunnery gonpa T&L, I saw many drones flying resembling our nation's gonpa T&L, I saw many happy to see them and the symbol of Buddha was amazing. Nepal used 150 drones to make the SAG competition nicer, more effective and to entertain the people. All the Asian countries players gave their best and made the SAG more memorable and enjoyable.

As I am now in my precious home I felt myself very lucky to get the opportunity to study in this type of home and to get cute and lovely family members, sherpanis, teachers and my dear friends for making our T&L strong and beautiful. I hope we will make it more strong and beautiful.

Closing Heart



Social Issues in my Locality

As we all are social being and we all live in a group which is called society. It is also know as a locality. We all live in society and help eachothers, share things, enjoy and so on but in societies there are also problem of social issues like discrimination, child labour, child marriage, gambling etc. Likewise, in my locality, there are may social problem of social issues.

One of the social issue in my locality is unmatched marriage. In this marriage most of the brides are young and grooms are old. like a "elephant and the ant." For eg- Bride is 18yrs old but groom is 40yrs old. It is not good and girls didn't get change to study because they have to marry very early. Now adays, most of girls are uneducated because unmatched marriage. In my commenity, most of the people engaged in agriculture for their livelihood but in locks of scientific knowledge about crops, organic or inorganic fertilizer, tools and equipment. People can't get more crops and can't gain good money. It creates poverty in my locality and give more pressure and tention to people of my locality. They didn't have money for their livelihood and they can't send their children to school and they send their children to do work in factories, hotels etc. which is know as child labour. Child labour is also one of the social issue. Most of people trying to stopped child labour by providing goods and awaring programs. And also NGOs have been supporting children in many ways. As we all know that Childrens are the future builder and seed of our own society, country etc.

General discrimination is also social issue in my locality. Most of people are discrimination in education, cases, work, culture etc. Which effects to our society and makot difficult to develop it. They believe that if they adopt child marriage then they'll give birth to a son. They also discrimination between boys and girls. Most of the people like to born boy. If they born a girls they kill, throw the road side, to sell others etc. Girls can't get more education because girls are always to do work in house. Nowadays, in my country girls are become a powerful. Not only in my country actually in most of the societies, others country like Japan, Netherland, France, Korea etc. Women and girls are discrimination compare to the man and boys. Women also deserve the respect and status as man.

It is said that if man is educated, only he is educated but if women is educate whole family is educated. If we want to stop beleiveing this social issues then at first we have to educated women because the half of the population of a country are women. Women are main who beliefs in the types of social issues. If the wome'll educated the positiv progress of society and country'll sure. If women are educated then our coming leaders, I mean children'll be better because we all know the famous saying 'Home is the first school and mother is the first teacher for a child. So, don't believe superstitions, stop discriminating girls v/s boys. and stop following social issues. Joy Nepal and enjoy your life.....

By Sangye Dronkar



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